

December Senior Scoop

News and Views from the Council on Aging

December 2023

Board of Directors

Jean Levine

President

Steve Evans

Vice President

Janis Petry

Secretary

Chris Myers

Treasurer

Andrea Abrahamson

Ben Blonder

George Detwiler

Mary Kay Graver

Julie Lind

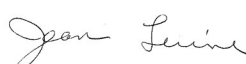
Jim Moylan

The holiday season is upon us once again. Celebrations and traditions will shine their lights on many of our upcoming days. My wish is that we all can take it slow and live each moment with a sense of happiness and contentment. Let expectations be few. Focus on holiday peace and kindness. Those are the gifts we can all give and receive. Have no space for regrets, but rather, fill your season and hearts with hope and joy.

The lights, trees, shrines and wreaths will all make their appearance at center stage. Some of us will celebrate Hanukkah and light the menorah each of 8 reflective nights. Some will honor the birth of the Christ child. For some it's all about the cookies and egg nog. Open your heart to all. Experience the light of laughter, the warmth of love and the joy of gratitude this season and beyond. Reflect on 2023 memories and look forward with joy to make 2024 memories.

I hope this year's season fills you up with the things that mean the most to you and energizes you for a happy, healthy new year. Thanks for making RCCOA a gift for us all to enjoy!

Happy Holidays!


Jean Levine,
RCCOA Board President

P.S. Don't forget Colorado Gives Day on Dec 5th.



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

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

Page 1

Hanukkah

Find and circle all of the words hidden in the grid. The remaining 42 letters spell a secret message.

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

BIMUELOS
BLESSINGS
CANDLES
CHANUKIAH
CHARITY
CUSTOMS
DAIRY FOODS
DREIDEL
EIGHT DAYS
FAMILY
FEAST
FESTIVAL
GAMES
GELT
GIFTS
HALLEL
HANEROT
HALALU
HEBREW
HOLIDAY
HOLY TEMPLE
JERUSALEM

KISLEV
LATKE
LEVIVOT
LIGHTS
MA'OZ TZUR
MACCABEES
MATISYAHU
MENORAH
MIRACLE
OLIVE OIL
PONTSHKES
PRAYERS
PSALMS
SEVIVON
SHAMASH
SONGS
SUFGANIYOT
TALMUD
TORAH
TRADITION
YEARLY
YEHUDIT



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.

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

**Nepal and Everest Base
Camp, Meg Tully**

Monday, December 4th

12:30 Steamboat Community Center



Being Prepared, Not Scared

Tuesday, December 5th

12:30 -The Haven Community Center

Snowflake Art

Tuesday, December 7th

12:30 pm The Haven CC

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



**Routt County Council on Aging
Holiday Party!!**

**Food, Friendship, Holiday Cheer,
Gifts and Music!**

Thursday, December 14th

11:30 am - 1:00pm

Steamboat Community Center

Please RSVP to Ellyn by
December 8th at
970.879.0633 xt 4.



Meals will NOT BE DELIVERED. No lunch
will be served at the Hayden dining site.
Please join us in Steamboat.

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.



Movie and Popcorn

Monday, December 11th

12:30 - 2:30 pm

It's a Wonderful Life



A Day Trip to Craig

Wed., December 13th 9:00 am - 4:00 pm

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

Tea and Talk

Thursday, December 21st

12:30 - 1:30 pm

Share an afternoon tea and discussion.
Bring one dozen cookies to exchange.



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

Thursday, December 28th

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.



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.**



Holiday Eating Tips

Written by Patti Murphy, RDN, CDCES

People often worry about maintaining both healthy eating habits and their weight during the holidays. With an abundance of rich foods, family gatherings and busy schedules it can be hard to stay on track. However, there are some simple things you can do to combat unhealthy eating during the holidays. Also, celebrating a few individual days instead of thinking of the time between Thanksgiving and New Year's as a season may be helpful. Eating 3 meals a day equals 1100 meals a year. So, having a few meals that are not how you typically eat during the holidays will not derail your overall health. The important thing is getting back on track for your next meal.

Below are some tips that may help to keep you on track while still enjoying this special time of year:

- * Don't ignore fruits and vegetables. They make great sides or snacks and fill you up while being lower in calories.
- * Get creative and try new recipes. Play around with substitutions. Some ideas are below. This link expands on some ideas for some substitutions.
<https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/cooking/smart-substitutions-to-eat-healthy>
- * Be the life of the party! Mingle, dance and visit with friends and family who you haven't had the chance to talk to lately.
- * Make sure your protein is lean. Turkey is a lower fat, lower calorie option than ham. Whatever meat you are enjoying, trim visible fat before cooking and try baking or broiling instead of frying.
- * Avoid alcohol on an empty stomach. Alcohol increases your appetite and diminishes your ability to control what you eat.
- * Also keep in mind the calorie differences between different drinks. A single glass of

eggnog can have 500 calories while a light beer or glass of wine will have around 100 calories.

- * And finally, remember that a few days aren't going to derail your health if you typically practice moderation.

Ronaldo's Baked Apples

Ingredients:

3 apples, such as Fuji or Gala
1/8 tsp. ground cinnamon
2 tbsp. plus 1/2 tsp. lime juice
1/8 tsp. nutmeg
3 tbsp. almond butter
1/8 tsp. vanilla extract
1/8 tsp pumpkin pie spice



Instructions:

1. Preheat oven to 350°F
2. Core the apples, making sure to leave the bottoms intact. Cut off the top of each apple, about 1/4 inch from the top.
3. In a medium mixing bowl combine 2 tablespoons lime juice and 2 cups water. Soak the apples for about 5 minutes to prevent browning.
4. In another bowl, add almond butter, remaining lime juice and spices. Mix together.
5. Remove apples from water and pat dry. Stuff each apple with 1 tablespoon almond butter mixture.
6. Once all apples are stuffed, place them in a deep baking dish. Add about 1/2-inch water to the baking dish, and make sure apples are upright in the water. Bake for 1 hour.
7. Once apples are fork tender, remove from baking dish and serve.

Nutrition Information: (Per 1 Apple Serving) 200 Calories; 4 grams Protein; 30 g Carbs; 6 g Fiber; 9 g Fat; 1 g Saturated fat; 40 mg Sodium

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

Your Donation Goes Further on Colorado Gives Day!

Tuesday, December 5th!

*Support Routt County Older Adults
with your Colorado Gives Day
donation at www.ColoradoGives.org.
See April if you need assistance online.*

**Help us exceed our goal of
\$20,000 on CO Gives Day!
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!

**We are thankful for your generous support.
Our seniors depend on it.**



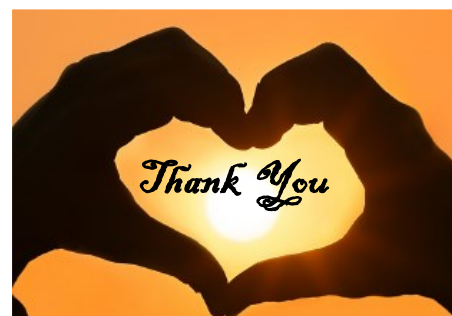
Thank You Donors!

Donations Received October 2023

Andrea Abrahamson
Anonymous
Ben and Lindsey Blonder
Bridge Players Benevolent Fund
Bridge in Steamboat
City of Steamboat Springs
Ralph Gourley
Betty Kemry
Selina Koler
Jean Levine
Catherine Lykken
Mahjong players

Jim McGee
Irene Nelson
Donald Peterson
Janis Petry
Bob Pruett
Ann Root
Routt County
Jim Severson
Rozanne Steinhoff
Tai Chi
United Way of the Yampa Valley
Leonarda VanDerWerf

Shea Wright
Yampa Valley Community
Foundation
Yampa Valley Community
Foundation - Employee Match



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
Janis Petry
Stacey Rogers
Brieanna Romero
Cindy Roth
Dan Roth
Bill Sauter
Tosia Sauter
Cheryl Schlieske
Dennis Scofield

Thank You for Volunteering

"Nothing liberates our greatness like the desire
to help, the desire to serve."
- Marianne Williamson

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



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



George B	2	Kathy S	14
Jim S	3	Diana S	15
Ardy K	4	Karen L	17
Nancy P	4	Nancy M	19
Donald T	4	Christine C	19
James S	5	Adelaide C	21
Tom S	8	Dottie S	24
Dale C	11	Emma C	25
Esther M	13	Joyce N	26
Lynn A	13	Pauline G	26
Brenda B	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.

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 **NO CLASS DEC. 25**
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 **NO CLASS DEC. 25**
Steamboat Community Center

Tai Chi / not instructor led
Mondays, 3:00 - 4:00 pm **NO CLASS DEC. 25**
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

RCCOA hosts a monthly
**Alzheimer's Association
Caregiver Support Group**
The 2nd Tuesday of each month
@ the Steamboat Springs Community Center.
December 12th, 10:30 am



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

Stepping On

Falls Are Not a Normal Part of
Aging. They Can Be Prevented!

***NEW 7 week course**

Begins Thurs. Jan. 11, 1:00pm
FREE course brought to us by
UCHealth.

More info to come. [uchealth](#)

DECEMBER EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
4 Nepal and Everest Base Camp, Meg Tully -Stmbt 12:30	5 Being Prepared, Not Scared- Hayden 12:30 Mahjong -Stmbt 1:00	6 Bingo –S.R. 12:30	7 Snowflake Art - Hayden 12:30 Knitters Circle- Stmbt 1:00	8 Bingo –Stmbt 12:30 Bingo –S.R. 12:30 <i>Hanukkah begins</i>
11 Movie and Popcorn - Stmbt 12:30	12 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	13 Bingo –S.R. 12:30 Shuttle to Craig	14 Holiday Party - Stmbt 11:30 Knitters Circle- Stmbt 1:00	15 Bingo and Lunch – Hayden Cong Church, 11:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
18	19 Mahjong -Stmbt 1:00	20 Bingo –S.R. 12:30	21 Tea and Talk - Cookie Exchange Stmbt 12:30	22
25 All Sites Closed <i>Merry Christmas</i>	26 Mahjong -Stmbt 1:00	27 Bingo –S.R. 12:30	28 Trivia- 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
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
4 Pork Chow Mein Lo Mein Noodles Sesame Broccoli Eggroll Mandarin Orange Raisin Nut Cake	5 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Peach Pie	6 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Peach Pie	7 Fish Creole Brown Rice Broccoli French Bread Tossed Salad Blondie	8 Chicken Caesar Salad Vegetable Soup Crackers Fruit Salad Lemon Bar
11 Spaghetti with Meat Sauce Broccoli Garlic Bread Tossed Salad Apple Peanut Butter Cookie	12 Barley Mushroom Casserole Peas French Bread Tossed Salad Choc. Rice Crispy Treat	13 Barley Mushroom Casserole Peas French Bread Tossed Salad Choc. Rice Crispy Treat	14 Holiday Party Chili Clam Chowder Minestrone Crackers Strawberries & Bananas Chocolate Lava Cake	15 Hot Italian Sub Vegetable Medley Italian Pasta Salad Banana Oatmeal Craisin Cookie
18 Tuna Casserole Mixed Vegetables English Muffin Tossed Salad Orange Jello	19 Monterey Chicken Roasted Potatoes Spinach Wheat Roll Tossed Salad Orange	20 Ham Sweet Potatoes Broccoli & Cheese Bread Cranberry Slaw Apple Pie	21 Ham Sweet Potatoes Broccoli & Cheese Bread Cranberry Slaw Apple Pie	22 Hot Roast Beef & Cheddar Sandwich Tossed Salad Bean Salad Fruit Salad Molasses Cookies
25 	26 Pork Ribs Roasted Potatoes Green Beans Coleslaw Trail Mix Cookies	27 Pork Ribs Roasted Potatoes Green Beans Coleslaw Trail Mix Cookies	28 Brisket Cheesy Potatoes Broccoli Roll Tossed Salad Cherry Pie	29 Turkey Noodle Soup Crackers Spinach Salad Orange Banana Pudding

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 11:45am.