



Senior Scoop

News and Views from the Council on Aging

June 2024

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ROUTT COUNTY
COUNCIL ON AGING

June is a great time to plant. This might be an extensive endeavor, as in an outdoor flower or vegetable plot, or it might just be made much simpler by putting together a few pots. Watching plants grow can be invigorating and more fun than watching water boil! If you don't have a big outdoor space, containers are a great way to bring cheer and instant joyful results to a small area. Planting a few pots can brighten up anyone's porch or patio and can be attainable in a short time requiring just a little effort.

Some basic planning enhances the outcome. If you're planting in the ground be sure to mix in some compost to provide the good environment for the roots to soak up water and provide nutrients. When using containers, I've always gotten max results by using packaged potting mix which contains compost and provides for adequate drainage. Pots should have a bottom hole, again, for drainage. When picking your plants, plan ahead by knowing how much sunlight lands where it will be placed. Plants are usually tagged with info which predicts mature size, color, water and light requirements. Sun loving varieties will produce max color if they receive 6+ hrs. of daily sun. Since our growing season is so short, I like to plant fairly tight for immediate gratification. In addition to flowers, some vegetables and herbs do well in pots. Plants are like us, when thirsty, provide a drink of water.

Enjoy some summer cheer with either a little planting of a few pots or get out a pitch fork and plant a bigger area. Plant it then watch it grow. Enjoy some creativity!!

Jean Levine, RCCOA Board President

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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.

60s Songs

Find and circle all of the 1960's song titles that are hidden in the grid. The remaining letters spell the title of an additional 1960's song.

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

BABY LOVE
BLUE MOON
BLUE VELVET
BUS STOP
CARA MIA
CHAIN GANG
CHERISH
CRAZY
CRYING
DIZZY
DOWNTOWN
EL PASO
ELENORE
FINGERTIPS
FIRE
GALVESTON
GOOD LOVIN'
GROOVIN'
HAIR
HEATWAVE
HEY JUDE
HOLIDAY
ITCHYCOO PARK
LAST KISS
MEMPHIS

MY GIRL
MY GUY
PEOPLE
PUPPY LOVE
RESPECT
RUNAWAY
SHERRY
SOUL MAN
SPOOKY
STAY
SURF CITY
TEEN ANGEL
THE BOXER
THE TWIST
THESE EYES
VALLERI
VOLARE
WHITE RABBIT
WILD THING
WINDY
WIPEOUT
WORDS
YESTERDAY

1						5	7	4
		5						
		7	4			1	6	
				3			1	
3				8	6			
		9	1	2			5	
	9			6	3			7
	8	4			7			
	2							

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.

Tuesday, June 11th, 10:30 am

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

ALZHEIMER'S ASSOCIATION

Health and Wellness Expo

Thursday, June 13th,

10:30am - 3:30 pm

Details on page 5.



Tea and Talk

Tuesday, June 18th,

12:30 - 1:30 pm

Share an afternoon tea
and discussion. "If
you had a chance to go back to your best
year(s), what year(s) would you visit..."



Play Mahjong

Tuesdays, 1:00 - 4:00 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.



A Day Trip to Craig

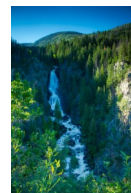
Wed., June 12th 9:00 am - 4:30 pm

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

Fish Creek Falls Walk

Monday, June 17th

Ride with us from the Steamboat
Community Center @ 12:30 or
meet us there by 1:00pm. A 1/4 mile walk
on a gravel path to a pristine view of the
280 foot falls in peak runoff.



Dinosaur National Monument

Wed, June 26th

9:00 am - 5:00pm

Explore the dinosaur
fossils at the Quarry
Visitor Center, a
scenic tour to see petroglyphs and enjoy a
picnic at the historic Josie Morris Ranch.
\$8 suggested donation includes
transportation and lunch.
RSVP by June 20th. 970.879.0633



AARP Safe Driver Course

Wed, July 10th

1:00 - 5:00pm

The classroom course costs \$20 for AARP
members and \$25 for non-members. Space is
limited, so register now by calling Karen @
970-846-0144.

Do You Knit or Crochet?

Thursdays, 1:00 - 3:00 pm

@ the Steamboat Community Center



Dietary Fats - by Patti Murphy, R.D.

Dietary fats are one of the three macronutrients that make up a balanced diet, alongside carbohydrates and protein. Despite their being concerns with eating too much fat, it has important roles in the body.



Fat supplies essentially fatty acids, which the body cannot make itself, but that play many important roles. Specifically, essential fatty acids are omega -3's, omega 6's and linoleic acid. These fatty acids are necessary to form hormones that help regulate immune system and nervous system. Other hormones that fat is necessary in the production of are testosterone and estrogen.

Dietary fat supplies concentrated energy for the body. Fat is a component of cell membranes, helping to maintain their structure and function. The brain is mainly made of fat and fat helps maintain function and structure of the brain, as well as playing a role in cognitive function.

Dietary fat can help our body absorb fat-soluble vitamins, such as vitamins A, D, E, and K. Without enough dietary fat, our bodies may not be able to absorb these essential vitamins effectively.

Types of Fat:

1. Monounsaturated Fat: This type of fat is found in foods like nuts, olive oil, and avocados. Eating foods high in monounsaturated fat can help reduce your risk of heart disease.

2. Polyunsaturated Fat: This type of fat is found in foods like fatty fish, nuts, and seeds. It includes omega-3 and omega-6 fatty acids, which are essential for good health.

Omega-3's are primarily found in fatty fish such as salmon, sardines, and mackerel. Eating foods high in omega-3's can also help reduce your risk of heart disease.

Omega-6's increase the body's immune response and inflammation. Acute inflammation is necessary to help heal from injuries and fight off infection. Chronic inflammation is a situation where the process that normally protects the body winds up hurting it. Chronic inflammation can negatively affect everything from joint health to mental health. Getting a balance between omega 6's and omega 3's can help minimize risk of chronic inflammation.

3. Saturated Fat: This type of fat is found in animal products like meat and dairy, as well as in some plant-based sources such as coconut and palm oil. Eating too much saturated fat can increase your risk of heart disease but still can be included in a balanced diet.

4. Trans Fat: This type of fat can be found in some processed foods like baked goods, snack foods, and fried foods. It is known to raise LDL cholesterol levels and increase the risk of heart disease. Trying to get as low amount of trans-fat as possible is helpful for overall health.

The amount of fat you need depends on your age, sex, and activity level. As a general guideline, adults should aim to get 20-35% of their daily calories from fat with most of that coming from monounsaturated and polyunsaturated sources.

60+ OVER

Health+Wellness

..... EXPO



June 13, 2024 • 10:30am - 3:30pm

Steamboat Community Center - 1605 Lincoln Ave.

FREE LUNCH, SERVICES & RESOURCES:

Hair Cut / Hair Care • Manicure/Pedicure
Chair Massage • 30 Minute Hybrid/Chair Yoga
Sports Med Physical Therapy Screening
Cardiovascular Screening (BP, Cholesterol)
Dental & Hearing Screening • Vision Services
Pharmacist/Prescription Review • Tax Aide
AARP Safe Driving Course • SSPD Fraud Prevention
Mental Health - Hospice Grief Counseling
Prosthetics and Orthotics Info
Military Veterans Resources
Medical Equipment Lending
Interpretation/Translation

SCHEDULE OF EVENTS:

10:30am
Movement &
Exercise Class

11:00am
Breakout Groups
Alzheimer's, Parkinson's,
Grief Support, Widows Support,
Suicide Survivors, Veterans

11:30am - Lunch

12:30pm - 3:30pm
EXPO

3:00pm
Chair/Adaptive Yoga



Contact April at RCCOA for more information: 970-879-0633

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

Brett Allison
Joanna Allison
Julie Alkema
Anders Anderson
Carol Bailly
Mike Berdine
Ben Blonder
Lindsey Blonder
Marybeth Bradfield
Bruce Bresau
Ellisa Chapman
Dawn Cook
Kathy Curcio
Ashley Demos
George Detwiler
Tracy Detwiler
Shelly Dillingham
Laurie Edwards
Dan Emert
Pam Ford

Steve Goldman
Nancy Good
Dayna Horton
Gretchen Kioschos
Beth Kuczkowski
Hud Labaree
Lisa Lancaster
Jay Layman
Jean Levine
Julie Lind
Leif McCole
Scott Myller
Jim McGee
Cathy Neelan
Karl Olson
Pam Olson
Chris O'Konski
Janis Petry
Whale Petry
Kay Rawlings

Brieanna Romero
Cindy Roth
Dan Roth
Cheryl Schlieske
David Selden
Angela Sherwood
Bob Sherwood
Darcy Simon
Pegi Simmerman
Diana Sperry
Don Sperry
Tom Swissler
Craig Tolliver
Sheri Tolliver
Nancy Trimmer
Michelle Trousil



Thank You Donors!

Donations Received April 2024

Andrea Abrahamson
Michael and Janet Arroyo
Leonard Auter
Ben and Lindsey Blonder
Bridge Players Benevolent Fund
Bridge in Steamboat
Donna Castaldo
City of Steamboat Springs
Tom and Chris Collins
Pat Crawford
Toni Cratsley
George Detwiler
Marsha Erickson
Ralph Gourley
Cindy Graab
Stacy Gunn
Bruce Heath
Janet Henderson
Carol Janousek
Betty Kemry
Selina Koler
Crystal Lawson

Jean and David Levine
Julie Lind
Vi Look
Catherine Lykken
Mahjong players
Jim McGee
Ellyn Myller
Irene Nelson
Dorothy Nordstrom
Barbara O'Connor
Donald Peterson
Janis Petry
Bob Pruett
Jean Ray
Rick Rapalee
Gard Robinson
Bud and Jane Romberg
Routt County
Gene Sanders
Cat Schaffrick
MaryKay Schoeneman
Jim Severson



Barbara Siek
Elaine Sigman
Pegi Simmerman
Don and Diane Sperry
Donna Steele
Tom Swissler
Tai Chi
Michelle Thomas
Tread of Pioneers Museum
Nancy Trimmer
Meg Tully
United Methodist Women
United Way of the Yampa Valley
Leonarda VanDerWerf
Cathy Vogelaar
Traci Vose
Shea Wright
Yampa Valley Community Foundation

Vi Look in memory of Douglas Smith

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

Arthritis Exercise Association Fitness Class

Wednesdays, 10:45 - 11:45 am

Oak Creek Community Center



STEAMBOAT SPRINGS

Arthritis Exercise Association Fitness

Mondays, 10:30 - 11:30 am

Steamboat Community Center

Arthritis Exercise Association Fitness

Thursdays, 10:30 - 11:30 am

Steamboat Community Center

Tai Chi

Mondays, 3:00 - 4:00 pm: no instructor

Tuesdays, 10:30 - 11:30 am

Steamboat Community Center

Yoga for Balance and Stability

No Class June 6th and 13th

Instructor Colleen Russo

Thursdays, 2:30 - 3:30 pm

Steamboat Community Center

Yoga for Arthritis No Class June 12th

Wednesdays, 10:30 - 11:30 am

Steamboat Community Center



Pat C	2	Pat K	14
Toni C	2	Dan E	15
Nadine A	3	Ellyn M	24
Irene N	7	Bill G	25
Mac M	8	Eddy W	25
Judy W	9	Cathie V	28
Leonard A	10	Glenn C	28
John S	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.

JUNE EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Trivia -Stmbt 12:30	4 Mahjong -Stmbt 1:00	5 Bingo –S.R. 12:30	6 Knitters Circle- Stmbt 1:00	7 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
10	11 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	12 Bingo –S.R. 12:30 Shuttle to Craig	13 Health and Wellness Expo Stmbt 10:30 - 3:30 Knitters Circle- Stmbt 1:00	14 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
17 Fish Creek Falls Walk -@ falls 1:00	18 Tea and Talk- Stmbt 12:30 Mahjong -Stmbt 1:00	19 Bingo –S.R. 12:30	20 Knitters Circle- Stmbt 1:00	21 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
24	25 Mahjong -Stmbt 1:00	26 Bingo –S.R. 12:30 Dinosaur National Monument -leave Stmbt 9:00am	27 Knitters Circle- Stmbt 1:00	28 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
1	2 Mahjong -Stmbt 1:00	3 Bingo –S.R. 12:30	4 Independence Day All Sites Closed	5 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
3 Spinach Enchilada Casserole Spanish Rice Beans Mexican Salad Vanilla Ice Cream	4 Bangers & Mash Peas & Carrots Garlic Bread Tossed Salad Pear Crisp	5 Bangers & Mash Peas & Carrots Garlic Bread Tossed Salad Pear Crisp	6 Beef Stroganoff Asparagus Bread Sticks Tossed Salad Chocolate Mousse	7 Chicken Caesar Salad Brussel Sprouts Fresh Veggie Sticks Banana
10 Shrimp Scampi Zucchini & Tomato Garlic Bread Tossed Salad Orange Banana Cake	11 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	12 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	13 Teriyaki Chicken Rice Stir Fry Vegetables Eggroll Asian Salad Champagne Salad	14 Hot Italian Sub Kidney Bean Salad Watermelon Peach Crisp
17 Swedish Meatballs Egg Noodles Kidney Beans Mixed Vegetables Fresh Fruit Salad Chocolate Cake	18 Pork Ribs Sweet Potatoes Roll Cole Slaw Brownie	19 Pork Ribs Sweet Potatoes Roll Cole Slaw Brownie	20 Pizza Tossed Salad with Craisins & Garbanzo Beans Peanut Butter Bars	21 Coconut Shrimp Rice Asparagus Bread Sticks Green Salad Lemon Cream Pie
24 Manicotti Broccoli Garlic Bread Tossed Salad Chocolate Ice Cream	25 Oven Fried Chicken Potatoes Au gratin Orange Carrots Wheat Roll Chocolate Chip Cookie	26 Oven Fried Chicken Potatoes Au gratin Orange Carrots Wheat Roll Chocolate Chip Cookie	27 Salmon Patties Rice Mixed Vegetables Hush Puppies Tossed Salad with Raisins & Nuts Orange Cake	28 Turkey Wedge Salad Potato Chips Fresh Veggie Sticks Cantaloupe Cherry Crisp

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.