



Senior Scoop

News and Views from the Council on Aging

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As February slides it's way into our world it's a reminder to us that somewhere in sight there's an end to slipping & sliding, skiing & skating, plowing and shoveling. We are Routt County after all, with no surprises from cold, snow and ice, but doesn't February kind of turn the corner toward refreshing thoughts of spring? Anyone envision parking the snowmobiles and shovels toward the back of the garage and putting those lovely golf clubs, bicycles and garden tools out front? You must admit to the pleasure of such thoughts...maybe just a little?

In the mean time, if you haven't finished indulging yourself in winter wonderfulness, get ready to enjoy the thrills of Winter Carnival when tons of celebration and joy engulf the entire community. Long-time ranching families, winter sports enthusiasts and competitors in all imaginable winter activity all come together in tradition and fun. It's a week to warm us all with community pride embracing past and present.

There's not a month in the year where the gifts of life in Routt County don't abound, but I do see February as a special one. Mother Nature constantly reminds us of the extremes that seasonal change brings.

Enjoy!

Jean Levine, RCCOA Board President

February 2023

Staff

April Sigman
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Toni Cratsley
Steamboat & Hayden Cook
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South Routt Kitchen Asst.
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Hayden Assistant



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.

Chocolate

Find and circle all of the words that are hidden in the grid.
The remaining 55 letters spell a secret message.

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

ADDICTIVE
BAKING
BARS
BITTERSWEET
BROWNIES
CAKES
CANDY
CHIPS
CHOCOLATIERS
COCOA
CONFECTIONERY
COOKIES
CREAM PIE
CUPCAKE
DARK
DECADENT
DELICIOUS
DESSERT
DRINKS

FILLING
FONDUE
FOOD
FUDGE
ICE CREAM
ICING
INGREDIENT
MILK
MOUSSE
PUDDING
SEMISWEET
SUGAR
SWISS
SYRUP
TREAT
TRUFFLES
UNSWEETENED
WHITE

_____.

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.

		3			5			6
9	5			1				
1		6				5		8
	6			2	9	8	5	
	9			8	1	6		
			3	4				9
8							6	3
							2	
2		1						

Complete and submit these puzzles for a free RCCOA lunch.

Senior Savings - You've Earned It!

Did you know...?



- ♦ **Senior Citizen Property Tax Deferral.** Apply at the County Assessors' office or online @ <http://www.co.routt.co.us/659/Tax-Deferral-Information> if you are 65+ and have resided in your home 10+ years.
- ♦ **\$200 City of Steamboat Springs Sales Tax Rebate.** Apply at City Hall if you are 62+ and have resided in the city for the year in which you are applying.
- ♦ **LEAP Energy Assistance.** LEAP is a federally funded program that helps eligible Colorado seniors pay a portion of their winter home heating costs. Find out more @ <https://www.colorado.gov/pacific/cdhs/leap>.
- ♦ **Everyday Eats and TEFAP.** Lift Up offers 2 food assistance options for older adults in Routt County. Visit <https://liftuprc.org> for information or ask April at RCCOA for details and application assistance.
- ♦ **For everyday shopping and dining discounts, such as** AMC Theatres, Kohl's, McDonalds, Walgreens ... check out this great website, <https://www.seniorliving.org/finance/senior-discounts/>
- ♦ **Best Use of \$\$ at the Grocery Store.** Melina Bricker, Routt County Extension, will give a presentation Monday, February 27th, 12:30 - 1:15 @ the Steamboat Community Center.
- ♦ **Best \$3 lunch in Routt County?** RCCOA, 😊 suggested donation of \$3 for anyone 60+ at a dining sites or a hot, home delivered meal. Call 970.879.0633 for a reservation or to request a meal. See page 12 for menu and details.

AARP Foundation **FREE** Tax-Aide Services

Tax Aide Volunteers will provide **free tax preparation assistance** to Routt and Moffatt County residents beginning February 25th through April 10th on Mondays and Saturdays by appointment only at the Bud Werner Memorial Library.

Tax Aide Volunteers are trained and certified by the Internal Revenue Service. Our trained volunteers will offer free tax return preparation to anyone who needs it, regardless of age or income as long as it stays within the scope of tax law and policies set by the IRS and AARP Foundation.

Colorado residents, 65 and older may be eligible for "Income qualified senior housing income tax credit". <https://www.getaheadcolorado.org/income-qualified-senior-income-tax-credit> for more information.

Please visit www.yvcf.org/taxaide for more information and to learn how to sign up. You may call 970-425-3855 to leave a message or email 61052703@aarpfoundation.org A volunteer will reply as soon as possible.

Craft a Valentine for Someone Special!!

Monday, February 6th,

12:30 pm

@ the Steamboat Community Center

Supplies and inspiration provided. RSVP requested.



Tea and Talk

Tuesday, February 14h

12:30 - 1:30 pm

Share an afternoon tea and discussion. What does “daring” look like to you? What have you done that is DARING?



Best Use of \$\$ at the Grocery Store

Monday, February 27th, 12:30 pm

@ the Steamboat Community Center

Melina Bricker, Routt County Extension Office. Ways to stretch our \$.

RCCOA will be closed

Monday, February 20th in observance of Presidents' Day.

Please let Ellyn know if you would like an additional frozen meal for the holiday weekend by February 13th. 970.879.0633 xt 4

Lunch and Shopping in Craig

Wednesday, February 8th

9:30 am - 4:00 pm

Join us for lunch and shopping in Craig. Please RSVP to Ellyn at least 3 days in advance. 970-879-0633.

RCCOA hosts a monthly Alzheimer's Association

Caregiver Support Group

The 2nd Tuesday of each month, 10:30am
@ the Steamboat Springs Community Center.

February 14th , 10:30 am

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

ALZHEIMER'S ASSOCIATION®

Trivia, “data considered to be of little knowledge”

Thursday, February 23rd

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.

Who wrote the Star Spangled Banner?



Help reduce our use of paper. Subscribe to our monthly newsletter or see a calendar of events and menus online, please visit www.rccoaging.org.

Diet Making You Hungry? This Nutrient Can Help

By Katherine Brooking, MS, RD

It's just a few weeks into the new year, and already many people are struggling to keep their weight loss resolutions. Why do so many well-intentioned dieters give up so soon? In a word: hunger. Cutting back on calories – not to mention boosting exercise – can increase your appetite and hunger, making it harder to stick with your resolve.



But there's a secret weapon that can help fill you up without weighing you down— fiber! Why fiber? It helps you feel fuller for longer, cleans you out, lowers blood sugar, and it's calorie-free.

Though the Dietary Guidelines for Americans recommends a daily minimum of 25 g of fiber for women and 38 g for men, most adults get only a paltry 15 grams of daily fiber in their diet. But according to a recent study reported in the *Annals of Internal Medicine*, boosting your daily intake could have big benefits. The study found that participants who upped the fiber in their diet to at least 30 grams daily — without changing anything else in their diet—lost about 5 pounds and kept it off!

So how can you increase your intake of this hunger fighter? Old standbys like fortified cereals and beans are great, but there's no need to stop there. You'll find fiber in a wide array of foods, including most fruits, veggies, grains and legumes. Fiber supplements can play a role too, but food should be your first option – and you should never start taking supplements without checking with your doctor. If you currently have a low fiber intake, add more fiber to your diet gradually and increase your fluid intake – if not, you may experience bloating or constipation.

Here are a few high-fiber foods to enjoy:

Artichokes: They may have an unusual shape and texture, but artichokes are easy to prepare and wonderfully tasty and nutritious. They'll go a very long way to meeting your fiber needs while keeping calories low. A medium-sized artichoke contains 7g of fiber and only 60 calories.

Prunes: One serving (about 4 prunes) has 3 grams of fiber and 290 mg of potassium, all for less than 100 calories. One study showed that compared with other snack foods, prunes may help to lower blood glucose levels, increase satiety, and suppress hunger.

Pasta: Surprised to see pasta on a fiber list? You shouldn't be. Most pasta varieties have about 3 grams of fiber per cup cooked. And some brands have up to 6 grams of fiber, keeping you energized and fuller for longer.

Cont. on page 6.

*IN LOVING
Memory*

*WE WOULD LIKE TO
MEMORALIZE OUR
MISSING BRIDGE TABLE,*

KATHRYN GOURLEY

DORIS HARRINGTON

BRUCE LINDAHL

JIM O'CONNOR

AND OUR INSTRUCTOR,

TANNA BROCK.

FONDLY,

THE BRIDGE PLAYERS BENEVOLENT FUND



Cont. from page 5,

Pistachios: Looking for fiber in a nutshell? Crack open some pistachios. A one-ounce serving (about 49 kernels) has 3g of fiber and 6 grams of protein. Plus they offer more than 30 different vitamins, minerals and phytonutrients. Worried about the fat and calories? With 160 calories and 13 g of fat per ounce, pistachios are one of the lowest-calorie, lowest-fat nuts. (And 90% of the fat in pistachios is unsaturated, i.e. “the good fat”).

Apples: A small apple – at just 75 calories – packs a powerful satiety punch, with 3.5 grams of filling fiber. And research reported in the journal *Appetite* showed that women who added three small apples to their diet each day lost a little more than two pounds in 10 weeks — more than dieters who did not include the fruit in their diet. And there’s another potential weight loss bonus with the mighty apple: they contain ursolic acid, a natural compound that is believed to boost fat burning and may promote lean muscle mass.

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
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



THANK YOU ROUTT COUNTY!

Routt County purchases, maintains and fuels the shuttle buses for our transportation program. That is about \$20,000 annually in addition to the cost of purchasing the busses, > \$80,000! We couldn't run this program without the support of Routt County and the county commissioners. Thank You!!

THANK YOU CITY OF STEAMBOAT!

The City of Steamboat Springs provides the use of the community center at no cost for RCCOA programs. This is vital for RCCOA, amounting to over \$30,000 annually in in-kind donations. Thank you City of Steamboat Springs!

THANK YOU COLORADO! CO Gives Day was a HUGE success! We raised over \$17,000 in 24 hours! Thank you so much to everyone who donated. Your donation will greatly support Routt County seniors. Thank you Colorado!



Thank You Donors!

Donations Received December 2022

Kathleen Alexander
Julie Alkema
Marc and Claire Allinson
American Legion Post #44
Gary Anderson
Karen Anderson
Anonymous
Anonymous
Cindy Balin
Ben and Lindsey Blonder
Susan Bourn
Bridge in Steamboat
Bridge Players Benevolent Fund
Patricia Carney
Jack and Diane Carter
Central Park Management
City of Steamboat Springs
Susan and Kelly Colfer
Steve Corzette
Dixie Coyle
Brad Craig
Toni Cratsley
Rosemary Cullinan
Hedy Davis
Lynn and Bill Davis
Deer Park Road
Delectable Mountain Quilters
Guild
Cher and Dan Dooley
Pinky and Steve Downs
Cathy Edwards
Evans Enterprises
Sue Fegelein
Bridget and Paul Ferguson
Gil Fifield
John and Marlene Fisher
Sherrie Ford
Marda Frazer
Patricia Froening
Donna Garth
Cynthia Gay
Deborah Gooding
Pauline Graham

Scott and Jennifer Grosjean
Gloria and Bruce Heath
Christi Herbert
Judy Hiester
Bill Higby
Lynn Hodges
Nancy and Tim Holden
Edith Hornick
Danny Jendral
Ron Kashner
Diane Kelly
Selina Koler
Keith and Stacey Kramer
Cam and Laurie Kuelthau
Jean Laboree
Glenn and Barbara Lamoree
Keith and Janet Liefer
Tom and Dawn Lillie
Julie Lind
Jean and David Levine
Vi Look
Catherine Lykken
Ken Manley
Kristine McAfee
Jim McGee
Nancy Middleton
Linda Miller
Sandra and Michael Moore
Sandra Morrison
Anne Muhme
Ellyn and Scott Myller
Irene Nelson
Monica Neidermeier
Jeff Nelson and Judy Elliott
Barbara O'Connor
Janis Petry
Karen Pharris
Karen Pigler
The Poches Homeowners
Chuck and Maria Porter
Beth Postemski
Thomas Pratt
Debra Proper

Bob Pruett
Molly and Louis Raphael
Reall and Jason Rehan
Barbara Robinson
Holly Rogers
Janie Romick
Routt County
Susan Scott
Jim Severson
Cheryl Schliske
Gail Sigman
Tom and Elaine Sigman in
memory of Dorothy Sigman
Pegi Simmerman
Jeanne Schrettner
Lola Schlapkohl
Barbara Shipley
Toby Stauffer
Jim and Jo Stanko
Steamboat Group Fund
James and Jacqueline Stegmaier
Sharon Steiner
Rozanne Steinhoff
Tom and Barbara Swissler
Tai Chi
Beth Taylor
Marian Tolles
Thomas and Robin Tucker
Joseph and Lana Turner
Leonarda VanDerWerf
Catherine Voorhees
Mary Weiss
Steve and Pam Williams
Elizabeth Whitmore
Karen Wogsland
Brad and Maria Wright
Andrew and Sandra Wu
Wade Wykert
Yampa Valley Community
Foundation



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

February 2022

FITNESS CLASSES

**\$3 SUGGESTED DONATION PER CLASS, UNLESS OTHERWISE NOTED.
NO ONE IS TURNED AWAY DUE TO INABILITY TO DONATE. *Note: No Classes February 20th.***

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.

FEBRUARY EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
6 Valentine's Craft 12:30 Stmbt	7 Mahjong - Stmbt 1:00 pm	8 Bingo –S.R. 12:30 Shuttle to Craig	9 Knitters Circle- Stmbt 1:30	10 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
13	14 Caregiver Support Group –Stmbt 10:30am Tea and Talk - 12:30 Stmbt Mahjong -Stmbt 1:00	15 Bingo –S.R. 12:30	16 Knitters Circle- Stmbt 1:30	17 Bingo and Lunch – Hayden Cong Church, 11:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
20 All Sites Closed Presidents' Day	21 Mahjong -Stmbt 1:00	22 Bingo –S.R. 1:00	23 Knitters Circle- Stmbt 1:30 Trivia - Stmbt 12:30	24 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
27 Best Use of \$\$ at the Grocery Store - Melina Bricker, Stmbt 12:30	28 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
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
6 Biscuit and Sausage Gravy Egg Hashbrowns Strawberries & Banana Chocolate Chip Cookie	7 Teriyaki Shrimp Brown Rice Stir Fry Veggies Egg Roll Asian Slaw Honey Dew Fortune Cookie	8 Teriyaki Shrimp Brown Rice Stir Fry Veggies Egg Roll Asian Slaw Honey Dew Fortune Cookie	9 BBQ Chicken Legs Sweet Potato Mixed Veggies Wheat Roll Spinach Salad Orange Sherbet	10 Beef and Barley Soup Egg Salad Sandwich Tossed Salad Banana Lemon Bar
13 Beef and Bean Burrito Spanish Rice Broccoli Tossed Salad Pear Chocolate Cream Pie	14 Fried Chicken Mashed Potatoes Green Beans Biscuit Tossed Salad Orange Sherbet 	15 Fried Chicken Mashed Potatoes Green Beans Biscuit Tossed Salad Orange Sherbet	16 Lasagna Brussels Sprouts Garlic Bread Tossed Salad Chocolate Cake	17 Salmon Pattie Rice Mixed Veggies Roll Tossed Salad w/ Mandarin Oranges Raisin Nut Cake
20  All Sites Closed PRESIDENTS' DAY	21 Jambalaya Rice Tossed Salad Wheat Roll Orange Blueberry Crisp	22 Braised Beef Egg Noodles Squash Wheat Roll Spinach Salad Berry Pie	23 Braised Beef Egg Noodles Squash Wheat Roll Spinach Salad Berry Pie	24 Cauliflower and Cheese Soup Grilled Cheese Tossed Salad Apple Strawberry Shortcake
27 Chicken Broccoli Fettuccine Alfredo Cauliflower Caesar Salad Garlic Bread Cherry Crisp	28 Kielbasa Roasted Sweet Potatoes Squash Garlic Bread Tossed Salad Vanilla Ice Cream	1 Pot Roast Roasted Potatoes Mixed Vegetables Tossed Salad Mandarin Orange Pineapple Cake	2 Pot Roast Roasted Potatoes Mixed Vegetables Tossed Salad Mandarin Orange Pineapple Cake	3 Lentil Soup Crackers Tossed Salad 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.**