



# AUGUST Senior Scoop



## News and Views from the Council on Aging

August 2023

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**Dean Vogelaar**

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This time of year seems quite peaceful and slow paced, where days unfold with grace and ease. The constant planning required to get ready for summer has lead to time to sit back and enjoy. Enjoy the gardens, back yards and patios with friends, family and some private times alone. The scurry of planting and rearranging has settled down and it's a perfect time to observe that outcome. There's plenty of time to relax and wait for those tomatoes to ripen! Watching the hollyhocks rise up, up, up towards the sky displaying colorful bursts of flowers can help fill the day with joy. Bright yellow Crawford Roses all over town do their eye catching thing for us to stop and praise their beauty. Go slow. Don't miss these mellow days. Paint a picture, draw a sketch, or write a poem. Feel the bountiful peace of August.



Jean Levine, RCCOA Board President

### Staff

**April Sigman**

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**Charlotte Whaley**

South Routt Kitchen Asst.

**Shea Wright**

Steamboat Assistant

**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

# Gardening

Find and circle all of the words that are hidden in the grid. The remaining 27 letters spell a Lady Bird Johnson quote.

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

ANNUALS  
 BEANS  
 BEETS  
 BIENNIAL  
 BROCCOLI  
 CARROTS  
 COMPOST  
 CULTIVATE  
 DAISIES  
 DIGGING  
 FERTILIZER  
 FLOWERS  
 FUCHSIA  
 GARDEN  
 GERANIUMS  
 GLOVES  
 GNOME  
 GREENHOUSE  
 GROW  
 HOES  
 HORTICULTURE  
 HOSE  
 HYDRANGEA  
 LILACS  
 LILIES

MARIGOLDS  
 ORGANIC  
 PEAS  
 PERENNIAL  
 PETUNIAS  
 PINWHEEL  
 PITCH FORK  
 PLANTING  
 RAIN  
 RAKE  
 RELAXING  
 ROSES  
 ROWS  
 SEEDS  
 SHOVEL  
 SOIL  
 SPADE  
 SUNSHINE  
 TOMATOES  
 TROWEL  
 TULIPS  
 VEGETABLES  
 WATER  
 WEEDS  
 WHEELBARROW



\_\_\_\_\_

\_\_\_\_\_.

# 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.

5						6		
	2		5					8
			3				2	
1	9	7				4	5	
8				1			6	
	4							
	7			5	2	9	8	
4		9			6			
	5	2			7			6

Complete and submit these puzzles for a free RCCOA lunch.

# Treasures to Find and Support Senior Programs @ The 6th Annual Rummage Sale!

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

The highly successful RCCOA Rummage Sale is back! The 2023 Rummage Sale will take place at the Steamboat Springs Community Center.

**\*Premier Pick\*** Friday evening, August 11th from 4:30 - 6:30pm, \$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.**

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

Wed. Aug. 9th, 8:00am- 6:00pm

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

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

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



Donations are always appreciated.

**PLEASE MAKE YOUR DONATION TODAY!**

All donations stay in Routt County and support our local programs.

Name: \_\_\_\_\_

(Please print name as you would like it to appear in RCCOA publications)

Mailing Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Gift Amount: \_\_\_\_\_

**THANK YOU!**

We happily accept cash or checks payable to RCCOA or donate online [www.rccoaging.org](http://www.rccoaging.org)

## Trivia, “data considered to be of little knowledge”



Thursday, August 10th

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.

## Movie and Popcorn “Charlotte’s Web”



Monday, August 14th, 12:30

Based on the beloved children's novel by E.B. White, a young girl named Fern rescues a runt piglet, raises it as her own and names him Wilbur. However, after Wilbur grows into a pig, she is compelled to sell him to her Uncle Zuckerman down the street. At Zuckerman's barn, Wilbur meets a host of animals and later learns from them that come winter, he will be slaughtered for food. Fearing for his life, Charlotte, a gentle and wise spider whom befriended the lonely Wilbur, vows to save his life.

## Tea and Talk

Thursday, August 24th

12:30 - 1:30 pm



Share an afternoon tea and discussion. What was your favorite grade in school or extra curricular activity?

## Rifle Falls and Picnic

Wednesday, August 30th

9:00am - 5:00pm



Rifle Falls State Park is a Colorado State Park located northeast of Rifle. The central feature of the 48-acre park is a triple 70-foot waterfall flowing over a travertine dam on East Rifle Creek. A quarter mile walk, out and back, or a 1.5 mile loop. Sack lunch provided. Suggested donation for transportation and lunch, \$5. Reservation required. 970.879.0633

## Lunch and Shopping in Craig

Wednesday, August 16th

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.

## We Are Going to the Routt County Fair!

Thursday, August 17th, 12:30

The Collaborative Quilt and the RCCOA Herd will be on display in the Exhibit Hall. Ride with us and explore what the Routt County Fair has to offer. Leaving from Steamboat @ 12:30.



## RCCOA hosts a monthly Alzheimer’s Association Caregiver Support Group

The 2nd Tuesday of each month, 10:30am @ the Steamboat Springs Community Center.

August 8th , 10:30 am

For more information contact Angel Hoffman 970.387.6067 | alhoffman@alz.org

**ALZHEIMER’S ASSOCIATION®**

## 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. It is a game of skill, strategy and luck.



## Happy Birthday!



Gene S	1	Rebecca W	19		
Susannah N	3	Eva D	20		
Rick S	6	Tom G	20		
David H	8	Jean L	20	Robert R	29
Ron K	10	Bill	21	Raymond S	29
Joan K	10	Deirdre J	22	Tim B	31
Dorothy S	13	Diane A	23	Martha C	31
Carol H	17	Joann T	26	Hans G	31

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.

## Processed Food

written by Patti Murphy, RDN, CDCES



Processed food gets blamed for a lot of dietary problems, such as obesity, high blood pressure and increasing rates of Type 2 diabetes. But what does processed food really mean? To put it simply, processed food is any food that has been changed from its original, raw form. Processed food can be considered on a scale from minimally to heavily processed. There are many differences in the possible health effects of these foods as we move along this spectrum.

**Minimally Processed-** Increased convenience, very similar to natural form. Examples: bagged spinach, roasted nuts. Can be very nutritious, and help with making meal prep easier and quicker.

**Foods Processed at their Peak Freshness** Locks in nutritional quality. Examples: frozen fruit/vegetables. Very nutritious- watch out for those that include sauces or seasonings that may add sodium or sugar.

**Ready to Eat Foods-** More heavily processed food. These are less healthy than the above and should be eaten in moderation. Examples: deli meat, granola bars

**Heavily Processed-** Many frozen meals, frozen convenience foods. Least nutritious. Examples: frozen pizza, microwavable dinners

Processed food isn't all bad. Increased convenience, such as buying pre-cut vegetables can increase your consumption of healthy foods. Reading the nutrition label can help you make good choices. Look specifically at amounts of sugar, sodium and fat.

Many processed foods have large amounts of added sugar. This includes foods we might not think of, such as jarred pasta sauce or instant flavored oatmeal. Be aware that sugar can have many names on food labels, such as high fructose corn syrup or maltose. Also, even more natural forms of sugar, such as honey or agave have similar negative effects if over eaten.

Sodium is added to canned soup, vegetables or sauces to enhance taste and texture and act as a preservative. Three-fourths of the average person's sodium intake comes from processed food. 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%.

Fat is also added to processed foods to increase how long it lasts. Trans-fat in particular can damage cardiovascular health. Trans-fat is listed on food labels as partially hydrogenated oil.

For nutrition questions or to set up a nutrition counseling session reach out to Patti Murphy: [Pattimurphyrd@gmail.com](mailto:Pattimurphyrd@gmail.com) or 720-300-3770

## 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  
Jane Hannon  
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  
Bill Sauter  
Tosia Sauter  
Dennis Scofield  
Regina Scofield  
David Selden  
Angela Sherwood  
Bob Sherwood  
Darcy Simon  
Don Sperry  
Chris Stillwell  
Rozanne Steinhoff  
Tom Swissler  
Nancy Trimmer  
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 June 2023

Julie Alkema  
Anonymous  
Hugh Armstrong  
Ben and Lindsey Blonder  
Bridge in Steamboat  
Bridge Players Benevolent Fund  
City of Steamboat Springs  
Betty Kemry  
Selina Koler  
Mahjong players  
Jim McGee  
Irene Nelson  
Janis Petry

*Thank  
you*

Phippsburg Community Club  
Bob Pruett  
Gard Robinson  
Routt County  
Jim Severson  
Art Smith  
Rozanne Steinhoff  
Tai Chi  
Leonarda VanDerWerf  
Shea Wright

Bridge in Steamboat in  
memory of Elaine Cohen



# 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*

**Attitude is the way you look at things - Your Perception**

adapted from *Attitude: Your Most Priceless Possession*, (ed. 4) Nashua, NH Skillssoft

Perception, the complicated process of viewing and interpreting the environment, is a mental phenomenon. It is within your power to concentrate on selected aspects of your environment and ignore others. Quite simply, you take the picture of life as you perceive it minute by minute, hour by hour, day by day. Your attitude, feeling, emotions and behaviors result from your thoughts - messages to yourself. **Key points to a positive attitude:**

- \* A mindset that dwells primarily on positive matters
- \* A mindset in favor of creative activity over boredom, joy over sadness, hope over futility
- \* The more you focus on the positive aspects of your day, the easier it will be to remain positive.

*“Attitude is everything. Pick a good one.” ~ Dr. Wayne W. Dyer*



# AUGUST EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 Mahjong -Stmbt 1:00 Art -Stmbt 2:00	2 Bingo –S.R. 12:30	3 Knitters Circle- Stmbt 1:00	4 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
7	8 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00 Art -Stmbt 2:00	9 Bingo –S.R. 12:30	10 Trivia- Stmbt 12:30  Knitters Circle- Stmbt 1:00	11 Bingo –Stmbt 12:30 Bingo –S.R. 12:30  “Premier Pick” @ Rummage Sale 4:30
14 Movie and Popcorn - Stmbt 12:30	15 Mahjong -Stmbt 1:00	16 Bingo –S.R. 1:00  Shuttle to Craig	17 Rout County Fair 12:30  Knitters Circle- Stmbt 1:00	18 Bingo and Lunch – Hayden Cong Church, 11:00  Bingo –Stmbt 12:30 Bingo –S.R. 12:30
21	22 Mahjong -Stmbt 1:00	23 Bingo –S.R. 12:30	24 Tea and Talk - Stmbt 12:30  Knitters Circle- Stmbt 1:00	25 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
28	29 Mahjong -Stmbt 1:00	30 Bingo –S.R. 12:30  Trip to Riffle Falls	1 Knitters Circle- Stmbt 1:00	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.**

<b>Steamboat &amp; South Routt</b>	<b>Steamboat &amp; Hayden</b>	<b>South Routt</b>	<b>Steamboat &amp; Hayden</b>	<b>Steamboat &amp; South Routt</b>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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
7 Beef Tacos Spanish Rice Southwest Bean & Corn Casserole Mexican Salad Fruit Parfait	8 Baked Chicken Garlic Mashed Potatoes Cauliflower Roll Tossed Salad Plums Oatmeal Cookie	9 Pork Chop Stuffing Green Beans Tossed Salad Strawberry Cake	10 Pork Chop Stuffing Green Beans Tossed Salad Strawberry Cake	11 Tuna Wrap Roasted Sweet Potatoes Tossed Salad Mandarin Oranges Lemon Bar
14 Vegetable Lo Mein Eggroll Lemon Green Beans Asian Salad Banana Orange Sherbert	15 Ranch Chicken Roasted Potatoes Asparagus Bread Sticks Tossed Salad Oranges Granola Bars	16 Pulled Pork Sandwich Sweet Potato Fries Carrots Tossed Salad w/ Strawberries Brownie	17 Pulled Pork Sandwich Sweet Potato Fries Carrots Tossed Salad w/ Strawberries Brownie	18 Shepherd's Pie Kidney Beans Tossed Salad Crackers Mixed Fruit Pie
21 Shrimp Scampi Zucchini & Tomatoes Garlic Bread Caesar Salad Bananas & Oranges Oatmeal Raisin Cookie	22 Beef-a-Roni Brussel Sprouts Roll Waldorf Salad Chocolate Pudding	23 Pork Ribs Sweet Potatoes Roll Cole Slaw Strawberry Crisp	24 Pork Ribs Sweet Potatoes Roll Cole Slaw Strawberry Crisp	25 Chicken Salad Lettuce Wrap Fresh Veggie Cup Grapes Orange Chocolate Chip Cookie
28 Pork Chow Mein Lo Mein Noodles Stir Fry Vegetables Eggroll Asian Salad Pineapple Cake	29 Salisbury Steak Rice Pilaf Broccoli Biscuit Tossed Salad Ice Cream Sandwich	30 Salisbury Steak Rice Pilaf Broccoli Biscuit Tossed Salad Ice Cream Sandwich	31 Chicken Enchilada Casserole Spanish Rice Green Beans Mexican Salad Apple Crisp	1 Eggplant Zucchini Garlic Bread Tossed Salad Banana Chocolate Cupcakes

**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.**

