



Senior Scoop

News and Views from the Council on Aging

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Last month RCCOA hosted an Aging Well Resource Fair where I engaged in several inspiring conversations about seniors and social connections. This prompted some research and led me to some thoughtful conclusions.

While everyone's socialization needs are different, we all benefit from connections with others. Isolation can lead to numerous health risks such as dementia and cognitive decline, heart disease, poor nutrition, stroke, depression and anxiety. Some regard isolation as dangerous as smoking and obesity.

Patricia Churchland, a contemporary philosopher, wrote "we long to belong; belonging and caring anchors our sense of place in the universe. Social activity keeps you connected. You know that you matter to others." Benefits of camaraderie are many. One maintains "thinking skills", lessens cognitive decline, increases cardiovascular outcome, and likely increases immunity.

Here's some solutions. Smile! Face to face contact is powerful. Invite someone to your home. Schedule a regular coffee date with a friend. How about joining a book club, sewing group or playing cards? Group activities can be invigorating to both your soul and you mind. Take walks where you stop to chat with those you see. Volunteer, read with children, file books at the library, help at the animal shelter. Phones and computers! They allow us to connect in so many ways. Schedule daily time to keep in touch with family and friends; share feelings. Come to the community center for group lunches, play cards, join a "tea and talk". EXERCISE! Get your blood flowing! There's no need to be alone. Remember, we're all in this life together.

Jean Levine, RCCOA Board President

April 2023

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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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SPRING

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



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

- ALLERGIES
- APRIL
- BASEBALL
- BEEES
- CROCUSES
- CYCLAMENS
- DAFFODILS
- DANDELIONS
- EASTER
- EQUINOX
- FLOWERS
- FROGS
- GOLF
- GRASS
- GREEN
- GROWTH
- IRISES
- LILIES
- MARCH
- MAY
- NEW LEAVES
- PLANTING
- RAIN
- RENEWAL
- ROBINS
- SEASON
- SNOWMELT
- SOFTBALL
- SPRING BREAK
- SPRING
- CLEANING
- TULIPS
- WARMER
- WET

_____ .
 _____ .

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.

							9	
	9	5	3	8				
	8				5			
8				5		6	2	7
	7							
2		3			9			
							3	
3				2			8	6
7	5		4		8			9

Complete and submit these puzzles for a free RCCOA lunch.

AARP Foundation **FREE** Tax-Aide Services: 3 Sessions Left

Tax deadline is fast approaching. AARP Foundation's Tax-Aide volunteers are available to provide free in-person tax preparation assistance at the Bud Werner Memorial Library for April 1st, April 3rd and April 10th. To make an appointment, call the Tax Aide at 970-425-3855. Colorado has a new senior housing income tax credit for qualified seniors who are unable to take advantage of the Senior Property Tax Exemption.

Tax-Aide volunteers are trained and certified by the IRS. The volunteers offer free tax return preparation to anyone who needs it, regardless of age or income, as long as the preparation stays within the scope of tax law and policies set by the IRS and AARP Foundation. For more information, visit YVCF.org/taxaide or email 61052703@aarpfoundation for more information.

UCHealth Yampa Valley Medical Center Ethics Committee



Planning for Life Transitions Planning for future illness, incapacity and death is important. This speaker series will provide helpful information as you consider and make arrangements for yourself and your loved ones. All sessions are free and open to the public, and will be held from 12-1 p.m. at Bud Werner Memorial Library.

April 19 - Long-term care and Medicaid. Presented by Mark Fischer, an attorney in Steamboat Springs. Learn what you need to know legally and financially in order to plan for long-term care.

April 26 - Patient Advocacy and Colorado End-of-Life Options Act. Presented by Deborah Batson, an independent board-certified patient advocate with Patient Advocacy Partners in Steamboat Springs. Learn what patient advocacy is and why advocating can improve your health outcomes, as well as how end-of-life options work in Colorado and what resources are available locally.

May 3 - Legal documents everyone should have. Presented by Mark Fischer, an attorney in Steamboat Springs and Lauren Beversluis, an attorney at Beversluis Law in Steamboat Springs. Learn about the important legal documents everyone should have, including financial power of attorney, health care power of attorney, a will or trust, a living will and HIPAA release.

May 10 - Hospice and palliative care. Presented by Jo Anne Grace, spiritual care and bereavement coordinator with Northwest Colorado Health's hospice program, and Heather Hack, board-certified family nurse practitioner at UC Health Palliative Care-Steamboat Springs.

May 17 - Funerals and funeral planning. Presented by Leah Locke, funeral director at Yampa Valley Funeral Home. Learn about options for pre-planning your funeral.

Questions? mjensenrnjd@gmail.com

The logo for UCHealth, featuring the word "uhealth" in a lowercase, sans-serif font with a red underline.

Learn to Play Mahjong

Tuesdays, 1:00 - 3:00 pm @
the Steamboat Community Center

Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is a game of skill, strategy and luck.



Movie and Popcorn

Monday, April 3rd, 12:30
The Biggest Little Farm



Fair Club

Monday, April 10th, 12:30
Share ideas, get inspired,
start planning your county fair
submissions.



Tea and Talk

Thursday, April 20th
12:30 - 1:30 pm

Share an afternoon tea
and discussion. "If you wrote a book,
what would the title be"?



Save the Date for the Spring Fling!

Thursday, May 11th
11:30 - 1:00

Bringing the beach to
Routt County Council on
Aging. Join us for lunch,
wear your most tropical attire.



Lunch and Shopping in Craig

Wednesday, April 19th

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.

April 11th , 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"

Monday, April 24th

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.

A Special Thank You to All of our Volunteers

Brett Allison
Joanna Allison
Julie Alkema
Mike Berdine
Ben Blonder
Lindsey Blonder
Craig Byar
Dawn Cook
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
Stacey Rogers
Tosia Sauter
Dennis Scofield
Regina Scofield
David Selden
Bob Sherwood
Don Sperry

Chris Stillwell
Tom Swissler
Nancy Trimmer
Shea Wright
Lauren Wright-Land
Mollie Wunder



We are seeking volunteers to deliver meals. Do you have a driver's license, a vehicle and 2 hours a week to help our community? If you are interested please contact Ellyn, ellyn@rccoaging.org or call 970.879.0633 xt 4.

Thank You Donors!

Donations Received February 2023

Julie Alkema
Ben and Lindsey Blonder
Bridge in Steamboat
Bridge Players Benevolent Fund
Bright Funds Foundation
City of Steamboat Springs
Sherry Dunkley
Selina Koler
Vi Look
Jim McGee

Janis Petry
Bob Pruett
Routt County
Rozanne Steinhoff
Tai Chi
Leonarda VanDerWerf



Food Fact Sheet - Healthy Breakfast

Breakfast literally means 'breaking the fast', as you have had no food or 'fasted' since the day before.

Breakfast helps top up the energy stores you have used up each night whilst your body repairs and renews itself. It also gives you energy for your morning activities, whether at work, school, home or out and about.

Establishing a regular eating pattern has been shown to improve glycemic control, reduce likelihood of weight gain and curb hunger pangs. However, it is estimated that up to one third of us still regularly miss breakfast. Many of us put this down to time pressures in the morning, but with a little planning, you can find a breakfast choice to suit your lifestyle.

Is breakfast really important? Yes - apart from providing energy (calories) to kick-start your day, a healthy breakfast provides essential nutrients that the body needs, such as fiber, vitamins and key minerals such as calcium and iron. Research has shown that people who eat breakfast have more balanced diets than those who skip it, are less likely to be overweight, lose weight more successfully if overweight, and have reduced risk of certain diseases such as cardiovascular disease and diabetes. Missing breakfast may increase feelings of hunger later on in the day, resulting in snacking on less healthy foods without necessarily catching up on essential nutrients. Eating breakfast may also help to improve mental performance, concentration and mood – three more good reasons to eat something in the morning.

What makes a healthy breakfast? Breakfast should provide about 20-25% of your daily nutritional requirements, and it's not just about having any breakfast – it's about having a healthy breakfast.

Breakfast built from the main food groups below will give you an excellent start to the day: Starchy foods such as bread, cereals, rice, potatoes, and pasta provide energy, B vitamins, some iron and fiber. Cereals are a really good choice: as well as being quick and easy to prepare, they often are fortified with vitamins, iron and calcium to contribute to your daily nutritional requirements. However be careful to check the labels, as some of these products have added sugar and salt. Porridge, bread, rolls, English muffins, scones, fruit bread and bagels all provide good sources of energy, mainly as starchy carbohydrate, that will help kick start your metabolism, and they're all usually low in fat too. Choose wholegrain varieties whenever possible to ensure a good fiber intake, and try to avoid cereals coated in sugar. Evidence suggests that oats for breakfast may have a positive effect on total cholesterol concentration when compared to skipping breakfast.

If you can't face eating first thing, try to eat within two hours of getting up. Keep some healthy wholegrain cereal at work, or if you are breakfasting on the go, choose a shop, café or sandwich bar that has healthy choices like wholegrain toast or cereal, oatmeal, low fat yogurts, pure fruit juices, fresh fruit salads and smoothies with low fat milk. Keep pastries and croissants as an occasional treat rather than an everyday eat, as they are high in fat and calories. If you are in a hurry, make sure you have foods on hand that you can grab, such as a banana, yogurt or toast. Eating a healthy breakfast every day will give you the best possible start!

www.bda.uk.com/foodfacts



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.

FITNESS CLASSES

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

SOUTH ROUTT

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

**Arthritis Exercise Association
Fitness Class**

*Mondays, 10:30 - 11:30 am
Steamboat Community Center*

Tai Chi / not instructor led

*Mondays, 3:00 - 4:00 pm
Tuesdays, 10:30 - 11:30 am
Steamboat Community Center*

**Arthritis Exercise Association
Fitness Class**

*Thursdays, 10:30 - 11:30 am
Steamboat Community Center*

Yoga for Arthritis

*Wednesdays, 10:30 - 11:30 am
Steamboat Community Center*

APRIL EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Movie and Popcorn -Stmbt 12:30	4 Mahjong - Stmbt 1:00 pm	5 Bingo –S.R. 12:30	6 Knitters Circle- Stmbt 1:30	7 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
10 Fair Club- Stmbt 12:30	11 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	12 Bingo –S.R. 12:30 Shuttle to Craig	13 Knitters Circle- Stmbt 1:30	14 Bingo and Lunch – Hayden Cong Church, 11:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
17	18 Mahjong -Stmbt 1:00	19 Bingo –S.R. 1:00 Shuttle to Craig	20 Tea and Talk - Stmbt 12:30 Knitters Circle- Stmbt 1:30	21 Bingo and Lunch – Hayden Cong Church, 11:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
24 Trivia - Stmbt 12:30	25 Mahjong -Stmbt 1:00	26 Bingo –S.R. 12:30	27 Knitters Circle- Stmbt 1:30	28 Bingo –Stmbt 12:30 Bingo –S.R. 12:30

See page 4 for details about scheduled activities.
See page 8 for a complete list of Aging Well classes.

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



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



Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Spaghetti w Meat Sauce Green Beans Garlic Bread Orange Chocolate Chip Cookie	4 Turkey and Rice Mixed Veggies Rye Bread Tossed Salad Mixed Fruit Banana Cream Pie	5 Turkey and Rice Mixed Veggies Rye Bread Tossed Salad Mixed Fruit Banana Cream Pie	6 Ham Scalloped Potatoes Green Beans Wheat Roll Tossed Salad w/ Strawberries Orange Cake	7 Broccoli Quiche Wheat Roll Spinach Salad w tomato and sunflower seeds Baked Apples
10 BBQ Bacon Cheeseburger Onion rings Carrots Tossed Salad Pineapple Cupcake	11 Fish Creole Broccoli French Bread Tossed Salad Banana Cake	12 Chicken Cordon Bleu Rice Pilaf Asparagus French Bread Tossed Salad Orange Lemon bar	13 Chicken Cordon Bleu Rice Pilaf Asparagus French Bread Tossed Salad Orange Lemon bar	14 Pizza Salad Garbanzo Beans Peanut Butter Bar
17 Fish Sandwich Macaroni and Cheese Green Beans Red Cabbage Salad Fruit Granola Parfait	18 Pork Ribs Sweet Potatoes Peas Coleslaw Peanut Butter Cookie	19 Pork Ribs Sweet Potatoes Peas Coleslaw Peanut Butter Cookie	20 Teriyaki Chicken Brown Rice Asian Veggies Egg Roll Asian Broccoli Salad Fortune cookie	21 Beef Stew Sourdough Bread Spinach Salad Lemon Bar
24 Chicken Marsala Brown Rice Spinach Wheat Roll Tossed Salad Strawberry Shortcake	25 Beef Tips Mashed Potatoes Broccoli Wheat Roll Tossed Salad Apple pie	26 Beef Tips Mashed Potatoes Broccoli Wheat Roll Tossed Salad Apple pie	27 Spinach Enchilada Spanish Rice Tossed Salad Orange Banana Pie	28 Pork Green Chili Tortilla Mexi Salad Mixed Fruit Pineapple Cake

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.

