



Senior Scoop

News and Views from
the Council on Aging

September 2025

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September feels like an in-between month. It's no longer hot hot summer but certainly not crisp cold like fall. My garden doesn't know anything about big changes to come. Please don't tell my string beans; they still need time and warmth. In this transitional month we can experience both the best of summer and the best of early fall. Maybe do some yummy fall baking like zucchini breads and pumpkin pies whose spices and signature smells are kindly dedicated to fall.

Here's some references I came across in a magazine from Harry and David. September born people are detail oriented, thoughtful and practical in love. They are generous givers and excellent listeners, often going above and beyond to support. Things that represent Sept. include the birthstone sapphire, symbolizing wisdom and sincerity; flowering aster and morning glory stand proudly for love and affection.

Keep your windows open in your home and in your heart. Feel the presence of the world around you. Let your soul explore softness and peace. Be grateful for the life given to you.

Enjoy,

Jean Levine
RCCOA Board President



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April Sigman

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Nutrition Manager

Ellyn Myller

Client Support Services

Park Myers

Development Director

Hayden

Connie Fry

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Autumn Reese

Cat Schaffrick

Janet Selbe

Beth Taylor

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

GOLF

ALBATROSS
APPROACH
BACK NINE
BACKSPIN
BALL
BIRDIE
BOGEY
BUNKER
CADDIE
CART
CHIP
CLUBHOUSE
CLUBS
CONDOR
COURSE
DIVOT
DRIVER
DRIVING
RANGE
EAGLE
FAIRWAY
FLAGSTICK

FORE
GREEN
GRIP
GROSS SCORE
HANDICAP
HOLE IN ONE
HOLES
HOOK
IRON
NET SCORE
PAR
PUTTER
ROUGH
RULES
SHOT
SLICE
STROKE
SWING
TEE OFF
TREES
WATER HAZARD
WEDGE
WOOD

Find and circle all of the words that are hidden in the grid. The remaining letters spell a Mark Twain quote.

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

_____.

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

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.

RCCOA offices and services will be closed Monday, September 1 in observance of Labor Day.

Foot Care

Mon., Sept. 8th

Steamboat Community Center
Sara Mitchell, cosmetologist, will offer foot care sessions to include foot soak, toenail maintenance and exfoliating scrub. Call for an appointment 970.879.0633. \$25, Cash only



Tea and Talk

Thurs., Sept. 11th, 12:15pm

Steamboat Community Center
Fall vs Autumn?



Fall Foliage Tours

Thurs., Sept. 25th - leaving from Steamboat

Mon., Oct. 6th - leaving from Hayden time and location TBD

Take in the scenery this fall. Destinations will be determined the week of travel, depending on seasonal color change.

Fall Prevention

Julie McFadden, BSN, RN, TCRN
Megan Marion, Occupational Therapist
Mon., Sept. 22nd 12:30pm

Steamboat Community Center
Kick off Fall Prevention Week with a high level overview of important things to do to prevent falls. Review why it is important using data from CDC. highlight local resources and offerings within our community.

Harvest Show and Tell

Thurs., Sept. 4th, 12:15pm

Steamboat Community Center
Share anything you have grown this season and are proud of. Prizes awarded to all participants!



RCCOA and the Alzheimer's Association host a monthly **Caregiver Support Group** The 2nd Tuesday of each month @ the Steamboat Springs Comm. Center.
Tues., Sept. 9th, 10:30 am

ALZHEIMER'S ASSOCIATION®

Sheep Dog Demonstration

Mon., Sept. 15th, 12:15pm

Steamboat Community Center
Susan Shoemaker and her team.

Lunch and Shopping in Craig

Wed., Sept. 17th

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.

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, 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.

Walk, Fundraise or Volunteer!
Saturday, September 13th
Register at alz.org/walk



I WALK TO END ALZHEIMER'S

Return to Freedom, Wild Horse Conservation



Monday, Sept 15th, 9:00 - 2:00

\$8 includes transportation and lunch

Reservation required. 970.879.0633 xt 1

Return to Freedom provides a safe haven for wild horses who have been removed from their home in the wild. More than 350 wild horses and burros have found a home here.

Return to Freedom is dedicated to preserving the freedom, diversity, and habitat of America's wild horses and burros through sanctuary, education, advocacy, and conservation, while enriching the human spirit through direct experience with the natural world.



Aging Mastery: Oct. 14 - Nov 18, Tues. and Fri. 10:00 - 11:30 am

Build your personal playbook for aging well. Join Routt County CSU Extension and Routt County Council on Aging for the **Aging Mastery Program**, a 10-class series covering:

Navigating Longer Lives: Exercise and You: Sleep: Healthy Eating and Hydration: Financial Fitness: Medication Management: Advance Planning: Healthy Relationships: Falls Prevention: Community Engagement

Each class will be held at the Steamboat Springs Community Center 10:00 to 11:30 am on Tuesdays and Fridays, October 14 to November 18 (no class Veterans Day). This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together! Sign up by October 9th by calling Katie Maloney at 970-879-0825 or emailing kmaloney@co.routt.co.us.

Regional Picnic in The Park

Wed., September 17th, 11:30 am - 1:30 pm All Welcome!
Loudy Simpson Park, 600 S Raney St., Craig, CO

Enjoy a picnic lunch with your regional neighbors from Baggs, Dinosaur, Hayden, Maybell, Meeker, Oak Creek, Rangely, Savery, Steamboat Springs, Walden

Please RSVP for lunch to the SSC 970-326-3188



Prebiotics: Written by Patti Murphy, RDN, CDCES

You may have seen food products or supplements marketed as having prebiotics. So, what exactly are prebiotics? And, what can they do for your health?

Prebiotics are essentially the food source for probiotics. Probiotics are the bacteria found in our gut. Prebiotic foods are high in a certain type of fiber that can be broken down and fermented by these gut bacteria. During digestion they form something called short chain fatty acids. These compounds do a number of positive things in the body. Many of these functions are related to increasing production of good bacteria and decreasing bad bacteria.



Regarding digestion, short chain fatty acids help to regulate bowel movements and enhance overall digestion. Short chain fatty acids also stimulate the body to make hormones that aid in digestion and appetite management.

Prebiotics produce neurotransmitters that help with mental health (and can help reduce risk of depression and anxiety.) Getting your prebiotics from food is the best place to get these beneficial compounds.

The three most common sources of prebiotics are found in resistant starches, inulin and pectin.

Like fiber, resistant starches resist digestion and end up as a main food source for microorganisms in your colon. When resistant starches are broken down, they often produce butyrate, which helps with water and electrolyte absorption, immune system function and anti-inflammation. Cooking method can increase the amount of resistant starch in foods (which is a good thing!) For example, if potatoes are cooked, chilled and then reheated they will contain more resistant starch than if they are eaten right after being cooked. Other sources are green bananas, barley, oats and legumes.

Inulin is a prebiotic fiber contained in many plants. This prebiotic can help you feel full for longer periods, assisting with overeating and helping with bowel movements. It can also help lower LDL cholesterol (bad cholesterol), stabilize blood sugars and increase and maintain the good bacteria in your gut. Good sources include asparagus, chicory root (often found in fiber supplements), garlic, onions and soybeans.

Pectin is a compound that is found in a variety of fruits such as apples, raspberries, and tomatoes. It is used to make jams and jelly due to its gel like consistency. This starch has antioxidant and anti-tumor properties. It also may enhance the skin cells of your intestinal lining, decrease the ability for bacterial diseases to take root and improve the diversity of microorganisms in your gut.

Adding in prebiotics should be done slowly due to the potential side effects of gas and bloating that occur as a side effect of the fermentation process. Eating these foods earlier in the day can also help reduce side effects because your gut is more active during the day. In general, adding the fruits, vegetables, legumes and grains that contain prebiotics will have benefits to your health.

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

Yoga for Arthritis

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



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 Balance and Stability

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

September Birthdays



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.

Barb T	2	Roger C	14	Sharon F	26
Sandy D	3	Danny P	16	Mike Z	26
Tom E	4	Ralph S	17	Autumn R	28
Barbara F	6	Tom L	19	Crystal	28
William A	9	Michael B	22	Jean C	29
Bob W	11	Bob L	25	Dayna H	29
John C	12	Bill B	25	Dolores D	30
Julie C	13	Kathy R	25		

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.

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
Maria Bryant
Cindy Byar
Ellisa Chapman
Amy Coughlin
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
Adam Johnson
Diane Kane
Annie Krieg
Hud Labaree
Lisa Lancaster
Jay Layman
Susie Lee
Valerie LeGore

Jean Levine
Julie Lind
Wendy Mare
Kay McGill
Scott Myller
Cathy Neelan
Trish O'Connell
Kasey O'Halloran
Chris O'Konski
Karl Olson
Pam Olson
Donnie Pearce
Janis Petry
Whale Petry
Wendy Powell
Kay Rawlings
Calvin Reese
Brianna Romero
Cindy Roth
Dan Roth

Deidre Saunders
Cheryl Schliske
David Selden
Bob Sherwood
Darcy Simon
Pegi Simmerman
Deb Smith
Diane Sperry
Don Sperry
Suzie Spiro
Jenni Stolarski
Alethea Stone
Craig Tolliver
Sheri Tolliver
Nancy Trimmer
Michelle Trousil
Barb Tuchlinsky



Thank You Donors!

Donations Received July 2025

Julie Alkema
Anonymous
Leonard Auter
Stephen Auter
Ben and Lindsey Blonder
Bridge in Steamboat
Bridge Players Benevolent Fund
Bruce Caplowe
Patricia Carney
City of Steamboat Springs

Gary and Dot Haberlan
Ron Kashner
John Kleespies
Selina Koler
Paul and Patty Lundy
Mahjong Players
Jim McGee
Donald Peterson
Janis Petry
Rick Rapalee



Routt County
Jim Severson
Don and Diane Sperry
Tai Chi
United Methodist Church Foundation

All Donations are appreciated and tax deductible.

PLEASE MAKE YOUR DONATION TODAY!

Donations stay in Routt County and support our local programs.

**We happily accept checks payable to RCCOA and mailed to
PO Box 770207, Steamboat Springs, CO 80487**

**or donate online www.rccoaging.org
EIN # 84-0678596**

SEPTEMBER EVENTS AND ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 LABOR DAY All Sites Closed	2 Mahjong -Stmbt 1:00	3 Bingo –S.R. 12:30	4 Harvest Show and Tell - Stmbt 12:15 Knitters Circle- Stmbt 1:00	5 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
8 Footcare	9 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	10 Bingo –S.R. 12:30	11 Tea and Talk - Stmbt 12.30 Knitter Circle- Stmbt 1:00	12 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
15 Sheep Dog Demo -Stmbt 12:15 Wild Horse Conservation - 9:00am	16 Mahjong -Stmbt 1:00	17 Shuttle to Craig Regional Picninc - Craig Bingo –S.R. 12:30	18 Knitters Circle- Stmbt 1:00	19 Bingo –Stmbt 12:30 Bingo –S.R.
22 Fall Prevention - Stmbt 12:15	23 Mahjong -Stmbt 1:00	24 Bingo –S.R. 12:30	25 Fall Foliage -12:30 Stmbt Knitters Circle- Stmbt 1:00	26 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
29 Trivia-Stmbt 12:30	30 Mahjong -Stmbt 1:00	1 Bingo –S.R. 12:30	2 Knitters Circle- Stmbt 1:00	3 Bingo –Stmbt 12:30 Bingo –S.R. 12:30

See page 3 and 4 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
1 Labor Day Closed	2 Sloppy Joe Baked Beans Asparagus Tossed Salad Banana Pie	3 Sloppy Joe Baked Beans Asparagus Tossed Salad Banana Pie	4 Baked Chicken Noodles & Garlic, Parmesan Sauce Roll Tossed Salad Applesauce Cake	5 Chef Salad with Ham Banana Granola Bar
8 Biscuit & Sausage Gravy Boiled Egg Hashbrown Fruity Jello	9 Meatloaf Mashed Potatoes Peas Roll Tossed Salad Apple Chocolate Chip Cookie	10 Meatloaf Mashed Potatoes Peas Roll Tossed Salad Apple Chocolate Chip Cookie	11 Chicken Breast in Artichoke Sauce Rice Carrots Biscuit Tossed Salad Peach Pie	12 Clam Chowder Oyster Crackers Tossed Salad with Sunflower Seeds Strawberries & Bananas Oatmeal Cookie
15 Chicken Burrito Spanish Rice Refried Beans Mexican Salad Sugar Cookie	16 Eggplant Parmesan Spinach Garlic Bread Tossed Salad Banana Chocolate Cupcake	17 Flank Steak Mashed Potatoes Asparagus Italian Bread Tossed Salad Raspberry Sherbet	18 Flank Steak Mashed Potatoes Asparagus Italian Bread Tossed Salad Raspberry Sherbet	19 Hot Ham & Cheese Sandwich Macaroni Salad Tossed Salad Pear Lemon Bar
22 Pork Chow Mein Lo Mein Noodles Stir Fry Vegetables Eggroll Asian Salad Cheesecake	23 Fish Sandwich Tator Tots Green Beans Coleslaw Orange Peanut Butter Cookie	24 Roast Beef Mashed Potatoes Broccoli Biscuit Mixed Fruit Pie	25 Roast Beef Mashed Potatoes Broccoli Biscuit Mixed Fruit Pie	26 Chicken Noodle Soup Grilled Cheese Tossed Salad Peaches Strawberries & Cream
29 Spinach Quiche Beets Tossed Salad Blueberry Muffin Orange Chocolate Pudding	30 Pork Cabbage Casserole Green Beans Roll Tossed Salad Apple Pie	1 Chicken & Wild Rice Cauliflower Carrots Tossed Salad Orange Cake	2 Chicken & Wild Rice Cauliflower Carrots Tossed Salad Orange Cake	3 Cheeseburger Potato Salad Broccoli Salad Strawberry Ice Cream

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.