



Senior Scoop

News and Views from the Council on Aging

March 2025

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ROUTT COUNTY
COUNCIL ON AGING

I hope you can keep up with all that March has going on. Celebrations galore!!

Occurring early this year, Mardi Gras begins on Mar 4. Don your purple, green and gold beads while you party and feast on Fat Tuesday. Let the good times roll before honoring the more somber days of Lent, perhaps then practicing fasting & prayer, confessions and forgiveness.

Next is International Women's Day on 3/8. In 1987 Congress officially recognized the month of March to celebrate endless contributions of women throughout history and all over the world. Go Girls Go!! Sat. 3/8 you'll spring your clocks forward an hour to bring in daylight savings on 3/9.

Top o' the mornin' to ye on March 17, St Paddy's Day. Will the local shamrock yielding leprechauns see to it the Yampa River flows green as they do in the Chicago River? They are a sneaky, tricky and rambunctious bunch of little scoundrels, you know!

And alas! Mar 20 is the first day of spring in the northern hemisphere. You may not want to head too far south as fall/winter is commencing there. The equinox occurs at the equator where the day/night ratio is truly 50/50.

Honoring love, daffodils are March's birth flower (although in most of Routt Co we won't see many till Apr and May). Courage and health are signified by the gems aquamarine and bloodstone. Happy Birthday to the brave March babies! Animals will start to wake from winter hibernation. College basketball takes center stage as March Madness reveals this year's champions.

Last, but not least, telephone calls, Girl Scouts (and their cookies**), Monopoly and Silly Putty all surfaced in the month of March. Enjoy this season of change, beginning and rebirth.

Jean Levine, RCCOA Board President

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April Sigman
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Debbie Dorsey
South Routt Kitchen Asst. &
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Javier Gil
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Steamboat Assistant
Beth Taylor
Helping Hands Assistant
Rebecca Wattles
Hayden Assistant
Annette Zuber
Hayden Assistant

WEATHER

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an additional weather word.



FROST
HAIL
HOT
HUMIDITY
HURRICANE
ICE
LIGHTNING
MIST
MONSOON
OVERCAST
RAIN
SHOWER
SLEET
SNOW
SQUALL
STORM
SUNNY
TEMPERATURE
THERMOMETER
THUNDER
TORNADO
TSUNAMI
TYPHOON
VISIBILITY
WINDY

BAROMETER
BLIZZARD
CELSIUS
CLOUDS
COLD
CYCLONE
DOWNGPOUR
DRIZZLE
DROUGHT
FAHRENHEIT
FLOOD
FLURRIES
FOG
FORECAST
FREEZE

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

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



Turn your clocks forward

Sat., March 8th,
midnight



Trivia, "data considered to be of little knowledge" Mon., Mar. 17th 12:15pm

Fine tune your knowledge of nonsense and have fun while doing it. No sign up necessary. Prizes for the winning team.



Foot Care Mon., March 10th

Steamboat Community Center
Sara Mitchell, cosmetologist,
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.



March For Meals Open House

Fri., March 21st

11:30 am - 2:00 pm

Join us at the Steamboat
Community Center for an open
house that will include lunch,
door prizes, music and BINGO!! All donations
received at this free event will help support the
Routt County Council on Aging nutrition
programs.



RCCOA hosts a monthly Alzheimer's Association Caregiver Support Group

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

Seed Sowing

Thurs., March 27th, 12:30pm

It's time to get our hands in the dirt! Seeds
and supplies provided.
Please RSVP, 970.879.0633.



Lunch and Shopping in Craig

Wed., March 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.

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? All are
welcome.

Tea and Talk

What would you do if
you found a pot of gold?

Thurs., March 13th, 12:15pm



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. All
are welcome.



Reducing Food Waste

Written by Patti Murphy, RDN, CDCES

The amount of food you waste may not be a common conversation, or even something you think about much past the trip from the fridge to the garbage can. However, it's been estimated that Americans throw away billions of pounds of food each year either at home or when eating out. Of course, not all this wasted food can be saved however a lot of food waste is preventable.

A good place to start is right in your own kitchen. Here are a few tips that will help.

Plan Meals Based on the Foods You Have:

- * Look at food you have on hand before going shopping.
- * Make a list of things you need to round out meals
- * Buy only the amount of perishable foods you can eat or freeze within a few days. Consider which foods may last longer (for example, apples, and oranges will last longer than berries.)

What do those dates on your food mean?

- * "Use by" or Best by" and "Best Before" dates are found on foods, such as mustard and salad dressing. These products don't usually need to be refrigerated and are usually safe to eat beyond these dates as long as they have been stored properly.
- * "Sell By" dates are on perishable foods such as meat or dairy products. These products may be safe a few days after these dates as long as they have been properly stored.

Consider Food Safety

- * Eat leftovers within 3 days (or freeze for up to 3-4 months.)
- * Find additional food safety resources here: <https://www.foodsafety.gov/>
- * Practice "First in, First out" when using your food. This helps prevent things going bad.

Use up leftovers

- * Consider using leftover vegetables or meats in soup, casserole, a stir-fry or wrap.
- * Consider freezing leftover soups and casseroles to use easily later in the week or month.



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. 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. 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.

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.



March Birthdays

Blaise A	3	Jeff N	13	Molly M	27
Marty B	3	Debbie D	14	Dennis B	28
Vi L	3	Janet S	14	Joan K	28
Mary H	4	Gil F	15	Cindy P	29
Beverly R	4	James G	17	Winn D	30
George D	8	Catherine L	21	Kathleen M	30
Martin T	12	Michael M	24	Judy E	31
Lloyd 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 Crystal or Ellyn know.



About March for Meals

March for Meals is a national campaign held during the month of March, initiated and sponsored by the Meals On Wheels Association of America, to raise awareness of senior hunger and to encourage action on the part of local communities.

“More than ever, we must join forces to meet the needs of the fastest growing population in America who want to be able to live at home for as long as they can. It not only makes economic sense to enable seniors to stay healthy and safe at home, but it improves the health and vibrancy of our communities and our nation at large.” said Meals on Wheels America President and CEO Ellie Hollander.



Routt County Council on Aging Open House Friday, March 21st 11:30 - 2:00pm

Join us at the Steamboat Community Center for an open house that will include lunch, door prizes, music and BINGO!! All donations received at this free event will help support the Routt County Council on Aging nutrition programs.



Buy a Wheel, Sponsor A Meal

Buy a wheel for \$5 in honor of someone special and have it posted at the Steamboat Community Center, South Routt Community Center or the Haven Community Center. Wheels will be available for the month of March, and all donations will support RCCOA nutrition programs. To buy wheels, please see Ellyn or Crystal.

“Having meals delivered is wonderful. I don’t have to worry about cooking. I depend on these meals and the visit from the drivers.”

-RCCOA Meals on Wheels recipient

PLEASE MAKE YOUR DONATION TODAY!

Donations will benefit the nutrition, transportation and recreation programs of RCCOA

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
Diane Sperry
Don Sperry
Craig Tolliver
Sheri Tolliver
Nancy Trimmer
Michelle Trousil
Barb Tuchlinsky

Thank You Donors!

Donations Received January 2025

Leonard Auter
Anonymous
Doug Barry and
Valerie Rochon
Ben and Lindsey
Blonder
Bridge in Steamboat
Bridge Players
Benevolent Fund
City of Steamboat
Springs


Dana Duckels
Bob Enever
Bruce Heath
Ron Kashner
Betty Kemry
Selina Koler
Rosa Lawton
Pam Leonard
Karen Linsky
Vi Look
Jim McGee

Jim Moylan
Carol Richards
Irene Nelson
Marilyn Page
Donald Peterson
Routt County
Jim Severson
Don and Diane Sperry
Tai Chi
Michelle Trousil



MARCH EVENTS AND ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Mahjong -Stmbt 1:00	5	6 Knitters Circle- Stmbt 1:00 National Dress Day**	7 Bingo -Stmbt 12:30 Bingo -S.R. 12:30
10 Foot Care	11 Caregiver Support Group - Stmbt 10:30am Mahjong -Stmbt 1:00	12 Bingo -S.R. 12:30 Shuttle to Craig	13 Tea and Talk- Stmbt 12:15 Knitters Circle- Stmbt 1:00	14 Bingo -Stmbt 12:30 Bingo -S.R. 12:30
17 Trivia -Stmbt 12:15 	18 Mahjong -Stmbt 1:00	19 Bingo -S.R. 12:30	20 Knitters Circle- Stmbt 1:00	21 March for Meals Open House -Stmbt 11:30 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 Seed planting- Stmbt 12:30 Knitters Circle- Stmbt 1:00	28 Bingo -Stmbt 12:30 Bingo -S.R. 12:30
31	1 Mahjong -Stmbt 1:00	2 Bingo -S.R. 12:30	3 Movie and popcorn: <i>My Octopus Teacher</i> Knitters Circle- Stmbt 1:00	4 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.

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

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Red Beans & Sausage with Rice Carrots Bread Stick Asparagus Salad Orange Cake	4 Chicken & Shrimp Gumbo with Rice Corn French Bread Tossed Salad Orange Powdered Doughnut	5 Shepherd's Pie Broccoli Garlic Bread Spinach Salad Chocolate Ice Cream	6 Shepherd's Pie Broccoli Garlic Bread Spinach Salad Chocolate Ice Cream	7 Muffuletta Tossed Salad Melon Bowl Lemon Pie
10 Pulled Pork Sliders Sweet Potato Fries Broccoli Orange Coconut Pie	11 Meatloaf Mashed Potatoes Green Beans Tossed Salad Roll Apple Pie	12 Meatloaf Mashed Potatoes Green Beans Tossed Salad Roll Apple Pie	13 Black Bean Casserole Spinach Tortilla Tossed Salad Banana Peanut Butter Cookie	14 Turkey Rice Soup Crackers Mexican Salad Orange Ice Cream
17 Corned Beef & Cabbage Potatoes & Carrots Rye Bread Tossed Salad Chocolate Cupcake with Green Icing	18 Linguini & Clam Sauce Zucchini Garlic Bread Tossed Salad Key Lime Pie	19 Pork Ribs Polenta Green Beans Texas Toast Tossed Salad Pecan Pie	20 Pork Ribs Polenta Green Beans Texas Toast Tossed Salad Pecan Pie	21 Chicken & Dumplings Beet Salad Tossed Salad Orange Oatmeal Raisin Cookie
24 Ham & Macaroni Casserole Asparagus French Bread Spinach Salad Chocolate Pie	25 Salmon Patties Rice Mixed Vegetables Roll Tossed Salad Raisin Nut Cookie	26 Oven Fried Chicken Mashed Potatoes Spinach Biscuit Tossed Salad Lemon Bar	27 Oven Fried Chicken Mashed Potatoes Spinach Biscuit Tossed Salad Lemon Bar	28 Reuben Sandwich Sauerkraut Peas Waldorf Salad Cream Puff
31 Baked Potato Bar Broccoli Cheese Roll Tossed Salad Apple Chocolate Ice Cream	1 Pork Chop Stuffing Green Beans Apple Sauce Tossed Salad German Chocolate Cake	2 Pork Chop Stuffing Green Beans Apple Sauce Tossed Salad German Chocolate Cake	3 Cajun Catfish Yams Hush Puppies Apple Cranberry Slaw Yellow Cupcake	4 Brunswick Stew Tossed Salad Corn Muffin Fruit Cocktail Banana 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.