



April SENIOR SCOOP

News and Views from the Council on Aging



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THANK YOU DONORS

Donations Received February 2018:

City Market

City of Steamboat Springs

Jim Ferguson and Alisa Hurley

Ron Kashner

Learn Bridge in a Day

Vi Look

Phippsburg Community Club

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Routt County

Timberline Contracting, Inc.

Tuesday Bridge

Xcel Energy Foundation

Yampa Valley Bank



Where in Routt County is this building? And what is it currently?

April 2018

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Steamboat Driver

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South Routt Cook

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South Routt Kitchen Asst.

GROWING OLD GRACEFULLY submitted by Ellyn Myller

It might be strange to know that a 50-something year old has for over ten years been looking for the answer to “How do you grow old gracefully?” I recently was at a memorial service of a woman who left a cherished legacy, a legacy which partially came in her later years of life. At the service, it was said, “If you want to be a sweet old lady, you have to start now.” So I wrote down the list of things I’ve been told or observed in my treasure hunt of discovering how to age gracefully. I plan to begin working on these strategies now.



1. **LAUGH** – My dear, 94 year-old friend, Helen’s words of wisdom for me were, “Find your sense of humor!” I think that this is something when thoughtfully applied comes with age. I am growing into this one. Even Proverbs (17:22) tells us that “Laughter is good medicine, but a broken spirit saps a person’s strength.” I’m going out **STRONG!**
2. **EMBRACE CHANGE** – Growing older means change to varying degrees for everyone: vision, hearing, hair color, creaking joints, memory-fog, and independence limitations. How can these challenges be turned in to opportunities? It’s in the little things. Right now I’m sporting colorful “cheaters” from the Dollar Store, but wearing classy glasses in the future will help me celebrate my diminished vision. When I have to let go of my license, I’m going to find some young person to pick me up and take me to the store when they are going. Then I’ll take them out for coffee or ice cream and have a chat. I know that will be a win/win for both of us!! Finding positive replacements that fit the current circumstances will turn the downers into delights. And that leads to...
3. **A.I.E.** – Attitude Is Everything! Everyone has valleys in life they have to travel and no doubt, they are hard. Remembering it won’t be like this forever and counting the blessings along the way has been proven to change the way our brain works. What good thing am I learning in this process, how can this experience help me be a more compassionate, empathetic human? I’m not going to be done learning or making a difference even when I’m 80.
4. **LET GO OF STUFF** – “You can’t take it with you.” I’m still in a stage of life where my “accumulation” is still being used, but I recognize the benefit of regular purging. I feel a lift when I choose to live light. There is great value in passing on things that will be a blessing to others who don’t have or can’t afford things that are unused in my closets and cupboards.

Continued on page 4.

Coming Events...

A brief discussion on what happens to estates when no will is in place, followed by Free Ask a Lawyer Sessions
Monday, April 16th 12:30pm - 3:00pm

RSVP to April for your 30 minute ask a lawyer slot.
970-879-0633 xt. 4

Pizza and a Movie

Monday, April 30th
Movie following normal lunch time.



A Day Out in Craig, CO

Wednesday, April 25th, 9:30 am - 4:00 pm

Join us for shopping, lunch and errands. Space is limited.

Please RSVP to April, at least 48 hours in advance. 970-879-0633

RCCOA Spring Fling Friday, May 4th 11:30am - 1:00pm

Join the Routt County Council on Aging at the Steamboat Community Center to celebrate spring! This year's event will feature a Mexican Fiesta theme!

*Free Lunch with Carne Asada Burrito, Shrimp Taco, Chicken Quesadilla, Mexi Salad & Key Lime Pie

*Live music *Photo booth *Party favors

This event is free and open to all ages! Make your plans now to attend. For more information or to RSVP call 970-879-0633



United Way Day of Caring

Wednesday, May 23rd, 9:00am - 12:00pm

Do you need help with a project around your home? Spring cleaning, window washing, yard clean-up ...? Let April know by May 14th, and I will submit your project request to United Way volunteers. Contact April with questions. 879.0633 xt. 4



LIVE UNITED



Growing Old Gracefully (from page 2)

5. **EAT HEALTHY & EXERCISE** ...especially exercise! I am so inspired by every one of you I see in exercise class on Monday mornings when I come into the center. I know that you are keeping up your strength and balance. I won't forget the example you have set.

6. **CARE NETWORK** – family & friends, I am committed to finding or creating a community around me who I can call on for help. I will be open to the help they can give, remembering they have never been in this spot or even trained on how to help someone who is facing the changes to independence that I will face in my life. I am going to trust that most are genuinely trying to be helpful and that they care about me. I am also **NOT** going to be “nice,” but will in a nice way communicate to them how to maintain my independence and dignity as an older person.

7. **GIVE BACK** – Get **JOY**. I've seen how much older people have to give up as they enter the golden years, and I have seen how much they **GIVE** by volunteering, mentoring young people, telling their story, sharing their wisdom. Focusing on others in positive ways brings joy and supports all the ways of growing old gracefully.

So many of you here at RCCOA have set me on this good path, just to name a few...thanks to Gary and Karen for teaching me to laugh, Marion, Dorothy and Dottie for embracing change, Jim O. and Jay for A.I.E., Rosa and Harvey for the value of exercise, Maybelle for inspiring the Care Network Code, and Charlotte and Jane for demonstrating the power of giving back.

What are the 6 Essential Nutrients?

1. **Water**

Water helps to maintain homeostasis in the body and transports nutrients to cells. Water also assists in removing waste products from the body. All beverages and high-moisture foods such as soup and watermelon contain water and count towards your daily water requirement.

2. **Carbohydrates**

Carbohydrates are the main energy source for the brain. Without carbohydrates, the body could not function properly. Sources include fruits, breads and grains, starchy vegetables and sugars. Make at least half of the grains you consume whole grains.

3. **Protein**

Protein is the major structural component of cells and is responsible for the building and repair of body tissues. Ten to 35 percent of your daily calories should come from lean protein sources such as low-fat meat, dairy, beans or eggs.

4. **Fat**

Fat is an energy source that when consumed, increases the absorption of fat-soluble vitamins including vitamins A, D, E and K. Twenty to 35 percent of your daily intake should come from fat. Choose healthy options such as omega-3-rich foods like fish, walnuts and vegetable-based oils. Other smart choices include nuts, seeds and avocado.



5. **Vitamins**

Vitamin C is necessary for the synthesis of collagen, which provides structure to blood vessels, bone and ligaments. Rich sources include citrus fruits, strawberries and peppers. Folate, found in foods, helps to prevent birth defects. Vitamin D helps to maintain calcium homeostasis. It can be found in food sources or synthesized by the sun.

6. **Minerals**

Sodium helps to maintain fluid volume outside of the cells and helps cells to function normally. Keep intake under 2,400 milligrams per day. Potassium maintains fluid volume inside and outside of cells and prevents the excess rise of blood pressure with increased sodium intake. Rich sources include bananas, potatoes and tomatoes. Calcium helps to maintain and build strong bones and teeth. Include three servings of calcium-rich foods per day including milk, low-fat cheese and yogurt.



ROUTT COUNTY
DEPARTMENT OF
HUMAN SERVICES

DON'T BE SCAMMED!

It has come to the attention of law enforcement and the Department of Human Services that scamming, also called phishing, is on the rise in Routt County and many of our residents, especially the elderly, have fallen prey to these scams. There are several scams happening in Routt County with the most virulent from people claiming to be from the Internal Revenue Service (“IRS”). Please be aware and don’t fall for the letters, emails or phone calls asking for money and promising you riches.

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The scam will often begin as a phone call. The person on the phone will say they are with the IRS and there is a warrant for your arrest for unpaid taxes. The caller will then give specific directions to follow to avoid being arrested. The directions will ask the person being called to send money, gift cards etc. to a particular bank or email. When the person being scammed realizes what has happened, it is often too late to recover their funds.

THE IRS WILL NEVER CALL YOU TO COLLECT TAXES OR ADVISE YOU OF BACK TAXES!!!

These scams can also be seen in letter form. Often a person will receive what looks to be an official letter from IRS demanding money. Before ever taking any action on this letter call IRS directly or your local law enforcement agency. **DO NOT** call the phone number on the letter because you will reach the scammer not IRS.

Besides the IRS scam, local residents have received a call or letter saying they have won a large amount of money, but before they can collect it, they must follow specific directions, which usually ask the person to take money from their personal account and wire it to a particular account. After doing so, they can get their winnings. **DO NOT DO THIS!**

There are also emails that look like official emails from your financial institution asking you to confirm funds being transferred or asking for funds to be transferred. Your financial institution will **NEVER** email you with such requests.

THE IRS NEVER EMAILS YOU TO COLLECT TAXES OR ADVISE YOU OF BACK TAXES!

NEVER GIVE PERSONAL INFORMATION TO AN UNKNOWN PERSON OVER THE PHONE!

YOUR FINANCIAL INSTITUTION WILL NEVER EMAIL YOU TO REQUEST OR CONFIRM FUNDS TRANSFER.

If you are not sure if you have fallen prey to a scam or are being scammed, contact your local law enforcement agency and they will let you know. Also keep any documents received and give those to law enforcement as well. You can always call Routt County Dispatch at **970-879-1090** and they will direct you to the appropriate law enforcement agency to report the scam. IRS scams may be reported directly to the IRS online at phishing@irs.gov or **1-800-829-1040**.



SERVICES AND ACTIVITIES OF RCCOA



FOR RESERVATIONS OR QUESTIONS PLEASE CALL 970.879.0633

SENIOR EAT AND GREET

We have three dining rooms in Routt County. The recommended donation for meals is \$3.00 for those 60 and better. Those under 60 must pay \$12.60. Reservations requested 24 hours in advance.

Hayden - American Legion Hall: Noon on Tuesday, Thursday

South Routt - South Routt Community Center: Noon on Monday, Wednesday, Friday

Steamboat - Community Center: Noon on Monday, Tuesday, Thursday, Friday

MEALS ON WHEELS

RCCOA's Meals on Wheels provide hot, low-cost, nutritious meals to homebound seniors. The recommended donation for meals is \$3.00 for those 60 and better. Those under 60 must pay \$12.60. Meals on Wheels operates the same days as the Senior Eat and Greet listed above. Reservations required 24 hours in advance.

We are now delivering frozen meals for weekends, holidays and rural consumers! Please inquire.

TRANSPORTATION

RCCOA provides transportation to and from our programs, and dining rooms in Hayden, Steamboat and South Routt. Rides are also available to medical appointments, shopping, trips to the pharmacy and other errands. The recommended contribution is \$2 per trip. Reservations are required 24 hours in advance.

EXERCISE

The Council on Aging sponsors exercise classes in coordination with Northwest Colorado Health. Please see page 8 for a calendar of classes, or call Northwest Colorado Health with questions, 871-7676.

BINGO

South Routt: Wednesdays after lunch at the South Routt Community Center

Steamboat: Fridays after lunch at the Steamboat Springs Community Center

BRIDGE

There are several bridge groups that play at various times in Steamboat. Please call us for details.

GROCERY SHOPPING

South Routt: One Thursday a month

Steamboat: Tuesdays after lunch. Please reserve 24 hours in advance.

NUTRITION COUNSELING

The Council on Aging provides this service for our seniors at no cost. For an appointment please call 970-879-0633 xt 4 and we will arrange an appointment with Jenny Thomsen, RDN.

A Special Thank You to everyone who volunteers for us...



**Meals on Wheels
Delivery Drivers**
Tanna Brock
Julie Lind
Tosia Sauter
Susan Scott
Tom Swissler

Other Volunteer Efforts
Tanna Brock
Michelle Castleman
Lavon Cheek
Maybelle Chotvac
Amy Coleman
Clint Koler

Michael Kenney
Mary Monger
Jim O'Conner
Terri Reeves
Chris Stillwell

Thank you to our 2018 Corporate Partners. These partners have donated \$500 or more for 2018 to support services of the Routt County Council on Aging and raise awareness about fighting senior hunger and isolation in our community. Thank you again!



To find out more about becoming a corporate sponsor contact Meg or April at 970.879.0633.

Donations are always appreciated.

PLEASE MAKE YOUR DONATION TODAY!

All donations stay in Routt County and support our local programs.

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

FITNESS CLASSES

THERE IS A \$3 SUGGESTED DONATION PER CLASS, UNLESS OTHERWISE NOTED. NO ONE IS TURNED AWAY DUE TO INABILITY TO PAY.

Steamboat Springs

Movement & Exercise
Mondays, 2:30 - 3:30 pm
Mount View Manor Apts.

Movement & Exercise
Wed. 2:30 - 3:30 pm
Selbe Apartments

Movement & Exercise
Mondays, 10:30 - 11:30 am
Stmbt. Community Center

Movement & Exercise
Thursdays, 10:30 - 11:30 am
Stmbt. Community Center

Tai Chi for Arthritis
Tuesdays, 9:30 - 10:30 am
Stmbt. Community Center

Tai Chi
Tuesdays, 10:30 - 11:30 am
Stmbt. Community Center

South Routt

Movement & Exercise
Mondays, 9:30 - 10:30 am
Yampa Town Hall

Movement & Exercise
Mondays & Wednesdays,
10:45 - 11:45 am
SR Community Center

Hayden

Movement & Exercise
1st, 2nd, 4th Tuesday
10:00 - 11:00 am
The Haven Assisted Living

Movement & Exercise
Thursdays, 10:00 - 11:00 am
The Haven Assisted Living

SENIOR WELLNESS CLINICS

Drop ins welcome! Donations appreciated!

Mt. View Manor Apartments: 1:30 - 2:30 pm
2nd Wed. of the month

Stmbt. Community Center: 11:30 am - 12:30 pm
3rd Tues. of the month

Selbe Senior Apartments: 2:30 - 4:00 pm
4th Wednesday of month

South Routt Community Center: 10:30 am - noon
4th Mon. of the month

Haven Assisted Living: 9 am - Noon
2nd & 4th Wed. of the month

FOOT CARE CLINICS

Appointment required. Call 970-734-7998.
\$20 per appt. No one is turned away due to
inability to pay.

Steamboat Community Center: 8:30 - Noon
2nd Fri. of the month (\$20 donation)

Northwest Colorado Health: 1:00 - 4:00 pm
2nd Fri. of the month

Northwest Colorado Health: 8:30 am - 4:00 pm
4th Fri. of the month

Haven Assisted Living: 1:15 - 2:45 pm
Wednesdays

South Routt Medial Center: 9 am - 4 pm
1st Fri. of the month

Oak Creek Senior Apartments: By appointment

Yampa Town Hall: By appointment

APRIL EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY
COUNCIL ON AGING

Steamboat Springs:

South Routt:

Hayden:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bridge 1:00 Stmbt	3 Beginning Bridge 1:00 Stmbt	4 Bingo: 12:30 S.R. Foot care: Haven	5	6 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
9 Get Creative, Paint Note cards for RCCOA and game boards for Rotary Bridge 1:00 Stmbt	10 Beginning Bridge 1:00 Stmbt Bridge: S.R.	11 Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven	12 Foot care: Stmbt	13 Bingo: Hayden Bingo 1:00 Stmbt Bridge 1:00 Stmbt
16 "Ask a Lawyer" with Emily Osgood Bridge 1:00 Stmbt	17 Wellness Clinic: Stmbt Beginning Bridge 1:00 Stmbt	18 Bingo 12:30 S.R. Foot care: Haven	19 Duplicate Bridge 1:00 Stmbt	20 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
23 Bridge 1:00 Stmbt Wellness Clinic: S.R. Cardio Screening: S.R.	24 Beginning Bridge 1:00 Stmbt Bridge: S.R.	25 Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven Shuttle to Craig	26	27 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
30 "The Bucket List" Pizza and Movie Bridge 1:00 Stmbt	1 Beginning Bridge 1:00 Stmbt Elementary School kids to perform songs: Amer. Legion	2 Bingo: 12:30 S.R. Foot care: Haven	3	4 Spring Fling Bingo 1:00 Stmbt Bridge 1:00 Stmbt



The Monday speaker series is at the Steamboat Springs Community Center at 12:30 pm. See page 8 for the complete schedule of exercise classes, foot care and wellness clinic times. Contact April at 879-0633 with any questions or ideas.

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham Sweet Potato Green Bean Casserole Tossed Salad Wheat Roll Apple Pie	3 Tomato Soup Egg Salad Sandwich Tossed Salad Banana Brownie	4 Chicken Nuggets Sweet Potato Tossed Salad Wheat Bread Chocolate Pudding	5 Chicken Nuggets Sweet Potato Tossed Salad Wheat Bread Chocolate Pudding	6 Beef And Broccoli Brown Rice Asian Veggies Cucumber Salad Bread Cheesecake
9 Cheeseburger Tater Tots Baked Beans Caesar Salad Chocolate Chip Cookie	10 Cod Tossed Salad Rice Pilaf Veggies Wheat Roll Fruit	11 Cod Tossed Salad Rice Pilaf Veggies Wheat Roll Fruit	12 BBQ Chicken Potatoes Spinach Tossed Salad Fruit Salad Wheat Roll	13 Breaded Pork Chops Apple Stuffing Green Beans Tossed Salad Orange German Chocolate Cake
16 Braised Beef Noodles Squash Wheat Roll Spinach Salad Mixed Fruit	17 Black Bean Tortilla Casserole Spanish Rice Mexi-Corn Salad Corn Bread Cinnamon Apples	18 Chicken Cordon Bleu Rice Pilaf Tossed Salad Wheat Roll Asparagus Orange Lemon Bar	19 Chicken Cordon Bleu Rice Pilaf Tossed Salad Wheat Roll Asparagus Orange Lemon Bar	20 Breakfast Burrito Green Chili Roasted Potato Fruit Salad
23 Sloppy Joe French Fries Broccoli Tossed Salad Cake	24 Catfish Black Eyed Peas Coleslaw Collard Greens Corn Bread Orange Trail Mix Cookie	25 Baked Chicken Mashed Potato/Gravy Tossed Salad Corn Biscuit Orange Sherbet Pears OJ	26 Baked Chicken Mashed Potato/Gravy Tossed Salad Corn Biscuit Orange Sherbet Pears OJ	27 Pork Chow Mein Brown Rice Stir Fry Veggie Tossed Salad Pears & Pineapple Cottage Cheese Fortune Cookie
30 Pizza Salad Raisins Peanut Butter Bars	1 Chicken Salad Sandwich Minestrone Soup Fruit Salad Jello	2 Chicken Salad Sandwich Minestrone Soup Fruit Salad Jello	3 Mac n Cheese Mixed Veggies Tossed Salad Bran Muffin Banana Mandarin Orange	4 Carne Asada Burrito Shrimp Taco Chicken Quesadilla Spanish Rice Pinto Beans Mexi Salad Key Lime Pie

Please call 970-879-0633 24 hours in advance for reservations.

Milk, Tea, & Coffee are offered with all meals. Nutrition analysis is available upon request.

Lunch is served at noon at the following locations: **Hayden**/American Legion Hall

South Routt/ South Routt Community Center **Steamboat Springs**/ Steamboat Springs Community Center