



# Senior Scoop

## News and Views from the Council on Aging

March 2024

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March 10 is when we'll be springing our clocks forward to give us that extra boost of daylight at day's



end. I see it as setting the mood to welcome the official days of spring beginning March 19. In between we'll be celebrating St. Paddy's Day on the 17th. Keep your eyes peeled for the elusive leprechauns. Those itty-bitsy green rascals are known to be quite mischievous so be wary. If you do catch one he might lead you to a pot of gold but will certainly try to trick you out of it if he can!

Speaking of tricks, some years, as seen by those of us who've been here for a few, yield a March as the snowiest month of the whole year. Won't know that one till March 31.

All American seniors will be able to benefit from a nation-wide campaign held throughout the month. March for Meals is a popular rallying cry to arouse awareness of the importance of accessible nutrition. Meals on Wheels programs deliver nutritious meals with goals to reach all seniors in need and provide an outlet to isolation. Congregate meals, including transportation to and from, are also a cheery opportunity for older adults to enjoy sharing food and a few stories together. Locally, RCCOA proudly serves approximately 360 meals per week and the \$3 suggested donation for such meals has remained the same for approximately 16 years. Spread the word. You've heard me say this before; we're all in this one together!

Here's to us all enjoying a busy month and the luck o' the Irish!!!

*Jean Levine*  
Jean Levine,  
RCCOA Board President

### Staff

- April Sigman**  
Executive Director
- Toni Cratsley**  
Steamboat & Hayden Cook
- Hedy Davis**  
Helping Hands Assistant
- Mary Dobbin**  
Steamboat Kitchen Asst.
- Debbie Dorsey**  
South Routt Kitchen Asst. & Helping Hands Asst.
- Bill Gibbs**  
South Routt Driver
- Cindy Graab**  
Steamboat Kitchen Asst.
- James Graham**  
Shuttle Driver
- Milt Hill**  
Shuttle Driver
- Crystal Lawson**  
Steamboat Assistant
- Jill Lindstrom**  
Steamboat Assistant
- Patty Lundy**  
Helping Hands Assistant
- Dawn Moog**  
Helping Hands Assistant
- Ellyn Myller**  
Program Coordinator
- Julie Niemi**  
Steamboat Assistant
- Cindy Porter**  
South Routt Cook
- Autumn Reese**  
Steamboat Kitchen Assistant
- Beth Taylor**  
Helping Hands Assistant
- Rebecca Wattles**  
Hayden Assistant
- Shea Wright**  
Steamboat Assistant
- Annette Zuber**  
Hayden Assistant



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

# EASTER

Find and circle all of the words hidden in the grid. The remaining 34 letters spell a secret message.

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

- ASH WEDNESDAY
- BREAD
- BUNNY
- CALVARY
- CELEBRATION
- CHOCOLATE
- CHRIST
- CHURCH
- CROSS
- CRUCIFIXION
- CUSTOM
- DEATH
- DISCIPLES
- EGG HUNT
- EGGS
- EUCCHARIST
- FAMILY
- FASTING
- FESTIVAL
- FRIDAY
- HOLIDAY
- HOLY WEEK
- JESUS
- LAST SUPPER
- LENT
- MARY
- MASS
- MEAL
- NEW TESTAMENT
- PALMS
- PARADE
- PASSOVER
- PENANCE
- PENITENCE
- PRAYER
- RESURRECTION
- ROAST
- SACRAMENT
- SATURDAY
- SUNDAY
- THURSDAY
- TOMB
- TRADITION
- VIGIL

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

## 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.**

## Movie and Popcorn

Thursday, March 7th, 12:30pm

Barbie's 65th Birthday is March 9th!

Let's have a Barbie Birthday Party!

Come dressed as your favorite Barbie, or Ken.



## Tea and Talk

Thursday, March 14th

12:30 - 1:30 pm

Share an afternoon tea and discussion. "Favorite Women in History"



## Quilling Demo with Cedar Trail Creations

Monday, March 18th

12:30 Steamboat

Supplies and inspiration provided.

RSVP requested.



## Play Mahjong

Tuesdays, 1:00 - 3:00 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.



## RCCOA hosts a monthly Alzheimer's Association Caregiver Support Group

The 2nd Tuesday of each month @ the Steamboat Springs Community Center.

Tuesday, March 12th, 10:30 am

For more information contact Angel

Hoffman 970.387.6067

alhoffman@alz.org

**ALZHEIMER'S ASSOCIATION**

## A Day Trip to Craig

Wed., March 20th 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.

## Trivia

Thursday, March 28th

12:30 - 1:15pm

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



## 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?

Open to all ages! No reservations required.



# 4 Types of Food to Help Boost Your Memory

Written by Marisa Moore, MBA, RDN, LD

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors. However, there's no doubt that diet plays a major role in brain health.

The best menu for boosting memory and brain function encourages blood flow to the brain - much like what you'd eat to nourish and protect your heart. Research found the Mediterranean Diet helps keep aging brains sharp, and a growing body of evidence links foods such as those in the Mediterranean diet with better cognitive function, memory and alertness.



**Eat your veggies.** You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry also is an excellent option for lunch or dinner.

**Be sweet on berries and cherries.** Berries — especially dark ones such as blackberries, blueberries and cherries — are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

**Get adequate omega-3 fatty acids.** Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid, or DHA, in particular, may help improve memory in healthy young adults. Seafood, algae and fatty fish - including salmon, tuna, sardines and herring - are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and nutrition.

**Work in walnuts.** Well known for a positive impact on heart health, walnuts also may improve cognitive function. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or a salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.



## AARP Foundation **FREE** Tax-Aide Services: Claim Your Colorado 2023 Tabor Refund \$800



Tax Aide Volunteers will begin providing free tax preparation assistance to Routt and Moffatt County residents beginning February 24<sup>th</sup> through April 13<sup>th</sup> on most Mondays and select Saturdays by appointment only at the Bud Werner Memorial Library in Steamboat Springs. Moffatt County dates in Craig will be posted soon. Eligible 2023 full-year Colorado residents may claim this refund by filing by the appropriate deadline. The refund is \$800 for one qualifying taxpayer or \$1,600 for two qualifying taxpayers filing jointly.

Tax Aide Volunteers are trained and certified by the Internal Revenue Service. Our trained volunteers will offer free tax return preparation to anyone who needs it, regardless of age or income as long as it stays within the scope of tax law and policies set by the IRS and AARP Foundation.

Please visit [www.yvcf.org/taxaide](http://www.yvcf.org/taxaide) for more information and to learn how to sign up. In addition, you can contact our community partners directly for more information:

Routt County Council on Aging 970-879-0633      Senior Social Center Craig 970-326-3188

For further assistance, you may call 970-425-3855 to leave a message or email [61052703@aarpfoundation.org](mailto:61052703@aarpfoundation.org). A Tax Aide volunteer will reply as soon as possible.



“March is an important time for us to come together to ensure that Meals on Wheels is there for all of our senior neighbors in need,” said Ellie Hollander, President and CEO of Meals on Wheels America. “The demand for services is already great and approximately 12,000 Americans are turning 60 every day. We must maintain and expand the programs that have helped so many get through this unprecedented time in our nation’s history. We can’t do it alone. It takes all of us to keep the nationwide Meals on Wheels movement going.”

*“Having meals delivered is wonderful. I don’t have to worry about cooking. I depend on these meals and the visit from the drivers.”*

**-Meals on Wheels recipient**

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

Brett Allison  
Joanna Allison  
Julie Alkema  
Anders Anderson  
Mike Berdine  
Ben Blonder  
Lindsey Blonder  
Craig Byar  
Ellisa Chapman  
Dawn Cook  
Kathy Curcio  
Ashley Demos  
George Detwiler  
Tracy Detwiler  
Shelly Dillingham  
Laurie Edwards  
Dan Emert  
Pam Ford  
Steve Goldman  
Nancy Good  
Jane Hannon  
Dayna Horton  
Gretchen Kioschos  
Hud Labaree  
Lisa Lancaster  
Jay Layman  
Jean Levine



Julie Lind  
Lynne Marr  
Scott Myller  
Cathy Neelan  
Henry Olson  
Karl Olson  
Pam Olson  
Janis Petry  
Whale Petry  
Stacey Rogers  
Brianna Rome...  
Cindy Roth  
Dan Roth  
Cheryl Schlieske  
Dennis Scofield  
Regina Scofield  
David Selden  
Angela Sherwood  
Pegi Simmerman  
Diana Sperry  
Don Sperry  
Tom Swissler  
Nancy Trimmer  
Michelle Trousil



## Thank You Donors!

## Donations Received January 2024

Anonymous  
Ben and Lindsey Blonder  
Bridge Players Benevolent  
Fund  
Bridge in Steamboat  
City of Steamboat Springs  
Betsy Johnson  
Betty Kemry  
William and Joan Kleckler  
Selina Koler

Vi Look  
Mahjong players  
Jim McGee  
Irene Nelson  
Donald Peterson  
Janis Petry  
Bob Pruett  
Bud Root  
Routt County  
Jim Severson

Rozanne Steinhoff  
Tai Chi  
Town of Oak Creek  
Leonarda VanDerWerf  
Shea Wright



# 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 24 hours in advance 970.879.0633 xt. 4. See menu and days of service on page 10. Lunch is served at noon.

## 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.** Frozen meals are also available. Meals are delivered around noon.  
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. Contact Ellyn for information or a reservation. 970.879.0633 xt. 4

## 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 will be providing. 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 4

## 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](mailto: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 Class**

*Mondays, 10:30 - 11:30 am*

*Steamboat Community Center*

**Tai Chi / not instructor led**

*Mondays, 3:00 - 4:00 pm*

*Tuesdays, 10:30 - 11:30 am*

*Steamboat Community Center*

**Arthritis Exercise Association Fitness Class**

*Thursdays, 10:30 - 11:30 am*

*Steamboat Community Center*

**Yoga for Arthritis**

*Wednesdays, 10:30 - 11:30 am*

*Steamboat Community Center*



Vi L	3	Anita G	23
George D	8	Michael M	24
Martin T	12	Molly M	27
Thalla W	12	Dennis B	28
Jeff N	13	Joan K	28
Debbie D	14	Cindy P	29
Janet S	14	Winn D	30
Gil F	15	Kathleen M	30
James G	17	Carol C	31
Jean G	20	Judy E	31
Catherine L	21		



# MARCH EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Tea and Talk- Stmbt 12:30	27 Mahjong -Stmbt 1:00	28 Bingo –S.R. 12:30	29 Knitters Circle- Stmbt 1:00	1 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
4	5 Mahjong -Stmbt 1:00	6 Bingo –S.R. 12:30	7 Movie and Popcorn -Stmbt 12:30  Knitters Circle- Stmbt 1:00	8 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
11	12 Caregiver Support Group – Stmbt 10:30am  Mahjong -Stmbt 1:00	13 Bingo –S.R. 12:30	14 Tea and Talk- Stmbt 12:30  Knitters Circle- Stmbt 1:00	15 Bingo and Lunch – Hayden Cong Church, 11:00  Bingo –Stmbt 12:30 Bingo –S.R. 12:30
18 Quilling Demo and Creation, Cedar Trail Creations -12:30 Stmbt	19 Mahjong -Stmbt 1:00	20 Bingo –S.R. 12:30  Shuttle to Craig	21 Knitters Circle- Stmbt 1:00	22 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
25	26 Mahjong -Stmbt 1:00	27 Bingo –S.R. 12:30	28 Trivia—Stmbt 12:30 Knitters Circle- Stmbt 1:00	29 Bingo –Stmbt 12:30 Bingo –S.R. 12:30

**See page 3 for details about scheduled activities.**

**See page 8 for a complete list of Aging Well classes.**

<b>Steamboat &amp; South Routt</b>	<b>Steamboat &amp; Hayden</b>	<b>South Routt</b>	<b>Steamboat &amp; Hayden</b>	<b>Steamboat &amp; South Routt</b>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
26 Bacon & Broccoli Quiche Texas Toast Green Salad Banana Cinnamon Roll	27 Fish & Chips Green Beans Hush Puppies Slaw Orange Chocolate Chip Cookie	28 Fish & Chips Green Beans Hush Puppies Slaw Orange Chocolate Chip Cookie	29 Shepherd's Pie Broccoli Garlic Bread Spinach Salad Chocolate Ice Cream	1 Chef Salad Split Pea Soup Crackers Grapes Peanut Butter Cookies
4 Mushroom Pesto Pasta Zucchini Garlic Bread Tossed Salad Apple Pie	5 Beef Ribs Dirty Rice Green Beans Roll Cole Slaw Banana Pudding	6 Pulled Pork Sweet Potato Broccoli Tossed Salad Slider Buns Orange Coconut Cream Pie	7 Pulled Pork Sweet Potato Broccoli Tossed Salad Slider Buns Orange Coconut Cream Pie	8 Pizza Salad With Craisins & Garbanzo Beans Peanut Butter Bar
11 Taco Salad Black Beans Fresh Fruit Salad Ginger Snaps	12 Cajun Catfish Yams Hushpuppies Apple Cranberry Slaw Yellow Cupcakes	13 Corned Beef & Cabbage Potatoes & Carrots Rye Bread Tossed Salad Chocolate Cake with Green Icing	14 Corned Beef & Cabbage Potatoes & Carrots Rye Bread Tossed Salad Chocolate Cake with Green Icing	15 Chicken & Dumplings Beet Salad Tossed Salad Orange Oatmeal Raisin Cookie
18 Baked Potato Bar Broccoli with Cheese Roll Tossed Salad Apple Chocolate Ice Cream	19 Chicken Pot Pie Corn Green Beans Tossed Salad Orange Cheesecake	20 Pork Ribs Onion Rings Mixed Vegetables Roll Tossed Salad Chocolate Chip Cookie	21 Pork Ribs Onion Rings Mixed Vegetables Roll Tossed Salad Chocolate Chip Cookie	22 Reuben Sandwich Sauerkraut Peas Waldorf Salad Cream Puffs
25 Tuna Melt Roasted Potatoes Peas Spinach Salad Grapes Peanut Butter Cookie	26 Meatloaf Mashed Potatoes with Gravy Green Beans Tossed Salad Roll Apple Pie	27 Teriyaki Chicken Rice Stir Fry Vegetables Eggroll Asian Salad Vanilla Ice Cream	28 Teriyaki Chicken Rice Stir Fry Vegetables Eggroll Asian Salad Vanilla Ice Cream	29 Brunswick Stew Tossed Salad Cornbread Muffin Melon Cup Chocolate Cream Pie

**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.**