

November Senior Scoop

News and Views from the Council on Aging

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What YOU Are Supporting on CO Gives Day.

2021 Statistics:

18,017 Total meals served to seniors over 60 last year

13,748 Meals delivered to homes

4,269 Meals served at group dining sites

5,800 People over 60 in Routt County

3,480 Volunteer hours

1,943 Rides given

142 CO Gives Donors in 2021

47 Amazing Volunteers

17 Hard working staff members

12 Dedicated Board members

3 Shuttle vans

1 New mini van

Thank you
for your
support!



November 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 Graab

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

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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| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | | 9 | 1 | 7 | | 4 | | 6 |
| 7 | | 4 | 2 | | | 3 | | |
| 1 | | | 5 | | 8 | 7 | 2 | |
| | 9 | | | | | | 1 | |
| | 1 | 8 | 4 | | 7 | | 3 | 2 |
| 4 | | | | 1 | 9 | 8 | | |
| 6 | 7 | | | | 5 | 1 | | |
| | | | | 8 | | 2 | | |
| | 2 | | | | 4 | | 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.

Thankful for...

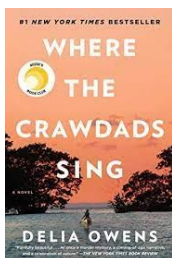
| | |
|------------------|----------------|
| ACTS OF KINDNESS | GRANDMA |
| A PLACE TO LIVE | GRANDPA |
| BEACHES | HAPPY MEMORIES |
| BEAUTIFUL NATURE | HEARING |
| BLESSINGS | HOLIDAYS |
| BOOKS | HUMOR |
| BROTHERS | INTERNET |
| CARE GIVERS | LAUGHTER |
| CHILDREN | LIFE |
| CHRISTMAS | LOVE |
| CLEAN WATER | MUSIC |
| CLOTHING | NURSES |
| COMPUTERS | PARENTS |
| ELECTRICITY | PEACE |
| EYEGLASSES | PETS |
| EYESIGHT | RAINBOWS |
| FAITH | SCHOOL |
| FAMILY | SINGING |
| FLOWERS | SISTERS |
| FOOD | SMART PHONES |
| FREEDOM | SMILES |
| FRESH AIR | SUNSHINE |
| FRIENDS | TEACHERS |
| FUN | TELEVISION |
| GOOD HEALTH | VOLUNTEERS |
| | WARM SHOWERS |

Find and circle all of the people and things to be thankful for. The remaining letters spell a secret message.

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

Complete and submit these puzzles for a free RCCOA lunch.

Movie and Popcorn
Thursday, November 3rd
12:30 pm
 @ the Steamboat Community Center



From the best-selling novel comes a captivating mystery. The story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumors of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Kya opens herself to a new and startling world; but when one man is found dead, she is immediately cast by the community as the main suspect.

Downsize Today
Monday, November 14th,
12:30 pm @ the Steamboat Community Center



Hear tips and techniques for "getting your house in order." Patty Lundy will cover "The Top Ten Reasons for Downsizing" and share important lessons she has learned from her own personal experiences, as well as from the experiences she has helped others go through as they organize, declutter, and downsize.

Take a Day Trip to the Silverthorne Outlets
Wednesday, November 30th
8:30am - 5:00 pm



Join us for shopping and lunch. Space is limited. Suggested donation of \$5 for those 60 and better. Lunch is not included. Weather Permitting. Please RSVP to Ellyn at least 72 hours in advance. 970-879-0633.

Medicare 101 & Open Enrollment Updates



Monday, November 7th
12:15 pm

@ the Steamboat Community Center

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



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

Lunch and Shopping in Craig
Wednesday, November 16th
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.

Tea and Talk
Thursday, November 17th
12:30 - 1:30 pm

Share an afternoon tea and discussion. Bring a favorite family recipe to share, and a story to go with that recipe! (We can make copies to share with the group.)



Save the Date...

Thursday, December 15th
11:30 am - 1:00pm
Steamboat Community Center



RCCOA Holiday Party!!

Foods to Help Prevent Colds and Flu

By Katherine Brooking, MS, RD

It's that time of year – cold and flu season! It's important to keep your immune system on track – and a healthy diet and lifestyle can help. Several nutrients, such as iron, zinc, and vitamin C, are essential for a healthy immune system. Flavonoids found in tea, apples, cruciferous vegetables (like broccoli) and other plant-based foods provide immune-boosting benefits, too. Here are a few of the foods that can help fortify your defenses this cold and flu season:



Blueberries. Research shows that blueberries have the highest levels of disease-fighting antioxidants of all commonly consumed fruit. These tiny berries also contain quercetin, a flavonoid that acts like an antihistamine and anti-inflammatory, and may protect against heart disease and cancer. Researchers speculate that quercetin's antihistamine effect may also help to reduce symptoms associated with allergies, including a runny nose and watery eyes. Sprinkle some blues on your yogurt, blend into a smoothie, or enjoy them straight from the fridge!

Garlic. Garlic can do much more than simply add flavor. This pungent clove contains allicin, a sulfuric compound with powerful antioxidants. A 2001 study in the journal *Advances in Therapy* found that people who took garlic supplements for 12 weeks had fewer colds than those who took a placebo. And of those who did get sick, those who took the garlic supplement felt better faster.

Broccoli. Broccoli is loaded with Vitamin C, a nutrient that plays an important role in a healthy immune response. In fact, just one cup of this crunchy veggie contains more Vitamin C than an orange! And, as an added bonus, broccoli is rich in calcium and packed with fiber.

Salmon. This omega-3-rich fish not only helps reduce the risk of heart disease, but also encourages the production and movement of lymphocyte cells, which help to bolster immune response. Plus, salmon is a rich source of Vitamin D, which has been found to play a role in healthy immune function.

Sweet Potatoes. This starchy vegetable is bursting with beta-carotene for luscious locks and radiant skin. Our bodies convert the beta-carotene to Vitamin A, an essential nutrient for maintaining a strong immune system. Vitamin A also keeps the mucous membranes that line our nose and throat healthy and functioning.

Yogurt. Yogurt contains live and active cultures, which replenishes our immune system with healthy bacteria. Having just 1 cup of calcium-rich yogurt provides nearly 20% of the adult daily requirement for zinc, an essential mineral for healthy immune function.

Remember that in addition to eating these six foods, it is important to stay hydrated and get plenty of rest. Here's to a happy and healthy season!

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

A special THANK YOU to Karen O'Connor, the Yampa Valley Community Foundation and the AARP tax assistants! Because of you, 21 older adults, who would not have filed taxes otherwise, received the \$750 Tabor Refund!

*Thank
you
so much*

Thank You Donors!

Donations Received September 2022

Julie Alkema
Anonymous
Ben and Lindsey Blonder
Bridge in Steamboat
Bridge Players Benevolent Fund
City of Steamboat Springs
Ellen and Jerry Dalton
Elaine Gilbertson
Monica Hansen
Hillside Plumbing
Tom Ihrig
Betty Kemry
Greg and Darlene Koehler
Selina Koler
Jerry Laszewski

Alan and Julie Lind
Vi Look
Jim McGee
Irene Nelson
OMO Design and Construction Inc.
Janis Petry
Bob Pruett
Routt County
Pegi Simmerman
Steamboat Group Fund
Steamboat Tai Chi
Beth Taylor
Rozanne Steinhoff
Leonarda VanDerWerf

GIVE
WHERE YOU
LIVE

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

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

*Starting on November 1, you can 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.

Colorado Gives Day is powered by ColoradoGives.org, a year-round website featuring more than 2,300 nonprofits.



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

November 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.

NOVEMBER EVENTS AND ACTIVITIES, cont.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| <p>31</p> <p><i>Happy Halloween</i></p>  | <p>1</p> | <p>2</p> <p>Bingo –S.R. 12:30</p> | <p>3</p> <p>Movie and Popcorn 12:30 Stmbt</p> <p>Knitters Circle- Stmbt 1:30</p> | <p>4</p> <p>Bingo –Stmbt 12:30 Bingo –S.R. 12:30</p> |
| <p>7</p> <p>Medicare Open Enrollment Presentation - 12:30 Stmbt</p> | <p>8</p> <p>Caregiver Support Group –Stmbt 10:30</p> | <p>9</p> <p>Bingo –S.R. 12:30</p> | <p>10</p> <p>Knitters Circle- Stmbt 1:30</p> | <p>11</p> <p>Bingo –Stmbt 12:30 Bingo –S.R. 12:30</p> |
| <p>14</p> <p>Downsize Today Presentation with Patty Lundy - 12:30 Stmbt</p> | <p>15</p> | <p>16</p> <p>Bingo –S.R. 12:30</p> <p><i>Shuttle to Craig</i></p> | <p>17</p> <p>Tea and Talk – Stmbt 12:30</p> <p>Knitters Circle- Stmbt 1:30</p> | <p>18</p> <p>Bingo and Lunch – Hayden Cong Church, 11:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30</p> |
| <p>21</p> | <p>22</p> | <p>23</p> <p>Bingo –S.R. 1:00</p> | <p>24</p> <p><i>Happy Thanksgiving</i></p> <p><i>All Sites Closed</i></p>  | <p>25</p> <p><i>All Sites Closed</i></p> |
| <p>28</p> | <p>29</p> | <p>30</p> <p>Bingo –S.R. 12:30</p> <p><i>Shuttle to Silverthorne</i></p> | <p>1</p> <p>Knitters Circle- Stmbt 1:30</p> | <p>2</p> <p>Bingo –Stmbt 12:30 Bingo –S.R. 12:30</p> |

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 |
| 31 Ghoolash Peas Wheat Roll Tossed Salad Orange Halloween Cookies | 1 Chicken with Mushroom sauce Mashed Potatoes Mixed Vegetables Roll Spinach Salad Chocolate Cake | 2 Chicken with 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 with Ham Tomato Basil Soup Crackers Banana Oatmeal Raisin Cookie |
| 7 Eggplant Parmesan Broccoli Garlic Bread Caesar Salad Orange Waffle with Strawberries | 8 Italian Sausage Fettuccini Mixed Vegetables Bread Stick Tossed Salad Banana Ice Cream | 9 Italian Sausage Fettuccini Mixed Vegetables Bread Stick Tossed Salad Banana Ice Cream | 10 Salisbury Steak Mashers Green Beans Garlic Bread Tossed Salad Banana Cake | 11 Chicken Broccoli Rice Casserole Crackers Carrots Brownie |
| 14 Beef & Cabbage Casserole Roast Potato Mixed Vegetables Biscuit Berry Pie | 15 Beef Tacos Cilantro Lime Rice Mexican Corn Orange Peanut Butter Cookie | 16 Salmon Rice Pilaf Broccoli Bread Sticks Tossed Salad Strawberry Cheesecake | 17 Salmon Rice Pilaf Broccoli Bread Sticks Tossed Salad Strawberry Cheesecake | 18 Italian Chicken & White Beans Peas Tossed Salad Fruit Cocktail Cinnamon Roll |
| 21 Pizza Salad with raisins Garbanzo Beans Peanut Butter Bars | 22 Turkey Mashers Stuffing Green Bean Casserole Tossed Salad with Strawberries Pumpkin Pie | 23 Turkey Mashers Stuffing Green Bean Casserole Tossed Salad with Strawberries Pumpkin Pie | 24 HAPPY THANKSGIVING CLOSED  | 25 HAPPY THANKSGIVING CLOSED |
| 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 |

**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.**