



# Senior Scoop

## News and Views from the Council on Aging

June 2023

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Someone (my mom) gave me a little plaque that says "The difference between the ordinary and extraordinary is the little extra." I hope that we (RCCOA) are doing the "little extra", but I am assured that we are when we receive thank you cards and notes on a regular basis from so many of you. We absolutely LOVE getting your cards and notes. They remind us why we are striving for the "little extra".

Here's a great big Thank You, for your appreciation!



April Sigman, RCCOA Executive Director

### Staff

**April Sigman**

Executive Director

**Toni Cratsley**

Steamboat & Hayden Cook

**Hedy Davis**

Helping Hands Assistant

**Mary Dobbins**

Steamboat Kitchen Asst.

**Debbie Dorsey**

South Routt Kitchen Asst. &

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**James Graham**

Steamboat Driver

**Milt Hill**

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Helping Hands Assistant

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Client Support Services

**Greg O'Hara**

Stmbt and Hayden Driver

**Cindy Porter**

South Routt Cook

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Helping Hands Assistant

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Steamboat Assistant

**Rebecca Wattles**

Hayden Assistant

**Charlotte Whaley**

South Routt Kitchen Asst.

**Annette Zuber**

Hayden Assistant



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)

Page 1



# Spring Flíng Luau 2023 with music by The Broad Band





# Old West

Find and circle all of the words that are hidden in the grid.  
The remaining 25 letters spell a George Eliot quotation.

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

BANKER  
BARKEEP  
BILLY THE KID  
BOOT HILL  
BRAND  
CAMPFIRE  
CATTLE DRIVE  
CHAPARRAL  
COAL  
CORRAL  
COWBOY  
DOC HOLLIDAY  
FARRIER  
FORT  
FURS  
GOLD MINE  
GOLD PANNING  
GRAZE  
HIRED GUN  
HOGS  
HOMESTEAD  
HOTEL  
JUDGE  
LARIAT

LAWMAN  
LIVESTOCK  
MINER  
OUTLAW GANG  
PISTOL  
PLOW HORSE  
POSSE  
RAILROAD  
RANCH  
RATTLESNAKE  
RIFLE  
SADDLE  
SALOON  
SHERIFF  
SHOPKEEPER  
SITTING BULL  
STAGECOACH  
TELEGRAPH  
TRACKER  
TRAIL  
TRAIN  
UNDERTAKER  
WATER TANK  
WELL



## 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.

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

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



## COLORADO CENTER FOR NURSING EXCELLENCE

*Transforming Healthcare  
Through Workforce  
Innovation*



ROUTT COUNTY  
COUNCIL ON AGING



## Experience the world-renowned **VIRTUAL DEMENTIA TOUR®**

*Your Window Into Their World*

The Virtual Dementia Tour is an evidence-based, patented program designed to give people the opportunity to experience what dementia is like through an individualized, experiential tour. This 30-minute experience is open to families, caregivers, first responders, business leaders, and community organizations!

Tuesday, June 27th @ the Steamboat Springs Community Center  
Sessions @ 4:30, 5:30 and 6:30 pm

Space is Limited. **REGISTRATION REQUIRED.**

Call 970.879.0633 xt 5 to register or email [april@rccoaging.org](mailto:april@rccoaging.org)

<https://www.coloradonursingcenter.org/virtual-dementia-tour/>

NORTHWEST COLORADO  
**HEALTH**

Formerly Northwest Colorado Visiting Nurse Association—VNA

**Steamboat Springs Community Center**  
**Thursday, June 22 11:30am - 12:30 pm**

Can't make it? Schedule an appointment: 970-879-1632

### FREE CARDIOVASCULAR SCREENINGS

#### SCREENINGS INCLUDE:

- Full cholesterol panel
- Blood glucose levels
- BMI (Body Mass Index)
- Personalized prevention tips based on results



## Learn to Play Mahjong

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

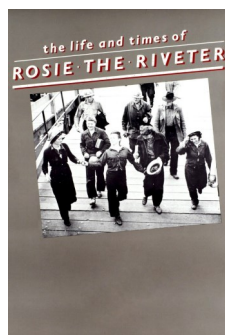
Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is a game of skill, strategy and luck.



## Popcorn and Movie

**Monday, June 5th, 12:30**

*The Life and Times of  
Rosie the Riveter*



## Fair Club

**Monday, June 12th, 12:30**

Continue working on our painting project, review our collaborative quilt and help plant the senior gardens to submit in the county fair.

## Tea and Talk

**Thursday, June 15th**

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

Share an afternoon tea and discussion. What historical event during your lifetime stands out the most to you? Where were you? What do you remember and why?



## Lunch and Shopping in Craig

**Wednesday, June 21st**

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

**ALZHEIMER'S ASSOCIATION®**

## Medicare 101 and updates

**Monday, June 19th, 12:30**

Jonah Glassman with SHIP (State Health Insurance Program) will be in Steamboat to share Medicare updates and general information. Counselors will be available for 1 on 1 question and answer sessions. Contact April to sign up for 1 on 1 session.



## Picnic at Fish Creek Falls

**Wednesday, June 28th**

Ride with us or meet us at the parking lot for a picnic at the falls overlook. RSVP for transportation or a sack lunch. 970.879.0633





## Happy Birthday June Babies!

Pat Crawford	2
Gladys Walters	2
Nadine Arroyo	3
Thomas Mc Farland	8
Judy Wyatt	9
Tom Armstrong	12
John Saint'Abrogio	12
Pat King	14
Joanne Stanko	14
Dan Ellertson	15
Janice Muhme	16
Pat Beyer	19
Eddy Woodall	25
Cathie Voorhees	28



If your birthday is not listed, please fill out a recent consumer assessment form. If you wish to refrain from our birthday list, please let Ellyn or April know.

## Thoughts

Since I was born some years ago  
This world has changed somehow.  
We use both milk and butter  
That has never seen a cow.  
We have instant coffee, instant tea,  
Instant this and that;  
Lots of other instant foods  
Not fit to feed a cat.

We have substitute sugar, substitute salt,  
We have so many substitutes  
we don't know who to fault.

Boys and girls dress alike;  
Can't tell one from the other.  
Same way with mom and dad,  
Can't tell dad from mother.

One more thing that don't look right;  
I think that it's a sin. They've moved  
the cook stove out of doors  
and moved the outhouse in!

I don't know how far this will go,  
But up until this minute,  
I love the good old world of ours  
'cause I can still live in it.

Author Unkown

## We Loved meeting our pen pals from Mrs. Chapman's 2nd grade class!



## 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  
Hud Labaree

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 April 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

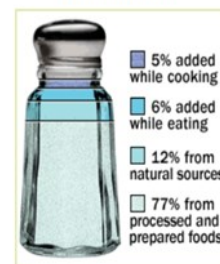
thank you so much

## Sodium

Written by: Patricia Murphy, RD, CDCES

Sodium is necessary for body functions, such as nerve and muscle function. It is also responsible for fluid and mineral balance throughout the body. However, health can be negatively affected by consuming too much sodium. Concerns with consuming too much sodium include increased risk of high blood pressure, stroke, heart disease, dehydration, swelling and complications to existing kidney disease. Sodium attracts water, and so too high of sodium levels draws extra water into the bloodstream. Overtime this increase in blood pressure can increase risk of stroke and heart disease.

How Do Most People Get Sodium in Their Food?



The Food and Nutrition Board recommends an Adequate Intake of 1,300 milligrams of sodium per day from ages 51 to 70 and a slightly lower intake of just 1,200 milligrams per day after age 70. The AI is the amount of sodium that should meet a healthy senior's nutritional requirements. The dietary Guidelines for Americans recommend adults limit sodium intake to less than 2300 mg per day- that's equal to about a teaspoon. There may be a benefit to decreasing intake to closer to 1500 mg for those at high risk of stroke or heart attack.

While reducing the amount you salt your food is important, most of the salt in the average diet comes from packaged and prepared food, commonly up to three-fourths of the average person's intake of sodium. Sodium is added to canned soup, vegetables or sauces to enhance taste and texture and act as a preservative. Processed meats, and cheese are also high in sodium. Look for lower sodium options of soup or sauce. Many canned vegetables can be found in no-added sodium versions. Rinsing canned beans and vegetables can reduce sodium content by 40%. Taking some of these steps can help to lower intake of sodium and help reduce the health risks associated with high sodium intake.

## Some good news in Medicare -Learn more on June 19th at the Steamboat Community Center @ 12:30



There have been several expansions in Medicare in 2023. Here are a few of them.

*Increased access to home health services:* As of this year, Medicare Beneficiaries now have increased access to home health services. This includes more coverage options for telehealth or e-health services and new rules that allow home health agencies to offer more care and support to beneficiaries in their homes.

*Caps on the cost of insulin:* As of this year, insulin price is capped. Medicare can't charge more than \$35 for a one-month supply of each Part-D covered insulin, regardless of whether you have met the deductible.

*Coverage of vaccines:* As of this year, Medicare covered vaccines are free to you under your Part D Drug coverage.

If you have more questions about Medicare or your coverage, reach out to your local State Health Insurance Program (SHIP) office 970-315-1328 or sign up to meet with a Medicare counselor on June 19th.





# 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*

**SHOULD YOU TAKE THE AARP SMART DRIVER COURSE?**

Cars have changed, and so have traffic rules, driving conditions, and the roads you travel every day. Even the most experienced drivers can benefit from brushing up on their driving skills. The AARP Smart Driver course, offered by AARP Driver Safety, is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver course you'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment.

**Take the AARP Smart Driver course at Steamboat Springs Community Center on**

**Wednesday, July 26<sup>th</sup> from 1:00 pm to 5:00 pm.** The classroom course costs \$25 for AARP members and \$30 for non-members.

**Space is limited, so register now by calling Karen at 970-846-0144**





## JUNE EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29  Closed Memorial Day	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
5  Popcorn and Movie - Stmbt 12:30	6  Mahjong -Stmbt 1:00	7  Bingo –S.R. 12:30	8  Knitters Circle- Stmbt 1:30	9  Bingo –Stmbt 12:30 Bingo –S.R. 12:30
12  Fair Club- Stmbt 12:30	13  Caregiver Support Group – Stmbt 10:30am  Mahjong -Stmbt 1:00	14  Bingo –S.R. 1:00	15  Tea and Talk - Stmbt 12:30  Knitters Circle- Stmbt 1:30	16  Bingo and Lunch – Hayden Cong Church, 11:00  Bingo –Stmbt 12:30 Bingo –S.R. 12:30
19  Medicare 101 and updates -Stmbt 12.30	20  Mahjong -Stmbt 1:00	21  Bingo –S.R. 12:30  Shuttle to Craig	22  Cardio Screenings -Stmbt 11:30 Knitters Circle- Stmbt 1:30	23  Bingo –Stmbt 12:30 Bingo –S.R. 12:30
26	27  Mahjong -Stmbt 1:00  Virtual Dementia Tour	28  Bingo –S.R. 12:30  Picnic at Fish Creek Falls 11-2	29  Trivia - Stmbt 12:30 Knitters Circle- Stmbt 1:30	30  Bingo –Stmbt 12:30 Bingo –S.R. 12:30

See page 5 for details about scheduled activities.

See page 10 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
29  Closed  Memorial Day	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
5 Navy Beans & Chicken California Veggies Garlic Bread Tossed Salad Fruit Parfait	6 BBQ Pork Sandwich Sweet Potato Fries Carrots Tossed Salad Strawberries Brownie	7 BBQ Pork Sandwich Sweet Potato Fries Carrots Tossed Salad Strawberries Brownie	8 Black Bean Burger Peas Zucchini Coleslaw Chocolate Chip Cookie	9 Beef & Barley Soup Egg Salad Sandwich Romaine Salad Banana Lemon Bar
12 Halibut Rice Pilaf Broccoli Roll Cucumber & Tomato Salad Banana Cream Pie	13 Chili Cheese Dog Green Beans Onion Rings Mixed Fruit Tossed Salad Coconut Cream Pie	14 Chili Cheese Dog Green Beans Onion Rings Mixed Fruit Tossed Salad Coconut Cream Pie	15 Rump Roast Baked Potato Beets Roll Tossed Salad Peach Crisp	16 Chicken Caesar Salad Brussel Sprouts Crackers Banana Apple Pie
19 Oven Fried Chicken Au Gratin Potatoes Orange Carrots Tossed Salad Strawberries Wheat Roll Chocolate Chip Cookie	20 Short Ribs Dirty Rice Green Beans Coleslaw Roll Banana Pudding	21 Coconut Shrimp Rice Asparagus Flat Bread Green Salad Lemon Cream Pie	22 Coconut Shrimp Rice Asparagus Flat Bread Green Salad Lemon Cream Pie	23 Ham & Broccoli Quiche Biscuit Peas & Carrots Tossed Salad Baked Apples
26 Cheese Stuffed Shells Marinara Sauce Broccoli Garlic Bread Tossed Salad Jell-O w/oranges	27 Pinto Beans & Ham Collards Potato Salad Corn Bread Peach Cobbler	28 Meat Loaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	29 Meat Loaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	30 Turkey Wedge Salad Potato Chips Mixed Vegetables Cantaloupe Cherry Crisp

**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.**