



SENIOR SCOOP

News and Views from the Council on Aging

July 2022

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Housing. The topic of housing is everywhere lately; affordable housing, employee housing, senior housing, the housing authority, the Brown Ranch project... This topic seems very daunting and sometimes urgent. Last week, there was a discussion at one of our meal sites about the housing situation. We discussed solutions that may help those looking for housing or looking to share their home with others.

Some of you may live alone and would like the company of a roommate. The right roommate could provide shared household duties, income and companionship. But how do you find the "right" roommate? You might be looking for just the right person, but how do you find him/her?

Some of you are looking for a room to rent, you may have lost a loved one and need to move, or you may have been renting for years and the property owner is changing the rental status.

If you are in either of these boats, please let me know. I could share information and introduce potential housing matches. Word of mouth and community references are a great starting place to create co-housing matches. Another potential resource is www.silvernest.com. You can list an available room, or create a profile looking for a room. The website pairs potential matches and also provides background checks.

Housing needs can change throughout our lives and we as a community can create opportunities to support each other. If you have needs or other ideas, please share with me.

April Sigman, RCCOA Executive Director

Staff

April Sigman

Executive Director

Charlotte Allen

Steamboat Kitchen Asst.

Toni Cratsley

Steamboat & Hayden
Cook

Debbie Dorsey

South Routt Kitchen Asst.

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Michael Kenney

Hayden Driver

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Steamboat Kitchen Asst.

Ellyn Myller

Client Support Services

Greg O'Hara

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Cindy Porter

South Routt Cook

Beth Taylor

Helping Hands Assistant

Meg Tully

Grant Specialist

Rozanne Steinhoff

Steamboat Assistant

Rebecca Wattles

Hayden Assistant

Charlotte Whaley

South Routt Kitchen Asst.



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

FISHING

Find and circle all of the Fishing words that are hidden in the grid.
The remaining letters spell a quote by Henry David Thoreau.

ANGLER
ANGLING
AUGER
BAIT
BASS
BLUEFISH
BOAT
BOBBER
CATCH AND RELEASE
CATFISH
CRAPPIE
CRAWLER
DAILY LIMIT
FLIES
FLIPPING
FLOAT
FLOUNDER
FLY CASTING
FLY FISHING
FLY REEL
FLY ROD
GEAR
HOOK
JIGGING
JIGS

KEEPER
LAKE
LANDING NET
LEADER
LINE
LURE
NIBBLE
PANFISH
POLE FISHING
POND
REDFISH
RIVER
ROD AND REEL
SALMON
SINKER
SPINCAST REEL
SPINNER
SPOOL
SPOON
STILL FISHING
STREAM
STRIKE
TACKLE BOX
TRAILER
TROLLING
TROUT

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

_____,

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.

Per client request, this month's puzzle is "EASIER"! Hope you think so too!



		4			5	3	8	2
			4					6
6	8	7	2					1
	7	5		8	4			
				3			1	
	2			5		7		
	6		8	2	1	4		
		2	5				9	
5						1		

Complete and submit these puzzles for a free RCCOA lunch.

Events and Activities...

more on page 4.

Join RCCOA in the 4th of July Parade! Ride in a historic covered wagon provided by Nadine Arroyo. Meet at the parade staging area (11th and Yampa) by 9:30am on Monday, July 4th. There will be a Pot Luck lunch following the parade at the Steamboat Community Center. Bring a dish to share.



WARHORSE
RANCH

WARHORSE RANCH TOUR ~ Monday, July 11th, 1:30—2:30pm

“Toward the mending of hearts and spirits, we bring troubled humans together with horses, allowing and encouraging the building of life altering relationships...”

Transportation available, leaving from the Steamboat Community Center at 12:30pm. Please rsvp 970.879.0633.

Line Dancing Lessons

Only 2 sessions left. Come join the fun with Goodhart Dancing!!

Tuesdays, July 5th, July 12th

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



A Day Trip to Craig

Wednesday, July 13th 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.

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



Back by popular demand... Routt County Council on Aging's



5th Annual Rummage Sale!

August 5th and 6th, 2022

Steamboat Springs Community Center

The highly successful RCCOA Rummage Sale is back! The 2022 Rummage Sale will take place at the Steamboat Springs Community Center.

Premier Pick Friday evening, August 5th from 5:00 - 7:00pm, \$10 entry, early shopping, light appetizers and drinks

Saturday, August 6th from 8:00am - 3:00pm, great deals and BBQ!

Donations will ONLY be accepted at the Steamboat Springs Community Center

Wed. Aug. 3rd, 8:00am- 6:00pm

Thurs. Aug. 4th, 8:00am - 6:00pm

Fri. Aug. 5th, 8:00am - 1:00pm

Volunteers are also needed!

Please call us to see what

tasks and times are available

or for more information

970.879.0633 xt. 5

***RCCOA reserves the right to decline items that we feel are not desirable to potential buyers. We WILL NOT accept clothing, shoes, holiday decorations, books, puzzles, mattresses or ski/snowboard equipment.**

All money raised will stay in Routt County and will directly support senior nutrition, transportation and recreation programs.

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:
Understanding Alzheimer's & Dementia, with
guest speaker Dr. Tracy Vargas, Neurologist.**

July 19th @ 5:00pm,

Steamboat Community Center

-For information contact Angel Hoffman 970.387.6067 |
alhoffman@alz.org

Rocky Mountain Youth Corp – summer help for older adults!

RMYC is very interested in expanding their program to offer services to older adults in our communities. They have groups of volunteers ages 11-13 who work 3-4 hours/day. There are two crew leaders for each group of 8-10 volunteers.

Services: yard work, removing debris, painting, garden preparation, cleaning, minor repair work and other similar work.

The next available dates for service are July 18th and August 1st.

If you are interested in having RMYC work on a project for you, please contact April 970.879.0633 xt 5 or april@rccoaging.org.

Trying to scam the population it is not a new phenomenon, it has been happening for years and years. Since the pandemic, scammers have been evolving and finding new ways to appear credible. More and more people are placing online orders due to the luxury of these orders being delivered to their door steps, Amazon has become one of the top websites utilized. The scammers have started to send out text messages or make phone calls associated with online orders in an attempt to gain personal information. Another example of a common scam is a customer of an online store, such as Amazon, receiving a text message or phone call alerting the customer that a large order was submitted on the account and steps to take in order to cancel the order. When the customer follows the instructions, they have unknowingly provided information to the scammer. If this occurs, it's irreversible and the next thing the person knows, their checking account has been wiped, like a woman in Florida who was one of the first to fall victim to the "Amazon scam", she lost \$2000.

Recently, the American Association of Retired Persons (AARP) has published a few tips for people to keep in mind when an unsolicited phone call comes in:

- 1. Beware of unsolicited phone calls claiming to alert you of "problem" with your account. Never provide these callers with account information or access to your phone, computer or tablet.**
- 2. Don't click on links in text messages that claim to be from Amazon.**
- 3. Protect your Amazon and other online usernames and passwords. Change your password regularly and do not provide this information to anyone who you do not know or trust.**
- 4. If you are attempting to contact customer support do not trust a simple internet search. Only use contact information found on the Amazon website or other website you are using.**
- 5. Be prepared to spot scammers using similar tactics posing as other common or essential businesses and delivery services like grocery stores, Wal-Mart, PayPal, FedEx and UPS.**

If you or someone you know believe that an at-risk adult is being taken advantage of, you are urged to call and make a report to the Routt County Department of Human Services at (970) 367-4056 or the Colorado Child Abuse and Neglect Hotline at 1-844-CO-4-KIDS (1-844-264-5437). The statewide hotline takes all Adult Protective Services (APS) reports for Routt County. All reports are confidential and may be made anonymously. However, it is helpful to APS if you provide your contact information so APS can contact you if needed. If you have any questions about reporting to APS, call Routt County Department of Human Services (970) 870-5272 .



Thank You Donors! Donations Received May 2022

Julie Alkema
Anonymous
Ben and Lindsey Blonder
Bridge in Steamboat
Bridge Players Benevolent Fund
City Market Community Rewards
City of Steamboat Springs
Marti Crosby
Rosemary Cullinan
Adam and Alyssa Feiges
Melinda Graham
Tom Graves
Selina Koler
William and Carol Markowitz
Jim McGee
Irene Nelson

Janis Petry
Bob Pruett
Gard Robinson
Routt County
Routt County United Way
Andrea Schaffner
Ski Haus International
Steamboat Tai Chi
Rozanne Steinhoff
United Methodist Church Foundation
Leonarda VanDerWerf



Betty Kemry in memory of Jean Muhme
Catherine Lykken in memory of Jean Muhme

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 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. Call Penny for information about social bridge on Mondays 970.871.1750.

AGING WELL

July 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

Tai Chi/ Arthritis Exercise Association Fitness Class
Tuesdays, 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.

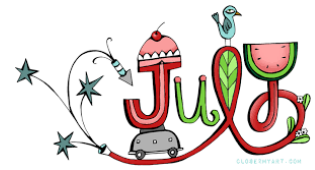
JULY EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28 Line Dancing – Stmbt 3:00	29 Bingo –S.R. 12:30	30 Knitters Circle- Stmbt 1:30	1 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
4 All Sites Closed 	5 Art Class - Stmbt 1:30 Line Dancing – Stmbt 3:00	6 Bingo –S.R. 12:30	7 Knitters Circle- Stmbt 1:30	8 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
11 Warhorse Ranch Tour - 1:30	12 Alz Support Group –Stmbt 10:30 Art Class - Stmbt 1:30 Line Dancing – Stmbt 3:00	13 Bingo –S.R. 12:30 Shuttle to Craig	14 Knitters Circle- Stmbt 1:30	15 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
18	19 Art Class - Stmbt 1:30 Alz Education – Stmbt 5:00pm	20 Bingo –S.R. 1:00	21 Knitters Circle- Stmbt 1:30	22 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
25	26 Art Class - Stmbt 1:30	27 Bingo –S.R. 12:30	28 Knitters Circle- Stmbt 1:30	29 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 Aging Well classes and services.



Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
4 CLOSED HAPPY 4 TH OF JULY	5 Chili Cheese Dog Onion Rings Green Beans Tossed Salad Applesauce Cake	6 Meatloaf Mashed Potatoes Lima Beans Biscuit Fruit Salad Chocolate Waffle	7 Meatloaf Mashed Potatoes Lima Beans Biscuit Fruit Salad Chocolate Waffle	8 Southwest Chicken Salad Crackers Fresh Fruit Key Lime Pie
11 Mongolian Beef Lo Mein Egg Roll Broccoli Asian Slaw w/ Apricots Fortune Cookie	12 Coconut Shrimp Rice Green Beans Tossed Salad Roll Lemon Cream Pie	13 Pulled Pork Sandwich Sweet Potatoes Broccoli Tossed Salad Orange Coconut Pie	14 Pulled Pork Sandwich Sweet Potatoes Broccoli Tossed Salad Orange Coconut Pie	15 Cobb Salad Cornbread Cantaloupe Apple Crisp
18 Chicken Drumsticks Rice-a-Roni Asparagus Bread Stick Tossed Salad Brownie	19 Vegetable Lo Mein Egg Roll Lemon Green Beans Tossed Salad Orange Sherbet	20 Scalloped Potatoes with ham Mixed Vegetables Roll Tossed Salad Fruit Pie	21 Scalloped Potatoes With ham Mixed Vegetables Roll Tossed Salad Fruit Pie	22 Corned Beef & Swiss Cheese Sandwich Cabbage Kettle Chips Fruit Cookie
25 Sausage Gravy & Biscuits Scrambled Eggs Hash Browns Fruit Cobbler	26 Beef Pot Pie Squash Broccoli Tossed Salad Banana Ice Cream	27 Halibut Rice Pilaf Peas & Carrots Roll Cucumber & Tomato Salad Banana Pie	28 Halibut Rice Pilaf Peas & Carrots Roll Cucumber & Tomato Salad Banana Pie	29 Chicken Caesar Salad Feta Green Beans Cottage Cheese Apple 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.**