



# Senior Scoop

## News and Views from the Council on Aging

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March might come in like a lion,  
Might go out like a lamb.  
But if Mother Nature fools you  
That phrase becomes spam!

March is for madness,  
if basketball's your thing.  
Anyway you see it  
March means spring!

Council on Aging  
hopes you March for Meals.  
Sharing food and cheer with  
friends. Oh! How good that feels.

So be it a lion or be it a lamb  
March will take it's course.  
Take a walk with a friend, have a  
chat with a neighbor  
Enjoy the comforting force.

Now I'll stop pretending,  
a clever poet I can be.  
However March unfolds for you,  
longer, warmer days, we're  
bound to see!

**Jean Levine,**  
RCCOA Board President

### March 2023

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Executive Director

**Toni Cratsley**

Steamboat & Hayden Cook

**Hedy Davis**

Helping Hands Assistant

**Mary Dobbin**

Steamboat Kitchen Asst.

**Debbie Dorsey**

South Routt Kitchen Asst. &

Helping Hands Asst.

**Bill Gibbs**

South Routt Driver

**Cindy Graab**

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**Greg O'Hara**

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South Routt Cook

**Beth Taylor**

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South Routt Kitchen Asst.

**Annette Zuber**

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.*

PO BOX 770207, Steamboat Springs, CO 80477 | 970.879.0633 | [www.rccoaging.org](http://www.rccoaging.org)

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# St. Patrick's Day

Find and circle all of the words that are hidden in the grid.  
The remaining 34 letters spell a secret message.

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

BEER  
BELFAST  
BISHOP  
CABBAGE  
CELEBRATION  
CELTIC CROSS  
CHRISTIAN  
CLOVER  
CORK  
CORNEBEEF  
DANCING  
DUBLIN  
EVENTS  
FEAST DAY  
FESTIVAL  
GREEN  
GUINNESS  
HERITAGE  
HISTORY

HOLIDAY  
HOLY DAY  
IRELAND  
IRISH  
LEPRECHAUN  
LIMERICK  
MARCH  
MISSIONARY  
MUSIC  
PARADE  
PATRON SAINT  
POTATOES  
SEVENTEENTH  
SHAMROCK  
SNAKES  
SODA BREAD  
TRADITION  
YEARLY

\_\_\_\_\_  
\_\_\_\_\_.

## 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.

7			8		9			5
9		4		7	1	6	3	
					4			9
8					3		5	1
						7	6	
6						9		3
	9			3	7			
	6		5				4	
								7

**Complete and submit these puzzles for a free RCCOA lunch.**

## AARP Foundation **FREE** Tax-Aide Services

Tax Aide Volunteers will provide **free tax preparation assistance** to Routt and Moffatt County residents beginning February 25<sup>th</sup> through April 10<sup>th</sup> 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](http://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](mailto:61052703@aarpfoundation.org). A volunteer will reply as soon as possible.



"March is an important time for us to come together to ensure that Meals on Wheels is there for all of our senior neighbors in need," said Ellie Hollander, President and CEO of Meals on Wheels America. "The demand for services is already great and approximately 12,000 Americans are turning 60 every day. We must maintain and expand the programs that have helped so many get through this unprecedented time in our nation's history. We can't do it alone. It takes all of us to keep the nationwide Meals on Wheels movement going."



## Buy a Wheel, Sponsor A Meal

Buy a wheel for \$3 in honor of someone special and have it posted at the Steamboat Community Center, South Routt Community Center or the Haven Community Center. Wheels will be available for the month of March, and all donations will support RCCOA nutrition and transportation programs. To buy wheels, please see April or Ellyn.

*"Having meals delivered is wonderful. I don't have to worry about cooking. I depend on these meals and the visit from the drivers."*

**-Meals on Wheels recipient**

## Aging Well Resource Fair

**Tuesday, March 21st 4:00 - 6:00 pm**

Do you or a loved one need more support or resources as you age? Please join us at the Aging Well Resource Fair and get connected in our community!

Representatives from various local organizations will be on hand to provide information and answer questions; listen to experts, get resources for yourself or a loved one. Contact April for more details. 970.879.0633 xt 5



## Tea and Talk

**Thursday, March 9th**

**12:30 - 1:30 pm**

Share an afternoon tea and discussion.



## Learn Origami!!

**Thursday, March 23rd,**

**12:30 pm**

@ the Steamboat Community Center

Supplies and inspiration provided. RSVP requested.



## Lunch and Shopping in Craig

**Wednesday, March 15th**

**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.

March 14th , 10:30 am

For more information contact Angel Hoffman 970.387.6067 | [alhoffman@alz.org](mailto:alhoffman@alz.org)

**ALZHEIMER'S ASSOCIATION®**

## Trivia, "data considered to be of little knowledge"

**Monday, March 27th**

**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.

*Iceland diverted roads to avoid disturbing what?*



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](http://www.rccoaging.org).



## A Special Thank You to All of our Volunteers

Brett Allison  
Joanna Allison  
Julie Alkema  
Mike Berdine  
Ben Blonder  
Lindsey Blonder  
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*

## *Thank You Donors!*

Donations Received January 2023

Julie Alkema  
Nadine Arroyo  
Ben and Lindsey Blonder  
Bridge in Steamboat  
Bridge Players Benevolent Fund  
Borden Endowment fund of the Yampa  
Valley Community Foundation  
City of Steamboat Springs  
Colorado Group Reality Charitable Fund  
Delectable Mountain Quilters Guild  
Ron Kashner  
Selina Koler  
Jim McGee  
Irene Nelson  
Jeff Nelson and Judy Elliott

Janis Petry  
Bob Pruett  
Routt County  
Thomas Sharp  
Rozanne Steinhoff  
Tai Chi  
Town of Oak Creek  
Leonarda VanDerWerf  
Vanrinck, Inc.  
Yampa Valley Community Foundation on  
behalf of Les Wong and Cindy Indorf

Vo Look in memory of January  
Anniversaries





# Make better beverage choices

A healthy eating style includes all foods and beverages. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too many calories from saturated fat. Here are some tips to help you make better beverage choices.

## 1 Drink water

Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and few nutrients.



## 2 How much water is enough?

Let your thirst be your guide. Everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active or live or work in hot conditions.

## 3 A thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

## 4 Manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

## 5 Kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice\* each day.



\*100% juice is part of the Fruit or Vegetable Group.

## 6 Don't forget your dairy\*\*

Select low-fat or fat-free milk or fortified soy beverages. They offer key nutrients such as calcium, vitamin D, and potassium. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.



## 7 Enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

## 8 Water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



## 9 Check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

## 10 Compare what you drink

Food-A-Pedia, an online feature available at [SuperTracker.usda.gov](http://SuperTracker.usda.gov), can help you compare calories, added sugars, and fats in your favorite beverages.

\*\* Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

# 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](mailto:bridgeinsteamboat@gmail.com). Call Ralph for information about social bridge on Mondays 970.232.0248.

FITNESS CLASSES

**\$3 SUGGESTED DONATION PER CLASS, UNLESS OTHERWISE NOTED.  
NO ONE IS TURNED AWAY DUE TO INABILITY TO DONATE.**

**SOUTH ROUTT**

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**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**

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**Arthritis Exercise Association  
Fitness Class**

*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*

**Arthritis Exercise Association  
Fitness Class**

*Thursdays, 10:30 - 11:30 am*

*Steamboat Community Center*



# MARCH EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27</p> <p>Best Use of \$\$ at the Grocery Store - Melina Bricker, Stmbt 12:30</p>	<p>28</p> <p>Mahjong -Stmbt 1:00</p>	<p>1</p> <p>Bingo –S.R. 12:30</p>	<p>2</p> <p>Knitters Circle- Stmbt 1:30</p>	<p>3</p> <p>Bingo –Stmbt 12:30 Bingo –S.R. 12:30</p>
<p>6</p> <p>Movie and Popcorn -Stmbt 12:30</p>	<p>7</p> <p>Mahjong - Stmbt 1:00 pm</p>	<p>8</p> <p>Bingo –S.R. 12:30</p>	<p>9</p> <p>Tea and Talk - Stmbt 12:30  Knitters Circle- Stmbt 1:30</p>	<p>10</p> <p>Bingo –Stmbt 12:30 Bingo –S.R. 12:30</p>
<p>13</p>	<p>14</p> <p>Caregiver Support Group –Stmbt 10:30am  Mahjong -Stmbt 1:00</p>	<p>15</p> <p>Bingo –S.R. 12:30  Shuttle to Craig</p>	<p>16</p> <p>Knitters Circle- Stmbt 1:30</p>	<p>17</p> <p>Bingo and Lunch – Hayden Cong Church, 11:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30</p>
<p>20</p> <p>Preparing for the County Fair - Stmbt 12:30</p>	<p>21</p> <p>Cruise to Antarctica with George Detwiler - Stmbt 12:15pm Mahjong -Stmbt 1:00 Aging Well Resource Fair -Stmbt 4-6 pm</p>	<p>22</p> <p>Bingo –S.R. 1:00</p>	<p>23</p> <p>Knitters Circle- Stmbt 1:30  Oragami -Stmbt 12:30</p>	<p>24</p> <p>Bingo –Stmbt 12:30 Bingo –S.R. 12:30</p>
<p>27</p> <p>Trivia - Stmbt 12:30</p>	<p>28</p> <p>Mahjong -Stmbt 1:00</p>	<p>1</p> <p>Bingo –S.R. 12:30</p>	<p>2</p> <p>Knitters Circle- Stmbt 1:30</p>	<p>3</p> <p>Bingo –Stmbt 12:30 Bingo –S.R. 12:30</p>

See page 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
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
6 Sesame Chicken Fried Rice Eggroll Asian Broccoli Salad Apple Carrot Cake	7 Pork Cutlet Cauliflower & Broccoli Baked Sweet Potatoes Wheat Roll Tossed Salad Oatmeal Cookie	8 Shepherd's Pie Broccoli Garlic Bread Spinach Salad Banana Chocolate Pie	9 Shepherd's Pie Broccoli Garlic Bread Spinach Salad Banana Chocolate Pie	10 Tomato Soup Crackers Tossed Salad Strawberries & Bananas Cheesecake
13 Grilled Chicken Sandwich Fries Peas and Carrots Coleslaw Apple Turnover	14 Split Pea Soup Crackers Tossed Salad Mixed Fruit Peanut Butter Cookie	15 Corned Beef and Cabbage Carrots Rye Bread Tossed Salad Green Chocolate Cake	16 Corned Beef and Cabbage Carrots Rye Bread Tossed Salad Green Chocolate Cake	17 Cajun Catfish Yams Hush Puppies Apple Cran Slaw Strawberry Shortcake 
20 Italian Wedding Soup Tossed Salad Crackers Banana Orange Cake	21 Reuben Sandwich Sauerkraut Peas Waldorf Salad Cheesecake w/ strawberries	22 Chicken Pot Pie Broccoli Biscuit Tossed Salad Strawberry Applesauce	23 Chicken Pot Pie Broccoli Biscuit Tossed Salad Strawberry Applesauce	24 Pesto Pasta Zucchini/Mushrooms Garlic Bread Tossed Salad Apple Pie
27 Chicken and Dumplings Mixed Vegetables Tossed Salad Orange Slices Oatmeal Cookie	28 Sausage and Red Beans Rice Cornbread Spinach Salad Apple	29 Pot Roast Mashed Potato Green Beans Wheat Roll Tossed Salad Mandarin Oranges Pineapple Cake	30 Pot Roast Mashed Potato Green Beans Wheat Roll Tossed Salad Mandarin Oranges Pineapple Cake	31 Tuna Tostada Refried Beans Mexican Salad Mixed Fruit Lemon 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.**