

October Senior Scoop

News and Views from the Council on Aging

October 2025

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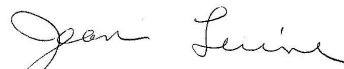


ROUTT COUNTY
COUNCIL ON AGING

Fall is all about change. Weather, activities and mobility, clothes, social connections all see changes. Most plant growth goes dormant and begins to prepare with anticipation for a long, well-deserved rest. It's a time of year to reflect upon rewards and influences that have shaped our lives over the past months. What comes next?

Every year in October, RCCOA experiences change too. Our Board will, with much gratitude, recognize terms ending for Janis Petry and Steve Evans. They have both served with enthusiasm and passion to meet the needs of our organization and clients. We graciously welcome Larry Handing who will bring fresh perspective to our mission to provide participants with nutrition, education and socialization. Chris Meyers will step up as Board President. I'll move to a different seat at the table and serve as Past President. As a dedicated Board, we all strive to expand current services and reach out to additional aging community members as we recognize and address changing needs to interact and connect. Our Capital Campaign remains a priority as we build momentum toward establishing a dedicated Senior Center facility. We certainly look forward with optimism to fulfilling that much needed change.

So put on a sweater and get out to enjoy, observe and be part of the ever-changing surroundings evident in fall. Watch foliage as color goes from green to gold, rust and orange. Be aware and grateful as you embrace change.

Enjoy, 

Jean Levine
RCCOA Board President



Staff

April Sigman

Executive Director

Toni Cratsley

Nutrition Manager

Ellyn Myller

Client Support Services

Park Myers

Development Director

Hayden

Connie Fry

Lorraine Johnson

Dawn Moog

Rebecca Wattles

Annette Zuber

South Routt

Bill Gibbs

Cindy Porter

Steamboat Springs

Hedy Davis

Mary Dobbin

Javier Gil

James Graham

Crystal Lawson

Jill Lindstrom

Alyssa Louthan-Rieger

Patty Lundy

Julie Niemi

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.

Skeleton and Organs

Find and circle all of the skeletal parts and body organs that are hidden in the grid. The remaining letters spell a secret message.

APPENDIX
BLADDER
BRAIN
CARPALS
CLAVICLE
COCCYX
CRANIUM
FEMUR
FIBULA
GALLBLADDER
GENITALS
HEART
HUMERUS
INNOMINATE
INTESTINES
KIDNEYS
LIVER
LUNGS
MANDIBLE
METACARPALS
METATARSALS

PANCREAS
PATELLA
PHALANGES
RADIUS
RIBS
SACRUM
SCAPULA
SKIN
SPLEEN
STERNUM
STOMACH
TARSALS
TIBIA
ULNA
VERTEBRA
VOICE BOX



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

Note: TARSALS and METATARSALS are hidden separately and do not overlap. The same goes for CARPALS and METACARPALS, and BLADDER and GALLBLADDER.

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

Simplifying Cancer

Thurs., Oct. 2nd 12:15pm

Steamboat Community Center

Jan Lowery, PhD, MPH, CU Cancer Center

Fall Foliage Tour

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.



Candidate Forum

Thurs., Oct. 9th, 12:15pm

Steamboat Community Center

Meet local candidates for the coming election, ask questions, hear about ballot issues.

RCCOA and the Alzheimer's Association host a monthly **Caregiver Support Group**

The 2nd Tuesday of each month

@ the Steamboat Springs Comm. Center.

Tues., Oct. 14th, 10:30 am

ALZHEIMER'S ASSOCIATION®

Lunch and Shopping in Craig

Wed., Oct. 15th

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.

Trivia, "data considered to be of little knowledge"

Mon., Oct. 13th and Mon., Oct. 27th

12:15 - 1:00pm

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

Steamboat Art Museum

Mon., Oct. 20th 12:45

Plein Air: Display of the 45 artists who painted the Yampa Valley fall splendor. Transportation from the Steamboat Springs Community Center provided. RSVP 970.879.0633



Tea and Talk

Thurs., Oct. 23rd, 12:15pm

Steamboat Community Center

"Pumpkin Spice - Love It, Or Hate It?"



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.



Chili and Pumpkins

Tuesday, October 28th

4:00 - 5:30 pm

Steamboat Community Center

What says fall like a hot bowl of chili and carving pumpkins? Transportation available. Reservation required.

Please RSVP at least 1 week in advance.

970-879-0633.



Growing Old Gracefully #6: Care Network

by Ellyn Myller, RCCOA Client Support Services

A few years back I wrote an article for the Scoop entitled “Growing Old Gracefully”. One of the items on my list for doing that was finding or creating a community of people in my life who I can call on for help. This could include family, friends, or new younger friends. It also stressed being open to help from others. I am so grateful RCCOA can provide transportation, Helping Hands services, and grocery shopping. However, resources across our community are being stretched. The older adult demographic of Routt County continues to grow and I want to encourage you to find your care network when the support agencies are “booked”. I know using these resources helps you feel independent, but any way that you advocate for meeting your own needs is independence. I also know that people enjoy helping, so your need can become another person’s blessing. You may develop a new friendship with someone too. That’s a win for both. Think about who is in your circle and who you might reach out to now to begin that conversation about being available to help in the ways you may need. I also encourage reaching out to the local faith communities to see if they have folks who could help. You may be one of those who can be a helper in a peer’s life, keep your eyes and ears open. People generally don’t like to ask for help, but offering specific ways gives them the opportunity to take you up on the help they need. I’m going to have to take my own advice sooner than later in all these things, but I look forward to seeing the good that comes from it for myself and others.



NORTHWEST COLORADO

RESEARCH ROADSHOW *Live Well. Age Strong.*

Friday, October 17 | 10 –2pm FREE!

@ UCHealth Yampa Valley Medical Center, 1024 Central Park Dr, Steamboat Springs, CO 80487

Join researchers from the University of Colorado Anschutz, CU Cancer Center, and our Northwest Colorado community partners for this highly interactive research and health-oriented event. Experience new health innovations and engage with research for better health as we age! Learn about cancer prevention, healthy brain aging, balance and mobility, and local health resources. Have questions? Learn more by emailing: olderadultresearch@cuanschutz.edu or call 720.556.3622



Register before the event to be entered in a gift card drawing! <https://bit.ly/rr-steamboat>

Walk-ins are welcome! Free lunch is provided!



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 7th by calling Katie Maloney at 970-879-0825 or emailing kmaloney@co.routt.co.us.

Gut Health and Probiotics: Written by Patti Murphy, RDN, CDCES

Your gut microbiome is a community of trillions of bacteria and fungi that live in your gastrointestinal tract (GI tract). They influence your health in big ways, including metabolism, body weight, immune system, appetite and mood. The majority of these microbes live in your colon.

No two microbiomes are the same, and according to research the more diverse your gut microbes are the lower your risk of a host of diseases. Intake of probiotics can help increase the diversity of the gut microbes and help decrease risk of diseases such as diabetes, obesity, allergies, arthritis and colitis. A disrupted microbiome also affects mental health, and can contribute to depression and anxiety. Around 80% of your immune system is in your gut. Therefore, a healthy gut can improve your immune system.



The gastrointestinal tract and mental health are also closely linked. The opposite is true as well; the brain has a direct effect on the stomach and intestines. A troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut. What this means is if you are having stomach or intestinal distress it can actually be the cause of anxiety, stress or even depression. Regardless of what health issue you are trying to influence by improving gut health many of the strategies are the same.

- 1.) Increase your fiber intake. The greater variety of fruits, vegetables, and grains you get your fiber from the better. When it comes to your gut health eating fresh does appear to be more beneficial than frozen/canned. Studies have shown that eating 30 or more varieties of plants a week is most beneficial. Eating produce that is locally grown and in season also is beneficial. Prebiotic fiber is an especially beneficial fiber that your gut bacteria feed off. Leeks, artichokes, onions, and garlic all contain it.
- 2.) Eat fermented foods which contain live probiotics. These include yogurt (with live and active cultures), kefir, miso, fermented vegetables, and kombucha. These may help increase the variety of good bacteria in your gut.
- 3.) Consume lactobacillus, which is a probiotic found in yogurt, keifer, and fermented vegetables that appears to have a positive effect on memory.
- 4.) Stay away from artificial sweeteners such as aspartame, sucralose and saccharine. They have been shown to decrease the diversity of the gut by killing off some of the good bacteria.
- 5.) Spend more time outside. Gardening and other outdoor activities are good for your microbiome.

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: no instructor

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



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.

Bud R	2	Anders A	12	Jim S	26
Mary B	3	Wendy H	13	Ralph G	29
Jim B	9	Shelly D	14	John A	30
Mike H	10	Joyce M	19	Cindy G	30
Kristi C	10	Deidre S	19	Dorothy N	30
Mike M	10	Christine M	21	Wendy A	31
Janis E	11	Larry W	21	Dawn M	31
Bill P	12	Carol B	22	Stan Z	31

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.

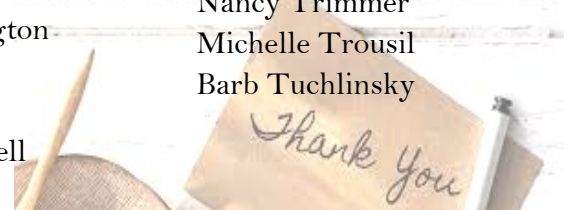
Thank You Volunteers! We couldn't do it without you!

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
Derek Grover
Natalie Grover
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
Kasey O'Halloran
Chris O'Konski
Karl Olson
Pam Olson
Donnie Pearce
Mary Pennigton
Janis Petry
Whale Petry
Wendy Powell

Kay Rawlings
Calvin Reese
Brieanna Romero
Cindy Roth
Dan Roth
Deidre Saunders
Cheryl Schliske
David Selden
Pegi Simmerman
Deb Smith
Diane Sperry
Don Sperry
Suzie Spiro
Jenni Stolarski
Alethea Stone
Nancy Trimmer
Michelle Trousil
Barb Tuchlinsky



Thank You Donors!

Donations Received August 2025

Julie Alkema
Anonymous ++
Leonard Auter
Christy Belton
Ben and Lindsey Blonder
Bridge in Steamboat
Bridge Players Benevolent Fund
Mike and Glory Burns
Betsy Chase
Ema Chladek
City of Steamboat Springs
Pam Duckworth
Charlie Hentzen

Zachariah Hershiser
Selina Koler
Phil Lauinger
Paul and Patty Lundy
Mahjong Players
Jim McGee
Jason Meyer
Chris and Rita Myers
MSA Hayden
Donald Peterson
Janis Petry
Rick Rapalee

Routt County
Bill and Tosia Sauter
Schlechter Family Fund
Steve Sehnert
Jim Severson
Heidi Shurtleff
Pegi Simmerman
Don and Diane Sperry
Stephen Strickler
Steve and Terri Stine
Tai Chi
Stuart Woodward

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

OCTOBER EVENTS AND ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1	2	3
	Mahjong -Stmbt 1:00	Bingo –S.R. 12:30	Simplifying Cancer: Jan Lowry -Stmbt 12:15 Knitters Circle- Stmbt 1:00	Bingo –Stmbt 12:30 Bingo –S.R. 12:30
6	7	8	9	10
Fall Foliage Tour from Hayden	Mahjong -Stmbt 1:00	Bingo –S.R. 12:30	Candidate Forum - Stmbt 12:15 Knitters Circle- Stmbt 1:00	Bingo –Stmbt 12:30 Bingo –S.R. 12:30
13	14	15	16	17
Footcare Trivia -Stmbt 12:15	Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	Shuttle to Craig Bingo –S.R. 12:30	Knitters Circle- Stmbt 1:00	Bingo –Stmbt 12:30 Bingo –S.R.
20	21	22	23	24
Steamboat Art Museum - 12:45	Mahjong -Stmbt 1:00	Bingo –S.R. 12:30	Tea and Talk - Stmbt 12:30 Knitters Circle- Stmbt 1:00	Bingo –Stmbt 12:30 Bingo –S.R. 12:30
27	28	29	30	31
Trivia-Stmbt 12:30	Mahjong -Stmbt 1:00 Chili and Pumpkins -Stmbt 4:00pm	Bingo –S.R. 12:30	Knitters Circle- Stmbt 1:00	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
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
6 Chicken Cordon Bleu Casserole Rice Pilaf Asparagus Roll Tossed Salad Carrot Cake	7 Catfish Collard Greens Blackeye Peas Cornbread Coleslaw Banana Pudding	8 Braised Beef Mashed Potatoes Squash Garlic Bread Spinach Salad with Craisins Lemon Bar	9 Braised Beef Mashed Potatoes Squash Garlic Bread Spinach Salad with Craisins Lemon Bar	10 Pork Green Chili Tortilla Tossed Salad Crème Puff
13 Broccoli Cheese Casserole Spinach Kidney Beans Garlic Bread Tossed Salad Peanut Butter Cookie	14 BBQ Chicken Pesto Noodles Asparagus Biscuit Tossed Salad Yellow Cupcake	15 Pork Roast Scalloped Potatoes Mixed Vegetables Roll Tossed Salad Chocolate Pie	16 Pork Roast Scalloped Potatoes Mixed Vegetables Roll Tossed Salad Chocolate Pie	17 Beef Stew Crackers Tossed Salad Blueberry Pie
20 Sausage Links Hardboiled Egg French Toast Tomato Wheels Apple Oatmeal Blueberry Muffin	21 Chicken Alfredo Broccoli Roasted Peppers Garlic Bread Ceasar Salad Peach Cobbler	22 Teriyaki Shrimp Rice Stir Fry Vegetables Roll Asian Salad Lemon Pudding	23 Teriyaki Shrimp Rice Stir Fry Vegetables Roll Asian Salad Lemon Pudding	24 Squash Soup Roast Beef & Cheddar Sandwich Tossed Salad Banana Sherbet
27 Fried Rice with Pineapple & Cashews Stir Fry Vegetables Eggroll Asian Salad Fruit Parfait	28 Chicken Wings Rosemary Potatoes Kidney Beans Roll Tossed Salad Peanut Butter Cookie	29 Chicken Wings Rosemary Potatoes Kidney Beans Roll Tossed Salad Peanut Butter Cookie	30 Ham & Beans Broccoli Carrots Cornbread Spinach Salad Ice Cream	31 Goulash Peas Crackers Tossed Salad Orange Halloween Sugar Cookie

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 \$17.80



*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.