

# October Senior Scoop

## News and Views from the Council on Aging

October 2022

### Board of Directors

**Dean Vogelaar**

President

**Jim McGee**

Past President

**Jean Levine**

Vice President

**Becky Hammond**

Secretary

**Cindy Balin**

Treasurer

**George Detwiler**

**Steve Evans**

**Mary Kay Graver**

**Julie Lind**

**Janis Petry**

**Chris Stillwell**

**Cheryl Trank**

A neighbor of mine has a bee hive and shared with me the most incredible honey last week. That made me think about the bee community, and really all animal communities. Bees, animals and humans rely on each other. They work together to survive and to thrive.

Community and connection are two themes that I've encountered frequently in the past few months. The importance of one on one connection and the importance of connecting to one's community. For some people the pandemic highlighted the importance of connection, it made us appreciate time spent together. Yet for others, isolation became comfortable. Socialization became scary or uncomfortable. Change is always difficult.

I had lunch with a friend over the weekend and she shared that she started playing pickleball. She said she was scared to try it, wasn't sure she wanted to meet new people or take the chance of not being good at something. But instead she loves it! She likes the people and is excited to have learned something new. She especially "likes being part of something." That is what a community is. Humans (and bees) need community connection to thrive.

October is always a bittersweet time for the RCCOA Board of Directors. The annual meeting, and changing of directors is in October. I am sad that we have 3 "retiring" board members, Becky Hammond, Jim McGee and Chris Stillwell. All 3 have given many years of service to the board.

Cont. on page 2.

### Staff

**April Sigman**

Executive Director

**Charlotte Allen**

Steamboat Kitchen Asst.

**Toni Cratsley**

Steamboat & Hayden Cook

**Hedy Davis**

Helping Hands Assistant

**Debbie Dorsey**

South Routt Kitchen Asst. &

Helping Hands Asst.

**Bill Gibbs**

South Routt Driver

**Cindy Grabb**

Steamboat Kitchen Asst.

**James Graham**

Steamboat Driver

**Milt Hill**

Steamboat Driver

**Patty Lundy**

Helping Hands Assistant

**Ellyn Myller**

Client Support Services

**Greg O'Hara**

Stmbt and Hayden Driver

**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.

**Annette Zuber**

Hayden Assistant



Cont. from page 1.

Thank you Becky, Jim and Chris for being a part of the RCCOA community and for all that you have done. Although you will no longer be on the board, you will still be a part of our community.

The good part of change is inviting new faces to serve on the RCCOA Board of Directors. I look forward to new ideas and getting to know Andrea Abrahamson and Tracey Epley. Thank you so much for joining the RCCOA Board of Directors.

Fall is a time of change. Colors change, temperatures change, smells change and even my meals have changed. Comfort food is calling! Fall is a great time for a cup of coffee or tea and a long talk with good friend. Fall is a great time to make a new connection or engage in a new way with your community! Happy Fall!

*April*

April Sigman,  
Executive Director,  
RCCOA



**The Colorado Tax Rebate gives Coloradans an extra boost.**  
**Have you received your \$750?**

Many older adults may not have filed their taxes for 2021 because you did not HAVE to. But you are missing out on your \$750 rebate. THERE IS STILL TIME. AARP Tax Aide volunteers are here in the Yampa Valley to provide free, in person IRS-certified assistance.

Monday, October 3rd 1:00 to 5:00 pm  
Steamboat Springs Community Center  
No appointments are necessary.

Bring Photo ID, social security card or picture of it, and any tax documents such as W2s or 1099s.

Just a note of thanks for all your  
**KIND** concern and encouragement  
regarding my knee injury!

Just past six weeks and I believe it is  
coming around.



**After Years of Hard Work and  
Dedication it's time to take a  
permanent vacation!**

Jeff Nelson works for the City of  
Steamboat and has taken care of us  
and the Steamboat Community  
Center for MANY years.

**Thank you Jeff! Cheers  
to your best years to  
come!**



**ALZHEIMER'S ASSOCIATION®**

RCCOA hosts the monthly  
**Alzheimer's Association  
Caregiver Support Group**  
The 2nd Tuesday of each month,  
10:30am @ the Steamboat Springs  
Community Center  
October 11th

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

# Autumn

ACORN  
APPLE  
BIRD MIGRATION  
BLOWING LEAVES  
BLUSTERY DAY  
CANNING  
CHESTNUTS  
CHILLY  
COLD  
CROPS  
EQUINOX  
FALL  
FARMING  
FEAST  
FROST  
HALLOWEEN  
HARVEST  
HAYSTACK  
HICKORY NUTS  
LONGER NIGHTS  
NOVEMBER  
OCTOBER

ORANGE LEAVES  
PIE  
PUMPKIN  
RAKE  
RED LEAVES  
SCARECROW  
SCHOOL  
SEASON  
SEPTEMBER  
SHORTER DAYS  
SQUASH  
SWEET POTATOES  
THANKSGIVING  
TURKEY  
WINDY  
YELLOW LEAVES



Find and circle all of the Autumn words that are hidden in the grid.  
The remaining letters spell a secret message - an Albert Camus quotation.

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

\_\_\_\_ \_  
\_\_\_\_ \_

## 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.



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

Complete and submit these puzzles for a free RCCOA lunch.

# Medicare 101 & Open Enrollment Updates



- How to enroll
- Original Medicare Part A & B
- Advantage and Medigap Plans
- Part D Drug Coverage
- Open Enrollment Updates

Monday, October 3rd, 12:30 - 1:30pm  
@ the Steamboat Springs Community Center

Tuesday, October 11th @ Casey's Pond  
2:00 - 3:15 Medicare 101  
3:30 - 4:15 Open Enrollment

For more information please reach out to the  
local SHIP office 970.315.1329  
JGlassman@NWCCOG.org

## **Movie and Popcorn** Thursday, October 6th 12:30 pm @ the Steamboat Community Center

### *Mrs. Harris Goes to Paris*

A widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress, and decides that she must have one of her own.



## **Tour Bred, a Bakery** Thursday, October 13 1:00 pm

A Bakery making Bread, Pastries, Cakes, Croissants, wholesale and retail. Please RSVP to Ellyn at least 1 week in advance. 970-879-0633.

## **Lunch and Shopping in Craig**

**Wednesday, October 19th 10:00 am - 4:00 pm**

Join us for lunch and shopping in Craig. Please RSVP to Ellyn at least 1 week in advance. 970-879-0633.

## **Tea and Talk**

**Monday, October 24th 12:30 - 1:30 pm**

Share an afternoon tea and discussion. Let's learn more about one another!



## **Chili and Pumpkin Decorating**

**Thursday, October 27th 4:00 - 6:00 pm**

What's says fall like a hot bowl of chili and carving pumpkins? Transportation available. Please RSVP to Ellyn at least 1 week in advance. 970-879-0633.



# EAT RIGHT when MONEY'S TIGHT

Food costs are on the rise. Read on for tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes.

## Shop SMARTER!

### BEFORE Shopping

**Plan your weekly meals and snacks.** Preparing in advance will help you know what you need and also help you put leftovers to good use. See below for more on planning ahead.

**Use store circulars and go online to look for coupons, sales, and store specials.** Only use coupons on foods you normally eat. Make sure the coupons give you the best value for your money.

**For added savings, sign up for the store discount card or bonus card at your local supermarket.**

### Plan Ahead

- \* **Plan to prepare and eat foods you already have at home first.**
- \* **Know how much money you have to spend on food.**
- \* **Make a shopping list based on the money you have to spend and what foods you will need.**
- \* **Buy only the amount of food you can use before it spoils. Remember, frozen, canned, or shelf-stable foods last longer!**

### DURING Shopping

**Have something to eat before you go shopping.** It's easier to stick to your shopping list when you are not hungry.

**Try store brands.** They are the same quality and cost less.

**Compare products for the best deal.** Use unit pricing and also the Nutrition Facts labels to get the best product for your money. .

**Check "sell by" or "use by" dates.** Buy the freshest food possible.

### AFTER Shopping

**Store food right away** in the refrigerator or freezer to keep it fresh and safe.

**If you buy a large amount** of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.

**Use foods** with the earliest expiration dates first.

## BEST BUYS for COST and NUTRITION

### BREADS AND GRAINS

**Choose whole-grain breads.** Look for bargains on day-old varieties. **Buy regular brown rice and old-fashioned oats and grits** instead of instant varieties to save money and consume less sugar, salt, and calories.

### VEGETABLES

**Buy large bags** of frozen vegetables. **When choosing canned vegetables,** look for "low sodium" or "no added salt" on the label.

### FRUITS

**Buy fresh fruit in season** - it generally costs less. **Frozen and canned fruits are available year round,** can save you money, and have similar nutrition values to fresh.

### LOW-FAT OR FAT-FREE MILK PRODUCTS

**Buy low-fat or fat-free milk, yogurt, and cheese** in the largest size that can be used before spoiling. Larger containers cost less per serving than smaller sizes.

**Ultra-pasteurized milk found on store shelves** has a longer expiration date and won't spoil as fast.



United States Department of Agriculture ; Food and Nutrition Services

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

Julie Alkema  
Anonymous  
Nadine Arroyo  
Ben and Lindsey Blonder  
Bridge in Steamboat  
Bridge Players Benevolent Fund  
City of Steamboat Springs  
Rosemary Cullinan  
Elaine Gilbertson  
Selina Koler  
Jim McGee  
Irene Nelson  
Karen O'Connor  
Janis Petry  
Bob Pruett  
Routt County  
Jack Sprengle

Steamboat Tai Chi  
Rozanne Steinhoff  
Lynne and Alene Turner  
Leonarda VanDerWerf  
Yampa Valley Community Foundation  
Employee Match  
  
Jean and David Levine in memory of  
Ben Steiner  
  
Norm Look in memory of Marti Crosby  
  
Vi Look in memory of Marti and Skip  
Crosby  
  
Tom and Elaine Sigman in memory of  
Darrell Sigman



## A Special Thank You to All of our Volunteers

Joanna Allison  
Julie Alkema  
Mike Berdine  
Ben Blonder  
Lindsey Blonder  
Josh Bodden  
Dawn Cook  
Emilie Crider  
Kathy Curcio  
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  
Dennis and Regina Scofield  
David Selden  
Bob Sherwood  
Don Sperry  
Chris Stillwell  
Stone Soup Kitchen  
Tom Swissler  
Nancy Trimmer  
Shea Wright  
Lauren Wright-Land



# 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

Mon. Wed. Fri. at 12:30 in Oak Creek

The 3rd Friday of each month at 11:00 at the Hayden Congregational Church

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 Ralph for information about social bridge on Mondays 970.232.0248.

## AGING WELL

October 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.



# OCTOBER EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Medicare Open Enrollment presentation –SHIP 12:30 pm Stmbt</p> <p>AARP Tax Aid 1-5pm Stmbt</p>	<p>4</p>	<p>5</p> <p>Bingo –S.R. 12:30</p>	<p>6</p> <p>Movie and Popcorn 12:30 Stmbt</p> <p>Knitters Circle-Stmbt 1:30</p>	<p>7</p> <p>Bingo –Stmbt 12:30</p> <p>Bingo –S.R. 12:30</p>
<p>10</p>	<p>11</p> <p>Alz Support Group –Stmbt 10:30</p>	<p>12</p> <p>Bingo –S.R. 12:30</p>	<p>13</p> <p>Bred tour –1:00 pm Stmbt</p> <p>Knitters Circle-Stmbt 1:30</p>	<p>14</p> <p>Bingo –Stmbt 12:30</p> <p>Bingo –S.R. 12:30</p>
<p>17</p>	<p>18</p> <p>Alz Support Group –Stmbt 10:30</p>	<p>19</p> <p>Bingo –S.R. 12:30</p> <p>Shuttle to Craig</p>	<p>20</p> <p>Knitters Circle-Stmbt 1:30</p>	<p>21</p> <p>Bingo and Lunch – Hayden Cong Church, 11:00</p> <p>Bingo –Stmbt 12:30</p> <p>Bingo –S.R. 12:30</p>
<p>24</p> <p>Tea and Talk – Stmbt 12:30</p>	<p>25</p>	<p>26</p> <p>Bingo –S.R. 1:00</p>	<p>27</p> <p>Knitters Circle-Stmbt 1:30</p> <p>Chili and Pumpkin decorating 4:30 - 6:00, TBD</p>	<p>28</p> <p>Bingo –Stmbt 12:30</p> <p>Bingo –S.R. 12:30</p>
<p>31</p>	<p>1</p>	<p>2</p> <p>Bingo –S.R. 12:30</p>	<p>3</p> <p>Knitters Circle-Stmbt 1:30</p>	<p>4</p> <p>Bingo –Stmbt 12:30</p> <p>Bingo –S.R. 12:30</p>

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
3 Pork Lo Mein Asian Vegetable Blend Egg Roll Asian Salad Pears Fortune Cookie	4 Baked Chicken Mac-n-Cheese Stewed Tomatoes Wheat Roll Tossed Salad Tropical Fruit Orange Cake	5 Baked Chicken Mac-n-Cheese Stewed Tomatoes Wheat Roll Tossed Salad Tropical Fruit Orange Cake	6 Brisket Baked Beans Broccoli Wheat Roll Slaw Orange Key Lime Pie	7 Tuna Melt Potato Chips Pea Salad Tossed Salad Strawberries Cookie
10 Chili Rellenos Casserole Spanish Rice Black Beans Tossed Salad Blueberry Pie	11 Pork Roast Scalloped Potatoes Brussel Sprouts Wheat Roll Tossed Salad Chocolate Ice-cream	12 Pork Roast Scalloped Potatoes Brussel Sprouts Wheat Roll Tossed Salad Chocolate Ice-cream	13 BBQ Chicken Pesto Noodles Cauliflower Biscuit Tossed Salad Yellow Cupcake	14 Sloppy Joe Kidney Beans Broccoli Macaroni Salad Banana Cake
17 Chicken Enchilada Casserole Spanish Rice Green Beans Mexican Salad Apple Turnover	18 Fish Creole Rice Broccoli French Bread Tossed Salad Blond Brownie	19 Ham & Beans Broccoli Cornbread Tossed Salad Orange Cake	20 Ham & Beans Broccoli Cornbread Tossed Salad Orange Cake	21 Squash Soup Roast Beef Sandwich Tossed Salad Tropical Fruit Rainbow Sherbet
24 Sausage, Pepper, Onions Roasted Potatoes Cabbage Tossed Salad Chocolate Cream Pie	25 London Broil Baked Potato Beets Biscuit Tossed Salad Peach Crisp	26 London Broil Baked Potato Beets Biscuit Tossed Salad Peach Crisp	27 Broccoli Cheese Casserole Corn Kidney Beans Wheat Roll Salad w/pineapple Peanut Butter Cookie	28 Chicken Breast Sandwich Chips 3 Bean Salad Pineapple Cake
31 Ghoolash Peas Wheat Roll Tossed Salad Orange Halloween Cookies	1 Chicken w/ Mushroom sauce Mashed Potatoes Mixed Vegetables Roll Spinach Salad Chocolate Cake	2 Chicken w/ Mushroom sauce Mashed Potatoes Mixed Vegetables Roll Spinach Salad Chocolate Cake	3 Catfish Collards Black-eyed Peas Cornbread Slaw Trail Mix Cookie	4 Chef Salad w/ham Tomato Basil Soup Crackers Banana Oatmeal Raisin Cookie

**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.**