



Senior Scoop

News and Views from the Council on Aging

May 2025

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Accompanying spring's freshness, rebirth, blossoming and blooming, May is declared Mental Health Awareness month. I've found a stated emphasis on the "5 C's of mental health" quite simple and inspiring:

1. Competence; being capable of producing meaningful and productive impacts as we interact with those in our worlds
2. Confidence; positive and strong self-image
3. Character; acting with honesty and positive intent making choices regarding family, friends and community
4. Connection; participating in relationships yielding sense of belonging and joy
5. Caring; genuine empathy sensing importance of other's needs and emotions

If your life adapts to the sum of the "5 C's", can you prosper with a respect for a peaceful, productive state of mind? One which is built on the strength of comradery and depletes conflict? Secure mental health surely rolls over to physical wellness. I wish us all this strength and peace, both within and on the outside.

Jean Levine, RCCOA Board President

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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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1950's SONGS

Find and circle all of the words that are hidden in the grid. The remaining letters spell an additional title of a 1950's song.



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

BLUEBERRY HILL
 BO DIDDLEY
 BYE BYE LOVE
 CRAZY ARMS
 DJANGO
 DONNA
 EVERYDAY
 FEVER
 HEARTBREAK HOTEL
 HONKY TONK
 HOUND DOG

JAILHOUSE ROCK
 KANSAS CITY
 LA BAMBA
 LONELY TEARDROPS
 LONG TALL SALLY
 MACK THE KNIFE
 MANNISH BOY
 MAYBELLENE
 MISTY
 MONA LISA
 MOVE IT

MYSTERY TRAIN
 NIGHT TRAIN
 ONLY YOU
 PEGGY SUE
 RAVE ON
 RED HOT
 RIP IT UP
 RUMBLE
 SEARCHIN'
 SHOUT
 SIXTEEN TONS

SPEEDO
 SUZIE Q
 TAKE FIVE
 TEQUILA
 TUTTI FRUTTI
 YAKETY YAK
 YOU SEND ME

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

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:

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>



VINTAGE
SERVICES FOR AGING WELL IN COLORADO

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.

RCCOA Offices and Programs will be CLOSED Monday, May 26th for MEMORIAL DAY. Please request an extra frozen meal to be delivered before Memorial Day, by Monday, May 19th.

Foot Care Mon., May 12th & 19th

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.



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.

RCCOA and the Alzheimer's Association host a monthly **Caregiver Support Group** The 2nd Tuesday of each month @ the Steamboat Springs Comm. Center. **Tues., May 13, 10:30 am**

ALZHEIMER'S ASSOCIATION

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.



Lunch and Shopping in Craig

Wed., May 14th

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.

Seeking Artists for a RCCOA Fundraising Project

RCCOA is hosting a cornhole tournament June 28th and will auction the board sets after the tournament. We are seeking artists to paint sets of cornhole boards. Boards are available for pick up and need to be painted by June 15th. Contact April for details. 970.879.0633 xt 2

The Importance of Aging Services

Compiled by April Sigman, RCCOA ED, with excerpts from The Momentum Newsletter, your friends at Vintage and Erin Fisher, Vintage.

For many older adults in our mountain communities, keeping up with daily life and maintaining independence is central to their well-being and identity. However, the realities of aging can mean that individuals need additional support systems, particularly in regions where weather, elevation challenges, and geographic isolation can create barriers to accessing necessary services. Government and nonprofit aging services fill in those gaps that might otherwise leave older adults vulnerable. Whether it's transportation assistance that helps you reach medical appointments or nutrition programs that keep you fed and nourished, these services address the range of needs that can impact quality of life and independence.

Many of you have asked how Federal Funding cuts will affect programs like RCCOA. I received this information from Vintage, the Area Agency on Aging (AAA) that provides funding to our Region.

In short the PROPOSED Trump budget would eliminate the following programs:

- OAA (Older Americans Act) Title III D Evidence-Based Health Promotion and Disease Prevention (RCCOA - Aging Well Funding)
- OAA Title VI Elder Rights (includes Long-Term Care Ombudsman Program)
- State Health Insurance Assistance Programs (SHIPs) - Medicare Counseling
- Aging and Disability Resource Centers (ADRC)
- Adult Protective Services (APS)
- Elder Falls Prevention
- Lifespan Respite Care
- Chronic Disease Self-Management Education
- Low-Income Home Energy Assistance Program (LEAP)
- AmeriCorps (including RSVP)

Additionally, the dissolution of the Administration on Community Living (ACL), where the Older Americans Act programs and funding sit, means that Nutrition programs are going to the Centers for Medicare and Medicaid Services (CMS) and everything else (that hasn't been eliminated) goes to the Administration for Children and Families (ACF). The elimination of ACL and breaking up of OAA services means 1) there's no cohesive department to continue to push older adults and caregivers to the forefront for continued funding, and 2) it may take longer to receive our federal funding and double the administrative work when AAA funding is split.

It is now time to advocate for fiscal year (FY) 2026 funding, and if you feel that Vintage's and RCCOA's services are important, reach out and let your elected officials know. Our collective goal is to ensure that members of Congress recognize that funding for AAA programs and services needs to be protected and increased on a long-term basis.

STEP 1: Put your requests in writing! Send an email requesting their support. See April or the RCCOA Facebook page for an email template to customize to our agency/community (be sure to weave in personal stories or information). Send your email to their DC and district offices.

You can find the contact information on your Members' websites: [house.gov](https://www.house.gov) and [senate.gov](https://www.senate.gov).

STEP 2: Make your support for OAA funding public. Attend any virtual events/town halls your Senators and Representatives are hosting during the current and upcoming congressional recesses (House and Senate: May 26-30), and raise the issue of splitting up OAA programs and elimination of key aging programs during the Q&A!

If you have questions or concerns about this *Advocacy Alert* or USAging's policy positions, please contact the USAging Policy Team, Amy Gotwals, Olivia Umoren and Seth Ickes at policy@usaging.org.

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

Beginning Tai Chi For Health, May 15 - July 31

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

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.



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.

May Birthdays

Linda B	1	John V	5	Elizabeth T	13
Marty L	1	Chris B	6	Vonny G	15
Bonnie S	1	Jean S	6	Nancy S	17
Steve D	1	Doug M	7	Marian M	22
James S	1	Pegi S	8	Robert B	24
Verna W	3	Valerie C	11	Leslie A	30
Richard S	3	Ron G	11	Fred C	31
Bob Keller	4	Rosa L	12	Robert J	31
Barbara W	5	Richard Y	12		

The Annual Spring Fling! Thurs., May 15th 11:30am - 1:00pm

This year we will throw things back to the **Nifty Fifties!!**
Dress to impress! Photo Booth and 50's Music

Serving Diner Style Chicken Fried Steak, Mashed Potatoes, Green Beans, House Salad and Root Beer Floats.

RSVP 970.879.0633 xt 4 for lunch and transportation

Meals will NOT be delivered this day and a meal will NOT be served in Hayden. Please order an extra frozen meal by May 9th to be delivered May 13th or join us in person May 15th.



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



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

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



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!

Anti-inflammatory Diet Written by Patti Murphy, RDN, CDCES

You may have heard of an anti-inflammatory diet as a way to improve health. So, what is inflammation? Chronic, systemic (full-body) inflammation is a serious health concern that can be made better or worse with diet. So, what are anti-inflammatory foods? Does this way of eating benefit health? And how can you implement it?

You've experienced short term inflammation if you've ever cut your finger, had a throat infection or gotten a bruise. This type of acute inflammation is your body's natural way of dealing with injury or infection.

However, the issue is with chronic, systemic (full body) inflammation where the inflammation becomes chronic and can persist for months or even years. Chronic, systemic inflammation is a factor in diseases such as obesity, metabolic syndrome, pre-diabetes, heart disease, gut health, arthritis, Alzheimer's Disease and some types of cancer. This type of inflammation can be made better or worse through dietary choices.

Nutrients to include

Omega-3 Fatty Acids- These are found in fatty fish such as salmon, herring, mackerel, sardines, and tuna. It is recommended to eat 2 to 3 servings of fatty fish a week. If you do not like fish or do not eat it this often you can get it from an omega-3 fish oil supplement.

Antioxidants- These help reduce cellular damage from free radicals that can increase inflammation. Many fruits and vegetables contain high levels of antioxidants. In general, more brightly colored produce contains more antioxidants. Think blueberries, raspberries, figs, cherries, kale, broccoli, avocados and beets.

Vitamin C- A specific type of antioxidant- Vitamin C can be found in citrus fruits and bell peppers.

Polyphenols- Another type of antioxidant- Found in coffee, tea and dark chocolate.

Gut healthy foods- A healthy population of gut bacteria in the intestines can help reduce inflammation. Prebiotics come from fiber and help feed the healthy gut bacteria. These can be found in foods including asparagus, bananas and artichokes. Probiotics can be found in fermented foods, such as Keifer, yogurt, and fermented vegetables such as sauerkraut.

Spices and herbs- Including spices such as cinnamon, oregano, turmeric, cumin, parsley, basil, curry powder, ginger, chili powder and herbs such as sage, thyme, peppermint, oregano, and dill weed.

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
Dan Emert

Pam Ford
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Nancy Good
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Dan Roth
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Don Sperry
Jenni Stolarski
Craig Tolliver
Sheri Tolliver
Nancy Trimmer
Michelle Trousil
Barb Tuchlinsky



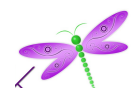
Thank You Donors!

Donations Received March 2025

Julie Alkema
Russell and Carol Atha fund of
the Yampa Valley Community
Foundation
Leonard Auter
Stephen Auter
Anonymous
Carol Baily
Margaret Berglund
Paula Black
Ben and Lindsey Blonder
Barbara and Jim Bronner fund of
the Yampa Valley Community
Fund
Bridge in Steamboat
Bridge Players Benevolent Fund
City of Steamboat Springs
Bob Enever
Beverly Engel



Evans Enterprises
Patricia Froening
Ron and MaryKay Graver
Keith Hapenney
Heart of Steamboat Women's
Group
Bruce Heath
Betty Kemry
Selina Koler
Colin Leary
Susie Lee
Jean and David Levine
Vi Look
Jim McGee
Irene Nelson
Marilyn Page
Donald Peterson
Janis Petry



Rick Rapalee
Carol Richards
Cynthia Roth
Routt County
Jim Severson
Michelle Thomas
Jackie Thorneberry
Nancy Trimmer
Don and Diane Sperry
Tai Chi
Michelle Trousil
Yampa Valley Community
Foundation designated by Monica
Niedermeyer



Jean and David Levine in
Memory of Sureva Towler

MAY EVENTS AND ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
5	6 Mahjong -Stmbt 1:00	7 Bingo –S.R. 12:30	8 Knitters Circle- Stmbt 1:00	9 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
12 Footcare	13 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	14 Shuttle to Craig Bingo –S.R. 12:30	15 SPRING FLING - Stmbt 11:30 Knitters Circle- Stmbt 1:00	16 Bingo –Stmbt 12:30 Bingo –S.R. 12:30 Bingo - Hayden Congregational Church 11:00
19 Foot Care	20 Mahjong -Stmbt 1:00	21 Bingo –S.R. 12:30	22 Knitters Circle- Stmbt 1:00	23 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
26 CLOSED Memorial Day	27 Mahjong -Stmbt 1:00	28 Bingo –S.R. 12:30	29 Knitters Circle- Stmbt 1:00	30 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
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
5 Pork Fried Rice Stir Fry Vegetables Eggroll Asian Salad Apple Oatmeal Raisin Cookie	6 Crab Cakes Hash Browns Carrots Tossed Salad Lemon Pie	7 Crab Cakes Hash Browns Carrots Tossed Salad Lemon Pie	8 Smothered Chicken Burrito Spanish Rice Corn Mexican Salad Vanilla Ice Cream	9 Sliced Brisket Sandwich Spinach Salad Coleslaw Chocolate Pudding
12 Basil Shrimp Rice Broccoli Hushpuppies Cucumber/Tomato Salad Lemon Pie	13 Baked Chicken Macaroni & Cheese Stewed Tomatoes Roll Spinach Salad Orange Rice Krispie Treat	14 Baked Chicken Macaroni & Cheese Stewed Tomatoes Roll Spinach Salad Orange Rice Krispie Treat	15 Chicken Fried Steak Mashed Potatoes Green Beans House Salad Root Beer Float Spring Fling	16 Sausage & Cheese Biscuit Cold Boiled Egg Tomato Slices on Spinach Cinnamon Roll
19 Pork & Cabbage Casserole Peas & Carrots Tossed Salad with Craisins Garlic Bread Chocolate Chip Cookie	20 Sloppy Joes Kidney Beans Spinach Tossed Salad Chocolate Ice Cream	21 Sloppy Joes Kidney Beans Broccoli Tossed Salad Chocolate Ice Cream	22 Lasagna Brussels Sprouts Corn Caesar Salad Chocolate Cake	23 Bean & Cheese Burrito Spanish Rice Broccoli Tossed Salad Orange Vanilla Ice Cream
26 Closed Memorial Day	27 Chicken Broccoli Casserole Carrots Tossed Salad with Craisin & Nuts Pineapple Cake	28 Cheeseburger Pie Onion Rings Peas Tossed Salad Apple Sherbet	29 Cheeseburger Pie Onion Rings Peas Tossed Salad Apple Sherbet	30 Chef Salad Kidney Bean Salad Melons Peach Crisp

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.