

JANUARY*

Senior Scoop

News and Views from the Council on Aging

January 2024

Board of Directors

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Ben Blonder

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ROUTT COUNTY
COUNCIL ON AGING

As we close out 2023 I wish to express sincere appreciation to all of our RCCOA volunteers. This generous group is one of many cogs that make the wheels of our organization turn. At present we are gifted with 55 caring and dependable participants who give of their time and hearts to meet the needs of local seniors. Such a special vibe!

I also want to thank our senior community for event participation. Congregate meals at the Community Center, South and West Routt, recipients of Meals on Wheels, exercise classes, games, info. seminars and outings are all well attended. So many local seniors interact with enthusiasm and friendship. Our lives are all enhanced as we enjoy and learn with our times spent together.

A giant thank you to our super staff who serve us so very well. Office workers who organize, kitchen workers, drivers, Helping Hands aids, facilitators and instructors all help to create this special place we call RCCOA.

Last, but not least thanks to our supportive community whose continued interest and aid make it possible to keep RCCOA a valuable asset for so many seniors. Investment in our growth will be a testament to strength and value of an ever-growing population of older adults.

Hoping you all join me by ending 2023 with peace and gratitude and fill 2024 with the same! Happy New Year!

Jean Levine,
RCCOA Board President

Staff

April Sigman

Executive Director

Toni Cratsley

Steamboat & Hayden Cook

Hedy Davis

Helping Hands Assistant

Mary Dobbins

Steamboat Kitchen Asst.

Debbie Dorsey

South Routt Kitchen Asst. &

Helping Hands Asst.

Bill Gibbs

South Routt Driver

Cindy Graab

Steamboat Kitchen Asst.

James Graham

Shuttle Driver

Milt Hill

Shuttle 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

Autumn Reese

Steamboat Kitchen Assistant

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.

Jewels and Gemstones

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



AGATE
ALEXANDRITE
AMBER
AMETHYST
AMMOLITE
AQUAMARINE
BERYL
BLOODSTONE
CITRINE
CORAL
DANBURITE
DIAMOND
EMERALD
GARNET
HIDDENITE
IOLITE
IRONSTONE
JADE
JASPER
MALACHITE
MOONSTONE

MORGANITE
OBSIDIAN
ONYX
OPAL
PEARL
RUBELITE
RUBY
SAPPHIRE
SERPENTINE
SPHENE
SPINEL
SUGLITE
SUNSTONE
TANZANITE
TOPAZ
TOURMALINE
TURQUOISE
VARISCITE
ZIRCON
ZOISITE

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

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

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.

RCCOA hosts a monthly
**Alzheimer's Association
Caregiver Support Group**

The 2nd Tuesday of each month
@ the Steamboat Springs Community
Center.

January 9th, 10:30 am

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

ALZHEIMER'S ASSOCIATION®

RCCOA offices and meal sites will be
closed Monday, January 15th in
observance of the birthday of
Martin Luther King Jr.

A Day Trip to Craig

Wed., January 17th 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.

Stepping On

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

***NEW 7 week course** uhealth

Begins Thurs. Jan. 11, 1:00pm
FREE course brought to us by
UCHealth. Registration Required. Fill
out a registration form at the Steamboat
Community Center.

Tea and Talk

Monday, January 22nd

12:30 - 1:30 pm

Share an afternoon tea and
discussion. "New Beginnings"



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

Monday, January 29th

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.



Quilling Demo

Thursday, January 18th

12:30 pm The Haven CC



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.



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.**



Avocados may be best known for being the main ingredient in guacamole, however this nutrition powerhouse can be used in multiple ways. Botanically speaking, avocados are considered a fruit, with a pit and the flesh being considered a berry.

Avocados have a lot of nutritional benefits. They are a great source of fiber, a good source of healthy fat, and are low in carbohydrates. A medium avocado has about 240 calories, 13 grams of carbohydrate, 22 grams of fat (15 grams monounsaturated, 4 grams polyunsaturated, 3 grams saturated), and 10 grams of fiber. One has 11 mg sodium and contains no cholesterol.

Health benefits of Avocados on Various Health Conditions

Cardiovascular disease

The primary type of monounsaturated fat in avocados is from oleic acid, the main fatty acid in olive oil. Some studies show a reduction in LDL cholesterol when replacing other types of fat in the diet with avocados. As with all plant foods, avocados are cholesterol-free. However, they contain phytosterols, or plant sterols, that have a similar chemical structure to cholesterol but are poorly absorbed in the intestines and therefore may interfere with cholesterol absorption. According to the American Heart Association, phytosterols have been found to reduce total and LDL cholesterol levels in the body by lowering cholesterol absorption. Avocados are also high in potassium, which works to regulate blood pressure and heartbeat.

Type-2 Diabetes

Avocados are a good source of fiber, low in total carbohydrates and rich in monounsaturated fats. Studies have shown that replacing saturated fats, such as those from full fat dairy, and processed meats, can improve insulin sensitivity and reduce the risk of type 2 diabetes.

Buying avocados and avocado oil.

Avocados may be round or pear-shaped and green or black. When ripe the flesh is smooth and buttery. The fruit continues to ripen after harvesting. If you are planning to use an avocado immediately after purchase, choose a ripe one with dark green or almost black skin. It should yield to pressure when squeezed. Avocados with light green skin that are very firm are

unripe and will need to sit a few days before eating. Avocados are often sold with hard, unripe flesh, which will ripen in 2-3 days. You can leave the fruit at room temperature, or place in direct sunlight to speed ripening. You can also place the avocado sealed in a paper bag with a banana; the ethylene gases in the banana will speed ripening. Avocados brown quickly, however the brown flesh is edible. To reduce browning after cutting you can put lemon or lime juice on the flesh, wrap tightly with plastic wrap, or store with some sliced onions in a sealed airtight container.

Avocado oil is extracted from the flesh of pressed avocados. It can replace other liquid cooking oils and has a very high smoke point of nearly 500°F. Avocado oil is often compared with olive oil because they are both rich in the fatty acid, oleic acid, but avocado oil has a more neutral flavor.

Ideas for using Avocados and Avocado Oil:

Salad Dressing:

Avocado oil salad dressing- whisk or blend ¼ cup avocado oil, 2 tablespoons Dijon mustard, and 4 teaspoons balsamic or apple cider vinegar; add additional low-sodium spices like black pepper or garlic powder as desired.

Pureed avocado can be substituted for butter or oil in baking recipes, using a 1:1 ratio (1 cup butter = 1 cup avocado).

Diced and sprinkled into salads, soups, tacos, or whole grains

Blended into smoothies to thicken and add richness

Mashed as a spread on sandwiches and crackers

Mashed onto whole grain breakfast toast, sprinkled with blueberries and ground flaxseeds or hemp seeds

Sliced and rolled into maki sushi

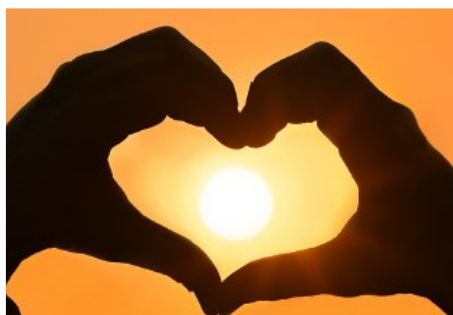
Cut in half, drizzled with a squeeze of lemon or lime juice, and eaten with a spoon as a snack



THANK YOU DONORS!

WOW! Your generosity on CO Gives Day blew us away!
We received \$20,373 from 104 donors in 24 hours!!

**These donors will be recognized individually in next month's newsletter, but until then,
Thank You to all who donated on CO Gives Day.**



Thank You Donors!

Donations Received November 2023

Andrea Abrahamson

Anonymous

Ben and Lindsey Blonder

BREN, LLC

Bridge Players Benevolent Fund

Bridge in Steamboat

City of Steamboat Springs

Rosemary Cullinan

Ralph Gourley

David Hageman

Bruce Heath

Henrietta Howe

Betty Kemry

Selina Koler

Vi Look

Mahjong players

Jim McGee

Nancy Middleton

Irene Nelson

Donald Peterson

Janis Petry

Bob Pruett

Roberta Rodin-Geier

Ann Root

Routt County

Jim Severson

Rozanne Steinhoff

Tai Chi

Michele Thomas

Barbara Tuchlinsky

United Way of the

Yampa Valley

Leonarda VanDerWerf

Shea Wright

Jean and David Levine in memory of Ken Manley

Jean and David Levine in memory of Ben Steiner

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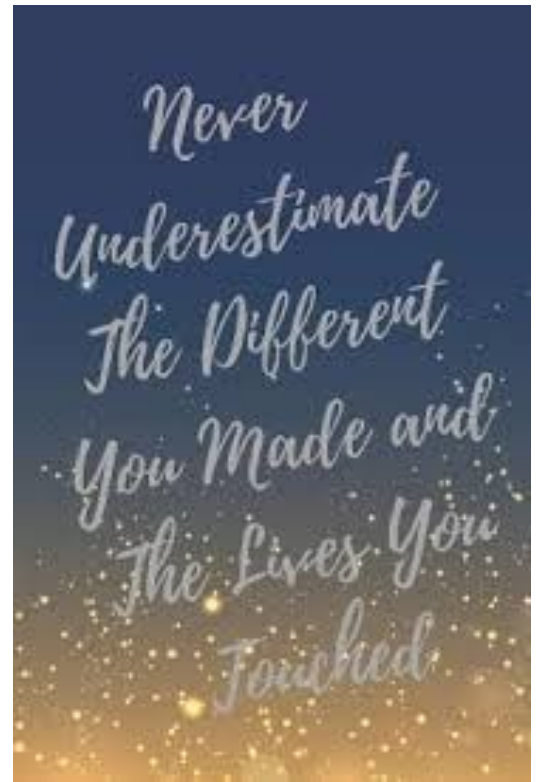
*Giving is not just
about making a donation.
It is about making a
difference.*

KATHY CALVIN

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
Whale Petry
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



Elaine G	1	Bob P	18
Shirley S	3	Rozanne S	19
Beverly C	6	Yvonne B	21
Lillian W	8	Ginny W	26
Bette C	8	Wendy M	26
William K	8	Alene T	27
Cindy A	13	Betty B	30
Karen B	14	Annie K	31
Gard R	17		

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.**

Notice: NO CLASSES on Monday, January 1 or Monday, January 15

SOUTH ROUTT

Arthritis Exercise Association Fitness Class

Mondays, 10:45 - 11:45 am

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**

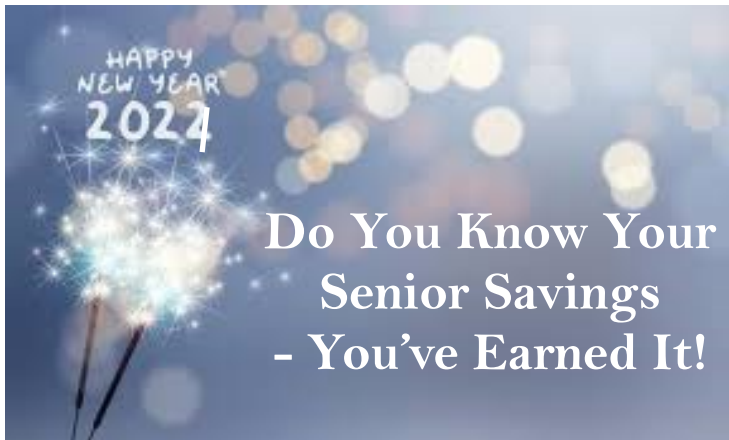
Thursdays, 10:30 - 11:30 am

Steamboat Community Center

Yoga for Arthritis

Wednesdays, 10:30 - 11:30 am

Steamboat Community Center



Senior Citizen Property Tax Deferral.

Apply at the County Assessors' office or online @ <http://www.co.routt.co.us/659/Tax-Deferral-Information> if you are 65+ and have resided in your home 10+ years.

\$200 City of Steamboat Springs Sales

Tax Rebate. Apply at City Hall if you are 62+ and have resided in the city for the year in which you are applying.

LEAP Energy Assistance. LEAP is a federally funded program that helps eligible Colorado seniors pay a portion of their winter home heating costs. Find out more @

<https://www.colorado.gov/pacific/cdhs/leap>.

JANUARY EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 New Year's Day CLOSED	2 Mahjong -Stmbt 1:00	3 Bingo –S.R. 12:30	4 Knitters Circle- Stmbt 1:00	5 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
8	9 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	10 Bingo –S.R. 12:30	11 Knitters Circle- Stmbt 1:00 Stepping On - Stmbt 1:00	12 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
15 Martin Luther King Jr. Day CLOSED	16 Mahjong -Stmbt 1:00	17 Bingo –S.R. 12:30 Shuttle to Craig	18 Quilling Demo - Hayden 12:30 Knitters Circle- Stmbt 1:00 Stepping On - Stmbt 1:00	19 Bingo and Lunch – Hayden Cong Church, 11:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
22 Tea and Talk - Stmbt 12:30	23 Mahjong -Stmbt 1:00	24 Bingo –S.R. 12:30	25 Knitters Circle- Stmbt 1:00 Stepping On - Stmbt 1:00	26
29 Trivia- Stmbt 12:30	30 Mahjong -Stmbt 1:00	31 Bingo –S.R. 12:30	1 Knitters Circle- Stmbt 1:00 Stepping On - Stmbt 1:00	2 Bingo –Stmbt 12:30 Bingo –S.R. 12:30

See page 3 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
1 HAPPY NEW YEAR! Closed	2 Black Eye Pea Stew Collard Greens Cornbread Tossed Salad Banana Peach Cobbler Ice Cream	3 Flank Steak Mashed Potatoes Carrots Italian Bread Chocolate Cupcake	4 Flank Steak Mashed Potatoes Carrots Italian Bread Chocolate Cupcake	5 Clam Chowder Chef Salad Crackers Brownie
8 Pork Chop Stuffing Green Beans Carrots Tossed Salad Orange German Chocolate Cake	9 Rice-a-Toni Broccoli Spinach Salad with Mandarin Oranges Strawberry Shortcake	10 Rice-a-Toni Broccoli Spinach Salad with Mandarin Oranges Strawberry Shortcake	11 Chicken with Mushroom Sauce Garlic Mashed Potatoes Mixed Vegetables Roll Oatmeal Cookie	12 Roast Beef Blue Cheese Sandwich Potato Salad Apple Cranberry Slaw with Walnuts Coconut Crème Pie
15 CLOSED MLK Day	16 Pork Roast Cornbread Casserole Kidney Beans Spinach Salad Strawberries and Cream	17 BBQ Beef Casserole Rice Spinach Tossed Salad Banana Pudding	18 BBQ Beef Casserole Rice Spinach Tossed Salad Banana Pudding	19 French Onion Soup Tuna Salad Sandwich Bean Salad Blueberry Pie
22 Beef Tacos Spanish Rice Corn Mexican Salad Ice Cream	23 Spinach Bars Toast Cole Slaw Orange Cinnamon Roll	24 Pork Cabbage Casserole Carrots Roll Fruit Pie	25 Pork Cabbage Casserole Carrots Roll Fruit Pie	26 Chicken Broccoli Rice Casserole Carrot Salad Crackers Pudding
29 Mongolian Beef Rice Eggroll Asian Slaw Orange Fortune Cookie	30 Honey Chicken Sweet Potatoes Mixed Vegetables Roll Tossed Salad Orange Cake	31 Chili Relleno Casserole Succotash Tortilla Mexican Salad Cookie	1 Chili Relleno Casserole Succotash Tortilla Mexican Salad Cookie	2 Corn Chowder Chef Salad Crackers Pears Lemon Bar

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.