



Senior Scoop

News and Views from the Council on Aging

December 2022

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So much gratitude for our amazing community!

Two things happened last week that warmed my heart and reminded me how amazing the Routt County community is.

The first was a letter to the editor published in the Steamboat Pilot on November 22. One of our Meals on Wheels recipients wrote to the paper and shared her experience. She stated I never imagined "I'd be painfully waiting for a volunteer with a hot meal at my front door. I knew of Meals on Wheels, but that was for others, not me. It was difficult for me, a lifelong independent person, to admit I needed help." RCCOA "came to my rescue with hot meals and transportation. This Thanksgiving, others and I will be grateful as we open our door. Please, give money and volunteer to help Routt County Council on Aging, if possible. Many will thank you." I could not have said it better myself. Thank you Ann, for sharing your experience.

The second thing to make my eyes swell with tears, was a couple behind me in the grocery store. I had a shopping cart filled with fresh produce. The couple inquired about all that produce, and after sharing with them that it was for RCCOA meals on wheels and group lunches, they insisted on paying for everything in the cart! Thank you, so much, to the nice couple in the store who made my day with their generosity. This couple paid for the salad ingredients to make 180 salads!

There are so many ways to share kindness and to give to others and it means so much when we do. I hope we all remember that this holiday season and always. Wishing you all the happiest of holidays!

April



April Sigman, RCCOA Executive Director

Staff

April Sigman

Executive Director

Toni Cratsley

Steamboat & Hayden Cook

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Helping Hands Assistant

Mary Dobbin

Steamboat Kitchen Asst.

Debbie Dorsey

South Routt Kitchen Asst. &

Helping Hands Asst.

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South Routt Driver

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Rozanne Steinhoff

Steamboat Assistant

Rebecca Wattles

Hayden Assistant

Charlotte Whaley

South Routt Kitchen Asst.

Annette Zuber

Hayden Assistant



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

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

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.

Classic Toys

Find and circle all of the toys that are hidden in the grid. The remaining letters spell a quote by G. K. Chesterton.

BALLOON
BARBIE
BEACH BALL
BOP BAG
CAP GUN
CHATTY CATHY
EASY BAKE OVEN
ETCH A SKETCH
FINGER PAINT
FLATSY DOLL
FRISBEE
G.I. JOE
GUMBY
GYROSCOPE
HOT WHEELS
JACKS
KALEIDOSCOPE
KAZOO
KEN
LEGO
LITE BRITE
LITTLE PEOPLE
MATCHBOX CAR
MECCANO
MR POTATO HEAD
NERF BALL



PADDLE BALL
PLAY-DOH
PLAYMOBIL
POGO STICK
POKEY
POP GUN
RADIO FLYER
RUBIK'S CUBE
SILLY PUTTY
SIZZLERS
SKIPPING ROPE
SLINKY
SOCK MONKEY
SOMA CUBE
SPIROGRAPH
SUPER BALL
TEDDY BEAR
TINKERTOY
TIN SOLDIERS
TONKA TRUCK
VIEWMASTER
WATER PISTOL
WEEBLES
WIFFLE BALL
WIZZLER
YO-YO

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

Complete and submit these puzzles for a free RCCOA lunch.

Movie and Popcorn

Thursday, December 1st

12:30 pm

@ the Steamboat Community Center, the holiday classic -

White Christmas



Thursday, December 29th

12:30 pm

@ the Steamboat Community Center, another great one -

It's a Wonderful Life



Tea and Talk

Monday, December 12th

12:30 - 1:30 pm

Share an afternoon tea and discussion. What collections have you had and why were/are they cherished?



Cookie Exchange

Monday, December 19th

12:30 - 1:30 pm

Bring a dozen of your favorite cookies to share, and go home with a mixed dozen.



RCCOA will be closed

Monday, December 26th.

Please let Ellyn know if you would like an additional frozen meal for the holiday weekend by December 20th.
970.879.0633 xt 4

Routt County Council on Aging Holiday Party!!

Food, Friendship, Holiday Cheer,
Gifts and Carolers!

Thursday, December 15th

11:30 am - 1:00pm

Steamboat Community Center

Please RSVP to Ellyn by
December 12th at
970.879.0633 xt 4.

No lunch will be served at the Hayden dining site. Please join us in Steamboat.



Lunch and Shopping in Craig

Wednesday, December 14th

9:30 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.

ALZHEIMER'S EDUCATION & COMMUNITY SUPPORT FORUM

Tuesday, January 10th

5:00 - 6:30 pm

@ the Steamboat Springs Community Center

We would like to build on the momentum of the summer programming by hosting a community forum to identify needs and wants for education and support. Please join us in identifying programming and support needs for care partners and individuals living with dementia.

ALZHEIMER'S  ASSOCIATION®

Winter Squash: Go Beyond Popular Pumpkin and Butternut

Marisa Moore, MBA, RDN, LD



With origins in Mexico and Central America, winter squash was a staple crop among Native Americans, who ate the flowers, flesh and seeds of the plant and used the gourds as containers and utensils. The name “winter squash” is a little deceptive. Though many are grown year-round, these gorgeous gourds are typically planted during warmer months and harvested before the first frost. When stored in cool, dry conditions, winter squash can be enjoyed throughout the late fall and winter — thus the name.

With few exceptions, such as spaghetti squash, winter squash is a good source of beta-carotene, vitamin C, potassium and fiber. The seeds — roasted or dried — are a great snack and a good source of protein and magnesium, among other nutrients. Often enjoyed in cooler months, winter squash pack tons of flavor and remarkable versatility in the kitchen. Although these gourds can be eaten raw, the flesh takes on a smooth, creamy texture and flavors come alive when cooked. Winter squash can be enjoyed in sweet or savory preparations and often is roasted, though baking, boiling and microwaving also are common cooking methods. Season it with maple syrup, ginger or cinnamon, or add onion, garlic and herbs for a savory flavor. Although all types feature a brilliant yellow or orange flesh inside, winter squash come in sizes large and small, and the outside can be smooth or bumpy and any shade of red, yellow, green and blue. Choose firm squash with no soft spots or blemishes and those that are heavy for their size. Go beyond popular pumpkin and butternut squashes and explore new, flavorful ways to brighten any fall or winter plate.

Acorn Squash - Shaped like its namesake, the acorn squash is available year-round. At only 1 to 2 pounds, acorn squash boasts chart-topping fiber at 9 grams per cup and delivers more than 25 percent of the recommended daily value of potassium. The tough exterior makes it ideal for roasting with the skin on.

Delicata Squash - Oblong with telltale green stripes, this squash boasts smooth, creamy flesh and sweet flavor. Delicata squash is delicious simply roasted or stuffed with whole grains or other savory fillings. Pair with Parmesan, nuts and woodsy herbs such as rosemary for a savory spin.

Butternut Squash - With gorgeous orange flesh and a mild, sweet flavor, butternut squash is an excellent source of vitamins C and A, with more than 6 grams of fiber per cup. Enjoy this gourd year-round roasted or tossed into soup, stew or smoothies.

Sweet Dumpling Squash - Sweet dumpling squash is the petite one of the bunch, weighing in at less than 2 pounds. With a tender, edible rind, the sweet dumpling squash can be cut in half, stuffed and roasted for a quick and colorful meal.

Carnival Squash - A hybrid of acorn and sweet dumpling squash, carnival squash looks like a party on the outside. Roasting brings out its rich, buttery and sweet flavor. Use it in any recipe as a substitute for acorn or butternut squash.

Spaghetti Squash - Significantly lower in vitamin A than other squash, this pale yellow variety delivers a crunchy, stringy flesh resembling noodles when cooked. A nice substitute for pasta, the mild, slightly sweet flavor is a perfect canvas for olive oil or tomato-based sauces.

Marisa Moore, MBA, RDN, LD, is a nutrition consultant based in Atlanta and adjunct faculty at Georgia State University. Follow her at MarisaMoore.com.

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
Sandi Poltorak
Hollie Rogers
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

To see photos, updates, and
more: **“Like” us on Facebook**



www.facebook.com/Routt-County-Council-on-Aging

Thank You Donors!

Donations Received October 2022

Julie Alkema
Ben and Lindsey Blonder
Bridge in Steamboat
Bridge Players Benevolent Fund
City of Steamboat Springs
Pam Duckworth
Eva Dworakowski
Tracey Epley
Pauline Graham
Ron and Mary Kay Graver
Selina Koler
Jim McGee

Irene Nelson
Janis Petry
Bob Pruett
Routt County
Jim Severson
Steamboat Group Fund
Steamboat Tai Chi
Rozanne Steinhoff
Routt County United Way
Leonarda VanDerWerf
Vangaurd Charitable Fund
Catherine Voorhees



GIVE WHERE YOU LIVE! SCHEDULE YOUR CO GIVES DONATION ONLINE!

**Your Donation Goes Further on Colorado Gives Day!
Tuesday, December 6th!**

*Schedule your Colorado Gives Day donations in advance at www.ColoradoGives.org.
See April if you need assistance online.*

**Help us exceed our goal of
\$15,000 this year!**

**Consider giving what you can,
even \$50 goes a long way!**

\$50 can pay for healthy, hot lunches for 1 person for an entire month. It can ensure that an older adult receives 16 fresh, hot, home-delivered Meals on Wheels. \$50 can facilitate 25 trips to medical appointments, the bank or other errands. If \$50 can do all that, think what \$100, \$500 or even \$1000 can do!



We are thankful for your generous support. Our seniors depend on it.

PLEASE MAKE YOUR DONATION ON DEC. 6th!

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

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. Call Ralph for information about social bridge on Mondays 970.232.0248.

AGING WELL

December 2022

FITNESS CLASSES

**\$3 SUGGESTED DONATION PER CLASS, UNLESS OTHERWISE NOTED.
NO ONE IS TURNED AWAY DUE TO INABILITY TO DONATE. *Note: No Classes December 26th.***

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 / not led by instructor
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.

DECEMBER EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29 NEW* Mahjong -Stmbt 1:00	30 Bingo –S.R. 12:30 Shuttle to Silverthorne	1 Movie and Popcorn - Stmbt 12:30 Knitters Circle- Stmbt 1:30	2 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
5	6 Mahjong - Stmbt 1:00  CO GIVES DAY	7 Bingo –S.R. 12:30	8 Knitters Circle- Stmbt 1:30	9 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
12 Tea and Talk - Stmbt 12:30	13 Caregiver Support Group –Stmbt 10:30 Mahjong -Stmbt 1:00	14 Bingo –S.R. 12:30 Shuttle to Craig	15 Holiday Party-in Steamboat Knitters Circle- Stmbt 1:30	16 Bingo and Lunch – Hayden Cong Church, 11:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
19 Cookie exchange 	20 Mahjong -Stmbt 1:00	21 Bingo –S.R. 1:00	22	23
26 All Sites Closed 	27 Mahjong -Stmbt 1:00	28 Bingo –S.R. 12:30	29 Movie and Popcorn -Stmbt 12:30 Knitters Circle- Stmbt 1:30	30 Bingo –Stmbt 12:30 Bingo –S.R. 12:30

See page 3 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
28 Fried Chicken Mashed Potato Green Beans Biscuit Tossed Salad Orange Sherbet	29 Lasagna Brussel Sprouts Garlic Bread Tossed Salad Chocolate Cake	30 Lasagna Brussel Sprouts Garlic Bread Tossed Salad Chocolate Cake	1 Baked Potato with fixings Broccoli with cheese Roll Tossed Salad Apple Ice Cream	2 Ham & Cheese Sandwich Corn Chowder Lettuce Tomaso Onion & Pickle Crackers Mandarin Orange Ice Cream
5 Italian Sausage Carbonara Peas Garlic Bread Tossed Salad Brownie & Strawberries	6 Chicken Caesar Salad Vegetable Soup Crackers Fruit Salad <i>(Bridge Party)</i>	7 Brisket Cheesy Potatoes Broccoli Roll Tossed Salad Cherry Pie	8 Brisket Cheesy Potatoes Broccoli Roll Tossed Salad Cherry Pie	9 Fish Sandwich Pasta Salad Green Beans Cole Slaw Fruit Parfait
12 Chicken Strips Onion Rings Mixed Vegetables Tossed Salad Strawberry Shortcake	13 Pork Ribs Sweet Potatoes Peas Cole Slaw Peanut Butter Cookie	14 Pork Ribs Sweet Potatoes Peas Cole Slaw PB Cookie	15 Chili or Clam Chowder or Tomato Basil Soup Crackers Strawberries & Bananas Tossed Salad Cheesecake <i>Holiday Party</i>	16 Roast Beef & Cheddar Sandwich Tossed Salad Bean Salad Fruit Salad Chocolate Chip Cookie
19 Spaghetti & Meat Sauce Broccoli Garlic Bread Tossed Salad Apple Sugar Cookie	20 Fish Creole Rice Broccoli French Bread Tossed Salad Blondie	21 Ham Sweet Potatoes Broccoli Wheat Roll Cranberry Slaw Apple Pie	22 Ham Sweet Potatoes Broccoli Wheat Roll Cranberry Slaw Apple Pie	23 Turkey Noodle Soup Crackers Spinach Salad Orange Banana Pudding
26 CLOSED	27 Pork Loin Roast Potatoes Peas & Corn Wheat Roll Chocolate Chip Cookie	28 Pork Loin Roast Potatoes Peas & Corn Wheat Roll Chocolate Chip Cookie	29 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	30 Chicken Tortilla Soup Asparagus Mexican Salad Strawberries Chocolate Granola Bar

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.