

September Senior Scoop

News and Views from the Council on Aging

September 2023

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ROUTT COUNTY
COUNCIL ON AGING

Everywhere I look right now I'm seeing the yummy prospects of the harvest season. Gifts from my garden are maturing daily. Beets, beans, squash, cucumbers, carrots and various greens are in abundance.

Sharing produce, both giving and taking is a blast! If you're a kid like me you can see food as both nourishment and socialization. The other day a friend from Fruita brought me three giant, gorgeous, colorful tomatoes. I then found a recipe to bake them with a stuffing of cheese and chilies. The chilies were from my garden which I happily and proudly refilled her gift basket with.

I love knowing that a good portion of the food prepared in our own Community Center kitchen is enhanced with local, fresh products. Whether you enjoy seasonal bounty from your own garden, a neighbor's or the market, make the food a fun and interactive experience. Share recipe ideas, talk about growing, harvesting, cooking and eating the fresh, seasonal bounty. It's all about connectivity!!



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Routt County Council on Aging is a non-profit organization dedicated to meeting the needs of Routt County's senior citizens since 1977.

Oliver Twist

Find and circle all of the words and names from *Oliver Twist*. The remaining letters spell the title of the first chapter of *Oliver Twist*.

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

AGNES FLEMING
BARNEY
BEADLE
BLATHERS
BOLTER
BRITTLES
BROWNLOW
BULL'S-EYE
BUMBLE
CHARLEY BATES
CHARLOTTE
COACH
COURT
DICKENS
DOCTOR
DODGER
DUFF
FAGIN
GALLOWES
GAMFIELD
GILES
GRIMWIG
GRUEL
HANDKERCHIEF
HARRY MAYLIE
HOUSEBREAKER
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PISTOL
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SIKES
SOWERBERRY
SURGEON
TOBY CRACKIT
TOM CHITLING
TRAPS
UNDERTAKER
WAISTCOAT
WILL
WORKHOUSE

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

Complete and submit these puzzles for a free RCCOA lunch.

The Third Annual RCCOA Golf Tournament September 11th, 2023 @ the Steamboat Golf Club

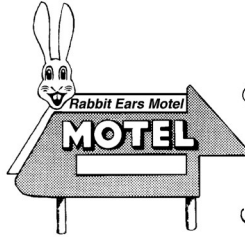
A special Thank You to our 2023 sponsors!



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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

Caregiver Resilience

Tuesday, September 5th, 5:30 - 6:30 pm

Learn strategies to become a more resilient caregiver for those living with dementia.

RCCOA hosts a monthly **Alzheimer's Association**

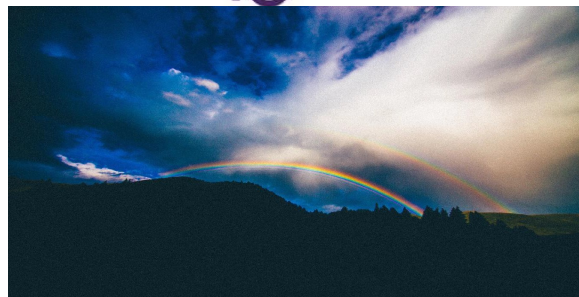
Caregiver Support Group The 2nd Tuesday of each month

10:30am @ the Steamboat Springs Community Center.

September 12th, 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"

Thursday, September 7th

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, September 13th

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.

SunSet Ranch

Monday, September 18th

12:30 - 2:30pm

Visit Steve Evan's farm to see his piece of heaven in west Routt County. Leaving from the Steamboat Community Center at 12:30pm.



Hayden Heritage Center

Tues., Sept. 26th

1:00 - 2:00 pm

Have you checked out the Hayden Heritage Center? Join us at the RCCOA dining site in Hayden and go to the museum @ 1pm, following lunch. Reservation required.



With Out A Net Art Workshop

Monday, September 11th

1:00 - 3:00pm

Your creative brilliance is ever-present and all-pervasive. You only need a shift of attention to access it.

Without a Net is not just for artists. Anyone can take the path from curiosity to manifestation of abundance, awareness, and awakening. We'd love you to join us.

Workshop led by Dori DeCamillis, \$15, registration required, see withoutanetblog.com for more information.



Fall Foliage

Thurs, Sept 21st

12:30 - 3:00pm

Take in the scenery once again this fall.

Destinations will be determined the week of travel, depending on seasonal color change. Transportation provided from the Steamboat Community Center.



Tea and Talk

Thursday, September 28th

12:30 - 1:30 pm

Share an afternoon tea and discussion. What was your first or favorite concert or theater experience?



Happy September Birthdays!



Sandy D	3	Sureva T	22
Jerry R	8	Pat F	23
William A	9	Bill B	25
Dennis F	9	Laura L	25
John C	12	Kathy R	25
Ginni C	13	Sharon F	26
Roger C	14	Mike Z	26
Ralph S	17	Ted C	27
Bill S	20		

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.

Purple Powerhouses to Add to Your Diet

by Katherine Brooking, MS, RD, Food and Fitness

Purple fruits and vegetables aren't just novelties – they're nutritional powerhouses! They're rich in anthocyanins — natural plant pigments that give them their distinctive color. In fact, purple-blue foods are among the most concentrated sources of these compounds. Studies show that anthocyanins may benefit brain health, help fight inflammation, cancer and heart disease and may even protect against weight gain.

Here are some purple gems that you should add to your plate:



Purple Cauliflower

You may be familiar with white cauliflower, but purple cauliflower is a must-try and it is in season right now. Cauliflower is part of the cruciferous vegetable family that is known to have powerful cancer-fighting properties. Plus, the purple variety has the health benefits of anthocyanins that contribute to its vibrant color. And with just 20 calories per cup, it's kind to your waistline too!

Ways to Enjoy: Purple cauliflower is perfect in salads or roasted as a side dish (just drizzle with olive oil and season). I also love it in stir-fry dishes and soups.

Purple Asparagus

Though similar in taste to white and green asparagus, purple asparagus is more nutritious. It's loaded with vitamin C and a serving (5 spears) has just 20 calories and 4 grams of protein. The purple variety contains two primary anthocyanins and has strong antioxidant scores.

Ways to Enjoy: Asparagus is easy to prepare. Steam for 10 minutes or until just tender and season, or drizzle with olive oil and salt and roast for 20 minutes. Asparagus also adds texture and flavor to soups and salads. For a healthy and delicious lunch, try an Asparagus and Avocado Wrap.

Purple Potatoes

Pump up the power of potatoes with the purple variety. Like all potatoes, purple spuds are rich in potassium, vitamin C, and filling fiber. But research shows that purple potatoes have two to four times the antioxidants of their white counterparts. One study found that people who ate two servings of purple potatoes daily lowered their diastolic blood pressure by 4.3% and the systolic pressure decreased by 3.5% without gaining any weight. The researchers credited the beneficial results to the boost of antioxidants in the purple veggie.

Ways to Enjoy: Use purple as you would white or sweet potatoes – roasted, baked, in soups.

Back to School with Pen Pals

One of my favorite projects of 2nd grade is the pen pal project we do in conjunction with the RCCOA. For my kids there is authentic practice of the Colorado State Writing Standards, incredible joy and motivation. But don't just take my word for it. Here is what we love, in the words of my students.



What I really loved was...

~When Pegi gave me a birthday card.

~Writing all the letters, it made writing really fun.

~I like not knowing what to expect. Every time I opened a letter it was like getting a surprise.

~We just got to talk. Nothing else, just talk. That is nice.

Sincerely, Mrs. Chapman

If you are interested in becoming a pen pal with a student in our community please call Ellyn at RCCOA 970.879.0633 xt 4.

Hoping you'll join in, and make a new connection.

Thank You Donors!

Donations Received July 2023

Julie Alkema
Anonymous
Ben and Lindsey Blonder
Bridge in Steamboat
Bridge Players Benevolent Fund
City of Steamboat Springs
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Betty Kemry
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Rozanne Steinhoff
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United Way of the Yampa Valley
Leonarda VanDerWerf
Shea Wright

Thank You Volunteers! We couldn't do it without you!

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Lindsey Blonder
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Dawn Cook
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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



We're closer than ever
to stopping Alzheimer's,
but to get there, we
need you.

Join us for the world's
largest fundraiser to
fight the disease.

Please join us or donate to our team!

Yampa Valley Walk to End Alzheimer's
September 9, 2023 - West Lincoln Park
ROUTT COUNTY COUNCIL ON AGING TEAM
<https://act.alz.org/goto/RCCOA>



**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

2023 National Presenting Sponsor

Edward Jones

**VOLUNTEERS
NEEDED!**

**CALLING ALL VOLUNTEERS!
WE NEED YOUR HELP!**

**SEPTEMBER 9TH
WEST LINCOLN PARK - STEAMBOAT**

**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION



As a day-of-event volunteer, you can help make Walk to End Alzheimer's a fun, meaningful community event while getting to know others who share your passion for the cause. You'll network with fellow volunteers and committee members, have fun bringing the mission of the Alzheimer's Association® to life and feel the satisfaction of creating a successful event. Join us!

Questions? Contact
Liz Spencer
lspencer@alz.org
or signup at:

JOIN NOW

volunteersignup.org/L7YAE



SEPTEMBER EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29 Mahjong -Stmbt 1:00	30 Bingo –S.R. 12:30	31 Knitters Circle- Stmbt 1:00	1 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
4 Labor Day All Sites Closed	5 Mahjong -Stmbt 1:00 Alz Education, Caregiver Resilience-Stmbt 5:30	6 Bingo –S.R. 12:30	7 Trivia- Stmbt 12:30 Knitters Circle- Stmbt 1:00	8 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
11 “Without a Net” Art Workshop - Stmbt 1:00	12 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	13 Bingo –S.R. 1:00 Shuttle to Craig	14 Knitters Circle- Stmbt 1:00	15 Bingo and Lunch – Hayden Cong Church, 11:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
18 Sun Set Ranch - Leaving Stmbt 12:30	19 Mahjong -Stmbt 1:00	20 Bingo –S.R. 12:30	21 Fall Foliage Trip 1:00 Knitters Circle- Stmbt 1:00	22 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
25	26 Hayden Heritage Museum 1:00 Mahjong -Stmbt 1:00	27 Bingo –S.R. 12:30	28 Tea and Talk - Stmbt 12:30 Knitters Circle- Stmbt 1:00	29 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
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 Parmesan Zucchini Garlic Bread Tossed Salad Banana Chocolate Cupcakes
4 CLOSED Labor Day	5 Fish Creole Dirty Rice Broccoli French Bread Tossed Salad Blondie	6 BBQ Beef Casserole Pork & Beans Carrots Slaw Pineapple Cake	7 BBQ Beef Casserole Pork & Beans Carrots Slaw Pineapple Cake	8 Pizza Salad w/garbanzo beans & raisins Peanut Butter Bars
11 3 Cheese Ziti Kidney Beans Garlic Bread Tossed Salad Strawberry Cake	12 Baked Chicken Mashed Potatoes Corn Wheat Roll Tossed Salad Apple Yellow Cupcakes	13 Beef Pot Pie Broccoli Biscuit Strawberry Shortcake	14 Beef Pot Pie Broccoli Biscuit Strawberry Shortcake	15 BLT Chips Pasta Salad Watermelon Orange Jello
18 Chicken Broccoli Alfredo Roasted Red Peppers Garlic Bread Tossed Salad Banana Strawberry Cobbler	19 Brisket Ranch Style Beans Parsley Carrots Corn Bread Tossed Salad Mixed Berry Pie	20 Brisket Ranch Style Beans Parsley Carrots Corn Bread Tossed Salad Mixed Berry Pie	21 Spinach Quiche Beets Tossed Salad w/sunflower seeds Blueberry Muffin Orange Chocolate Pudding	22 Hot Ham & Cheese Sandwich Macaroni Salad Tossed Salad Pear Lemon Bar
25 Teriyaki Chicken Rice Egg Roll Kidney Beans Broccoli Brownie	26 Meatloaf Mashed Potatoes Peas Biscuit Fruit Salad Chocolate Chip Cookie	27 Meatloaf Mashed Potatoes Peas Biscuit Fruit Salad Chocolate Chip Cookie	28 Sausage & Peppers Roasted Sweet Potatoes Carrots Tossed Salad Chocolate Pie	29 Clam Chowder Oyster Crackers Tossed Salad w/ sunflower seeds Strawberries & Bananas Oatmeal 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.**

PO BOX 770207, Steamboat Springs, CO 80477 | 970.879.0633 | www.rccoaging.org