



## News and Views from the Council on Aging

**June 2022**

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June is Alzheimer's and Brain Awareness Month. This year I am more focused on the efforts to raise awareness of this condition and find treatment and a cure because of the personal affect it has had on my family. My grandmother has had some form of dementia for years. She turned 88 this year and every day has new and different struggles. I have learned a lot about dementia over the past years, but nothing is more educating than seeing a loved one experience the symptoms and struggles that a book or professional "teaches". I've learned that not only does the individual with dementia struggle with everyday tasks and emotions, but their family and loved ones struggle to understand and cope with the changes also. This is especially difficult for the caregivers of someone with dementia. My parents are the devoted, loving caregivers for my grandma. They have given so much love, compassion, patience and time to this role. They are role models for devotion and grace.

I am thrilled that RCCOA is working with the Alzheimer's Association to provide a series of educational sessions this summer and hosting a monthly caregiver support group. See page 4 for details.

Please join me in wearing purple on The Longest Day –June 21, to show our love and support of #ENDALZ. "Everyone who has a brain is at risk of developing Alzheimer's, the only leading cause of death that cannot be prevented, cured, or even slowed."

[www.alz.org](http://www.alz.org)

April Sigman, RCCOA Executive Director

### Staff

**April Sigman**

Executive Director

**Charlotte Allen**

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**Cheryl Carl**

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**Toni Cratsley**

Steamboat & Hayden

Cook

**Bill Gibbs**

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**Charlotte Whaley**

South Routt Kitchen Asst.



**ROUTT COUNTY**  
COUNCIL ON AGING

*Routt County Council on Aging is a non-profit organization dedicated to meeting the needs of Routt County's senior citizens since 1977.*

Find and circle all of the beach words that are hidden in the grid. The remaining letters spell an additional beach word.

## The Beach

BARE FEET  
BEACH BALL  
BOAT  
CLOUDS  
DRIFTWOOD  
HAT  
KITE  
LIFEGUARD  
OCEAN  
PAIL  
PIER  
SAILING  
SAND  
SEAGULL  
SEASHELL  
SEASHORE

SKY  
STARFISH  
SUNGLASSES  
SUNSCREEN  
SUNSHINE  
SURFBOARD  
SURFING  
SWIMMING  
SWIMSUIT  
T SHIRT  
TOWEL  
VOLLEYBALL  
WADING  
WATER  
WAVES

T	R	I	H	S	T	S	T	O	W	E	L	B	E
Y	K	S	E	S	U	A	T	S	A	G	L	E	R
A	S	V	U	R	I	I	O	D	D	N	A	A	O
S	A	E	F	N	U	F	R	B	I	I	B	C	H
W	U	I	S	S	S	A	R	D	N	L	Y	H	S
W	N	N	M	S	O	C	R	A	G	I	E	B	A
G	A	I	S	B	A	I	R	N	T	A	L	A	E
P	W	T	F	H	F	L	O	E	D	S	L	L	S
S	I	R	E	T	I	K	G	C	E	D	O	L	E
H	U	E	W	R	C	N	A	N	E	N	V	S	A
S	A	O	R	L	I	F	E	G	U	A	R	D	G
T	O	T	E	E	F	E	R	A	B	S	N	L	U
D	E	S	W	I	M	M	I	N	G	P	A	I	L
L	L	E	H	S	A	E	S	D	U	O	L	C	L

## Sudoku

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.



6	3		9				5	2
							8	
	8	4				3	9	
			4	6				
	6				8			
			2			5		
2			3		1	9		
3			6	2				
				4	9			

Complete and submit these puzzles for a free RCCOA lunch.

## Events and Activities...

more on page 4.

### **Yampa Valley Fiberworks: Pottery Painting** Thursday, June 2nd

Paint pottery piece of your choice, supplies and instruction included.

Prices range from \$12-\$15.

Leaving Steamboat Community Center at 12:30

Transportation from RCCOA to Craig provided.

Please RSVP 970.879.0633



### **A Day Trip to Craig**

**Wednesday, June 15th 9:00 am - 4:00 pm**

Join us for shopping and lunch. Space is limited. Suggested donation of \$5 for those 60 and better. Lunch is not included. Please RSVP to Ellyn at least 72 hours in advance. 970-879-0633.

### **Get Your Creative Juices Flowing!**

**Tuesday, June 14th @ 12:30, Steamboat Community Center**

**FREE! Supplies and instruction provided.**

### **Line Dancing Lessons**

Back by demand. Come join the fun!!

**Tuesdays, June 21st, June 28th, July 5th, July 12th**

**3:00pm ~ Steamboat Springs Community Center ~\$4 per class**



**Tea and Talk Social; Where was your favorite vacation or where do you dream to go? Monday, June 27th @ 12:30, Steamboat Community Center**

### **Do You Knit or Crochet?**

Would you like to knit with others and get inspired, share ideas?

Open to all ages! Contact Joseph at

steamboatknitterscircle@gmail.com with any questions.

**Thursdays from 1:30 - 3:00 @ the Steamboat Community Center**



# More Events...

## STAY SAFE—AND SAVE WITH THE AARP SMART DRIVER COURSE

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Since 1979, the course has helped more than 18 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. The course has also been recently updated with new content, so you will have the most up-to-date information for your state. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).



**Take the AARP Smart Driver course at Steamboat Springs Community Center on June 14th, 1-5pm. The classroom course costs \$20 for AARP members and \$25 for non-members. Space is limited, so register now by calling Karen @ 970-846-0144.**

On July 1<sup>st</sup>, a new Area Agency on Aging (AAA) will serve Routt County. Due to a realignment of regions by Executive Order, Routt County is now part of the [Northwest Colorado Council of Governments](#) and Vintage is the AAA serving your community. We are excited to serve Routt and meet older adults and caregivers in the region. While you can always reach Vintage via phone and email, we hope to meet you in person when we do a mini-roadshow in Routt County June 20-22<sup>nd</sup>. Join us after lunch as we describe our services and answer your questions. We know change can be hard, but we look forward to meeting and learning from you and your community. Thank you for being open minded and patient through this transition!

Vintage will be at the following meal sites in June:

June 20<sup>th</sup>: Steamboat  
June 21<sup>st</sup>: Hayden  
June 22<sup>nd</sup>: South Routt

In the meantime, check us out online:

Website: [www.yourvintage.org](http://www.yourvintage.org)

Facebook: [www.facebook.com/vintageagingservices](https://www.facebook.com/vintageagingservices)

Quarterly E-Newsletter: [www.yourvintage.org/the-momentum-magazine-spring-2022](http://www.yourvintage.org/the-momentum-magazine-spring-2022)



## ALZHEIMER'S ASSOCIATION®

RCCOA hosts the monthly **Alzheimer's Association Caregiver Support Group**.

The 2nd Tuesday of each month, 10:30am

June 14th, July 12th, August 9th

Steamboat Springs Community Center

**This Month's Alzheimer's Education Series:**

**Healthy Living for Your Brain and Body:**

**Tips from the Latest Research**

**with Guest Speaker Joanne Grace, P.h. D.**

June 21st @ 5:00pm,

Steamboat Community Center

-For information contact Angel Hoffman 970.387.6067 | [alhoffman@alz.org](mailto:alhoffman@alz.org)

## SAVE THE DATE...

**Friday, August 5th and  
Saturday, August 6th**

**RCCOA's 5th Annual Rummage Sale!!**





# Summer Produce

## WHAT YOU CAN DO TO KEEP FRUITS AND VEGETABLES SAFE



Fruits and vegetables are an important part of every diet. However, harmful bacteria may contaminate fruits and vegetables, which can lead to food poisoning, even if the food is labeled organic. As you enjoy raw produce and fresh-squeezed fruit and vegetable juices, follow these safe handling tips to help protect yourself and your family.

### BUYING

When possible, buy in-season produce. Summer is the perfect time to enjoy in-season fruits (berries, peaches and watermelon) and vegetables (corn, cucumbers and squash).

- Buy only the amount of produce you will use within one week.
- Avoid produce with mold, bruises or cuts.
- Buy loose produce rather than packaged for better control of your selection.
- If you go to a farmers' market, get an early start and avoid produce that has been sitting out for hours.
- Not satisfied with your grocer's selection? Ask a produce manager if more options are available.



### STORING

Some items like bananas and potatoes do not require refrigeration. Produce that needs refrigeration should be stored below 40°F within two hours of purchase.

- If peeling or cutting produce, refrigerate within two hours.
- Throw away leftover, cut produce that has been sitting at room temperature for more than two hours, or one hour if in weather above 90°F.
- Discard cooked vegetables after three to four days.

### PREPARING

Make it a habit to wash all fruits and vegetables with cool tap water before eating and dry with a clean cloth or paper towel to eliminate bacteria.



- Wash produce before you peel to make sure dirt and bacteria aren't transferred from the knife to your fruits or vegetables.
- Using soap or produce wash is not necessary; for firm produce such as melons or cucumbers, scrub with a clean produce brush.
- Cut away damaged or bruised areas before preparing or eating. Remove outer leaves of lettuce.
- Use two separate cutting boards to avoid cross-contamination: one for raw meats and one for fruits, vegetables and other ready-to-eat foods. Color-coded cutting boards can help you remember which is which.
- Cook raw sprouts (alfalfa, clover, etc.) to significantly reduce the risk of food poisoning.



## *Thank You Donors!* Donations Received April 2022

Julie Alkema  
Anonymous  
Arthur Anderson Memorial Endowment  
Peggy Barnes  
Ben and Lindsey Blonder  
Bridge in Steamboat  
Bridge Players Benevolent Fund  
City of Steamboat Springs  
Dan Ellertson  
Tom Graves  
Selina Koler  
Jim McGee  
Mountain Tap Brewery  
Irene Nelson

O'Neal Family Foundation  
Marilyn Page  
Janis Petry  
Phippsburg Community Club  
Bob Pruett  
Routt County  
Gene and Cherril Sanders  
Steamboat Tai Chi  
Rozanne Steinhoff  
Nancy Trimmer  
Leonarda VanDerWerf  
Rebecca and Terry Wattles

Vi Look in memory of Darrell Stonebrock

*Thank  
you*

## A Special Thank You to All of our Volunteers

Joanna Allison  
Julie Alkema  
Ben Blonder  
Lindsey Blonder  
Josh Bodden  
Hedy Davis  
Ashley Demos  
George Detwiler  
Shelly Dillingham  
Dan Emert  
Beth Kuczkowski

Lisa Lancaster  
Jay Layman  
Marjorie Layman  
Susie Lee  
Jean Levine  
Julie Lind  
Lynne Marr  
Cathy Neelan  
Stephanie O'Reilly  
Sandi Poltorak  
Stacey Rogers

Tosia Sauter  
Cat Schaffrick  
Don Sperry  
Chris Stillwell  
Stone Soup Kitchen  
Tom Swissler  
Nancy Trimmer  
Shea Wright  
Lauren Wright-Land  
Annette Zuber

**We are seeking volunteers to deliver meals. Do you have a driver's license, a vehicle and 2 hours a week to help our community? If you are interested please contact Ellyn, [ellyn@rccoaging.org](mailto:ellyn@rccoaging.org) or call 970.879.0633 xt 4.**

# CURRENT SERVICES OF RCCOA



## Eat and Greet

**Join us at one of our three dining sites!**

The recommended donation for meals is \$3.00 for those 60 and better. Space is limited.

Reservations required 24 hours in advance 970.879.0633 xt. 4. See menu and days of service on page 10. Lunch is served at noon.

## Meals on Wheels

**Any senior 60 years and better can receive a hot, delicious meal delivered to their door.** The recommended donation for meals is \$3.00 for those 60 and better.

**Reservations required 1 week in advance**

**970.879.0633.** Frozen meals are also available. Meals are delivered around noon.

Steamboat Springs: M, T, Th, F

Oak Creek: M, W, F

Hayden: T, Th

North Routt: Tuesday (frozen meals)

## Need A Ride? Call Us.

**RCCOA is providing transportation to meal sites and activities, medical appointments, grocery shopping or other errands.** Reservations are required 48 hours in advance. Contact Ellyn for information or a reservation. 970.879.0633 xt. 4

## Grocery Shopping

Need a ride to the grocery store? Call us 48 hours in advance to request a reservation or provide us with your shopping list and we are happy to shop and deliver things to you. We are also available to pick up and deliver your Rx. Please allow 48 hours for shopping and delivery. We will present a receipt and collect payment upon delivery. Call 970.879.0633 for more information.

## Helping Hands

### Non-medical home care services and companion care

Available for people who need a little extra help on a weekly basis.

Companion care, light house keeping, laundry, shopping, and meal prep are examples of non-medical services we will be providing. Services will be provided for a suggested donation of \$15/hour. Please call Ellyn with questions or to schedule an assessment. 970.879.0633 xt 4



## Do You Need to Borrow Medical Equipment?

RCCOA has wheelchairs, walkers, canes, toilet riser seats, shower transfer chairs, new O2 tubing and miscellaneous other supplies available to borrow for FREE. Call for information or to pick up. 970.879.0633.

## Bingo and Bridge

Join us for Bingo Fri. at 12:30 in Steamboat Springs, Mon. Wed. Fri. in Oak Creek.

There are many Bridge sessions at the Steamboat Community Center. Call Sharon for more information, 303.588.9856 or email [bridgeinsteamboat@gmail.com](mailto:bridgeinsteamboat@gmail.com). Call Penny for information about social bridge on Mondays 970.871.1750.

## AGING WELL

June 2022

**PLEASE NOTE: Beginning in July 2022, the Aging Well program will be run by Routt County Council on Aging. All of the instructors and classes will remain the same. Please look for more information from RCCOA moving forward!**

### FITNESS CLASSES

**\$3 SUGGESTED DONATION PER CLASS, UNLESS OTHERWISE NOTED.  
NO ONE IS TURNED AWAY DUE TO INABILITY TO DONATE.**

#### SOUTH ROUTT

**Tai Chi/ Arthritis Exercise Association Fitness Class**  
Mondays, 10:45 - 11:45 am  
Oak Creek Community Center

**Arthritis Exercise Association Fitness Class**  
Wednesdays, 10:45 - 11:45 am  
Oak Creek Community Center

#### STEAMBOAT SPRINGS

**Movement & Exercise**  
Mondays, 10:30 - 11:30 am  
Steamboat Community Center

**Yoga for Arthritis**  
Wednesdays, 10:30 - 11:30 am  
Steamboat Community Center

**Movement & Exercise**  
Thursdays, 10:30 - 11:30 am  
Steamboat Community Center



### SENIOR WELLNESS

**DROP-INS WELCOME!  
DONATIONS APPRECIATED**

**South Routt Community Center**  
10:30 am - noon  
4th Monday of the month

**The Haven Community Center**  
10:00 - 12:30 pm  
2nd and 4th Wednesday of the month

Senior wellness checks are offered on a donation basis. Visits include weight and blood pressure check, medication review and consultation with a nurse. Drop-ins are welcome.

### FOOT CARE

**AVAILABLE BY APPOINTMENT  
\$20 PER APPOINTMENT, UNLESS  
OTHERWISE NOTED. NO ONE IS TURNED  
AWAY DUE TO INABILITY TO PAY.**

**Northwest Colorado Health:**  
Please call 970-871-7676 to make an appointment with a Foot Care Nurse.

**[northwestcoloradohealth.org/agingwell](https://northwestcoloradohealth.org/agingwell) | 970-871-7676**



## JUNE EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Memorial Day All Sites Closed	31	1 Bingo –S.R. 12:30	2 Pottery - YV Fiberworks 12:30  Knitters Circle- Stmbt 1:30	3 Youth Choir –Stmbt 12:30 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
6	7	8 Bingo –S.R. 12:30	9 Fraud Prevention Tips: Detective Sam Silva –Stmbt 12:30	10 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
13 Hawaii Waterfalls: Jenni Mathews – Stmbt 12:30	14 Alz Support Group –Stmbt 10:30  Craft –Stmbt 12:30  AARP Driver Safety– Stmbt 1:00	15 Bingo –S.R. 12:30  Shuttle to Craig	16 Rocky Mountain Wildlife, linocut relief prints: Jill Bergman –Stmbt 12:30	17 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
20 Vintage Intro: Erin Fisher and Jonnah Glassman –Stmbt 12:30	21 Vintage Intro: Erin Fisher and Jonnah Glassman –Hayden 12:30 Line Dancing – Stmbt 3:00 Alz Education – Stmbt 5:00pm	22 Vintage Intro: Erin Fisher and Jonnah Glassman –S.R. 12:30  Bingo –S.R. 1:00	23	24 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
27 Tea and Talk – Stmbt 12:30	28 Line Dancing – Stmbt 3:00	29 Bingo –S.R. 12:30	30	1 Bingo –Stmbt 12:30 Bingo –S.R. 12:30

See page 3 and 4 for details about scheduled activities.

See page 8 for a complete list of Northwest Colorado Health classes and services.

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30  <b>CLOSED</b> <b>Memorial Day</b>	31 Smothered Chicken Burrito Spanish Rice Corn Mexican Salad Banana Ice Cream	1 Pork Ribs Sweet Potatoes Roll Cole Slaw Brownie	2 Pork Ribs Sweet Potatoes Roll Cole Slaw Brownie	3 Sloppy Joe Kidney Beans Cauliflower & Broccoli Tossed Salad Ice Cream Sandwich
6 Black Bean Burger Peas Zucchini Cole Slaw Chocolate Chip Cookie	7 Beef and Broccoli Brown Rice Corn Egg Roll Asian Salad Cheese Cake	8 Pork Loin Sweet Potato Beets Roll Tossed Salad Spice Applesauce Cake	9 Pork Loin Sweet Potato Beets Roll Tossed Salad Spice Applesauce Cake	10 Chef Salad Kidney Beans Crackers Mixed Fruit Pie
13 Chicken, Broccoli, Rice Casserole Cauliflower Wheat Roll Tossed Salad with Carrots & Mandarin Orange Ice Cream	14 Tuna Casserole Peas Roll Spinach Salad with Craisins Apple Cookie	15 Tuna Casserole Peas Roll Spinach Salad with Craisins Apple Cookie	16 Pot Roast Mashed Potatoes Mixed Vegetables Biscuit Fruit Cocktail Brownie	17 Pork Cabbage Casserole Peas and Carrots Tossed Salad with fruit Garlic Bread Orange Sherbet
20 Cheese Stuffed Shells with Alfredo Sauce Mixed Vegetables Garlic Bread Caesar Salad Jell-O with Mandarin Orange	21 BBQ Brisket Sandwich Baked Beans Green Beans Cole Slaw Banana Pudding	22 BBQ Brisket Sandwich Baked Beans Green Beans Cole Slaw Banana Pudding	23 Oven Fried Chicken Mashed Potatoes Corn Roll Tossed Salad Orange Oreo Parfait	24 Italian Sub Kidney Bean Salad Watermelon Peach Crisp
27 Beef Tacos Spanish Rice Bean and Corn Casserole Tossed Salad Fruit Cobbler	28 Salmon Patties Rice Mixed Vegetables Hush Puppies Tossed Salad with Nuts and Raisins Orange Jello	29 BBQ Chicken Mashed Baked Potato Okra Biscuit Tossed Salad Fruit Parfait	30 BBQ Chicken Mashed Baked Potato Okra Biscuit Tossed Salad Fruit Parfait	1 BLT Potato Salad with Peas Fresh Strawberries Boston Cream Pie

**Please call 970-879-0633 1 week in advance to request a meal delivered**

**or 24 hours in advance to make a reservation for a meal site. Lunch is served at noon.**