



September Senior Scoop

News and Views from the Council on Aging

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



In the May newsletter I shared the beginning of my garden season and encouraged you to start a tomato plant (or any vegetable) and enjoy the gardening season. Well the time has come to share the fruits of our labor. Now this is a tricky time of year, especially for tomatoes. I have LOTS of plump green tomatoes, just waiting for those precious extra days of sunshine and warm enough nights to turn them from green to yellowish orange to bright red. It's a slow race to see who will win, tomatoes or frost. On September 8th, after lunch at the Steamboat community center, bring in a tomato you grew. Hopefully, they will be bright red, firm and smell like summer in your palm! We will have a guest judge and prizes; our own mini fair contest!

In August I had two new additions to my ranchette, Laura Lee and Wyatt. I now have 6 Nigerian Dwarf goats (4 adults and 2 kids). Goat babies are so cute and amazingly energetic! I love to just sit and watch them hop, here and there, jump and flip; and grow!

I sure am enjoying this in between summer and fall season. I love the cool nights and the smells that are changing, but I am also appreciating the hot days before their gone, and they will be gone before we know it.

I hope you are sharing your summer harvest or getting to enjoy the harvest from our many local farmers.



April Sigman,
RCCOA Executive Director



September 2022

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.

**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.

Mondays, September 12th and 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

For more information check out the following websites getyourrefund.org and GetAheadColorado.org
To contact a local volunteer call 970-736-7080 or email nwtaxaide@gmail.com



COMMUNITY CONVERSTATIONS

Vintage, your local Area Agency on Aging, and our partners are bringing residents and stakeholders together to discuss how to better support active and healthy aging for all in our communities. Join us for both virtual and in-person Community Conversations to share your thoughts on what works well for older adults and what service and resource gaps need to be addressed. Along with geographically and subpopulation-based conversations for older adults, we want to hear from informal and family caregivers of older adults.

Win prizes at each event.

SEPTEMBER 20TH Bud Werner Library 9:00am
Haven Community Center 1:00pm

Want to add your ideas but can't make it to an event?

Call Erin at 970.455.1067 efisher@nwccog.org

**Need A Helping Hand?
RCCOA can give you a hand.**

Helping Hands- Companion Care and Non-Medical Home Care

A little extra help on a weekly basis. Services are available for a suggested donation of \$15/hour. Companion care, light house keeping, laundry, shopping, and meal prep are examples of non-medical services we provide. Please call Ellyn with questions or to schedule an assessment.

970.879.0633 xt. 4



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
August 9th

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

Back to School with Pen Pals

One of my favorite projects of 2nd grade is the penpal project we do in conjunction with the RCCOA. For my kids there is authentic practice of the Colorado State Writing Standards, incredible joy and motivation. But don't just take my word for it. Here is what we love, in the words of my students. *What I really loved was...*

~ *When Pegi gave me a birthday card.*

~ *Writing all the letters, it made writing really fun.*

~ *I like not knowing what to expect. Every time I opened a letter it was like getting a surprise.*

~ *We just got to talk. Nothing else, just talk. That is nice.*

Mrs. Chapman

If you are interested in becoming a pen pal with a student in our community please call Ellyn at RCCOA 970.879.0633 xt 4.

Hoping you'll join in, and make a new connection.



Homegrown Sharing

Thursday, September 8th 12:30 pm

It started out as a "tomato contest", but some of our tomatoes might not be perfect! So feel free to share anything you have grown this season and are proud of. Prizes awarded to all participants!



Lunch at the Wyman Museum with Moffat and Routt Seniors

Wednesday, September 14th 10:00 am - 4:00 pm

Join us for a free lunch at the Wyman Museum and shopping in Craig after lunch. Please RSVP to Ellyn at least 1 week in advance. 970-879-0633.



Tea and Talk

Thursday, September 22nd 12:30 - 1:30 pm

Share an afternoon tea and discussion.

Discussion centered around Best Friends!

Fall Foliage Tour

Monday, September 18th 12:30 - 3:00 pm

Take in the scenery once again this fall. Destinations will be determined the week of travel, depending on seasonal color change. Transportation provided from the Steamboat Community Center.



Animals

AARDVARK
ALLIGATOR
BABOON
BARRACUDA
BEAR
BISON
CAMEL
CHIMPANZEE
CHINCHILLA
COBRA
COUGAR
CROW
DONKEY
DOVE
EAGLE
ELK
FERRET
FOX
GECKO
GOAT
GOPHER
HAMSTER
HAWK
HERON
HIPPOPOTAMUS
JACKAL
JELLYFISH
KIWI
LEOPARD
LION

LLAMA
MACAW
MEADOWLARK
MINK
MOOSE
NIGHTINGALE
OTTER
PANTHER
PARROT
PEACOCK
PELICAN
PIG
PORCUPINE
QUAIL
RACCOON
RAVEN
REINDEER
ROADRUNNER
SALMON
SLOTH
SWAN
SWORDFISH
TIGER
TORTOISE
TROUT
TURKEY
VULTURE
WOLVERINE
WOODPECKER
WREN

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

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

Sudoku

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

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.



No extra hints this month, but I bet you have gotten better and don't need extra help.

Complete and submit these puzzles for a free RCCOA lunch.

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

A special thank you to our 2022 sponsors!



**Mountain
Valley Bank**



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

Thank You Donors! Donations Received July 2022

Julie Alkema
Anonymous
Nadine Arroyo
Ben and Lindsey Blonder
Barbara and Jim Bronner fund of the
Yampa Valley Community Foundation
Bridge in Steamboat
Bridge Players Benevolent Fund
City of Steamboat Springs
Elaine Gilbertson
HLCC Construction
Selina Koler
Jim McGee
Georgianne Nelson

Irene Nelson
Janis Petry
Bob Pruett
Routt County
Steamboat Tai Chi
Leonarda VanDerWerf



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

AGING WELL

SEPTEMBER 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.

SEPTEMBER EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 AARP Tax Aid	30	31 Bingo –S.R. 12:30	1 Knitters Circle- Stmbt 1:30	2 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
5 Labor Day All Sites Closed	6	7 Bingo –S.R. 12:30	8 How did your tomatoes grow? Knitters Circle- Stmbt 1:30	9 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
12 AARP Tax Aid RCCOA Golf Tournament	13 Alz Support Group –Stmbt 10:30	14 Bingo –S.R. 12:30 Shuttle to Craig Lunch at Wyman Museum	15 Knitters Circle- Stmbt 1:30	16 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
19	20	21 Bingo –S.R. 1:00	22 Tea and Talk – Stmbt 12:30 Knitters Circle- Stmbt 1:30	23 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
26 Fall Foliage Tour	27	28 Bingo –S.R. 12:30	29 Knitters Circle- Stmbt 1:30	30 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
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
5 Labor Day ALL SITES CLOSED	6 Chicken Broccoli Alfredo Roasted Red Peppers Garlic Bread Caesar Salad Banana Strawberry Rhubarb Cobbler	7 Roast Beef Mashers Green Beans Biscuit Tossed Salad Strawberry Shortcake	8 Roast Beef Mashers Green Beans Biscuit Tossed Salad Strawberry Shortcake	9 Ham Salad Sandwich Carrot Salad Peas Pineapple Sugar Cookie
12 Meatball Sub Fries Tossed Salad Apple Blond Brownie	13 Mahi-Mahi Yams Corn Hush Puppy Cole Slaw Orange Pecan Pie	14 Mahi-Mahi Yams Corn Hush Puppy Cole Slaw Orange Pecan Pie	15 Oven Fried Chicken Mashed Potatoes Gravy Broccoli Roll Tossed Salad Apple Crisp	16 Pizza Salad w/ Garbanzos & Craisins Peanut butter Bar
19 Sweet-n-Sour Pork Fried Rice Sesame Broccoli Egg Roll Asian Cabbage Salad Peanut Butter Cookie	20 Bean & Cheese Burrito Spanish Rice Squash Mexican Salad Pineapple Cake Banana	21 Flank Steak Mashed Potatoes Cauliflower Roll Tossed Salad Strawberries Raspberry Sherbet	22 Flank Steak Mashed Potatoes Cauliflower Roll Tossed Salad Strawberries Raspberry Sherbet	23 Turkey Club Sandwich Tossed Salad Chips Mandarin Orange Brownie
26 Chicken Tacos Refried Beans Spanish Rice Salad Applesauce Cake	27 Meat Loaf Mashers Green Beans Garlic Bread Tossed Salad Fruit Cocktail Chocolate Chip Cookie	28 Meat Loaf Mashers Green Beans Garlic Bread Tossed Salad Fruit Cocktail Chocolate Chip Cookie	29 Beanie Weenies Potato Wedges Tossed Salad Coleslaw Strawberries Rice Crispie Bars	30 Clam Chowder Lima Beans & Tomatoes Crackers Tossed Salad Ambrosia Salad Banana

**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.**