



# Senior Scoop

## News and Views from the Council on Aging

May 2023

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I don't think it will be hard to find fellow spring enthusiasts as we watch the giant snow banks vanish. Bye Bye massive snowbanks! Off to Lake Powell you go! Make way for the crocus and fat, fuzzy buds on our trees and shrubs.

May means indulging our senses. Smells, sounds, sights and touch all become stimulants. I always think I can actually smell May. It smells dewy with melt and fresh with blooms. It's dressed with moisture and bursting with new growth. Birds are chirping and busily darting about frantically gathering treasured materials for nests to nurture their coming offspring. Skies boast "Colorado blue", fresh breezes gently pass by and colorful landscapes slowly appear. New life emerges everywhere we choose to look.

Can I be so bold as to suggest even spring cleaning can be fun? (OK, I might be pushing it there!) It's a good time to sort thru your unwanted treasures and build a stash to donate to our annual rummage sale in August. Which ever spring activities attract your attentions, make sure to fit in time to "stop and smell the roses". Glorious spring comes only once each year. Don't let it slip by without enjoying all of it's lovely and awaited gifts.

Jean Levine, RCCOA Board President

### Staff

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**Ellyn Myller**  
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**Greg O'Hara**  
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Hayden Assistant

**Charlotte Whaley**  
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

Page 1

# Hawaii

Find and circle all of the words that are hidden in the grid. The remaining 49 letters spell a message.

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

ALOHA  
 ARCHIPELAGO  
 BEACHES  
 CANOEING  
 COFFEE  
 GRASS SKIRT  
 HAWAIIAN  
 HONOLULU  
 HULA  
 HUMPBACK WHALES  
 ISLANDS  
 KAHO'OLAWA  
 KAUA'I  
 KAYAKING  
 KONA COAST  
 LANA'I  
 LUAU  
 MACADAMIA NUTS  
 MANTA RAYS  
 MAUI  
 MOLOKA'I  
 NAPALI COAST  
 NI'HAU

NORTH SHORE  
 O'AHU  
 PACIFIC OCEAN  
 PEARL HARBOR  
 PINEAPPLES  
 RESORTS  
 SAND  
 SCUBA DIVING  
 SNORKELING  
 STATE  
 SUGARCANE  
 SURFING  
 TOURISTS  
 TROPICAL  
 UKELELE  
 VACATION  
 VOLCANOES  
 WAIKIKI  
 WAIMEA BAY  
 WARM  
 WHALE WATCHING

\_\_\_\_\_  
 \_\_\_\_\_



# 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.

	8		1	2			3
6		5		4			
	2			7	3		
	7		8				6
	4			3	6		2
	1					7	
			5		7		8
		4		6	8		
		1		2			6

Complete and submit these puzzles for a free RCCOA lunch.



## Spring Fling Luau!!

Thursday, May 11th, 11:30am - 1:30pm  
Steamboat Community Center

Music by the Broad Band, Photo Booth,  
Tropical Attire Encouraged!

Serving Pulled Pork, Mashed Potatoes, Green Beans, Spinach Salad,  
Biscuit and Pecan Pie



Meals will NOT be delivered this day and a meal will NOT be served in Hayden.  
Please order an extra frozen meal by May 8th or join us in person!

RSVP for Lunch and Transportation 970.879.0633

## 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.

**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](mailto:mjensenrnjd@gmail.com)

## 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.



## Lunch and Shopping in Craig

Wednesday, May 17th

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.

## Fair Club

Monday, May 8th, 12:30

Begin working on our painting project and review supplies for our collaborative quilt to submit in the county fair.



## Tea and Talk

Tuesday, May 23rd  
12:30 - 1:30 pm

Share an afternoon tea and discussion. May is for Mother's. Let's share stories of our moms, being a mom or mother inspiration.



Let's be creative and leave little tokens of inspiration around town.

Thursday, May 18th 12:30-1:30pm  
Supplies and inspiration provided.



## 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](mailto:alhoffman@alz.org)

**ALZHEIMER'S ASSOCIATION**

**SPRING FLING!!**

**Thursday, May 11th  
see page 3 for details.**

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  
Craig Byar  
Dawn Cook  
Kathy Curcio  
George Detwiler  
Tracy Detwiler  
Shelly Dillingham  
Dan Emert  
Steve Goldman  
Dayna Horton  
Gretchen Kioschos  
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  
Cindy Roth  
Tosia Sauter  
Dennis Scofield  
Regina Scofield  
David Selden  
Angela Sherwood  
Bob Sherwood

Darcy Simon  
Don Sperry  
Chris Stillwell  
Tom Swissler  
Nancy Trimmer  
Shea Wright  
Lauren Wright-Land  
Mollie Wunder

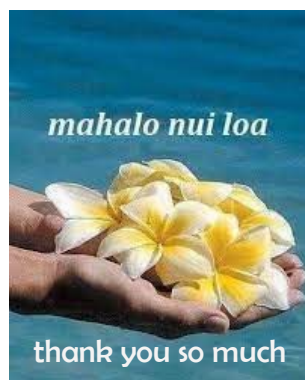


**We are seeking volunteers to deliver meals. Do you have a driver's license, a vehicle and 2 hours a week to help our community? If you are interested please contact Ellyn, [ellyn@rccoaging.org](mailto:ellyn@rccoaging.org) or call 970.879.0633 xt 4.**

## *Thank You Donors!*

Donations Received March 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  
Tom and Dawn Lillie  
Karen and Michael Linsky  
Vi Look  
Catherine Lykken



Jim McGee  
Janis Petry  
Bob Pruett  
Jane and Bud Romberg  
Routt County  
Ski Corp Charitable Fund  
Rozanne Steinhoff  
Tai Chi  
United Methodist Women  
Leonarda VanDerWerf  
Shea Wright

# Embrace the Exotic With These Funky Fruits

Beyond common apples and oranges, there's a whole world of weird and wonderful fruits to explore. Exotic and unique looking produce is mostly native to tropical and subtropical regions of places such as Southeast Asia, New Zealand and South America, but now is grown in warm regions of other countries, too, including the United States.

While you might find some of these fresh fruits in your regular supermarket on occasion, they're more widely available at Asian, Latin and gourmet supermarkets, or from online specialty produce purveyors. Growing seasons vary by location and fruit, with some growing year round in temperate or tropical climates. Canned, jarred and dried fruits are available year round, as are products made from these fruits, such as jellies and jams. Like other fruits, exotic options are typically good sources of vitamins A and C, potassium and fiber. Inside and out, their vivid colors, varying textures and sweet to tart tastes may be a pleasant surprise.

Their curious appearance may be one reason why specialty fruits are among six of the top 10 fastest growing categories in grocery stores, according to a 2015 Nielsen study. And Nielsen's previous report found that dollar sales of fresh global and exotic items grew 9 percent in 2014. That's not surprising, given the culinary trend of fusion cuisine and a desire to eat healthier. Restaurant chefs are looking for ways to infuse unique and unexpected flavors into their dishes — and once chefs jump on a trend, consumers typically follow. Showcasing exotic fruits on television cooking shows also has helped introduce them more broadly to audiences who might otherwise never know what a dragon fruit looks like, for example. Traveling is another way consumers become familiar with foreign fruits; once they try it on vacation, they may look for the fruit upon returning home. It's hard to remember, but mangoes and kiwis once were considered "exotic" and now they're everyday staples in many people's grocery carts.



## Finger Lime

Not a true lime, yet a member of the citrus family, finger limes are native to Australia and also are known as "caviar limes." Filled

with juicy greenish white or pink sacs that burst when bitten, they have a perfumey flavor reminiscent of lemon, lime and a hint of fresh herbs. Usually eaten fresh, finger limes also can be made into marmalade.

## Mangosteen

Although similar in name, mangosteen is not related to the mango. Its white, juicy, segmented flesh is more similar to a tangerine, with a sweet tart flavor that melts in your mouth. Its hard, thick and tough dark rind is difficult to open but worth the effort.



## Longan

A smaller relative of the lychee, longans have a translucent white, soft pulp that surrounds a large black seed. When cut in half, it resembles an eyeball, earning this fruit its nickname: dragon's eye. In China, longans are sometimes dried and added to tea for special occasions.



## Dragon Fruit

This grenade shaped member of the cactus family (also called "pitaya") has a leathery exterior ranging from yellow to bright pink with lime green spiny tips. Flecked with tiny black seeds, its juicy flesh can be white or red and has a refreshing and light flavor.

## Rambutan

Similar to lychees but not as juicy, the rambutan got its name from the Malay word for hair because its rind is covered in dark, soft bristles. It has a single seed surrounded by flesh that is grapelike in texture, with a sweet, delicate flavor.

## Loquat

Native to China and widely grown in Japan, loquats are picked ripe, so they spoil quickly and bruise easily; therefore, they're usually found fresh only in areas where they're grown. U.S. loquats are harvested from March to June in coastal areas, including Santa Barbara and San Diego. Dried or canned loquats are available at many Asian markets.

## Guava

Several varieties of guava are available varying in size (small egg to apple), shape (round or pear shaped), texture (rough or smooth skinned) and color (yellow, green, red or purple black, with flesh that is pale yellow to bright red), and with small edible seeds or seedless. To eat fresh, guava should be very ripe.

## Horned Melon

Known also as a "kiwano" or African horned cucumber, this bright yellow orange fruit has horns that make it look like a small spacecraft. Its jellylike interior has a mild flavor that tastes like a combination of banana and cucumber.

## Jackfruit

A relative of the breadfruit and fig, jackfruit is the world's largest fruit — it can weigh up to 100 pounds. Inside, its many edible starchy seeds are encased in irregular clumps of yellow flesh that can be eaten raw, cooked, dried or pickled. Jackfruit has gained popularity as a meat replacement for vegetarian versions of foods such as tacos and pulled pork.



## Passion Fruit

This edible fruit from the passion flower is also known as "granadilla." The most common variety looks like a purple egg and has a sweet, tart flavor and strong tropical scent. Since there is only a small amount of golden, jellylike filling, passion fruit often is used as a flavoring.

*Kerry Neville, MS, RD, works in nutrition communications in Seattle.*

# 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 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*



# MAY EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Mahjong - Stmbt 1:00 pm	3 Bingo –S.R. 12:30	4 Knitters Circle- Stmbt 1:30	5 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
8 Fair Club- Stmbt 12:30	9 Caregiver Support Group – Stmbt 10:30am  Mahjong –Stmbt 1:00	10 Bingo –S.R. 12:30	11 <b>SPRING FLING</b> Stmbt 11:30  Knitters Circle- Stmbt 1:30	12 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
15	16 Mahjong –Stmbt 1:00	17 Bingo –S.R. 1:00  Shuttle to Craig	18 Rock Painting - Stmbt 12:30  Knitters Circle- Stmbt 1:30	19 Bingo and Lunch – Hayden Cong Church, 11:00  Bingo –Stmbt 12:30 Bingo –S.R. 12:30
22	23 Tea and Talk - Stmbt 12:30  Mahjong –Stmbt 1:00	24 Bingo –S.R. 12:30	25 Knitters Circle- Stmbt 1:30	26 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
29  <b>Closed</b> <b>Memorial Day</b>	30 Mahjong –Stmbt 1:00	31 Bingo –S.R. 12:30	1 Knitters Circle- Stmbt 1:30	2 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.



Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fettuccini Alfredo w Sausage Mixed Veggies Garlic Bread spinach Salad Applesauce cake	2 Meatloaf Green Beans Wheat Roll Tossed Salad Apple pie	3 Meatloaf Green Beans Wheat Roll Tossed Salad Apple pie	4 Shrimp and Grits Squash Biscuits Salad w strawberries Chocolate Crème pie	5 Chicken Salad Sandwich Minestrone soup Tossed Salad Fruit Salad Jell-O
8 Broccoli Cheese Casserole Peas & Carrots Wheat Roll Tossed Salad w/raisins and Nuts Pineapple Cake	9 Honey Glazed Chicken Roast Potatoes Broccoli Biscuit Fruit Salad Brownie	10 Honey Glazed Chicken Roast Potatoes Broccoli Biscuit Fruit Salad Brownie	11 Pulled Pork Masher Green Beans Spinach Salad Biscuit Pecan Pie <b>Spring Fling</b>	12 Cheeseburger Pie Peas 5 Bean Salad Apple Orange Sherbet
15 Pork Chow Mein Lo Mein Noodles Egg Roll Asia Broccoli Salad Pineapple Cheese Cake	16 Sloppy Joe Kidney Beans Cauliflower/Broccoli Tossed Salad Ice Cream Sandwich	17 Sloppy Joe Kidney Beans Cauliflower/Broccoli Tossed Salad Ice Cream Sandwich	18 Fried Chicken Mashed Potatoes Green Beans Biscuit Tossed Salad Orange Sherbet	19 Salmon Patties Rice Mixed Vegetables Roll Tossed Salad Mandarin Oranges Raisin Nut Cake
22 Beef and Bean Burrito Spanish Rice Broccoli Tossed Salad Pear Chocolate Pie	23 Lasagna Brussel Sprouts Green Beans Tossed Salad Chocolate Cake	24 Lasagna Brussel Sprouts Green Beans Tossed Salad Chocolate Cake	25 Black Bean Tort Casserole Mexican Corn Southwest Salad Orange Oatmeal Cookie	26 Barbecue Chicken Sweet Potato Squash Wheat Roll Tossed Salad Oatmeal Raisin Cookie
29 <b>Closed</b>  <b>Memorial Day</b>	30 Gumbo Brown Rice Corn French Bread Oranges Bread Pudding	31 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	1 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	2 Chicken with Caper Sauce Pesto Noodles Asparagus Tossed Salad Garlic Bread Chocolate Chip 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.**

