

# August **SENIOR SCOOP**

## News and Views from the Council on Aging

**August 2022**

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A few years ago Susan Shoemaker gave a presentation on Aging Well. In honor of back to school I am going to reshare her recommended reading list and add another book that was recommended to me recently by Sharon Smith, bridge coordinator, *Love Remembers— Holding on to Hope and Faith in the Face of Alzheimer's* by Kathe Goodwin.

### Recommended Reading from Susan Shoemaker's Aging Well Presentation

**80 Things to Do When You Turn 80 -** a collection of essays edited by Mark Chimsky

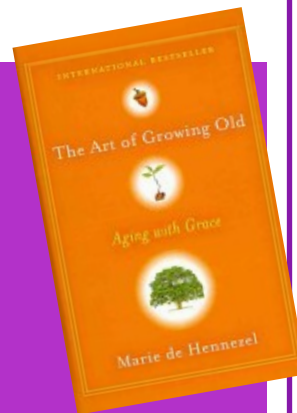
**The Art of Growing Old, Aging with Grace** by Marie De Hennezel

**The Blue Zones** by Dan Buettner

**Live Long, Die Short** by Roger Landry, M.D., M.P.H.

**Younger Next Year** by Chris Crowley and Henry S. Lodge, M.D.

**You're Only Old Once** by Dr. Seuss



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

PO BOX 770207, Steamboat Springs, CO 80477 | 970.879.0633 | [www.rccoaging.org](http://www.rccoaging.org)

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# Summer

ANTS  
AUGUST  
BARBECUE  
BASEBALL  
BEACH  
BEES  
BICYCLE  
BLUE SKY  
BOATING  
BREEZE  
CAMPING  
FISHING  
FLIES  
FLOWERS  
GARDENING  
GOLF  
GREEN GRASS  
HAT  
HIKING  
HOLIDAYS  
HOT  
ICE CREAM

JULY  
JUNE  
MOSQUITOES  
NO SCHOOL  
PICNIC  
ROLLER BLADES  
SANDALS  
SKATEBOARD  
SOCCER  
SOLSTICE  
SPRINKLERS  
SUNBURN  
SUNGLASSES  
SUNSCREEN  
SUNSHINE  
SUNTAN  
SWEAT  
SWIMMING  
U V RAYS  
WASPS  
WATER FIGHTS  
WATERMELON

Find and circle all of the Fishing words that are hidden in the grid.  
The remaining letters spell an additional summer item.

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

## Sudoku

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

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.



Last month's puzzle was "EASIER"! This month there are a few additional numbers, but not quite as many as last month.

Complete and submit these puzzles for a free RCCOA lunch.

# Treasures to Find, Support Senior Programs @ The 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!

**\*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.**

**Donations will be accepted at the  
Steamboat Springs Community Center**

Wed. Aug. 3<sup>rd</sup>, 8:00am- 6:00pm

Thurs. Aug. 4<sup>th</sup>, 8:00am – 6:00pm

Fri. Aug. 5<sup>th</sup>, 8:00am – 1:00pm

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



## A Day Trip to Craig

**Wednesday, August 17th 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.

## Routt County Fair

**Thursday, August 18th 12:30 - 3:00 pm**

Visit the Routt County Fairground in Hayden and experience local tradition. Transportation provided from Steamboat Community Center.



## Tea and Talk

**Thursday, August 25th 12:30 - 1:30 pm**

Share an afternoon tea and discussion. It's "Back to School Time", who was your favorite teacher and why?

RCCOA hosts the monthly **Alzheimer's Association Caregiver Support Group**  
The 2nd Tuesday of each month, 10:30am @ the Steamboat Springs Community Center  
August 9th

## This Month's **Alzheimer's Education Series** **Effective Communication Strategies**

As the disease progresses, individuals living with Alzheimer's or other dementias lose the ability to use words, but families can find new ways to connect.  
August 16th, 5:00pm - 6:30pm @ the Steamboat Community Center



Sunday, August 28th  
Yampa River Botanic Park  
Registration opens 10:00am  
Primrose Garden Ceremony 11:00am  
<https://alz.org>

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

Highlighting one of the services provided by



## Dental and Vision Care

Vintage has funding for adults 60 and older for dental and vision needs. You could be eligible for up to \$500 in funding for dental or up to \$200 for vision.

<https://yourvintage.org> or contact Amanda [arensmoon@nwccog.org](mailto:arensmoon@nwccog.org) for more information.

## Community Assessment Survey of Older Adults (CASOA)

Vintage, your local Area Agency on Aging, along with our community partners will be undertaking a Strategic Planning effort in the coming months. Part of the planning process includes conducting the Community Assessment Survey of Older Adults (CASOA) this summer. The CASOA provides a statistically valid survey of the strengths and needs of older adults in the Vintage region, as reported by older adults themselves. **The ultimate goal of the assessment is to create empowered communities that support vibrant older adult populations.** Older adults in Eagle, Grand, Jackson, Pitkin, Routt, and Summit counties will be randomly selected to participate in the 2022 CASOA. If you receive an invitation to participate in the mail, we encourage you to complete the survey so we can best serve our community. If you want to share your ideas and thoughts but don't receive a mailed survey, don't worry! **You'll have an opportunity later to complete the survey online and join stakeholder community conversations in September. Stay tuned for more information. Questions?** Email or call Erin at 970-455-1067 / [efisher@nwccog.org](mailto:efisher@nwccog.org)

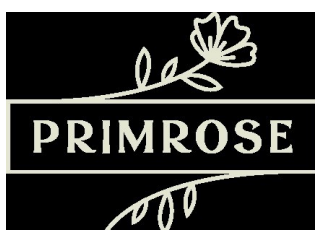


# The Second Annual RCCOA Golf Tournament September 12th, 2022 @ the Steamboat Golf Club

**A special thank you to our 2022 sponsors to date!**



**Mountain  
Valley Bank**



**WELLS  
FARGO**

**ADVISORS**

Contact Jean Levine if you have any questions  
hillsideph@msn.com 970.879.6091



## PLEASE MAKE YOUR DONATION TODAY!

Donations will benefit the nutrition, transportation and recreation programs of RCCOA.

Name: \_\_\_\_\_

(Please print name as you would like it to appear in RCCOA publications)

Mailing Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Gift Amount: \_\_\_\_\_

**THANK YOU!**

We happily accept cash or checks payable to RCCOA or donate online [www.rccoaging.org](http://www.rccoaging.org)

# *Thank You Donors!* Donations Received June 2022

Julie Alkema  
Anonymous  
Ben and Lindsey Blonder  
Bridge in Steamboat  
Bridge Players Benevolent Fund  
City of Steamboat Springs  
Bruce And Jane Hannon  
Selina Koler  
Jim McGee  
Irene Nelson  
Janis Petry  
Bob Pruett  
Routt County  
Steamboat Tai Chi  
Ben Steiner  
Leonarda VanDerWerf

*Thank  
you*

## **Donations in Memory of Jean Muhme**

Shirley Gossert  
Josh Jones, Susan Jones and Carol Latshaw  
Vi Look  
Roger Muhme  
  
Pegi Simmerman in Memory of Phyllis Simmerman  
  
Steamboat Bridge in Memory of John Alderman

## **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  
David Selden  
Don Sperry  
Chris Stillwell  
Stone Soup Kitchen  
Tom Swissler  
Nancy Trimmer  
Shea Wright  
Lauren Wright-Land  
Annette Zuber



# 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

August 2022

### 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.



# AUGUST EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Bingo –S.R. 12:30	4 Knitters Circle- Stmbt 1:30	5 Bingo –Stmbt 12:30 Bingo –S.R. 12:30  Rummage Sale 5-7pm
8	9 Alz Support Group –Stmbt 10:30  Art Class - Stmbt 1:30	10 Bingo –S.R. 12:30	11 Knitters Circle- Stmbt 1:30	12 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
15	16 Art Class - Stmbt 1:30  Alz Education – Stmbt 5:00pm	17 Bingo –S.R. 12:30  Shuttle to Craig	18 Routt County Fair 12:30  Knitters Circle- Stmbt 1:30	19 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
22 Get Crafty –Stmbt 12:30	23 Art Class - Stmbt 1:30	24 Bingo –S.R. 1:00	25 Tea and Talk – Stmbt 12:30  Knitters Circle- Stmbt 1:30	26 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
29	30 Art Class - Stmbt 1:30	31 Bingo –S.R. 12:30	1 Knitters Circle- Stmbt 1:30	2 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
1 Brisket Sandwich Baked Beans Green Bans Tossed Salad Strawberries	2 Egg Plant Zucchini Garlic Bread Fruit Dessert	3 Baked Chicken Garlic Mashers Cauliflower Roll Tossed Salad w/ Plums Oatmeal Cookie	4 Baked Chicken Garlic Mashers Cauliflower Roll Tossed Salad w/ Plums Dessert	5 Chef Salad Kidney Beans Crackers Dessert
8 Shrimp Po Boy Cajun Fried Okra Tossed Salad w/ Pineapple Ice Cream	9 Pork Chop Stuffing Green Beans Tossed Salad Orange Dessert	10 Pork Chop Stuffing Green Beans Tossed Salad Orange Ice Cream	11 Beef Ribs Rosemary Parmesan Potatoes Carrots Roll Tossed Salad Dessert	12 Chicken Salad Lettuce wrap Mixed Vegetables Spinach Salad w/ Orange and Grapes Dessert
15 Baked Potato Broccoli & Cheese Tossed Salad Apple Dessert	16 Italian Sausage w/Garlic Herb Sauce Penne Pasta Squash Garlic Bread Tossed Salad Fruit Dessert	17 Monterey Ranch Chicken Roasted Potatoes Bread Stick Tossed Salad Granola Bar	18 Montana Ranch Chicken Roasted Potatoes Bread Stick Tossed Salad Dessert	19 Blue Roast Beef Sandwich Potato Salad Apple Slaw Dessert
22 Lasagna Spinach Garlic Bread Caesar Salad Orange Dessert	23 Chicken Quesadilla Spanish Rice Black Beans Mexican Salad Key Lime Pie	24 Beef Tips Mashers Carrots Wheat Roll Tossed Salad Ice Cream	25 Beef Tips Mashers Carrots Wheat Roll Tossed Salad Ice Cream	26 Tuna Wrap Potato Salad Mixed Fruit Dessert
29 Bacon Cheeseburger Sweet Potato Fries Broccoli Lettuce, Tomato ,Onion, Pickle Dessert	30 Spinach Mushroom Frittata Potato Leek Soup Carrots Dessert	31 Salisbury Steak Rice Pilaf Mixed Vegetables Tossed Salad Biscuit Orange Sherbet	1 Salisbury Steak Rice Pilaf Mixed Vegetables Tossed Salad Biscuit Orange Sherbet	2 Chicken Wedge Salad Crackers Mixed Fruit Dessert

**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.**