

# MAY SENIOR SCOOP

## News and Views from the Council on Aging



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### THANK YOU DONORS

#### Donations Received March 2017

American Legion Post #44

Alpine Bank

Tanna Brock

City of Steamboat Springs

HLCC Construction

Van and Katie Fletcher

Elizabeth Leipold

Mountain Valley Bank

Scott and Ellyn Myller

Rick Rapalee

Virginia Rossi

Routt County

Steamboat Select Insurance

Women Who Wine Fund



**Thank you to everyone who participated in March for Meals!**

**We had a very successful month and raised \$5,423, almost twice as much as 2016!!**

**In addition to the fundraising efforts, we had 4 community champions and 6 corporate sponsors. Thank you to such a wonderful community for making this a successful campaign!**

### Staff

**Toni Cratsley**  
Steamboat & Hayden Cook

**Tammie DuBois**

Steamboat Kitchen Assist

**Gil Fifield**

Steamboat Driver

**Chuck Girton**

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**Cindy Porter**

South Routt Cook

**Dave Reid**

South Routt Driver

**April Sigman**

Assistant Director

**Meg Tully**

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**Rebecca Wattles**

Hayden Driver

**Charlotte Whaley**

South Routt Kitchen Asst

**May 2017**

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

## RCCOA Spring Fling Friday, May 12th 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 western BBQ theme.

- \* Free Lunch with BBQ Brisket and all the fixings
- \* 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



## Join us for a day trip to Dinosaur National Monument

Wednesday, May 24

**Petroglyphs**

**Fossils**

Reservations are required, space is limited!

Call today for more information and to RSVP 970-879-0633

**Scenic Views**



Spring is when you feel like whistling even with a shoe full of slush.

*Doug Larson*

**HAPPY MOTHER'S DAY!**

Sunday, May 14th



# A special Thank You to everyone who volunteers for us...

## Meals on Wheels Delivery Drivers

Tanna Brock  
Diane Kane  
Tosia Sauter  
Susan Scott  
Tom Swisler

Brandi Eliason  
Bob Larson

## Other Volunteer Efforts

Tanna Brock  
Jim O'Connor  
Chris Stillwell

Mary Monger  
Terri Reeves

## April Speakers

Michele Meyer, Community Ag Alliance Marketplace  
Tatiana Acher-Szyba, Self Help Legal Services  
Nancy Kramer, NW CO Cultural Heritage Program



alzheimer's association® helpline 800.272.3900

## legal and financial planning

### for alzheimer's disease

an education program by the alzheimer's association

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. This is a workshop for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place.

Catherine Swan, a local attorney, will discuss the importance of preventative planning you need to protect yourself and your loved ones.

Dan Foley CFP and CPWA for Sleeping Giant Financial Services, will present the importance of planning for your financial wellbeing.

Dinner will be served.



Catherine Swan,  
Swan Law Office



Dan Foley,  
Sleeping Giant Financial

**Host:** Casey's Pond, Routt County Council on Aging, Swan Law Office, and Sleeping Giant Financial Services

**Where:** Steamboat Springs Community Center  
1605 Lincoln Avenue, Steamboat Springs,

**When:** Wednesday, May 10th, 2017  
4:30PM—7:30PM

**Cost:** Free

**RSVP:** [lsimbeye@caseyspond.org](mailto:lsimbeye@caseyspond.org)  
Please RSVP for dinner count



[alz.org/co](http://alz.org/co)



The City of Steamboat Springs Parks & Community Services Department offers a variety of exciting trips and activities for anyone 55 years of age and finer.

**WINGS OVER THE ROCKIES  
MUSEUM - WEDNESDAY MAY 31  
7:30am - 7:00pm**

**WINGS OVER THE ROCKIES** With over 50 iconic aircraft and the most realistic flight simulators, this museum has something for everyone. We will be treated to a guided tour to this unforgettable place.

**COST: \$30.00** - Fee includes transportation & guided tour; lunch not included.

**Please note:** this trip requires a significant amount of standing/walking. Please make sure you are in good health as chaperones will not be available to assist you. A van will be used and cannot accommodate a wheelchair.

### CONTACT INFORMATION

If you have questions or would like more information about the City of Steamboat Springs Senior Programs, please contact:  
Maria Bidgood  
Recreation Specialist  
970-871-7061  
[mbidgood@steamboatsprings.net](mailto:mbidgood@steamboatsprings.net)

# OLDER AMERICANS MONTH



AGE OUT LOUD: MAY 2017

Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month. ACL designed the 2017 Older Americans Month theme, **Age Out Loud**, to give aging a new voice—one that reflects what today's older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and Older Americans Month 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May, Older Americans Month.

Since 1963, Older Americans Month has been a time to celebrate older Americans, their stories, and their contributions. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

For more information visit  
<https://oam.acl.gov/index.html>

## Nutrition's Role in Mental Health

Mounting evidence suggests food may play an important role in the prevention of, progression and management of mental health disorders. Food alters one's mood by influencing the level of certain neurotransmitters—chemicals that allow brain cells to network and communicate.

The four neurotransmitters that are manufactured in the brain directly from food components are serotonin, dopamine, norepinephrine and acetylcholine. The levels and activity of these neurotransmitters are sensitive to food intake, and changes in dietary patterns can have profound effects on behavior, eating patterns, sleep and energy level.

Serotonin, often called the "feel good" neurotransmitter, is manufactured from the amino acid tryptophan, which is found in protein-rich foods (meats, dairy, eggs and legumes). High serotonin levels increase feelings of calmness, improve sleep patterns, increase pain tolerance, and reduce cravings for food.

Dopamine and norepinephrine are manufactured from the amino acid tyrosine, also found in protein-rich foods. Tyrosine levels rise after eating a protein-rich meal. This promotes levels of dopamine and norepinephrine to rise, which has the effect of increasing alertness and mental energy.

Acetylcholine is manufactured from the fatlike substance choline. Acetylcholine is important in memory and in general mental function. Lowered acetylcholine levels, common with aging, results in memory loss and reduced cognitive function. Top food sources of choline include egg yolks, soybeans, beef liver, meats, nuts, flaxseeds, wheat germ and broccoli.

<http://www.asaging.org/blog/nutrition>

# Armed Forces and Memorial Day

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PROUD  
AMERICA  
DISCIPLINED  
RECRUIT  
SALUTE  
COUNTRY  
SOLDIER  
COMMITMENT  
OFFICER  
DEDICATED  
INFANTRY  
MEDALS  
MARINES  
HONOR  
PEACE  
SERVICE  
ARMY  
LOYALTY  
AIR FORCE  
WARRIOR

**CONGRATULATIONS Ron McMorris and Louise Iacovetto,**  
**our April Master Puzzle Solvers!!**

Would you like to have your name published as a **“Master Puzzle Solver?”**

Would you like to win a **FREE LUNCH?**

Submit your answers at any meal site and you may be chosen as our monthly **“Master Puzzle Solver!”** (Our monthly winners will be drawn from all submitted correct answers.)

**Memorial Day** Monday, May 29

**ALL RCCOA SITES WILL BE CLOSED IN  
OBSERVATION OF MEMORIAL DAY ON MAY 29.**

Frozen meals will be available Friday, May 26th  
Contact April for a frozen meal 970-879-0633

Let's  
Remember



# SERVICES AND ACTIVITIES OF RCCOA



ROUTT COUNTY  
COUNCIL ON AGING



**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 \$6.00. 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 \$6.00. 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.

# SUPPORT OUR SENIORS



ROUTT COUNTY  
COUNCIL ON AGING

To subscribe to our monthly newsletter or see a calendar of events, please visit

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

“Like” us on Facebook



## The Easiest Way to Donate to RCCOA City Market Community Rewards®

City Market is committed to helping our communities grow and prosper. Year after year, local schools, churches and other nonprofit organizations will earn thousands of dollars through City Market Community Rewards®.

City Market Community Rewards® makes fund raising easy...all you have to do is shop at City Market and swipe your Value Card! **Even if you were previously enrolled, you must re-enroll with the new year.**

To enroll visit: <https://www.citymarket.com/topic/community/#/city-market-community-rewards>



## Please Share!

Our newsletter reaches at least 600 people in Routt County-most of them seniors. If you know of a service or program that would benefit from them, we'd be glad to make note of it in the Senior Scoop. Please submit all items by the 15th. 970.879.0633 or email [april@rccoaging.org](mailto:april@rccoaging.org).

## PLEASE MAKE YOUR DONATION TODAY!

Donations will benefit the nutrition, transportation and recreation programs of RCCOA

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

## AGING WELL

May 2017

### FITNESS CLASSES

#### STEAMBOAT

**Intro. to Movement & Exercise**  
Mondays, 2:30 - 3:30 pm  
Mountain View Manor Apts.

**Intro. to Movement & Exercise**  
Wed. 2:30 - 3:30 pm  
Selby Apartments

**Movement & Exercise**  
Thursdays, 10:30 - 11:30 am  
SS Community Center

**Advanced Movement & Exercise**  
Mondays, 10:30 - 11:30 am  
SS Community Center

**Advanced Tai Chi for Health**  
Tues, 10:30 - 11:30 am  
SS Community Center

#### SOUTH ROUTT

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

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

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

#### HAYDEN

**Intro. to Movement & Exercise**  
Thursdays, 10—11 am  
The Haven Assisted Living  
Center (open to the public)



**Drop ins welcome!**  
\$3 suggested donation per  
class, unless otherwise noted.

### FOOT CARE

**Appointment required: 970-871-7676.**  
\$20 per visit unless otherwise noted

#### STEAMBOAT SPRINGS

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

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

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

#### OAK CREEK

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

Oak Creek Senior Apartments: 1 - 4 pm  
3rd Thurs. of the month

#### HAYDEN

Haven Community Center: 1:15 - 2:45 am,  
Wednesdays

### SENIOR WELLNESS

**Drop ins welcome! Donations appreciated!**

#### STEAMBOAT SPRINGS

Mtn. Manor Senior Apartments: 1:30 - 2:30 pm  
2nd Wed. of the month

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

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

#### OAK CREEK

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

#### HAYDEN

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

Your donations help ensure these services continue.  
No one will be refused service due to inability to pay  
or donate.



# EVENTS AND ANNOUNCEMENTS



ROUTT COUNTY  
COUNCIL ON AGING

Steamboat Springs: —

South Routt: —

Hayden: —

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CO Legal Services: Deb Metscher and Patti Bollenbacher	2 Bridge: 12:30 S.R.	3 Bingo: 12:30 S.R.	4	5 Bingo: 12:30 Stmbt 
8 When was the last time you ventured to the Overlook Trail at Fish Creek Falls? Come with us!	9	10 Bingo: 12:30 S.R. Alzheimer's Association presentation: Stmbt 4:30	11 Foot care: Stmbt	12 Spring Fling in Steamboat S.R. Closed Bingo: 1:00 Stmbt
15 Pickleball, A Game for Everyone, Loretta Conway, from the Steamboat Tennis Center	16 Bridge: 12:30 S.R.	17 Bingo: 12:30 S.R. Last day for preschool joining before summer break	18 Duplicate Bridge: Stmbt 9:00-4:00	19 Bingo: 12:30 Stmbt
22 Storytelling with Marianne Capra Wellness Clinic: 10:30 S.R.	23 Wellness Clinic: 11:30 Stmbt	24 Day trip to Dinosaur National Monument Bingo: 12:30 S.R.	25	26 Bingo: 12:30 Stmbt
29 Memorial Day All Sites Closed	30	31 Wings Over the Rockies, Air and Space Museum: City of Steamboat Trip to Denver	1	2

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.

<b>South Routt Steamboat</b>	<b>Hayden Steamboat</b>	<b>South Routt</b>	<b>Hayden Steamboat</b>	<b>South Routt Steamboat</b>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
1 Creamed Beef on Texas Toast Steamed Spinach Obrien Potatoes Tossed Salad Apple Pastry	2 Black Bean Tortilla Casserole Mexi Corn Tossed Salad Wheat Roll Oranges	3 Pork Shoulder Cheese Grits Carrots Tossed Salad Wheat Roll Chocolate Chip Cookie	4 Pork Shoulder Cheese Grits Carrots Tossed Salad Wheat Roll Chocolate Chip Cookie	5 Hawaiian Shrimp Stir Fry Brown Rice Peas and Carrots Cucumber Salad Roll Applesauce Cake
8 Chicken Quesadilla Brown Rice Refried Beans Tossed Salad Fruit Salad	9 Italian White Beans with Turkey Veggies Tossed Salad Garlic Bread Oranges Cinnamon Roll	10 BLT Potatoes Pea and Cauliflower Salad Strawberries and Oranges Boston Crème Pie	11 BLT Potatoes Pea and Cauliflower Salad Strawberries and Oranges Boston Crème Pie	12 BBQ Brisket Baked Potato Green Beans Spinach Salad Biscuit Pecan Pie *Steamboat Only
15 Pork Fried Rice Stir Fry Veggie Egg Roll Tossed Salad Apple Oatmeal Raisin Cookie	16 Meatball Sub Potatoes Tossed Salad Raspberry Sherbet	17 Meatball Sub Potatoes Tossed Salad Raspberry Sherbet	18 Baked Chicken Mashed Potatoes Gravy Corn Tossed Salad Italian Bread Orange Sherbet	19 Spinach, Mushroom Quiche Roasted Veggies Tossed Salad Wheat Roll Pumpkin Bread Peaches
22 Spinach Stuffed Chicken Garlic Mashers Corn Coleslaw Strawberries Key Lime Pie	23 Fish Tacos Rice Pilaf Mixed Veggies Tossed Salad Fruit Cup	24 Meatloaf Mashed Potatoes Gravy Green Beans Carrot Salad Wheat Roll Apple Pie	25 Meatloaf Mashed Potatoes Gravy Green Beans Carrot Salad Wheat Roll Apple Pie	26 Lasagna Asparagus Garlic Bread Fruit Salad Oranges Chocolate, Pumpkin Cake
29  Memorial Day Closed	30 Beef and Broccoli Brown Rice Corn Tossed Salad Cheese Cake	31 Pork Chop Apple Stuffing Mixed Veggies Coleslaw Tossed Salad Italian Bread Apple Pie	1 Pork Chop Apple Stuffing Mixed Veggies Coleslaw Tossed Salad Italian Bread Apple Pie	2 Chicken Drumsticks Au Gratin Potato Orange Glazed Carrots Tossed Salad Bread Chocolate Chip Cookie

**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