



Senior Scoop

News and Views from the Council on Aging

February 2025

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Reviewing my calendar for upcoming Feb events presented a reminder that Valentine's Day approaches. What and why is there such a day? One legendary answer actually contains dark origins. In the 1300s the Roman empire ruled nearly all of Europe and beyond. The Emperor decided that his young soldiers would be forbidden to marry as that made them soft! So, Valentine, a Christian priest, secretly married young couples. When discovered, he was imprisoned and tortured. During incarceration he fell in love with his jailor's daughter. Just before his execution on Feb 14th he wrote his last love letter signing "from your Valentine", thus originating the romantic sign-off still widely used today.

On a lighter side...What do you suppose is the strongest love of all? Good Housekeeping put it this way: "For some, self-love might be the most powerful form of love, as many struggle to achieve it. For others, the love a parent feels for their child could feel the most powerful, and, in many cases, a young boy or girl carries familial love with them for a lifetime."

Admittedly, my heart felt inspiration came from the all-knowing internet; wish I could make this stuff up, right?

Simply, Oscar Wilde suggested "Keep love in your heart. A life without it is like a sunless garden when the flowers are dead"

Wishing your hearts are full of love and peace on Valentine's and every day!

Jean Levine,
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.

PO BOX 770207, Steamboat Springs, CO 80477 | 970.879.0633 | www.rccoaging.org

WINTER

- BLACK ICE
- BLIZZARD
- BOOTS
- CARNIVAL
- CHRISTMAS
- COLD
- EGG NOG
- FIREPLACE
- FIREWOOD
- FOG
- FREEZE
- FROST
- GLOVES
- HAIL
- HEADBAND
- HIBERNATION
- HOCKEY
- HOLIDAYS
- ICE FISHING
- ICICLES
- KNIT CAP
- LONG UNDERWEAR
- MITTENS
- OLYMPICS
- PARKA
- SCARF
- SEASON
- SKATES
- SKI DOO
- SKI PANTS
- SKIING

- SLED
- SLEET
- SLIPPERY
- SNOW CASTLE
- SNOW PLOW
- SNOW SHOVEL
- SNOW TIRES
- SNOWBALL
- SNOWBOARD
- SNOWFLAKE
- SNOWMAN
- SNOWSHOES
- SOLSTICE
- SOUP
- STEW
- STORM
- SWEATSHIRT
- TOBOGGAN
- VACATION
- WIND CHILL
- WOOL SOCKS



Find and circle all of the words that are hidden in the grid.
The remaining letters spell a Japanese proverb.

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

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

Handmade Valentine

Mon., Feb. 3rd, 12:30pm

Inspiration and supplies provided.

Please RSVP, 970.879.0633.



RCCOA hosts a monthly Alzheimer's Association Caregiver Support Group

The 2nd Tuesday of each month
@ Steamboat Springs Comm. Center.
Tues., Feb. 11th, 10:30 am

Lunch and Shopping in Craig

Wed., Feb. 5th

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.

Are you Heart Smart?

Thurs., Feb. 13th, 12:15pm

In honor of Valentine's Day and American Heart Month, join Katie Maloney from CSU Extension for a game and discussion about heart-healthy eating. Participants will prepare a heart-friendly treat to take home. Katie is a Registered Dietitian and the Family Consumer Science Specialist with Routt County CSU Extension.

Bird Feeder Craft-Hayden

Thurs., Feb. 6th, 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.



Tea and Talk

Wedding Day Memories

Tues., Feb. 18th, 12:15pm

What do you remember most about your wedding day?

Bring a photo or memento to share.



Trivia, "data considered to be of little knowledge" Mon., Feb. 10th, 12:15pm

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? Feb. 6th, special guest Bonnie M. will join to coach knitting.



Foot Care Mon., Feb. 10th

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



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.



Heart Health

Written by Patti Murphy, RDN, CDCES

Eating a diet that is low in saturated fat, sodium and processed foods and high in fruits, vegetables and lean meats can improve heart health by lowering cholesterol, blood pressure and helping to maintain a healthy weight.

When it comes to fat there is a lot of variation between different types. Saturated fat, found primary in animal products such as meat and dairy should be eaten in moderation. Choosing lower fat dairy products and leaner meats will help reduce saturated fat intake. Coconut oil and palm oil are two types of plant-based foods that are high in saturated fat. Palm oil is commonly found in processed foods.

Trans fats are a type of man-made fat. These fats are found in foods like processed cakes, cookies and commercially prepared fried foods. Although this type of fat has officially been banned, foods can contain up to 0.5 gram per serving which can add up if you are eating these foods frequently. When reading labels “partially hydrogenated oil” would be listed on the ingredient list, and these would be foods to avoid.

Fats to eat more of are unsaturated fats. Foods that contain this type of fat are avocado, nuts, seeds and fatty fish, such as salmon, sardines and trout. These foods can help to lower bad cholesterol (LDL) and raise good cholesterol. (HDL.)

Getting at least 2 servings of fatty fish a week is a good goal. If you do not eat fish a good omega-3 fatty acid supplement can be consumed instead.

Fiber is another important component in heart health. Fiber lowers cholesterol by reducing the absorption of cholesterol into the body. Fiber is found in fruits, vegetables, whole grains, nuts and seeds. Especially good sources include raspberries, avocados, almonds and chia seeds. If you are worried you are not getting enough fiber in, a supplement can be an option. Psyllium husk is one option that can be used and doesn't have any additives like other fiber supplements can have.

Moderate intake of red wine and dark chocolate may have some benefits as well! Chocolate contains polyphenols, which have anti-inflammatory and antioxidant properties. Antioxidants protect cells from damage caused by free radicals which are unstable oxygen molecules that can cause illness and premature aging. Chocolate and red wine contain resveratrol. Some research shows that resveratrol can lower the risk of inflammation and blood clots, in turn reducing the risk of heart disease. Resveratrol and other polyphenols also reduce oxidative stress, which occurs when there's an imbalance between free radicals and antioxidants in your body. Oxidative stress plays a major role in heart and vascular disease. So, in moderation (no more than 1 glass of red wine a day) and 1 oz of dark chocolate wine and dark chocolate can indeed benefit heart health.



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

Wednesdays, 10:30 - 11:30 am

Steamboat Community Center

****CLASS CONTINUED 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.



February Birthdays

Pam L	1	Bill N	6	Maryann O	18
Leonarda V	2	Mila K	8	Shirley S	19
Nancy J	3	Trudy S	8	Don G	20
Tosia S	5	Randy A	9	Charlotte A	20
Donna G	5	Maurice D	11	Dave M	24
Karl R	5	Sue R	11	Alaine M	24
Linda R	5	Charles K	14	Shirley G	27
Bill S	5	Lorene G	16	Marian T	28

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 December 2024

Kathleen Alexander	Walter Frank	Scott and Cindy Macgray	Teri Selleck
Julie Alkema	Marda Frazer	Mahjong Players	Jim Severson
American Legion Post #44	Greg Friedman	Kristine McAfee	Cheryl Schliske
Anonymous	Patricia Froening	McCole Construction	Lynn Sidman
Anonymous	Donna Garth	Jim McGee	Gail Sigman in honor of Jane Romberg
Nadine Arroyo	James Garrecht	Nancy Middleton	Tom and Elaine Sigman
Carol Atha	Cynthia Gay	Josh Miller	Pegi Simmerman
A.V. Hunter Trust	Deborah Gooding	Linda Miller	Jeanne Schrettner
Carol Baily in memory of	Pauline Graham	Debbie and Moz Modzelewski	Lola Schlapkohl
Barbi Wither	Colleen Grubbs	Noreen Moore	Donald Shindler
Cindy Balin	Scott Grosjean	Sandra and Michael Moore	David Smith dedicated to Douglas Smith
Doug Barry	Bruce Heath	Sandra Morrison	Sharon Smith
Paula Black	Paul Hebert	Anne Muhme	Toby Stauffer
Rachel Bellis	Joan Heimbach	Chris and Rita Myers	Jim and Jo Stanko
Ben and Lindsey Blonder	Christi Herbert	Ellyn and Scott Myller	Steamboat Group Fund
Lynne Bier	Deanna Hines	Irene Nelson	Stephen Stefanelli
Susan Bourn	HLCC Construction	Monica Neidermeier	James and Jacqueline Stegmaier
Robert Boyd	Company	Jeff Nelson and Judy Elliott	Rozanne Steinhoff
Clara Bradley	Lynn Hodges	Barbara O'Connor	Steamboat Stoneworks
Bridge in Steamboat	Derek Hodson	Marilyn Page	Tom and Barbara Swissler
Bridge Players Benevolent Fund	Nancy and Tim Holden	Todd and Kathryn Pederson	Tai Chi
Ted Carleton	Grace Holt	Donald Peterson	Beth Taylor
Patricia Carney	Donna Mae and Steve Hoots	Sara Peterson	Kathleen Titus
Central Park Management	Edith Hornick	Janis Petry	Marian Tolles
City of Steamboat Springs	Brad Iversen	Karen Pharris	Nancy Trimmer
Tania Coffey	Elizabeth Johnson	Karen Pigler	Robin Tucker
Susan Colfer	Ron Kashner	The Poches Homeowners	Joseph and Lana Turner
Steve and Chris Corzette	Diane Kelly	Maria Porter	Karen Vail
Dixie Coyle	Ellen Kendaall	Thomas Pratt	Leonarda VanDerWerf
Toni Cratsley	Julie and Kent Kirkpatrick	Debra Proper	Lynda VanTassle
Deborah Curtis	Ernest Kish dedicated to Mathew and Michael Aberle	Bob Pruet	VFW Post 4264
Rosemary Cullinan	Selina Koler	Molly and Louis Raphael	Catherine Voorhees
Robert Curry	Nancy Kounovsky	Jean Ray	Terry and Rebecca Wattles
Carolyn Davis	Keith and Stacey Kramer	Autumn Reese	Tara Weaver
Hedy Davis	Carolyn Krueger	Reall and Jason Regan	Mary Weiss
Lynn and Bill Davis	Cam and Laurie Kuelthau	Barbara Robinson	Hazie Werner-Ewell Walker
Penny Deihl	Jean Laboree	Roberta Rodin-Geier	Endowment of the YVCF
George Detwiler	Glenn Lamoree	Holly Rogers	Steve and Pam Williams
Cher and Dan Dooley	Lisa Lancaster	Bud and Jane Romberg fund of the YVCF	Laura Whitehead
Pinky and Steve Downs	Jean and Dave Levine	Janie Romick	Elizabeth Whitmore
Pam Duckworth	Jan Levy	Kelli Root	Karen Wogsland
Cathy dj Edwards	Tom and Dawn Lillie	Judy Ross	Maria Wright in Loving Memory of Tammy Bradshaw
Bob and Audrey Enever fund of the YVCF	Julie Lind	Cynthia Roth	Shea Wright
Evans Enterprises	Erica Lindemann	Routt County	Wade Wykert
Sharon and Brodie Farquhar	Janet Liefer	Trenia Sanford in memory of Josephine Anne Semotan	Yampa Valley Community Foundation
Bridget Ferguson	Vi Look	Bill and Tosia Sauter	
Gil Fifield	Joan Lucas	Susan Scott	
John and Marlene Fisher	Catherine Lykken	Janet Selbe	
Sherrie Ford	Ed MacArthur		



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

AARP Foundation **FREE** Tax-Aide Services:

Tax Aide Volunteers will begin providing free tax preparation assistance to Routt and Moffatt County residents, beginning February 24th through April 24th on most Mondays and select Saturdays by appointment only at the Bud Werner Memorial Library in Steamboat Springs. Moffatt County dates in Craig will be posted soon.

Tax Aide Volunteers are trained and certified by the Internal Revenue Service. Our trained volunteers will offer free tax return preparation to anyone who needs it, regardless of age or income, as long as it stays within the scope of tax law and policies set by the IRS and AARP Foundation.

Colorado seniors 65 years of age or older at the end of 2024 may qualify for the **Senior Housing Income Tax Credit up to \$800** (have not claimed the senior property tax exemption for the 2024 property tax year)

To learn more about the 2024 Colorado tax credits, go to: www.getaheadcolorado.org/tax-credits

Please visit www.yvcf.org/taxaide for more information and to learn how to sign up. In addition, you can contact our community partners directly for more information:

Routt County Council on Aging 970-879-0633

Senior Social Center Craig 970-326-3188



For further assistance, you may call 970-425-3855 to leave a message or email 61052704@aarpfoundation.org. A Tax Aide volunteer will reply as soon as possible.

FEBRUARY EVENTS AND ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Handmade Valentine Cards	4 Mahjong -Stmbt 1:00	5 Shuttle to Craig	6 Birdfeeder Craft-Hayden 12:30 Knitters Circle-Stmbt 1:00	7 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
10 Foot Care Trivia -Stmbt 12:30	11 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	12 Bingo –S.R. 12:30	13 Heart Health - Stmbt 12:30 Knitters Circle-Stmbt 1:00	14 Bingo –Stmbt 12:30 Bingo –S.R. 12:30 
17 President's Day CLOSED 	18 Tea and Talk-Stmbt 12:15 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 Bingo - Hayden Congregational Church 11:00
24	25 Mahjong -Stmbt 1:00	26 Bingo –S.R. 12:30	27 Knitters Circle-Stmbt 1:00	28 Bingo –Stmbt 12:30 Bingo –S.R. 12:30

Help reduce our use of paper. Subscribe to our monthly newsletter or see a calendar of events and menus online, please visit www.rccoaging.org.

To see photos, updates, and more: “Like” us on Facebook
www.facebook.com/Routt-County-Council-on-Aging



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
3 Pork Chops Baked Apples Broccoli Roll Tossed Salad Cherry Pie	4 Beef Lo Mein Veggie Stir Fry Eggroll Asian Salad Apple Sugar Cookie	5 Cod Orzo Peas Spinach Salad Orange Banana Cream Pie	6 Cod Orzo Peas Spinach Salad Orange Banana Cream Pie	7 Teriyaki Chicken Sand. Potato Salad Tossed Salad Banana Lemon Bar
10 Biscuit & Sausage Gravy Egg Hash Browns Strawberries & Bananas Chocolate Chip Cookie	11 BBQ Chicken Sweet Potatoes Mixed Vegetables Roll Spinach Salad Sherbet	12 BBQ Chicken Sweet Potatoes Mixed Vegetables Roll Spinach Salad Sherbet	13 London Broil Baked Potato Asparagus Biscuit Tossed Salad Chocolate Cream Pie	14 Beef & Lentil Soup Crackers Tossed Salad with Walnuts Strawberries Oatmeal Raisin Cookie
17 Closed President's Day 	18 Fish & Chips Green Beans Hush Puppies Cole Slaw with Mandarin Oranges Chocolate Chip Cookie	19 Fish & Chips Green Beans Hush Puppies Cole Slaw with Mandarin Oranges Chocolate Chip Cookie	20 Chicken Marsala Gnocchi Beets Tossed Salad Garlic Bread Orange Jello	21 Cheeseburger L.T.O.P. Carrot Salad Strawberry Shortcake
24 Bean & Cheese Burrito Spanish Rice Mexican Corn Salad Pear Vanilla Ice Cream	25 Pot Roast Mashed Potatoes Mixed Vegetables Tossed Salad Roll Orange Pineapple Cake	26 Pot Roast Mashed Potatoes Mixed Vegetables Tossed Salad Roll Orange Pineapple Cake	27 Candied Kielbasa Sweet Potatoes Squash Tossed Salad Sugar Cookie	28 Chicken Salad Wrap Veggie Tortellini Soup Tossed Salad Key Lime pie

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.



*The following major food allergens are used as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please see staff for more information about these ingredients.