



# Senior Scoop

## News and Views from the Council on Aging

**July 2023**

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While having delivered Meals on Wheels and enjoying luncheons at the Community Center for several years, I had a pleasurable awakening last week regarding our diversified food sources. April sent me on an errand to the Community Agriculture Alliance on Oak St. to pick up our weekly shares of locally produced foods. Nourish Colorado has provided RCCOA grant funding to support this local food partnership. The Community Agriculture Alliance coordinates these funds with local producers and RCCOA then receives the seasonal bounty. Our outstanding kitchen staff then prepares us diners to enjoy. This produce pick up was followed by a walk thru the freezer and refrigerator in "Toni's kitchen" revealing not only produce but local fresh meats and eggs too!

Over the summer we'll be enjoying food from all of these local farms; Bee Grateful Farm, Hayden Fresh Farm, Mountain Bluebird, Mystic Hills Farmstead, M&M Custom Grazing, Snowden Meats and Trout Creek Meats.

Thanks for partnering with RCCOA. While not exclusive, we're able to enjoy health and sustainable benefits of consuming locally sourced foods.



Happy 4<sup>th</sup> of July! Please join us in Yampa at 11:30 a.m. as we march with much gratitude in the parade.

Jean Levine, RCCOA Board President

### Staff

**April Sigman**

Executive Director

**Toni Cratsley**

Steamboat & Hayden Cook

**Hedy Davis**

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**Mary Dobbins**

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**Debbie Dorsey**

South Routt Kitchen Asst. &

Helping Hands Asst.

**Bill Gibbs**

South Routt Driver

**Cindy Graab**

Steamboat Kitchen Asst.

**James Graham**

Steamboat Driver

**Milt Hill**

Steamboat Driver

**Crystal Lawson**

Steamboat Assistant

**Patty Lundy**

Helping Hands Assistant

**Dawn Moog**

Helping Hands Assistant

**Ellyn Myller**

Program Coordinator

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Driver

**Cindy Porter**

South Routt Cook

**Beth Taylor**

Helping Hands Assistant

**Rebecca Wattles**

Hayden Assistant

**Charlotte Whaley**

South Routt Kitchen Asst.

**Shea Wright**

Steamboat Assistant

**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.*

# SUMMER

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell an additional summer item.

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

ANTS  
AUGUST  
BARBECUE  
BASEBALL  
BEACH  
BEES  
BICYCLE  
BLUE SKY  
BOATING  
BREEZE  
CAMPING  
FISHING  
FLIES  
FLOWERS  
GARDENING  
GOLF  
GREEN GRASS  
HAT  
HIKING  
HOLIDAYS  
HOT  
ICE CREAM

JULY  
JUNE  
MOSQUITOES  
NO SCHOOL  
PICNIC  
ROLLER BLADES  
SANDALS  
SKATEBOARD  
SOCCER  
SOLSTICE  
SPRINKLERS  
SUNBURN  
SUNGLASSES  
SUNSCREEN  
SUNSHINE  
SUNTAN  
SWEAT  
SWIMMING  
U V RAYS  
WASPS  
WATER FIGHTS  
WATERMELON



## 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			9				5
	9					7		
	1	5						2
			7	6	3			
	3			2			1	
2						8		
	7	9	5			3		
6				1				
1	5	8			7	9		6

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

## **Join RCCOA in the Yampa 4th of July Parade!**

**Tuesday, July 4th, 11:30am, Yampa**

Ride in a historic covered wagon  
provided by Nadine Arroyo.

Meet at the parade staging  
area on Moffat Ave in Yam-  
pa by 11:30am. All are  
welcome!



## **Art with Jacqueline**

**Tuesdays, July 11th - August 8th**

**2:00 - 4:00 pm**

Jacqueline is back for the summer. Please  
sign up for the 5 week class. \$15 for all 5  
classes. Space is limited.

## **Lulie Crawford's Wildflowers and Watercolors**

**Tuesday, July 18th, 10:00am @  
the Yampa River Botanical Park**

The Tread of Pioneers Museum shares  
the story of Lulie and her pioneering  
family, followed by watercolor instruction  
with professional artist Dona Steele of  
the Steamboat Art Museum. Then paint  
your own wildflower

watercolor masterpieces!

Free!



## **Pearl Lake and Ice Cream**

**Monday, July 24th**

Ride with us or meet us at Pearl Lake.

Head to the Clark store for ice cream

after. RSVP for transporta-

tion. Leaving Steamboat

Community Center at 12:30.

970.879.0633



## **Fair Club**

**Monday, July 10th, 12:30**

Quilt pieces and cow  
paintings should be submitted to Ellyn  
by August 1st to be included in the  
collaborative projects. Bring your  
progress to share and work on.



## **Tea and Talk**

**Thursday, July 13th**

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

Share an afternoon tea and discussion.  
What are your summer aspirations?



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

**Monday, July 17th**

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

Fine tune your knowledge of nonsense  
and have fun while doing it. No sign up  
necessary. Prizes for the winning team.



## **Lunch and Shopping in Craig**

**Wednesday, July 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.

## **AARP Driver Safety**

**Wednesday, July 26th, 1:00 - 5:00 pm**

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. **See page 6 for details.**

## Happy Birthday July Babies!

John Crawford	1
Rex Keller	1
Hank Schaffer	5
Jeanne Wilman	7
Ray Magnus	10
Janie Romick	10
Cherril Sanders	12
Beth Taylor	12
Terry McCarty	14



Beverly Mack	15
Lorie McCarty	15
Diana Dunn	17
Susannah Lusk	21
Candace Noriega	23
Leonard Blake	24
Terry Wattles	25
Debbie Linthicum	29
Nancy Parent	30

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.

## More Reasons to Love Strawberries By Katherine Brooking, MS, RD

It's hard not to love strawberries! These ruby-colored gems add delicious flavor to any meal of the day – whether they're cooked, frozen, blended, or as-is, fresh from the farm. But there's more to love about strawberries than just their great taste: Studies show that strawberries also are one of the healthiest foods you can eat.



Just 8 strawberries a day (about one cup) pack a powerful nutritional punch. In fact, one cup of this sweet, versatile fruit has more vitamin C than an orange, nearly half the sugar of an apple, a third of the calories of a banana and twice the fiber of a serving of grapes! Here are more reasons why you should make strawberries a go-to staple all year long:

**They're heart-smart** - Research suggests adding strawberries to your daily diet could help stave off cardiovascular disease and lower blood pressure. That's because they're packed with heart-protective nutrients including vitamin C, folate, fiber, potassium and antioxidants. What's more, studies show that strawberries may even slash your risk of a heart attack. Researchers have found that women who ate more than three servings of anthocyanin-rich strawberries and blueberries weekly cut their risk of a heart attack by more than 30 percent, compared to women who did not consume berries.

**They could give your memory a boost** - Eating strawberries on a regular basis may help your mind stay sharp as you age. Strawberries are rich in compounds known as flavonoids, which act as both antioxidants and anti-inflammatories. Researchers believe they may help to offset the negative effects stress and inflammation in the brain and delay age-related memory loss.

**They may help fight cancer** - Strawberries contain nutrients – such as fiber, folate, vitamin C, ellagic acid, and flavonoids – that, according to research, may reduce the risk of cancer. Scientists believe that these nutrients work together to reduce cellular damage resulting from inflammation and oxidative stress. In animal studies, ellagic acid, a tannin found in strawberries, raspberries and walnuts, and quercetin, a flavonoid, have been shown to inhibit cancer cells.

**They're perfect for every meal** - Whether you're looking for a delicious compote for your pancakes or making a sweet and savory summer salad, strawberries will add vibrant color and sweet flavor to your dishes. Some of my favorite recipes include a red, white and blue dessert that is great for 4th of July gatherings and a fresh strawberry dressing that's a perfect companion to your favorite salads.



## 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  
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  
Rozanne Steinhoff  
Tom Swissler  
Nancy Trimmer  
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 May 2023

Julie Alkema  
Ben and Lindsey Blonder  
Bridge in Steamboat  
Bridge Players Benevolent  
Fund  
Bright Funds Foundation  
Edward and Colette Brooks  
City of Steamboat Springs  
Caryn Compestine  
David Hageman  
Bruce and Jane Hannon  
Edith Hornik  
Danny Jendral

Selina Koler  
Mahjong players  
Jim McGee  
Irene Nelson  
Janis Petry  
Bob Pruett  
Gard Robinson  
Ann Ross  
Routt County  
Jim Severson  
Rozanne Steinhoff  
Strong Arm Security  
Tai Chi

Leonarda VanDerWerf  
Shea Wright

Bud and Jane Romberg  
in memory of  
Annabeth Lockhart

Vi Look in honor of  
TJ Sisto



## **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 the 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

*Back by popular demand... Routt County Council on Aging's*



## **6th Annual Rummage Sale!**

**August 11th and 12th, 2023**  
**Steamboat Springs Community Center**

**Donations will be accepted at the Steamboat Springs Community Center**

**Wed. Aug. 9<sup>th</sup>, 8:00am- 5:00pm**

**Thurs. Aug. 10<sup>th</sup>, 8:00am – 6:00pm**

**Fri. Aug. 11<sup>th</sup>, 8:00am – 12:00pm**

**\*Premier Pick\* Friday evening, August 11th from 5:00 - 7:00pm, \$10 entry, early shopping, light appetizers and drinks**

**Saturday, August 12th from 8:00am - 3:00pm, great deals and BBQ!**

**\*RCCOA reserves the right to decline items that we feel are not desirable to potential buyers. We WILL NOT accept clothing, shoes, holiday decorations, books, puzzles, mattresses or ski/snowboard equipment.**

*All money raised will stay in Routt County and will directly support senior nutrition, transportation and recreation programs.*

# 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**

**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

**The Power of Positive Thinking**

<https://www.hopkinsmedicine.org/health/>

Here's heartwarming news: People with a family history of heart disease who also had a positive outlook were one-third less likely to have a heart attack or other cardiovascular event within five to 25 years than those with a more negative outlook.

Hope and Your Heart -The mechanism for the connection between health and positivity remains murky, but researchers suspect that people who are more positive may be better protected against the inflammatory damage of stress. Another possibility is that hope and positivity help people make better health and life decisions and focus more on long-term goals. Studies also find that negative emotions can weaken immune response.


What is clear, however, is that there is definitely a strong link between "positivity" and health. Additional studies have found that a positive attitude improves outcomes and life satisfaction across a spectrum of conditions—including traumatic brain injury, stroke and brain tumors.

*"Once you replace negative thoughts with positive ones, you'll start having positive results."  
- Willie Nelson*



# JULY EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 All Sites Closed 	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 Art -Stmbt 2:00	12 Bingo –S.R. 12:30	13 Tea and Talk - Stmbt 12:30  Knitters Circle- Stmbt 1:30	14 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
17 Trivia- Stmbt 12:30	18 Watercolor at the Botanic Park - Stmbt 10:00 Mahjong -Stmbt 1:00 Art -Stmbt 2:00	19 Bingo –S.R. 1:00  Shuttle to Craig	20 Knitters Circle- Stmbt 1:30	21 Bingo and Lunch – Hayden Cong Church, 11:00  Bingo –Stmbt 12:30 Bingo –S.R. 12:30
24 Trip to Pearl Lake and Ice Cream @ the Clark store - 12:30	25 Mahjong -Stmbt 1:00 Art -Stmbt 2:00	26 AARP Safe Driver Course - Stmbt 1:00  Bingo –S.R. 12:30	27 Knitters Circle- Stmbt 1:30	28 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
31	1 Mahjong -Stmbt 1:00 Art -Stmbt 2:00	2 Bingo –S.R. 12:30	3 Knitters Circle- Stmbt 1:30	4 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
3 Spaghetti & Meatballs Broccoli Garlic Bread Tossed Salad Apple Choc Chip Cookie	4 CLOSED Happy 4 <sup>th</sup> of JULY 	5 Pork Cabbage Casserole Green Beans Roll Apple Oatmeal Cookie	6 Pork Cabbage Casserole Green Beans Roll Apple Oatmeal Cookie	7 Italian Sub Kidney Bean Salad <b>Strawberries</b> Peach Crisp
10 Supreme Pizza Salad Peanut Butter Bars	11 Fish Creole Rice Broccoli French Bread Tossed Salad Blondie	12 Pot Roast Mashed Potatoes Mixed Vegetables Wheat Roll Fruit Cocktail Brownie	13 Pot Roast Mashed Potatoes Mixed Vegetables Wheat Roll Fruit Cocktail Brownie	14 Chef Salad Kidney Beans Crackers Chocolate Ice Cream
17 Chicken Nachos Spanish Rice Black Beans Mexican Salad Key Lime Pie	18 Meatball Sub Hashbrown Casserole Peas Tossed Salad Orange Chocolate Cake	19 Meatball Sub Hashbrown Casserole Peas Tossed Salad Orange Chocolate Cake	20 Broccoli Quiche Peas & Carrots Wheat Roll Tossed Salad Pineapple Cake	21 Almond Chicken Salad Summer Vegetable Soup Crackers Cantaloupe Apple Turnover
24 Pork Cutlets Stuffing Carrots Tossed Salad Strawberries & Banana Lemon Bar	25 Meatloaf Mashed Potatoes Okra Biscuit Fruity Salad Chocolate Chip Cookie	26 Fried Chicken Mashed Potatoes Green Beans Biscuit Tossed Salad Orange Sherbet	27 Fried Chicken Mashed Potatoes Green Beans Biscuit Tossed Salad Orange Sherbet	28 Salmon Patties Rice Pilaf Mixed Vegetables Roll Tossed Salad Raisin Nut Cake
31 Southwest Chicken Salad Crackers Watermelon Key Lime Pie	1 Beef & Bean Burrito Spanish Rice Broccoli Tossed Salad Pear Chocolate Pie	2 Cold Corned Beef & Swiss Sandwich Sauerkraut Kettle Chips Fruit PB Cookie	3 Cold Corned Beef & Swiss Sandwich Sauerkraut Kettle Chips Fruit PB Cookie	4 Lasagna Brussel Sprouts Green Beans Tossed Salad Rhubarb Strawberry Cobbler

**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.**