

JANUARY Senior Scoop

News and Views from the Council on Aging

January 2025

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When it comes to New Year's resolutions it's hard to apply reality versus unobtainable intentions. One day it's a great idea and the next day it's vanished into thin air! This year I'm thinking about acting on some simple good ideas to maintain safety and independence.

I read an inspiring article recently which told a story of an 80+ year old gentleman who lives alone. He has an agreement with a neighbor to check on his window shade which he raises by 9AM daily upon beginning his day. If that shade's not up by 9, the agreement is a phone call or a knock on his door. What a simple, reliable plan to remain independent, yet effectively looked after.

If my senior friend who I take to the market every Tuesday at 10:00 gets stood up, she knows who to call or send to my house to check on the hold-up. Our friends are willing to help and be relied upon. Just ask!

Let's all resolve to set up a regular check of some kind on a friend or neighbor to assure their connection and safety. Resolve to initiate the discussions among peers. Stay safe and stay connected.

Happy New Year!



Jean Levine,
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Steamboat Kitchen Asst.

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South Routt Kitchen Asst. &
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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

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HAPPY NEW YEAR

Find and circle all of the words that are hidden in the grid. The remaining letters spell the name of a popular location for celebrating New Years Eve.

APPETIZERS
 BABIES
 BALLOONS
 BANNERS
 BUFFET
 CELEBRATE
 CHAMPAGNE
 CONFETTI
 DANCE
 DAY ONE
 DECORATIONS
 END OF DECEMBER
 EVENTS
 FAMILY
 FATHER TIME
 FEAST
 FESTIVITIES
 FIREWORKS
 FIRST OF JANUARY
 FRIENDS
 HATS

HOLIDAY
 HORNS
 KISS
 MIDNIGHT
 MUSIC
 NEW YEARS DAY
 NEW YEARS EVE
 NOISEMAKERS
 OCCASION
 PARADES
 PARTY
 PUNCH
 RESOLUTIONS
 SINGING
 STREAMERS
 THIRTY FIRST
 TIARAS
 WINE
 YEAR IN REVIEW

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

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

Trivia, "data considered to be of little knowledge"

Mon., Jan. 6th

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.



Foot Care

Mon., Jan. 13th

Steamboat Community Center
Sara Mitchell from Sorella Salon will offer foot care sessions to include foot soak, toenail maintenance and exfoliating scrub. Services to be offered the 2nd Monday of each month. Call for an appointment 970.879.0633. \$20 fee.



Tea and Talk What's In A Name?

Tues., Jan. 14th, 12:15 - 1:15 pm

What is the meaning of your name or why were you given your name?"



RCCOA hosts a monthly Alzheimer's Association Caregiver Support Group

The 2nd Tuesday of each month
@ Steamboat Springs Comm. Center.
Tues., Jan. 14th, 10:30 am

Lunch and Shopping in Craig

Wed., Jan. 15th

9:00 am - 5:30 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.

Ride the Wild Blue Gondola

Wed., Jan. 22nd, 10:30 am or 1:30 pm

Take a **FREE** ride with **RCCOA** and the **Steamboat Ski Resort** on the newish **Wild Blue Gondola!**

Transportation available, Space is limited,

RESERVATION REQUIRED

Call **970.879.0633** to make a reservation



DOING GOOD
IT'S IN OUR NATURE

Steamboat

Bird Feeder Craft

Tues., Jan. 28th, 12:30pm

Yes, there are some birds that didn't fly south. Get crafty and enjoy watching nature out your window. Inspiration and supplies provided.

Please RSVP, 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?



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.



Benefits of Eating Breakfast

Written by Patti Murphy, RDN, CDCES

Including breakfast in your day can be important for a number of reasons. We all have a period of fasting from the last time we eat in the evening until the first time we eat the next day (well except if people are waking up in the middle of the night for a snack!) This first meal of the day replenishes your supply of glucose to boost energy levels, while also being a great way to provide the body with the nutrients it needs.

Many studies have shown benefits to eating breakfast regularly. These include better weight management, reduced risk of type 2 diabetes and decreased risk of heart disease. Despite all of these positives, many people don't include breakfast in their daily schedule. Some reasons for this include the following:

- "I have to run, and don't have time."
- "I am just not hungry that early in the morning."
- "I am trying to lose a few pounds."

When thinking about these reasons keep in mind that they can often backfire. Often by skipping breakfast, hunger levels get high by mid morning or lunch. This can make it more difficult to make healthy choices by lunch; or take the time to prepare a healthy meal. By eating dinner earlier in the evening or skipping snacking after dinner often hunger levels will be better in the morning. It may take some time for your body to adjust to this schedule so give it a few weeks! Eating breakfast can also help with memory, concentration and attention span. These benefits can last all throughout the day. Nutrients to try and consume to increase these benefits are Omega-3 fatty acids (found in walnuts or chia seed), and vitamins B and C (found in seeds, citrus, and berries). Protein is also important to include in breakfast to help you stay full and keep blood sugar even.

Breakfast Ideas

- Old fashioned oatmeal- consider adding a scope of vanilla protein powder (Add protein powder after cooking oatmeal not before) Nuts, flax seeds or chia seeds are also good ways to add some protein and healthy fat!
- Low-sugar or plain Greek yogurt with nuts, fruit or a small amount of granola
- Sliced avocado on whole grain toast topped with an egg
- Toasted whole-wheat English muffin with lean ham, low-fat cheese and spinach
- Toasted pita with scrambled egg, peppers and onions, and low-fat cheese



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 48 hours in advance 970.879.0633 xt. 1. See menu and days of service on page 10. Lunch is served at 11:45.

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 xt 1. Frozen meals are also available. Meals are delivered around 11:30.

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. Call for information or a reservation. 970.879.0633 xt. 1

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 provide. 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. 1

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

Tai Chi

Tuesdays, 10:30 - 11:30 am: no instructor

Thursdays, 4:00 - 5:30 pm: no instructor

Steamboat Community Center

Yoga for Arthritis NO CLASS January 1

Wednesdays, 10:30 - 11:30 am

Steamboat Community Center

****NEW CLASS Dance Vitality**

Brought to us by Steamboat Dance Theatre

Thursdays, 10:30 - 11:30 am

Steamboat Community Center

Gentle dance classes specially designed for older adults, including those with limited mobility, to encourage movement, enhance flexibility, and improve balance.

NO CLASS January 2

January Birthdays



Elaine G	1	Gard R	17
Beverly C	6	Bob P	18
Lillian W	8	Rozanne S	19
Bette C	8	Yvonne B	21
William K	8	Ginny W	26
Cindy A	13	Betty B	30
Karen 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 Crystal or Ellyn know.

Thank You Donors!

Donations Received November 2025

Ben and Lindsey Blonder
Bridge Players Benevolent Fund
Marty Boomgarden
Bridge in Steamboat
City of Steamboat Springs
Rosemary Cullinan
Marsha Erickson
Steve Evans
Elaine Gilbertson
Selina Koler
Mahjong players
Jim McGee
Scott and Ellyn Myller
Irene Nelson

Bill Padgett
Donald Peterson
Bob Pruett
Rick Rapalee
Kay Rawlins
Routt County
Jim Severson
Don and Diane Sperry
Steamboat Springs Rotary Club Endowment
of the Yampa Valley Community Foundation
Tai Chi

Betty Kemry in memory of Jody Lynn Look

WOW! Your generosity on CO Gives Day blew us away!
We received \$32,341 from 113 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.**



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!

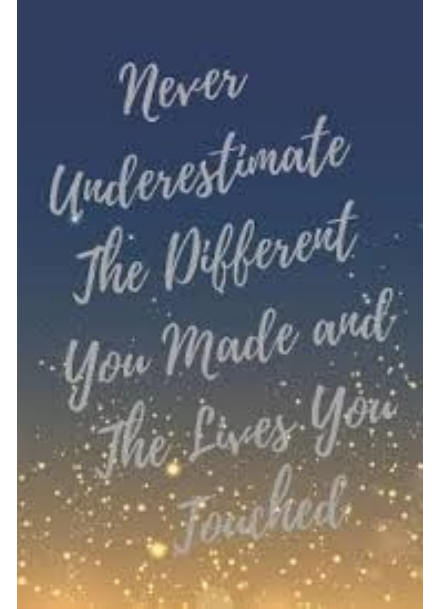
We happily accept cash or checks payable to RCCOA or donate online www.rccoaging.org

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

Julie Alkema
Anders Anderson
Carol Baily
Mike Berdine
Ben Blonder
Lindsey Blonder
Marybeth Bradfield
Cindy Byar
Ellisa Chapman
Angela Coxe
Kathy Curcio
Jennifer Daniels
George Detwiler
Shelly Dillingham
Sarah DiMichelle
Laurie Edwards
Mary Ellsworth
Dan Emert
Pam Ford
Steve Goldman

Nancy Good
Kim Graves
Jonathon Hayek
Kerry Holmquist
Dayna Horton
Gretchen Kioschos
Annie Krieg
Hud Labaree
Lisa Lancaster
Jay Layman
Susie Lee
Jean Levine
Julie Lind
Wendy Mare
Leif McCole
Jim McGee
Kay McGill
Scott Myller
Cathy Neelan
Kasey O'Halloran

Chris O'Konski
Pam Olson
Janis Petry
Whale Petry
Wendy Powell
Kay Rawlings
Calvin Reese
Brianna Romero
Cindy Roth
Dan Roth
Deidre Saunders
Cheryl Schliske
David Selden
Darcy Simon
Pegi Simmerman
Diana Sperry
Don Sperry
Craig Tolliver
Sheri Tolliver
Nancy Trimmer



Michelle Trousil
Barb Tuchlinsky

As we close out 2024 I wish to express sincere appreciation to all of our RCCOA volunteers. At present we are gifted with 62 caring and dependable volunteers who give of their time and hearts to meet the needs of local seniors. Such a caring group!!


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

A great big thank you to our awesome Board of Directors who are engaged, committed and invested in the welfare of this organization, and truly care about the staff and the clients we serve.

I also want to thank our client community for event participation. Congregate meals at all 3 centers, 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.

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 2024 with peace and gratitude and fill 2025 with Hope! Happy New Year!

 April Sigman, RCCOA Executive Director



JANUARY EVENTS AND ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Movie and Popcorn -Stmbt 12:30	31 Mahjong -Stmbt 1:00	1 Happy New Year CLOSED	2 Knitters Circle- Stmbt 1:00	3 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
6 Trivia -Stmbt 12:30	7 Mahjong -Stmbt 1:00	8 Bingo –S.R. 12:30	9 Knitters Circle- Stmbt 1:00	10 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
13 Foot Care	14 Caregiver Support Group – Stmbt 10:30am Tea and Talk- Stmbt 12:15 Mahjong -Stmbt 1:00	15 Bingo –S.R. 12:30 Shuttle to Craig	16 Knitters Circle- Stmbt 1:00	17 Bingo –Stmbt 12:30 Bingo –S.R. 12:30 Bingo - Hayden Congregational Church 11:00
20 Martin Luther King Jr. Day CLOSED	21 Mahjong -Stmbt 1:00	22 Bingo –S.R. 12:30 Wild Blue Gondola	23 Knitters Circle- Stmbt 1:00	24 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
27	28 Mahjong -Stmbt 1:00 Bird Feeder Craft -Stmbt 12:30	29 Bingo –S.R. 12:30	30 Knitters Circle- Stmbt 1:00	31 Bingo –Stmbt 12:30 Bingo –S.R. 12:30

See page 3 for details about scheduled activities.

See page 6 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 Mongolian Beef Lo Mein Noodles Eggroll Asian Slaw Chocolate Ice Cream	31 Black Eyed Pea Stew Collard Greens Cornbread Tossed Salad Apple Blondie	1 Happy New Year Closed	2 Chicken Enchilada Spanish Rice Black Beans Mexican Salad Banana Bread	3 Salmon Patty Chips Tossed Salad Raisin-Nut Cup Peanut Butter Cookie
6 Chicken Broccoli Alfredo Fettuccini Italian Bread Caesar Salad Banana Cherry Cobbler	7 Meatloaf Mashed Potatoes Green Beans Biscuit Tossed Salad Apple Pie	8 Meatloaf Mashed Potatoes Green Beans Biscuit Tossed Salad Apple Pie	9 Bacon & Broccoli Quiche Texas Toast Carrots Tossed Salad Banana Cinnamon Roll	10 Cheesy Cauliflower Soup Grilled Cheese Sticks Tossed Salad Apple Strawberry Crisp
13 Beef Quesadilla Refried Beans Spanish Rice Mexican Salad Banana Orange Jello	14 Honey Chicken Sweet Potato Mixed Vegetables Roll Tossed Salad Orange Cake	15 Sliced Pork Gravy Mashed Potatoes Spinach Tossed Salad Carrot Cake	16 Sliced Pork Gravy Mashed Potatoes Spinach Tossed Salad Carrot Cake	17 Hot Italian Sub Vegetable Medley Italian Pasta Salad Orange Oatmeal Raisin Cookie
20 Closed Martin Luther King Jr.	21 Cod Broccoli Hushpuppies Spinach Salad with Craisins Strawberry Shortcake	22 Beef Ribs Corn Scalloped Potatoes Roll Coleslaw Peach Crisp	23 Beef Ribs Corn Scalloped Potatoes Roll Coleslaw Peach Crisp	24 Minestrone Soup Turkey & Cheese Sandwich Pineapple Cake
27 Pork Fried Rice Stir Fry Vegetables Eggroll Asian Salad Pears Chocolate Chip Cookie	28 Ranch Chicken Roasted Potatoes Mixed Vegetables Roll Tossed Salad Orange Cheesecake	29 Ranch Chicken Roasted Potatoes Mixed Vegetables Roll Tossed Salad Orange Cheesecake	30 Spinach Bars Corn English Muffin Coleslaw Fruit Salad Chocolate Pudding	31 Beef & Barley Soup Egg Salad Sandwich Tossed Salad Banana 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.

The suggested donation for those 60+ is \$3.00. The fee for those under 60 is \$17.