



APRIL Senior Scoop

News and Views from the Council on Aging

April 2025

Board of Directors

Jean Levine
President

Chris Myers
President Elect

Janis Petry
Secretary

Chris Myers
Treasurer

Andrea Abrahamson

Carol Baily
Ben Blonder
Steve Evans

Ernie Kish
Jim Moylan
Nancy Trimmer

Happy April to all! It is for sure a favorite month of mine. So much is about rebirth and refresh. Won't you all rejoice with the return of chickadees, robins, budding trees, crocus and even the mud!?! All are notable steps in the layout of the inevitable spring- to- summer as we bid farewell to snow, icy walkways and heavy coats. Put the snow shovels away and break out the golf clubs and garden tools.

April 1 starts out the month with, of course, April Fool's Day. Some of us surely do stand out on that day 'cause that's who we are! I read about a guy in London in 1749 who SOLD OUT a show promising to fit his entire body into a wine bottle. He, in fact, did do it! The bottle was 6' tall. What did that say about the people who PAID for tickets? April Fools? Speaking of which, not to miss the rush, I did put in my order from the seed catalog for newly developed spaghetti tree seeds. Can't wait for that harvest!

4/2 is National Handmade Day; potentially, a lot of creativity could evolve then.

Good luck on 4/3 Find a Rainbow Day.

4/5 High Five Day should be fun...if you're wearing padded mittens.

All month long is National Garden Month. My tomato seedlings will reach 5-6" tall by month's end. Success is absolutely due to obsessively staring longingly at them numerous times each and every day. Perennials, shrubs and trees definitely accelerate their development with daily staring contests. Try it! Do your part!

Hip Hip Horray for glorious spring!! Enjoy.



Jean Levine, RCCOA Board President

Staff

April Sigman
Executive Director

Toni Cratsley
Steamboat & Hayden Cook

Hedy Davis
Helping Hands Assistant

Mary Dobbin
Steamboat Kitchen Asst.

Debbie Dorsey
South Routt Kitchen Asst. &
Helping Hands Asst.

Bill Gibbs
South Routt Driver

Javier Gil
Steamboat Kitchen Assistant

Cindy Graab
Steamboat Kitchen Asst.

James Graham
Shuttle Driver

Lorraine Johnson
Shuttle Driver

Crystal Lawson
Steamboat Assistant

Jill Lindstrom
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

Janet Selbe
Steamboat Assistant

Beth Taylor
Helping Hands Assistant

Rebecca Wattles
Hayden Assistant

Annette Zuber
Hayden Assistant

1960's SONGS

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

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

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

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.



SAVE THE DATE...
RCCOA Spring Fling
Thurs., May 15th, 11:30pm

The Nifty Fifties!
Dress to impress!



Trivia, "data considered to be of little knowledge"

Mon., April 7th 12:15pm

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



RCCOA and the Alzheimer's Association host a monthly **Caregiver Support Group** The 2nd Tuesday of each month @ the Steamboat Springs Comm. Center.
Tues., April 8th, 10:30 am



AARP Foundation FREE Tax-Aide Services

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. 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.



Lunch and Shopping in Craig

Wed., April 9th

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.

Foot Care Mon., April 14th

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. \$25 fee.



Tea and Talk

Thurs., April 17th

12:15pm

Share one of your great accomplishments.



Around the World: Peru

Thurs., April 24th, 12:15

Steamboat Springs schools are on spring break and many families are traveling this week. For those of us who stayed here, we get to visit Peru with Meg



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.

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.



According to the CDC, 45 percent of U.S. adults have high blood pressure, a major risk factor for heart disease, stroke, congestive heart failure and kidney disease. Normal blood pressure is considered a systolic (top) number of 120 or less and a diastolic (bottom number) of 80 or below.

If your numbers are between 120-139 (systolic) or between 80-89 (diastolic) you are in the range for pre-hypertension. Hypertension is diagnosed by a physician after a patient has multiple readings of 140 or higher systolic pressure or 90 or higher diastolic pressure.

The Dietary Approaches to Stop Hypertension, or DASH eating plan is one dietary approach that has been shown to reduce blood pressure as well as benefiting cholesterol levels.

A balanced DASH eating plan would include the following daily:

- 7 to 12 servings of fruits and vegetables (1 serving of vegetables = 1/2 cup raw or cooked vegetables, or 1 cup leafy greens. 1 serving fruit = 1 medium piece or 1/2 cup)
- 6 to 11 servings of grains — such as whole-wheat bread, pasta or pitas; oatmeal; brown rice (1 serving = 1/2 cup cooked rice or pasta; 1 slice bread)
- 2 to 3 servings of fat-free or low-fat dairy products (1 serving- 1 cup of milk or yogurt)
- 6 or fewer servings per day of lean meat, poultry and fish (1 serving-1 ounce: note this is considerably smaller than what is often used as a serving of protein.)
- 2 to 3 servings per day of fats and oils — avoiding trans fat and lowering saturated fat intake
- 3 to 5 servings per week of nuts, seeds and legumes (1 serving= 1/3 cup nuts or seeds; 2 Tablespoons nut butter, 1/2 cup cooked legumes.)
- Limited amounts of sweets and added sugars — 5 or fewer servings per week (examples- 1T sugar, 1/2 cup sorbet, 1 cup juice.)

What about salt?

People with pre-hypertension and hypertension benefit from a reduction in the amount of sodium/salt they are consuming. Lowering sodium in combination with following the DASH pattern of eating can be especially beneficial. The effects of reducing the amount of sodium in your diet has the greatest effect on blood pressure for those individuals who are over 50, and people who have high blood pressure, diabetes or kidney disease.

Eating foods high in potassium, such as tomatoes, beans and oranges can also help lower blood pressure. This is part of the reason the high amount of fruit and vegetable consumption with the DASH Diet can be helpful.

Tips for Reducing Sodium

More than 75% of the sodium American's eat comes from packaged, processed or restaurant food.

About 12% is naturally in the food we eat and the rest is added by way of table salt.

Buy fresh, frozen (without sauce), or no-salt added canned vegetables

Avoid canned and processed meats

Limit sauces, mixes and "instant" products such as rice or pasta.

Compare Nutrition Facts Labels on foods for the amount of sodium in milligrams.

The amount of sodium can vary greatly between similar products.

Limit the amount of packaged salad dressings, soy sauce, and other condiments. Use low-sodium varieties if available.

Preference of salty food is a learned taste and it only takes about 6-8 weeks to get used to eating food with lower quantities of salt.



For DASH Diet recipes visit: <https://healthyeating.nhlbi.nih.gov/>

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

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.



April Birthdays

Larry M	1	Doug D	7	Marybeth B	21
John B	2	Julane B	9	Rick R	21
Connie F	2	April S	11	Karen A	21
Betty K	2	Don P	12	John I	22
Victoria B	3	Barbara S	14	Andrea W	22
Penny H	4	Judy B	16	Deidre B	24
Lynda C	5	Janis P	16	Charlotte W	24
Peter S	7	Elaine D	17	Louise I	28
Mary A	7	Bonnie S	18	Steve S	29

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.



April showers bring May flowers, May flowers support senior services!

Pre-order yours today and pick up before Mother's Day.

12" Hanging Potted baskets for \$50 cash or check; \$53 credit or debit

Available for pick up at the Steamboat Community Center May 6th-9th;
Oak Creek Community Center, May 7th
Haven Community Center, May 8th.

Quantities are limited. Please place your order soon at the Steamboat Community Center or scan the QR code to pay by debit or credit.



Thank you for supporting Routt County Council on Aging by purchasing your summer flower baskets from us! The RCCOA Flower Basket fundraiser will support local services to help older adults remain independent and in their homes; such as Meals on Wheels and transportation. Thank you again for your support!

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 February 2025

Leonard Auter
Anonymous
Doug Barry and Valerie
Rochon
Jerry Blake
Ben and Lindsey Blonder
Mary Brassell
Bren LLC
Bridge in Steamboat
Bridge Players Benevolent
Fund
City of Steamboat Springs
Bob Enever
Chleo Eshelman
Bruce Heath
Ron Kashner

Betty Kemry
Selina Koler
Pam Leonard
Tom and Don Lillie
Karen Linsky
Vi Look
Jim McGee
Jim Moylan
Carol Richards
Irene Nelson
Marilyn Page
Donald Peterson
Rick Rapalee
Routt County
Jim Severson

Don and Diane Sperry
Tai Chi
Michelle Trousil
Yampa Valley Community
Foundation designated by
Monica Niedermeyer

Thank You!



APRIL EVENTS AND ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
7 Trivia -Stmbt 12:15	8 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	9 Bingo –S.R. 12:30 Shuttle to Craig	10 Knitters Circle- Stmbt 1:00	11 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
14 Foot Care	15 Mahjong -Stmbt 1:00	16 Bingo –S.R. 12:30	17 Tea and Talk- Stmbt 12:15 Knitters Circle- Stmbt 1:00	18 Bingo –Stmbt 12:30 Bingo –S.R. 12:30 Bingo - Hayden Congregational Church 11:00
21	22 Mahjong -Stmbt 1:00	23 Bingo –S.R. 12:30	24 Around the World- Peru Presentation by Meg Tully Stmbt 12:15 Knitters Circle- Stmbt 1:00 Hayden lunch @ Congregational Church	25 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
28	29 Mahjong -Stmbt 1:00	30 Bingo –S.R. 12:30	1 Knitters Circle- Stmbt 1:00	2 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
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
7 Sesame Chicken Fried Rice Eggroll Asian Broccoli Salad Banana Carrot Cake	8 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	9 Pork Ribs Dirty Rice Peas Garlic Bread Cole Slaw Trail mix Cookies	10 Pork Ribs Dirty Rice Peas Garlic Bread Cole Slaw Trail mix Cookies	11 Tomato Soup Egg Salad on Rye Tossed Salad Banana Peanut Butter Brownie
14 Chili Relleno Casserole Succotash Tortilla Mexican Salad Pudding	15 Beef Tips Mashed Potatoes Spinach Biscuit Green Salad *Orange Brownie	16 Ham Scalloped Potatoes Green Beans Tossed Salad Banana Orange Cake	17 Ham Scalloped Potatoes Green Beans Tossed Salad Banana Orange Cake	18 Chicken Sandwich Sun Chips Pea & Carrot Salad Spinach Salad w/ Craisins Yogurt & Apples
21 Shrimp & Grits Squash Biscuit Fruity Green Salad Chocolate Pie	22 Pork Loin Rice-a-Roni Cauliflower Roll Spinach Salad Coconut Cake	23 Fish & Chips Green Beans Hush Puppies Cole Slaw Chocolate Chip Cookie	24 Chicken Strips Sweet Potatoes Mixed Vegetables Roll Tossed Salad Strawberries & Cheesecake	25 Salmon Salad Crackers Spinach Salad Grapes Apple Crisp
28 Pizza Salad w/Craisins & Garbanzo Beans Peanut Butter Bar	29 Fish & Chips Green Beans Hush Puppies Cole Slaw Chocolate Chip Cookie	30 Pork Loin Rice-a-Roni Cauliflower Roll Spinach Salad Coconut Cake	1 Brisket Cheesy Potatoes Broccoli Roll Tossed Salad Cherry Pie	2 Broccoli Cheese Soup Turkey Sandwich Cucumber Tomato Salad Banana Cream 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.