



# Senior Scoop

News and Views from the Council on Aging

**June 2025**

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Open the gates to summer...it's June!! It's easy to address the need to be outside, to enjoy the sunshine and smell the air like no other time of year. A warm, soft welcome to the gifts of sunlight, blossoms and flowers, lots of green with wonderful fresh smells and sights of growth and achievement.

A few phrases I'll quote with pleasure and gratitude:

To read a poem in January is as lovely as to go for a walk in June. ~Jean Paul Satre

Spring, being a tough act to follow,  
God created June. ~Al Bernstein

On June 18th RCCOA will visit Warhorse Ranch and learn about Equine Assisted Therapy programs. This month we'll experience the longest daylight in the northern hemisphere on June 21st. Maybe you'll still be up to enjoy and enhance some spectacular early summer sunsets. I encourage all who can to get out and smell, see and hear the early season. Feel the softness of new growth. Hear the enthusiasm and chirp with the birds who join us and call Routt County our home. In late June, maybe you'll join us in summer fun and enter a team in our 2nd annual cornhole tournament. Stay tuned for some exciting news as our summer unfolds.

Jean Levine  
RCCOA Board President



## Staff

**April Sigman**

Executive Director

**Toni Cratsley**

Nutrition Manager

**Ellyn Myller**

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GINNY Fry

Lorraine Johnson

Dawn Moog

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Bill Gibbs

Cindy Porter

**Steamboat Springs**

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Hedy Davis

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James Graham

Crystal Lawson

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Patty Lundy

Park Myers

Julie Niemi

Autumn Reese

Cat Schaffrick

Janet Selbe

Beth Taylor



**ROUTT COUNTY**  
COUNCIL ON AGING

*Routt County Council on Aging is a non-profit organization dedicated to meeting the needs of Routt County's older adults since 1977.*

# SUMMER

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

ANTS  
AUGUST  
BARBECUE  
BASEBALL  
BEACH  
BEES  
BICYCLE  
BLUE SKY  
BOATING  
BREEZE  
CAMPING  
FISHING  
FLIES  
FLOWERS  
GARDENING  
GOLF  
GREEN GRASS  
HAT  
HIKING  
HOLIDAYS  
HOT  
ICE CREAM

JULY  
JUNE  
MOSQUITOES  
NO SCHOOL  
PICNIC  
ROLLER  
BLADES  
SANDALS  
SKATEBOARD  
SOCCER  
SOLSTICE  
SPRINKLERS  
SUNBURN  
SUNGLASSES  
SUNSCREEN  
SUNSHINE  
SUNTAN  
SWEAT  
SWIMMING  
U V RAYS  
WASPS  
WATER FIGHTS  
WATERMELON

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

Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?



|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 |   | 9 |   |   |   | 5 |   | 1 |
|   |   |   | 2 |   |   |   |   |   |
|   |   |   |   |   |   | 2 | 4 |   |
|   | 3 |   |   | 2 |   |   | 9 | 5 |
|   |   |   |   | 1 | 4 |   | 8 |   |
| 1 |   |   | 8 |   |   |   |   |   |
|   |   |   |   |   |   |   |   | 3 |
|   |   |   | 4 | 9 | 7 |   |   | 8 |
|   |   |   |   | 3 | 8 | 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.

Riddle answer: The number 8.

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

**ALZHEIMER'S ASSOCIATION®**

## Caregiver Conference

June 11, 2025

10am-2pm

Colorado Mountain College  
Steamboat Springs

**FREE**

**RSVP by 5/28**

For additional details,  
to register & agenda:

QR Code



Phone: 970-531-4087

Website:

<https://2025CareConference.eventbrite.com>

Join our **free** caregiver conference to  
learn about the emotional challenges  
of dementia caregiving and accepting  
help for the journey as well as tips and  
tricks to safely move your loved one  
without injury.

**VINTAGE**  
SERVICES FOR AGING WELL IN COLORADO



## Lunch and Shopping in Craig

**Wed., June 11th**

**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.

## WARHORSE RANCH

**Thursday, June 12th, 12:30 - 3:00**

Tour Warhorse Equine

Assisted Therapy Ranch. Heart to

Heart ~ Horses to Humans ~ for Healing.

Transportation from the Steamboat Springs  
Community Center provided.

RSVP 970.879.0633



## Foot Care Mon., June 9th

Steamboat Community Center

Sara Mitchell, cosmetologist, will

offer foot care sessions to include

foot soak, toenail maintenance and exfoliat-  
ing scrub. The 2nd Monday of each month.

Call for an appointment 970.879.0633.

\$25 fee.



## Treasures from the Family Trunk

**Tues. June 17th, 12:15, Hayden meal site**

**Thurs., June 19th, 12:15 Steamboat meal site**

Explore some exciting new ways to enter the  
Routt County Fair by displaying your family  
treasures. Join Katie Maloney and Nancy  
Mucklow for an interactive time learning about  
fun entries in the Routt County Fair!

## 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.



## 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.



# FOCUS ON FRUITS

## USDA 10 tips Nutrition Education Series

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

### 1 Keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



### 6 Try fruit at lunch

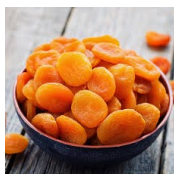
At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.

### 2 Experiment with flavor

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

### 3 Think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



### 4 Don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

### 7 Enjoy fruit at dinner, too

At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

### 8 Snack on fruits

Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

### 9 Be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.



### 5 Include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

### 10 Keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface micro-organisms. After rinsing, dry with a clean towel.



# 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](mailto: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** Oak Creek Community Center

**Arthritis Exercise Association Fitness Class**

*Mondays, 10:45 - 11:45 am*

**Arthritis Exercise Association Fitness Class**

*Wednesdays, 10:45 - 11:45 am*



**STEAMBOAT SPRINGS** Community Center

**Arthritis Exercise Association Fitness**

*Mondays, 10:30 - 11:30 am*

**Tai Chi**

*Tuesdays, 10:30 - 11:30 am: Molly McClure*

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

**Beginning Tai Chi For Health,**

*Thursdays, 12:30 - 1:30 pm: Susan Shoemaker*

**Dance Vitality**

*Brought to us by Steamboat Dance Theatre*

*Thursdays, 10:30 - 11:30 am*

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

**Yoga for Arthritis**

*Wednesdays, 10:30 - 11:30 am: Liz Leipold*

**Yoga for Balance and Stability**

*Thursdays, 2:30 - 3:30 pm: Colleen Russo*

**June Birthdays**



|          |   |           |    |            |    |
|----------|---|-----------|----|------------|----|
| Pat C    | 2 | Leonard A | 10 | Janifer P  | 20 |
| Toni C   | 2 | Robin R   | 11 | David B    | 22 |
| Pat P    | 2 | Chris C   | 12 | Ellyn M    | 24 |
| Nadine A | 3 | John S    | 12 | Bill G     | 25 |
| Irene N  | 7 | Carol A   | 14 | Eddy W     | 25 |
| Sam V    | 7 | Pat K     | 14 | Lorraine J | 26 |
| Mac M    | 8 | Dan E     | 15 | Nancy K    | 28 |
| Carl S   | 8 | Dawn L    | 20 | Cathie V   | 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.





## 2nd Annual BBQ, Beers and Bags



Saturday, June 28th

10:30 am Check In / 11:00 am Start Time

Register Today!

[www.eventbrite.com/e/2nd-annual-bbq-beers-and-bags-tickets](http://www.eventbrite.com/e/2nd-annual-bbq-beers-and-bags-tickets)



\$150 per team (2 people) : Double Elimination  
Lunch and 1 Adult Beverage/Person Included  
Silent Auction and Prizes

All Proceeds Benefit the Routt County Council on Aging and  
support local services to help older adults remain independent  
and in their homes.

[april@rccoaging.org](mailto:april@rccoaging.org) or 970.879.0633 for more information.

## STAY SAFE-AND-SAVE WITH THE AARP SMART DRIVER COURSE

**June 18th, 1:00 to 5:00 pm**

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road.

Since 1979, the course has helped more than 18 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. The course has also been recently updated with new content, so you will have the most up-to-date information for your state. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).



**Take the AARP Smart Driver course at the Steamboat Springs  
Community Center on June 18th, from 1:00 to 5:00 pm.**

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

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

Jonathan Adler  
Julie Alkema  
Kathleen Allen  
Anders Anderson  
Carol Baily  
Mike Berdine  
Ben Blonder  
Lindsey Blonder  
Jill Boyd  
Marybeth Bradfield  
Cindy Byar  
Ellisa Chapman  
Amy Coughlin  
Angela Coxe  
Kristi Coxon  
Kathy Curcio  
Jennifer Daniels  
George Detwiler  
Shelly Dillingham  
Sarah DiMichelle  
Laurie Edwards  
Dan Emert

Pam Ford  
Karl Gills  
Steve Goldman  
Nancy Good  
Kim Graves  
Kristi Hardy  
Megan Hartsel  
Jonathon Hayek  
Kerry Holmquist  
Dayna Horton  
Charene Jones  
Gretchen Kioschos  
Annie Krieg  
Hud Labaree  
Lisa Lancaster  
Jay Layman  
Susie Lee  
Valerie LeGore  
Jean Levine  
Charene Jones  
Julie Lind  
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  
Stacey Rogers  
Brianna Romero  
Cindy Roth  
Dan Roth  
Deidre Saunders  
Cheryl Schliske  
David Selden  
Bob Sherwood  
Darcy Simon  
Pegi Simmerman  
Deb Smith



Diane Sperry  
Don Sperry  
Susie Spiro  
Jenni Stolarski  
Alethea Stone  
Craig Tolliver  
Sheri Tolliver  
Nancy Trimmer  
Michelle Trousil  
Barb Tuchlinsky

## Thank You Donors!

Donations Received April 2025



Julie Alkema  
Leonard Auter  
Anonymous  
Ben and Lindsey Blonder

Bridge in Steamboat  
Bridge Players Benevolent Fund  
City of Steamboat Springs  
Edith Chapter #61, Order of the  
Easter Star  
Bob Enever  
Ethelyn Foreman  
Bruce Heath  
Selina Koler  
John Leonard  
Vi Look  
Mahjong Players

Jim McGee  
Irene Nelson  
Donald Peterson  
Janis Petry  
Leah Radovich  
Rick Rapalee  
Cynthia Roth  
Routt County  
Jim Severson  
Don and Diane Sperry  
Tai Chi  
Joanne Wiswell



# JUNE EVENTS AND ACTIVITIES



| MONDAY         | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|----------------|---|--|--|---|
| 2              | 3<br>Mahjong -Stmbt<br>1:00   | 4<br>Bingo –S.R. 12:30                                       | 5<br>Tea and Talk -<br>Stmbt 12:30<br>Knitters Circle-<br>Stmbt 1:00                       | 6<br>Bingo –Stmbt 12:30<br>Bingo –S.R. 12:30  |
| 9<br>Footcare  | 10<br>Caregiver<br>Support Group –<br>Stmbt 10:30am<br>Mahjong -Stmbt<br>1:00       | 11<br>Shuttle to Craig<br>Bingo –S.R. 12:30                  | 12<br>Warhorse Ranch -<br>12:30<br>Knitters Circle-<br>Stmbt 1:00                          | 13<br>Bingo –Stmbt 12:30<br>Bingo –S.R. 12:30   |
| 16<br>Footcare | 17<br>Treasures from<br>the Family Trunk<br>-Hayden 12:15<br>Mahjong -Stmbt<br>1:00 | 18<br>AARP Driver<br>Safety -Stmbt 1:00<br>Bingo –S.R. 12:30 | 19<br>Treasures from the<br>Family Trunk-<br>Stmbt 12:15<br>Knitters Circle-<br>Stmbt 1:00 | 20<br>Bingo –Stmbt 12:30<br>Bingo –S.R. 12:30<br>Bingo - Hayden<br>Congregational<br>Church 11:00 |
| 23             | 24<br>Mahjong -Stmbt<br>1:00  | 25<br>Bingo –S.R. 12:30                                      | 26<br>Knitters Circle-<br>Stmbt 1:00   | 27<br>Bingo –Stmbt 12:30<br>Bingo –S.R. 12:30   |
| 30             | 1<br>Mahjong -Stmbt<br>1:00   | 2<br>Bingo –S.R. 12:30                                       | 3<br>Knitters Circle-<br>Stmbt 1:00  | 4<br><b>CLOSED</b><br>Independence Day  |

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](http://www.rccoaging.org).



To see photos, updates, and more: “Like” us on Facebook  
[www.facebook.com/Routt-County-Council-on-Aging](https://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   |
| 2<br>Sausage, Peppers, & Onions<br>Dirty Rice<br>Cabbage Roll<br>Tossed Salad<br>Coconut Cream Pie | 3<br>Cod<br>Orzo<br>Peas & Carrots<br>Hush Puppies<br>Cucumber & Tomato Salad<br>Banana Cake     | 4<br>Cod<br>Orzo<br>Peas & Carrots<br>Hush Puppies<br>Cucumber & Tomato Salad<br>Banana Cake                    | 5<br>Chicken with Mushroom Sauce<br>Roasted Potatoes<br>Mixed Vegetables<br>Biscuit<br>Spinach Salad<br>Chocolate Cupcakes | 6<br>Beef & Barley Soup<br>Pimento Cheese Sandwich<br>Romaine Salad<br>Banana<br>Lemon Bar |
| 9<br>Salmon Noodle Casserole<br>Mixed Vegetables<br>English Muffin<br>Orange<br>Push-up Pop        | 10<br>Meatloaf<br>Mashed Potatoes<br>Green Beans<br>Roll<br>Tossed Salad<br>Apple Pie            | 11<br>Meatloaf<br>Mashed Potatoes<br>Green Beans<br>Roll<br>Tossed Salad<br>Apple Pie                           | 12<br>Oven-fried Chicken<br>Rice-a-roni<br>Carrots<br>Garlic Bread<br>Tossed Salad<br>Chocolate Chip Cookies               | 13<br>Pinto Beans & Ham<br>Spinach Salad<br>Potato Salad<br>Blueberry Crisp                |
| 16<br>Pizza<br>Salad with Craisins & Garbanzo Beans<br>Peanut Butter Bar                           | 17<br>Roast Beef<br>Baked Potato<br>Beets<br>Roll<br>Tossed Salad<br>Peach Pie                   | 18<br>Roast Beef<br>Baked Potato<br>Beets<br>Roll<br>Tossed Salad<br>Peach Pie                                  | 19<br>Manicotti<br>Broccoli<br>Garlic Bread<br>Tossed Salad<br>Chocolate Ice Cream   | 20<br>Turkey Wedge Salad<br>Chips<br>Veggie Sticks<br>Cantaloupe<br>Cherry Crisp           |
| 23<br>Beef Stroganoff<br>Asparagus<br>Bread Stick<br>Tossed Salad<br>Chocolate Pudding             | 24<br>Spinach Enchilada Casserole<br>Spanish Rice<br>Beans<br>Mexican Salad<br>Vanilla Ice Cream | 25<br>Teriyaki Chicken<br>Sweet Potato<br>Stir Fry Vegetables<br>Eggroll<br>Asian Salad<br>Strawberry Ice Cream | 26<br>Teriyaki Chicken<br>Sweet Potato<br>Stir Fry Vegetables<br>Eggroll<br>Asian Salad<br>Strawberry Ice Cream            | 27<br>Hot Italian Sub<br>Kidney Bean Salad<br>Strawberries & Bananas<br>Peach Crisp        |
| 30<br>Shrimp Scampi<br>Zucchini & Tomato<br>Garlic Bread<br>Caesar Salad<br>Orange Salad           | 1<br>Honey BBQ Chicken<br>Rice Pilaf<br>Mixed Vegetables<br>Roll<br>Tossed Salad<br>Sherbet      | 2<br>Salisbury Steak<br>Mashed Potatoes<br>Asparagus<br>Biscuit<br>Tossed Salad<br>Cherry Pie                   | 3<br>Salisbury Steak<br>Mashed Potatoes<br>Asparagus<br>Biscuit<br>Tossed Salad<br>Cherry Pie                              | 4<br><b>CLOSED</b>   |

**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.