

October Senior Scoop

News and Views from the Council on Aging

October 2023

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Here's a reminder about the many activities and events that are continually sponsored by RCCOA. Take time to check out the calendars at the back of the Scoop which post upcoming events like shopping, sight seeing and educational activities as well as the menu plans for the month ahead.

Participation enhances friendships and comradery. Discussions of each of our pasts, presents and futures help us all to know and understand each other better. For example, "tea and talk" is a perfect way to give and get comfort from those who've been there too.

In September several of us visited Steve Evans ranch on the west side of the valley. It's a property with as pretty a view as you can imagine! Open farmland for miles with the Sleeping Giant resting in the background, keeping an eye on him and what's going on at the farm. The farm plan there is truly unique. We've all seen chickens and a dairy cow in the past but not quite like the lives his animals lead! We all had different experiences and past exposures to relate. Sharing stories of diversity brought us together. A short group trip left us all with a peaceful connection.



Enjoy the short, spectacularly colorful fall. As winter approaches, make a rewarding effort to stay connected. No need to be isolated when RCCOA plans so much opportunity to care and share.

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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.

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Skeleton and Organs

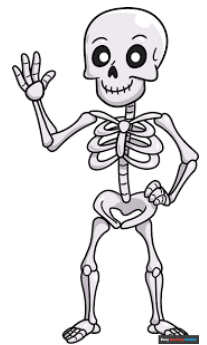
Find and circle all of the skeletal parts and body organs that are hidden in the grid. The remaining letters spell a secret message.

Note: TARSALS and METATARSALS are hidden separately and do not overlap. The same goes for CARPALS and METACARPALS, and BLADDER and GALLBLADDER.

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

- CARPALS
- CLAVICLE
- COCCYX
- CRANIUM
- FEMUR
- FIBULA
- HUMERUS
- INNOMINATE
- MANDIBLE
- METACARPALS
- METATARSALS
- PATELLA
- PHALANGES
- RADIUS
- RIBS
- SACRUM
- SCAPULA
- STERNUM
- TARSALS
- TIBIA
- ULNA
- VERTEBRA

- APPENDIX
- BLADDER
- BRAIN
- GALLBLADDER
- GENITALS
- HEART
- INTESTINES
- KIDNEYS
- LIVER
- LUNGS
- PANCREAS
- SKIN
- SPLEEN
- STOMACH
- VOICE BOX



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.

Complete and submit these puzzles

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

Events and Activities...

more on page 9.

Trivia, “data considered to be of little knowledge”

Thursday, October 5th

12:30 - 1:15pm

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



RCCOA hosts a monthly Alzheimer's Association Caregiver Support Group

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

ALZHEIMER'S ASSOCIATION®

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

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.



Tea and Talk

Thursday, October 26th

12:30 - 1:30 pm

Share an afternoon tea and discussion. Prepare a Halloween story to share.

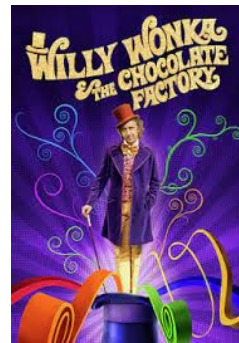


Pizza and a Movie

Monday, October 9th

12:30 - 2:30 pm

“Willie Wonka and The Chocolate Factory”



Lunch and Shopping in Craig

Wednesday, October 18th

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.

Chili and Pumpkins

Tuesday, October 24th

4:00 - 5:30 pm

Steamboat Community Center
What says fall like a hot bowl of chili and carving pumpkins? Transportation available. Reservation required. Please RSVP at least 1 week in advance. 970-879-0633.



Do You Knit or Crochet?

Thursdays, 1:00 - 3:00 pm

@ the Steamboat Community Center

Would you like to knit with others and get inspired, share ideas?

Open to all ages!
No reservations required.



Foods to Improve Memory

Written by Patti Murphy, RDN, CDCES

Age related memory loss, including Alzheimer's and Dementia are frequently concerns with aging. The good news is our dietary choices can decrease your risk of cognitive decline as you age. Specifically, a diet called the Mind Diet can have beneficial effects on cognitive decline. The MIND diet includes components of both The Mediterranean Diet and The Dash Diet.

The diet is based on a study done by The Rush Memory and Aging Project The study followed 900 men and women ages 58 to 98 for an average of four and a half years, assessing their diets with detailed food questionnaires and testing their cognitive function annually. When following the MIND diet very closely, including limiting less-nutritious foods like red meat, processed sweets, and fried foods, the people in the study reduced Alzheimer's and dementia risk by 53%, and by 35% in those who followed the diet reasonably well.

One 2015 study published in the journal Alzheimer's & Dementia found that the MIND diet can turn back the time on your cognitive age by seven and a half years.

The diet is flexible, and focuses more on foods that you should eat more of vs foods to limit.

Guidelines of the diet

- At least ½ cup of other low-carb vegetables at least once a day.
- Eat ¼ cup nuts at least five times a week.
- Consume ½ cup of beans at least 3 times a week
- Eat at least three servings of whole grains every day. (oatmeal, quinoa, brown rice, whole-wheat)
- Eat poultry at least twice a week – 3 oz portion
- Have 1 cup of berries at least twice a week.
- Eat fish at least once a week -select a fattier fish such as salmon, tuna, sardines, trout, and mackerel) – good source of Omega-3 fatty acids
- Cook mainly with olive oil



Foods to Limit

- Limit pastries or sweets to five times a week.
- Less than four servings of red meat each week. (6 oz serving)
- Limit butter and margarine to less than a tablespoon per day.
- Limit fried or fast food, as well as any cheese serving, to less than once a week.

The MIND diet helps to reduce inflammation in the body. Inflammation is the body's natural response to injury and infection. But if it's not properly regulated, inflammation can also be harmful and contribute to chronic disease. The MIND Diet is high in antioxidants which help reduce inflammation. Particularly the leafy greens, olive oil, berries and nuts benefit brain function by protecting the brain. Omega 3 fatty acids are well-known for their anti-inflammatory effects in the brain and have been associated with slower loss of brain function.

Blueberries are one of the more potent foods in terms of protecting the brain, and strawberries have also performed well in past studies of the effect of food on cognitive function. Blueberries contain a specific type of antioxidant called anthocyanins. Research has shown that frozen blueberries retain most of their anthocyanin content, however cooking blueberries does damage their antioxidants.

Physical activity is another way to improve the performance of different cognitive tasks. Processing speed, selective attention, and short and long-term memory are positively effected. These are related to increased regional blood flow and energy supply, increased neurotransmitter activity, adaptations in brain structures, and synaptic plasticity. The recommended amount of physical exercise to see a benefit is moderate intensity for 45–60 min 3 times a week, for more than 6 months. Both aerobic exercise and resistance exercise can improve cognitive function and decrease memory loss with aging.

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



Brett Allison
Joanna Allison
Julie Alkema
Mike Berdine
Ben Blonder
Lindsey Blonder
Craig Byar
Ellisa Chapman
Dawn Cook
Kathy Curcio
Ashley Demos
George Detwiler
Tracy Detwiler
Shelly Dillingham

Laurie Edwards
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Lynne Marr
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Cathy Neelan
Henry Olson
Karl Olson
Pam Olson

Sandi Poltorak
Stacey Rogers
Brieanna Romero
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Tosia Sauter
Cheryl Schlieske
Dennis Scofield
Regina Scofield
David Selden
Angela Sherwood
Bob Sherwood
Pegi Simmerman
Darcy Simon
Diana Sperry
Don Sperry
Chris Stillwell
Rozanne Steinhoff
Tom Swissler
Nancy Trimmer
Michelle Trousil

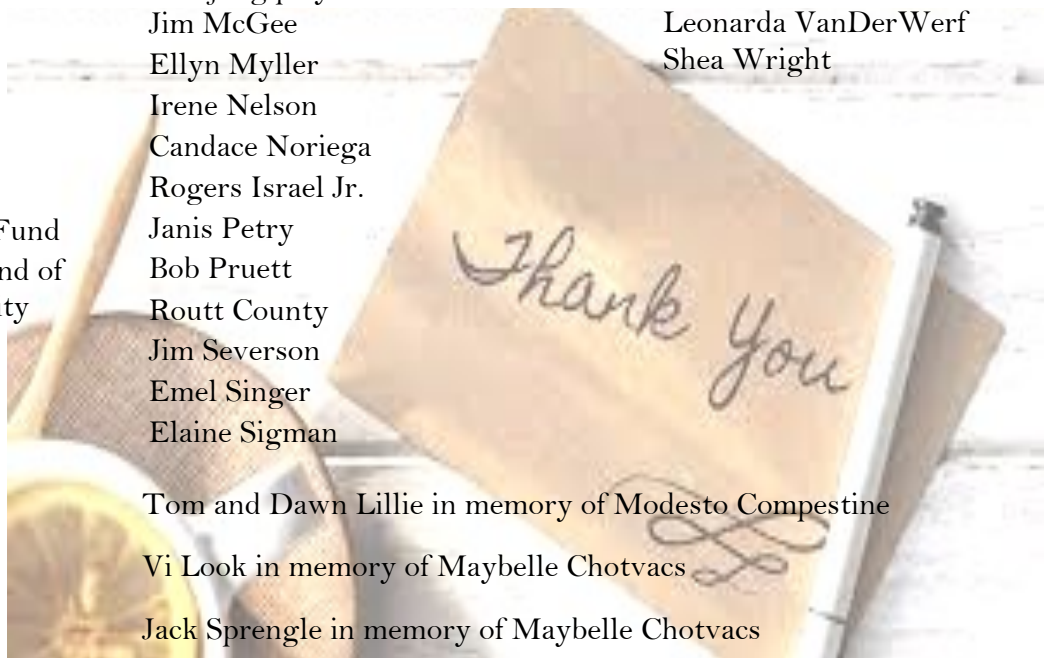
Thank You Donors! Donations Received August 2023

Julie Alkema
Anonymous
Nadine Arroyo
Michael and Diane Arsulich
Peggy Barnes
Ben and Lindsey Blonder
Bridge in Steamboat
Bridge Players Benevolent Fund
Barbara and Jim Bronner fund of
the Yampa Valley Community
Foundation
City of Steamboat Springs
Hedy Davis
George Detwiller
Pamela Duckworth
Pat Froening
Ron and MaryKay Graver
Betty Kemry

Selina Koler
Mahjong players
Jim McGee
Ellyn Myller
Irene Nelson
Candace Noriega
Rogers Israel Jr.
Janis Petry
Bob Pruett
Routt County
Jim Severson
Emel Singer
Elaine Sigman

Rozanne Steinhoff
Tai Chi
Leonarda VanDerWerf
Shea Wright

Tom and Dawn Lillie in memory of Modesto Compestine
Vi Look in memory of Maybelle Chotvac
Jack Sprengle in memory of Maybelle Chotvac





Medicare Open Enrollment October 15th to December 7th

Your Medicare coverage should fit your unique lifestyle. It is important to us at Vintage that you have affordable health coverage that you can easily understand. We are here to take the stress out of navigating Medicare and help you make informed discussions about your coverage.

Open Enrollment is the time of year to...

- Review and understand your Medicare coverage to make sure it fits your needs.
- Review your Part D drug plan and make any changes for the best monthly premiums and drug prices.
- Sign up for a Medigap Supplement, Advantage plan, or Part D Drug Plan if you do not have one.
- Learn about preventative services you may qualify for within your current plan, at no extra cost .

Learn more about our Medicare Counseling

Make an appointment with a State certified Medicare Counselor in your area. This is a FREE unbiased service brought to you by Vintage your local Area Agency on Aging and the State Health Insurance Program (SHIP).

Visit us online: Yourvintage.org

Call us: 970-315-1329



Serving Summit, Eagle, Grand, Pitkin, Routt, and Jackson County

Bud R	2	Anders A	12
Mary B	3	Larry W	21
Sandra M	3	Jim S	26
Stan Z	3	Betsy C	28
Lane S	4	Yolanda T	28
Ruth B	7	Ralph G	29
John B	8	Dorothy N	30
Doris C	8	Stephanie O	30
Mike H	10		
Bill P	12		

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.

All Donations are 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

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

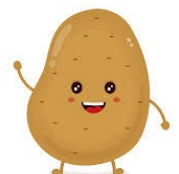
Suggested Exercise

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5 lb. potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10 lb. potato bags. Then try 50 lb. potato bags and then eventually try to get to where you can lift a 100 lb. potato bag in each hand and hold your arms straight out for more than a full minute. (I'm at this level.)

After you feel confident at that level, put a potato in each bag.

-submitted anonymously



OCTOBER EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Mahjong -Stmbt 1:00	4 Bingo –S.R. 12:30	5 Trivia- Stmbt 12:30 Knitters Circle- Stmbt 1:00	6 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
9 Movie and Popcorn - Stmbt 12:30	10 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	11 Bingo –S.R. 12:30	12 Knitters Circle- Stmbt 1:00	13 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
16	17 Mahjong -Stmbt 1:00	18 Bingo –S.R. 12:30 Shuttle to Craig	19 Knitters Circle- Stmbt 1:00	20 Bingo and Lunch – Hayden Cong Church, 11:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
23	24 Mahjong -Stmbt 1:00 Chilli and Pumpkins -Stmbt 4:00	25 Bingo –S.R. 12:30	26 Tea and Talk - Stmbt 12:30 Knitters Circle- Stmbt 1:00	27 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
30	31 Mahjong -Stmbt 1:00	1 Bingo –S.R. 12:30	2 Knitters Circle- Stmbt 1:00	3 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
2 Sweet & Sour Pork Fried Rice Broccoli Eggroll Tossed Salad Rainbow Sherbert	3 Flank Steak Mashed Potatoes Carrots Wheat Roll Tossed Salad Chocolate Cake	4 Flank Steak Mashed Potatoes Carrots Wheat Roll Tossed Salad Chocolate Cake	5 Chili Relleno Casserole Spanish Rice Black Beans Mexican Salad Brownie	6 Chicken Sandwich Potato Chips 3 Bean Salad Tossed Salad Pineapple Cake
9 American Chop Suey Asparagus Roll Tossed Salad Strawberries Chocolate Mousse	10 Catfish Collards Black Eyed Peas Cornbread Coleslaw Banana Pudding	11 BBQ Chicken Pesto Noodles Asparagus Biscuit Tossed Salad Yellow Cupcake	12 BBQ Chicken Pesto Noodles Asparagus Biscuit Tossed Salad Yellow Cupcake	13 Chef Salad with Ham Tomato Basil Soup Croutons Banana Oatmeal Raisin Cookie
16 Taco Pie Spanish Rice Corn Mexican Salad Pineapple Coconut Cream Pie	17 Chicken Cordon Bleu Rice Pilaf Asparagus Roll Tossed Salad Carrot Cake	18 Chicken Cordon Bleu Rice Pilaf Asparagus Roll Tossed Salad Carrot Cake	19 Fried Rice Broccoli Eggroll Asian Salad Fruity Yogurt Fortune Cookie	20 Biscuit with Sausage Gravy Scrambled Eggs Hash Browns Fruit Salad Cinnamon Roll
23 Jambalaya Okra French Bread Tossed Salad Orange Blueberry Crisp	24 Braised Beef Mashed Potatoes Squash Garlic Bread Spinach Salad Lemon Bar	25 Braised Beef Mashed Potatoes Squash Garlic Bread Spinach Salad Lemon Bar	26 Pork Roast Scalloped Potatoes Brussels Sprouts Biscuit Tossed Salad Chocolate Ice Cream	27 Chili Cheese Dog Onion Rings Green Beans Tossed Salad Oatmeal Cookie
30 Baked Chicken Mac-n-Cheese Stewed Tomatoes Garlic Bread Tossed Salad Fresh Fruit Salad	31 Goulash Peas Wheat Roll Tossed Salad Orange Halloween Sugar Cookies	1 Pork Roast Scalloped Potatoes Mixed Vegetables Biscuit Tossed Salad Chocolate Ice Cream	2 Fish Sandwich Tator Tots Green Beans Slaw Mandarin Orange Sugar Cookie	3 Beef Stew Crackers Tossed Salad Blueberry Pie

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