

JANUARY

Senior Scoop

News and Views from the Council on Aging

January 2023

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Out with the old and in with the new?

Well, maybe. As I look back on reflections of 2022 I'm warmed with visions of friendship, compassion, generosity and helping each other along the way. We walked each other along the leg of COVID setbacks. Cheery smiles and encouraging each other to keep the chin up is what we've seen all around us. Will this go out as old? Certainly not. It's who we are and will continue to take with us into 2023. Reflections shine with the joys and goodness of life.

Today I had the pleasure of standing on top of Storm Mountain. Looking out toward the vast expanse of the valley below was breath taking. It reflected the endless space our community has in it's hearts to care for each other.

On behalf of RCCOA, I wish you all the happiest New Year. I wish you peace and fulfilled promises. May kindness and tolerance be endless in our world as we continue to care and share.

Jean Levine,
RCCOA Board
President



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Steamboat & Hayden Cook

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South Routt Kitchen Asst. &

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ROUTT COUNTY
COUNCIL ON AGING

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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WINTER

Find and circle all of the Winter related words that are hidden in the grid. The remaining letters spell a Japanese proverb.

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

BLACK ICE
 BLIZZARD
 BOOTS
 CARNIVAL
 CHRISTMAS
 COLD
 EGG NOG
 FIREPLACE
 FIREWOOD
 FOG
 FREEZE
 FROST
 GLOVES
 HAIL
 HEADBAND
 HIBERNATION
 HOCKEY
 HOLIDAYS
 ICE FISHING
 ICICLES
 KNIT CAP
 LONG UNDERWEAR
 MITTENS
 OLYMPICS
 PARKA
 SCARF

SEASON
 SKATES
 SKI DOO
 SKI PANTS
 SKIING
 SLED
 SLEET
 SLIPPERY
 SNOW CASTLE
 SNOW PLOW
 SNOW SHOVEL
 SNOW TIRES
 SNOWBALL
 SNOWBOARD
 SNOWFLAKE
 SNOWMAN
 SNOWSHOES
 SOLSTICE
 SOUP
 STEW
 STORM
 SWEATSHIRT
 TOBOGGAN
 VACATION
 WIND CHILL
 WOOL SOCKS

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

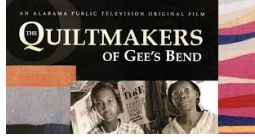
Complete and submit these puzzles for a free RCCOA lunch.

PBS Feature

Monday, January 9th,

12:30 pm

@ the Steamboat Community Center



The Quilmakers of Gee's Bend

This uplifting, Emmy-winning PBS film tells the modern-day "Cinderella" story of the quiltmakers of Gee's Bend, Alabama. Artists born into extreme poverty, they live to see their quilts hailed by a The New York Times art critic as "some of the most miraculous works of modern art America has produced."

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®

Tea and Talk

Thursday, January 12th

12:30 - 1:30 pm

Share an afternoon tea and discussion. Siblings, how have they shaped you, how are your relationships with them now, how do they affect you?



Trivia, Trifles or Twaddle

Thursday, January 26th

12:30 - 1:30pm

@ the Steamboat Community Center

Fine tune your knowledge of nonsense and have fun while doing it. Back by special request, we will have a trivia competition after lunch! No sign up necessary. Prizes for the winning team.

How long is New Zealand's Ninety Mile Beach?

Lunch and Shopping in Craig

Wednesday, January 18th

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.

RCCOA will be closed

Monday, January 16th in observance of Martin Luther King Jr. Day.

Please let Ellyn know if you would like an additional frozen meal for the holiday weekend by January 10th. 970.879.0633 xt 4

Movie and Popcorn

Monday, January 30th, 12:30 pm

@ the Steamboat Community Center

The Greatest Showman

A musical drama based on the story and life of P.T. Barnum, a famous showman and entertainer, and his creation of the Barnum & Bailey Circus and the lives of its star attractions.



4 Types of Foods to Help Boost Your Memory

By Marisa Moore, MBA, RDN, LD Published November 15, 2017

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors. However, there's no doubt that diet plays a major role in brain health.



The best menu for boosting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. Research found the Mediterranean Diet helps keep aging brains sharp, and a growing body of evidence links foods such as those in the Mediterranean diet with better cognitive function, memory and alertness.

Strengthen Recall by Adding These Foods to the Rotation

Eat your veggies. You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry also is an excellent option for lunch or dinner.

Be sweet on berries and cherries. Berries — especially dark ones such as blackberries, blueberries and cherries — are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

Get adequate omega-3 fatty acids. Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid, or DHA, in particular, may help improve memory in healthy young adults. Seafood, algae and fatty fish— including salmon, blue fin tuna, sardines and herring — are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and nutrition. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss other food options and supplementation with your doctor or registered dietitian nutritionist. You can get omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

Work in walnuts. Well known for a positive impact on heart health, walnuts also may improve cognitive function. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or a salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health

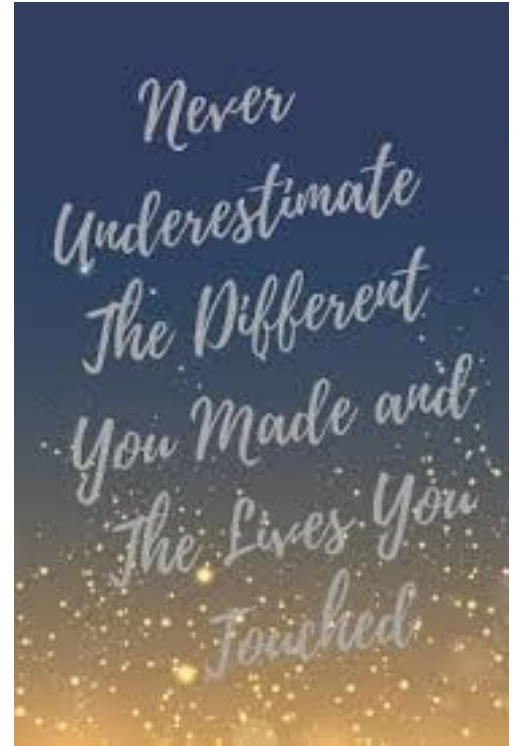


A Special Thank You to All of our Volunteers

Joanna Allison
Julie Alkema
Mike Berdine
Ben Blonder
Lindsey Blonder
Josh Bodden
Dawn Cook
Emilie Crider
Kathy Curcio
Hedy Davis
Ashley Demos
George Detwiler
Tracy Detwiler
Shelly Dillingham
Dan Emert
CiCi Fondren
Beth Kuczkowski
Lisa Lancaster
Jay Layman
Marjorie Layman

Susie Lee
Jean Levine
Julie Lind
Lynne Marr
Cathy Neelan
Karl Olson
Pam Olson
Sandi Poltorak
Hollie Rogers
Stacey Rogers
Tosia Sauter
Cat Schaffrick
Dennis Scofield
Regina Scofield
David Selden
Bob Sherwood
Don Sperry
Chris Stillwell
Tom Swissler
Nancy Trimmer

Shea Wright
Lauren Wright-Land
Mollie Wunder



Please extend extra patience, kindness and courtesy.

RCCOA is pleased to offer close to 4300 rides annually to seniors. Winter is here and roads are icy, making the demand for our limited shuttle services very high. Since our drivers are likely on the road, please call the office number rather than drivers' personal cell phones, when possible. To ensure that you receive the service you need, please keep the following in mind:

- All reservations should be made at a minimum 48-hours in advance. The sooner you know your schedule, the more likely we will be able to accommodate you.
- If there are delays due to weather, please understand that our driver is doing the best he/she can. Your patience is appreciated.
- There will likely be more clients on the shuttles, so please be courteous to everyone.

Please call 970-879-0633 to make your reservations. Suggested donations are \$2/each way within city limits and \$3/each way outside city limits.

Julie Alkema
Anonymous
Anonymous
Anschutz Family Foundation
Ben and Lindsey Blonder
Bren, LLC
Bridge in Steamboat
Bridge Players Benevolent Fund
Business for Isness Foundation
City of Steamboat Springs
City Market Community Rewards
Pam Duckworth
Eva Dworakowski
Edward Jones in honor of Annette DeMay
Tracey Epley
Pauline Graham
Ron and Mary Kay Graver
Michael and Deanna Hines
Ron Kashner
Selina Koler
Mary Ann Lieske
Jim McGee
McGinnis Family Fund of the YVCF
Meals on Wheels Association

Irene Nelson
Janis Petry
Bob Pruett
Jean Ray
Routt County
Jim Severson
Donald and Laura Shindler
Lynn Sidman
Pegi Simmerman
Steamboat Group Fund
Steamboat Tai Chi
Rozanne Steinhoff
Routt County United Way
Karen Vail
Leonarda VanDerWerf
Vanguard Charitable Fund
Catherine Voorhees
Wendell Wallace
Yampa Valley Community Foundation

Vi Look in memory
of Crosby Perry-Smith

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



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

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*Giving is not just
about making a donation.
It is about making a
difference.*

KATHY CALVIN

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

January 2022

FITNESS CLASSES

**\$3 SUGGESTED DONATION PER CLASS, UNLESS OTHERWISE NOTED.
NO ONE IS TURNED AWAY DUE TO INABILITY TO DONATE. *Note: No Classes January 16th.***

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.

JANUARY EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Mahjong -Stmbt 1:00	4 Bingo –S.R. 12:30	5 Knitters Circle- Stmbt 1:30	6 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
9 <i>Quilters of Gees Bend</i> -Stmbt 12:30	10 Caregiver Support Group –Stmbt 10:30am Mahjong - Stmbt 1:00 pm Alz. Forum - Stmbt 5:00pm	11 Bingo –S.R. 12:30	12 Tea and Talk - Stmbt 12:30 Knitters Circle- Stmbt 1:30	13 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
16 All Sites Closed MLK JR Day	17 Mahjong -Stmbt 1:00	18 Bingo –S.R. 12:30 Shuttle to Craig	19 Knitters Circle- Stmbt 1:30	20 Bingo and Lunch – Hayden Cong Church, 11:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
23	24 Mahjong -Stmbt 1:00	25 Bingo –S.R. 1:00	26 TRIVIA -Stmbt 12:30	27
30 Movie and Popcorn -Stmbt 12:30	31 Mahjong -Stmbt 1:00	1 Bingo –S.R. 12:30	2 Knitters Circle- Stmbt 1:30	3 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
2 Tuna Casserole Mixed Vegetables English Muffin Tossed Salad Orange Jell-O Mandarin Oranges	3 Monterey Chicken Roast Potatoes Mixed Vegetables Wheat Bread Tossed Salad Strawberries Cheesecake	4 Monterey Chicken Roast Potatoes Mixed Vegetables Wheat Bread Tossed Salad Strawberries Cheesecake	5 Flank Steak Mashed Potatoes Carrots Italian Bread Tossed Salad Orange Slices Chocolate Chip Cookie	6 Blackeye Pea Stew Collards Cornbread Tossed Salad Banana Peach Cobbler
9 Beef Lo Mein Vegetable Stir Fry Egg Roll Asian Salad Apple Fortune Cookie	10 Cod Fish Orzo Broccoli Wheat Roll Spinach Salad w/ Mandarin Orange Strawberry Shortcake	11 Cod Fish Orzo Broccoli Wheat Roll Spinach Salad w/ Mandarin Orange Strawberry Shortcake	12 Pork Roast Cornbread Casserole Kidney Beans Spinach Salad Strawberries & Cream	13 Turkey & Cheese Sandwich LTOP Minestrone Crackers Pineapple
16 All Sites Closed Martin Luther King Day	17 Honey Chicken Sweet Potatoes Cauliflower Roll Tossed Salad Orange Cake	18 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	19 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	20 Pizza Garbanzo Beans Tossed Salad with Craisins Peanut Butter Bars
23 Open Faced Pork Sandwich Mashed Potatoes Spinach Tossed Salad Strawberries Carrot Cake	24 Shrimp Scampi Zucchini & Tomatoes Garlic Bread Caesar Salad Bananas & Oranges Oatmeal Raisin Cookie	25 Shrimp Scampi Zucchini & Tomatoes Garlic Bread Caesar Salad Bananas & Oranges Oatmeal Raisin Cookie	26 Beef Ribs Baked Potatoes Corn Roll Tossed Salad Peach Cobbler	27 Turkey Noodle Soup Crackers Spinach Salad Orange Banana Pudding
30 Spinach Bars Roasted Sweet Potatoes Broccoli Cole Slaw Fruit Cocktail Chocolate Pudding	31 Chicken Enchilada Casserole Spanish Rice Refried Beans Mixed Salad Lemon Bar	1 Pork Chop Stuffing California Vegetables Italian Bread Tossed Salad Apple Banana Cake	2 Pork Chop Stuffing California Veggies Italian Bread Tossed Salad Apple Banana Cake	3 Chili Corn Bread Tossed Salad Pineapple Brownie

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.