

# November Senior Scoop

## News and Views from the Council on Aging

**November 2023**

### Board of Directors

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**Steve Evans**  
Vice President  
**Janis Petry**  
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**Jim Moylan**



OK, it's November in Routt County; time to admit summer's over and put the shorts and sleeveless Ts to the back of the closet. Now do it! Then stock up on hot chocolate and put a soft, fuzzy throw on the back of every chair in the house. I like to get out favorite old and explore new soup and casserole recipes. Anything with noodles, butter and cheese will do nicely. Now you're ready for the upcoming winter months.

This season also fondly reminds us of the joys of being grateful. Being aware that our friends, neighbors, providers and those we share laughs, tears, stories and experiences with all color our lives. Maybe there's no greater gift than the contentment of friendship. Feel it's warmth and rewards. "Feeling gratitude and not expressing it is like wrapping a present and not giving it"- William Arthur Ward. Oprah Winfrey wrote "Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

My wish for us all is to enjoy a happy and fulfilled Thanksgiving season. Tell your family and friends how much they matter. Be thankful for each and every day. "I am grateful for what I have. My Thanksgiving is perpetual"-Henry David Thoreau.

*Jean Levine*

Jean Levine, RCCOA Board President

P.S. RCCOA is most grateful for 3 new Board Members as of Oct. With pleasure I introduce Ben Blonder, Jim Moylan and Chris Myers. Each joins us with much enthusiasm and intention to make our organization grander still! A big, giant welcome! With gratitude we thank outgoing members Dean Vogelaar and Cindy Balin.



### Staff

**April Sigman**  
Executive Director  
**Toni Cratsley**  
Steamboat & Hayden Cook  
**Hedy Davis**  
Helping Hands Assistant  
**Mary Dobbin**  
Steamboat Kitchen Asst.  
**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  
**Julie Niemi**  
Steamboat Assistant  
**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.*

## Thankful For ...

Find and circle all of the people and things to be thankful for.

The remaining letters spell a secret message.

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

ACTS OF KINDNESS  
A PLACE TO LIVE  
BEACHES  
BEAUTIFUL NATURE  
BLESSINGS  
BOOKS  
BROTHERS  
CARE GIVERS  
CHILDREN  
CHRISTMAS  
CLEAN WATER  
CLOTHING  
COMPUTERS  
ELECTRICITY  
EYEGLASSES  
EYESIGHT  
FAITH  
FAMILY  
FLOWERS  
FOOD  
FREEDOM  
FRESH AIR  
FRIENDS  
FUN  
GOOD HEALTH  
GRANDMA  
GRANDPA

HAPPY MEMORIES  
HEARING  
HOLIDAYS  
HUMOR  
INTERNET  
LAUGHTER  
LIFE  
LOVE  
MUSIC  
NURSES  
PARENTS  
PEACE  
PETS  
RAINBOWS  
SCHOOL  
SINGING  
SISTERS  
SMART PHONES  
SMILES  
SUNSHINE  
TEACHERS  
TELEVISION  
VOLUNTEERS  
WARM SHOWERS

## 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 for a free RCCOA lunch.**

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



**Sunday, November 5th**  
**Daylight Saving**  
**time ends**

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



**Thursday, November 9th**  
**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.  
**November 14th, 10:30 am**

**ALZHEIMER’S ASSOCIATION®**

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

## **Snowflake Art**

**Tuesday, November 21st**  
**12:30 pm**

Let your creativity shine! Make easy and fun snowflakes for yourself or the perfect hostess gift for Thanksgiving.



## **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.



## **Being Prepared, Not Scared**

**Monday, November 6th**

**12:30 - 1:00pm**

Steamboat Springs Community Center

## **Movie and Popcorn**

**Monday, November 13th**

**12:30 - 2:30 pm**

***Top Gun: Maverick***

After thirty years, *Maverick* is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads *TOP GUN*'s elite ...



## **Take a Day Trip to the Silverthorne Outlets**

**Wednesday, November 15th**

**8:30am - 5:00 pm**

Join us for shopping and lunch. Space is limited. Suggested donation of \$5 for those 60 and better. Lunch is not included. Weather Permitting. Please RSVP to Ellyn at least 72 hours in advance. 970-879-0633.



## **Tea and Talk**

**Thursday, November 30th**

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

Share an afternoon tea and discussion. “What do you do for fun?”



## **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.**





# Depression and Diet

The Association of UK Dieticians

[www.dba.uk.com/foodfacts](http://www.dba.uk.com/foodfacts)

**Good nutrition is important for our mental and physical health. This Food Fact Sheet will look at how following a healthy diet can protect your mental health.**

## **Eat regular meals**

You need to feed your brain regularly with the right mix of nutrients for it to work properly. Unlike other organs, your brain relies on a steady supply of glucose (ideally coming from starch carbohydrates) as its primary fuel. Aim to eat little and often to keep your mood at its best.

## **Get the right balance of fats**

Our brains are made of around 50% fat, and our cells need fats to maintain their structures, therefore an adequate supply of fats are needed to maintain health. Try to keep a moderate intake of a good balance of fats in your diet, to ensure your brain is well nourished. Add nuts and seeds, and use olive or nut oil dressings on salads. As well as increasing unsaturated fats, try to decrease trans fats as these seem to be harmful to brain structure and function. Trans fats are found in processed and packaged foods such as processed meats, ready meals, pre-packed cakes and biscuits. Instead try to use fresh foods and ingredients whenever you can.

## **Include some protein at every meal**

Eating protein as part of a “little and often” eating plan also helps to keep us feeling full, which in turn, can prevent overeating. Tryptophan is one of the building blocks of protein, and research suggests that it may help with depression. A diet with enough protein should contain plenty of tryptophan – good



sources include fish, poultry, eggs and game, but some green leafy vegetables (such as spinach) and seeds also provide a source. Fresh meat, fish, shellfish, eggs, milk, low fat cheese, nuts, seeds, lentils and beans are the best sources of protein.

## **Include oily fish in your diet**

Some researchers think that omega 3 oils, found in oily fish, may help with depression. Aim for a minimum of two portions of oily fish per week. Oily fish include salmon, mackerel, herring, sardines, pilchards and trout.

## **Drink enough fluid**

Evidence shows that even slight dehydration may affect your mood. Since we know that a healthy brain contains up to 78% water, it makes sense to drink plenty. Aim for 6-8 glasses per day. Caffeine may affect your mood and may lead to withdrawal headaches and to low or irritable mood when the effects wear off. Drinks such as coffee, cola, energy drinks, tea and chocolate all contain caffeine and should be limited. Drinking too much alcohol can cause dehydration and can lead to B vitamin deficiencies, which may make you more depressed or anxious. Limit your intake to no more than two to three drinks on no more than five days per week.

## **Are You Missing Out on Discounts Because Digital Coupons Are Difficult?**

RCCOA has volunteers willing to help you. Use a computer and internet at the Steamboat Springs community center and “load” coupons to your City Market or Safeway account with the help of a volunteer. Then simply shop and save! Contact April for more information. 970.879.0633 xt 5



# GIVE WHERE YOU LIVE! SCHEDULE YOUR CO GIVES DONATION ONLINE!

**Your Donation Goes Further  
on Colorado Gives Day!  
Tuesday, December 5th!**

*Starting on November 1, you can schedule your Colorado Gives Day donations in advance at [www.Colorado Gives.org](http://www.Colorado Gives.org). See April if you need assistance online.*



**Help us exceed our goal of \$20,000 this year!**

**Consider giving what you can, even \$50 goes a long way!**

\$50 can pay for healthy, hot lunches for 1 person for an entire month. It can ensure that an older adult receives 16 fresh, hot, home-delivered Meals on Wheels.

\$50 can facilitate 25 trips to medical appointments, the bank or other errands.

If \$50 can do all that, think what \$100, \$500 or even \$1000 can do!

*Thank You Donors!*

**Donations Received September 2023**

Julie Alkema  
Anonymous  
Ben and Lindsey Blonder  
Bridge in Steamboat  
City of Steamboat Springs  
Betty Kemry  
Selina Koler  
Catherine Lykken

Mahjong players  
Jim McGee  
Irene Nelson  
Karen O'Connor  
Janis Petry  
Bob Pruett  
Molly and Louis Raphael  
Routt County

*Thank  
you*

Jim Severson  
Rozanne Steinhoff  
Tai Chi  
Leonarda VanDerWerf  
Shea Wright  
  
Vi Look in memory of Mardell Eubanks

**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](http://www.rccoaging.org)**

# HAPPY BIRTHDAY!

Marcia E	1	Gina B	15
Art S	1	Terry A	16
Lavon C	3	Paula L	18
Hedy D	3	Ed B	19
Edith H	4	Donna B	19
Ralph N	6	Hugh A	19
Mary M	6	Jane R	19
Bruce H	7	Ann R	19
Donna S	9	Steve E	20
Gwen T	9	Ted S	22
Annette Z	10	Shirley W	24
Bill G	11	Leslie G	25
MaryKay G	12	Mary Lou G	27
Steve O	13	Wendell W	28
Bill H	14	Roberta G	29
Janet H	14		

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.



## 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](http://Yourvintage.org)

Call us: 970-315-1329



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

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

Brett Allison  
Joanna Allison  
Julie Alkema  
Anders Anderson  
Mike Berdine  
Ben Blonder  
Lindsey Blonder  
Craig Byar  
Ellisa Chapman  
Dawn Cook  
Kathy Curcio  
Ashley Demos  
George Detwiler  
Tracy Detwiler  
Shelly Dillingham  
Laurie Edwards  
Dan Emert  
Pam Ford  
Steve Goldman  
Nancy Good

Jane Hannon  
Dayna Horton  
Gretchen Kioschos  
Hud Labaree  
Lisa Lancaster  
Jay Layman  
Jean Levine  
Julie Lind  
Lynne Marr  
Scott Myller  
Cathy Neelan  
Henry Olson  
Karl Olson  
Pam Olson  
Stacey Rogers  
Brianna Romero  
Cindy Roth  
Dan Roth  
Bill Sauter  
Tosia Sauter

Cheryl Schlieske  
Dennis Scofield  
Regina Scofield  
David Selden  
Angela Sherwood  
Pegi Simmerman  
Diana Sperry  
Don Sperry  
Chris Stillwell  
Rozanne Steinhoff  
Tom Swissler  
Nancy Trimmer  
Michelle Trousil





# 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

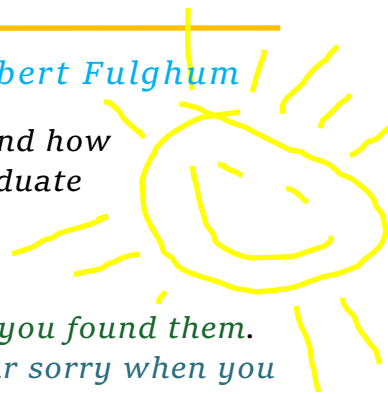
Steamboat Community Center

*All I Really Needed to Know I Learned in Kindergarten -by Robert Fulghum*

Most of what I really need to know about how to live and what to do and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there was a sandpile at Sunday School.

These are the things I learned:

Share everything. *Play Fair*. Don't hit people. *Put things back where you found them*. *Clean up your own mess*. Don't take things that aren't yours. *Say your sorry when you hurt someone*. Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you. *Live a balanced life-learn some and think some and draw and paint and sing and dance and play and work every day some*. Take a nap every afternoon. *When you go out into the world, watch out for traffic, hold hands and stick together*. Be aware of wonder.




Submitted by Gwen T.



# NOVEMBER EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
6 Being Prepared, Not Scared- Stmbt 12:30	7 Mahjong -Stmbt 1:00	8 Bingo –S.R. 12:30	9 Trivia- Stmbt 12:30  Knitters Circle- Stmbt 1:00	10 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
13 Movie and Popcorn - Stmbt 12:30	14 Caregiver Support Group – Stmbt 10:30am  Mahjong -Stmbt 1:00	15 Bingo –S.R. 12:30  Shuttle to Silverthorne	16 Knitters Circle- Stmbt 1:00	17 Bingo and Lunch – Hayden Cong Church, 11:00  Bingo –Stmbt 12:30 Bingo –S.R. 12:30
20	21 Snowflake Art -- Stmbt 12:30  Mahjong -Stmbt 1:00	22 Bingo –S.R. 12:30	23   Closed	24   Closed
27	28 Mahjong -Stmbt 1:00	29 Bingo –S.R. 12:30	30 Tea and Talk - Stmbt 12:30  Knitters Circle- Stmbt 1:00	1 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
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
6 Roast Beef Burrito Brown Rice Black Beans Red Pepper Salad Chocolate Cupcakes	7 Beef Tips Mashed Potatoes Peas Wheat Roll Tossed Salad Strawberries Brownie	8 Beef Tips Mashed Potatoes Peas Wheat Roll Tossed Salad Strawberries Brownie	9 Chicken Strips Sweet Potatoes Mixed Vegetables Bread Sticks Tossed Salad Mixed Fruit Pie	10 Baked Potato Bar Broccoli with Cheese Roll Tossed Salad Apple Ice Cream
13 Chicken Cordon Bleu Lasagna Rice Pilaf Asparagus Wheat Roll Tossed Salad Oatmeal Cookie	14 Meat Loaf Mashed Potatoes Peas Biscuit Tossed Salad Apple Cookie	15 Meat Loaf Mashed Potatoes Peas Biscuit Tossed Salad Apple Cookie	16 Cuban Pork Roast Roasted Potatoes Green Beans French Bread Tossed Salad Lemon Bar	17 Vegetable Soup Egg Salad Sandwich Waldorf Salad Raspberry Jello
20 Pizza Salad with Craisins Garbanzo Beans Peanut Butter Bars	21 Turkey Mashed Potatoes Stuffing Green Bean Tossed Salad Pumpkin Pie	22 Turkey Mashed Potatoes Stuffing Green Bean Tossed Salad Pumpkin Pie	23 HAPPY THANKSGIVING Closed 	24 Closed
27 Lasagna Spinach Garlic Bread Caesar Salad Chocolate Cake	28 Salmon Rice Pilaf Broccoli Bread Sticks Tossed Salad Strawberry Cheesecake	29 Oven Fried Chicken Mashed Potatoes Green Beans Biscuit Tossed Salad Applesauce Cookies	30 Oven Fried Chicken Mashed Potatoes Green Beans Biscuit Tossed Salad Applesauce Cookies	1 Ham and Cheese Sandwich Corn Chowder Crackers Mandarin Orange Ice Cream

**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.**