



APRIL

Senior Scoop

News and Views from the Council on Aging

April 2024

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ROUTT COUNTY
COUNCIL ON AGING

It's time for a reverent ode to glorious spring and its refreshing themes of rebirth and renew.

Alas! It's happened! My first tomato seed has sprouted! I know many of you collect memories of your children's first days at school as cherished moments, new beginnings, but for this passionate gardener, a treasured occasion is all about the seeds! Now, with daily obsession, I'll watch for each of a couple dozen more to shoot up the tiny, precious sprouts beginning their journey to delicious adult tomatohood. The nearly 5 month wait seems endless at times, but always worth the effort.

On the first day of spring I visited a reliable spot on the sunny side of Short St. downtown to view brilliantly colored crocus. Each was wide open and fondly reaching for the encouragement of the sun. It's always my first observable view of those colorful, Easter basket-egg-like beauties. And now, let the anticipation build for the arrival of daffodils, tulips and hyacinths. Keep your eyes open! Don't miss any of the spectacles that only spring can bestow.

Hope you will all observe and enjoy the return of the robins. They'll flit and flutter their ways from tree to tree collecting nesting treasures to secure sturdy, hidden sites where they'll warm and protect the next generation. Their excitement and dedication is truly inspiring and optimistic.

Together, we can enhance the joys of April as we observe the arrival of warmth, growth and rebirth. Maybe give a call to someone you've been thinking of and renew the joy of shared experience. Happy Spring!!

Jean Levine,
RCCOA Board President



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

LOOK UP

Find and circle all of the items that you might see when you look upward. The remaining 24 letters spell an additional item you might see.

AIRPLANE
BIG DIPPER
BIRDS
BLIMP
BLUE SKY
CHIMNEY SMOKE
CLOUDS
COMET
DRONE
FIREWORKS
GALAXY
HAZE
HELICOPTER
HOT AIR BALLOON
JET EXHAUST
JUPITER
KITE
LIGHTNING
MARS
MERCURY
METEOR SHOWER

MOON
PLANETS
POWER LINES
RAINBOW
SATELLITE
SATURN
SKYDIVER
SKYSCRAPER
SKYWRITING
SMOG
SOLAR ECLIPSE
STARS
STREET LIGHT
THE SUN
TREETOP
UNIVERSE
VENUS



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

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

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.

Casey's Pond, visit with friends and enjoy a concert

Tuesday, April 2nd, 10:30am

The Naturals, Joe Ghiglia and Randy Kelley play at 10:30am.



Tea and Talk

Thursday, April 4th, 12:30 - 1:30 pm

International Carrot Day
Share an afternoon tea and discussion. "Time in the garden..."



Solar Eclipse

Monday, April 8th

11:28am - 1:05pm

Partial Eclipse, up to 60%, in Routt County. RCCOA will have eye protection for eclipse viewing available at the Steamboat Community Center.



Little Shop of Growers

Monday, April 8th, 12:45pm

Explore a local garden supply store. Discover what's in-store and get inspired for the upcoming season.



Crossroads, Change in Rural America

Wed, April 17th

9:00 am - 1:30pm

The Smithsonian museum presents this exhibit at the Crossan's market in Yampa. Shuttle leaving Steamboat at 9:00, followed by lunch at the Oak Creek RCCOA dining site.



A Day Trip to Craig

Wed., April 24th 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.

RCCOA hosts a monthly Alzheimer's Association Caregiver Support Group

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

Tuesday, April 9th, 10:30 am

For more information contact Angel Hoffman 970.387.6067
alhoffman@alz.org

ALZHEIMER'S ASSOCIATION

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.



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?



Spring Time Veggies in Colorado

Written by Patti Murphy, RDN, CDCES

Spring officially started March 19th- as we know in Colorado this doesn't necessarily mean an end to the snow and cold. However, along with spring comes some in-season produce. Research has shown that the seasonality of produce affects the nutritional profile meaning that eating in season produce can provide more health benefits. It often tastes better in terms of freshness. In-season produce is also typically less expensive.

Vegetables also house a plethora of antioxidants. These valuable phytochemical compounds serve several purposes. Firstly, they shield the human body from oxidative stress, diseases, and cancers. Secondly, they bolster the body's immunity, enabling it to combat these health challenges effectively.

So, what is in-season in springtime in Colorado?

Beginning in April, chard, chives, sprouts and watercress are in season.

Beginning in May, asparagus, arugula, collard greens, kale, chives, sprouts, lettuces, peas, potatoes, radishes and turnips are in season.

Cucumbers, mushrooms, herbs, and tomatoes are considered in season all year long.

Asparagus is often one of the vegetables that come to mind when thinking about spring produce. Asparagus is a good source of Vitamin K, which is used in bone formation and blood clotting.

Roasted Asparagus with Parmesan

Roasted asparagus is wonderfully tender-crisp. Bake it in a 400°F oven for just 15 minutes. Overcooking will make it stringy!

Ingredients: 1 pound fresh asparagus, tough ends trimmed
1 tablespoon olive oil
1/4 -1/2 teaspoon salt
1/4 teaspoon fresh ground black pepper
1/4 teaspoon garlic powder or 1/2 teaspoon minced garlic
2 tablespoons grated parmesan cheese



Instructions: Preheat oven to 400°F. Line a baking sheet with parchment paper. Place the asparagus on the baking sheet in a single layer. Drizzle the pan with olive oil, then toss with your hands to coat. Sprinkle with salt, black pepper, garlic and half of the parmesan. Bake until the asparagus is tender-crisp, about 15 minutes. Sprinkle the asparagus with the remaining parmesan and serve.

Save the Date... Thurs., May 23rd,

11:30am - 1:00pm

The Annual Spring Fling!

This year we will throw things back to the

Roaring 20's!! Dress to impress!

Live music *The Broad Band*



What's in a name? "The Senior Scoop"

Love it or hate it? I want your opinion, and any new name suggestions. Submit a new name for the RCCOA monthly newsletter and get a free lunch card.

AARP Foundation **FREE** Tax-Aide Services:

Time is Running Out To Claim Your Colorado 2023 Tabor Refund \$800

Tax Aide Volunteers are providing free tax preparation assistance to Routt and Moffatt County residents through April 13th on most Mondays and select Saturdays by appointment only at the Bud Werner Memorial Library in Steamboat Springs. 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 for more information and to learn how to sign up. For further assistance, you may call 970-425-3855 to leave a message or email 61052703@aarpfoundation.org. A Tax Aide volunteer will reply as soon as possible.

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

Brett Allison
Joanna Allison
Julie Alkema
Anders Anderson
Mike Berdine
Ben Blonder
Lindsey Blonder
Marybeth Bradfield
Bruce Bresau
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
Beth Kuczkowski
Hud Labaree
Lisa Lancaster
Jay Layman
Jean Levine
Julie Lind
Scott Myller
Cathy Neelan
Karl Olson
Pam Olson
Chris O'Konski
Janis Petry

Whale Petry
Kay Rawlings
Brianna Romero
Cindy Roth
Dan Roth
Cheryl Schlieske
David Selden
Angela Sherwood
Darcy Simon
Pegi Simmerman
Diana Sperry
Don Sperry
Tom Swissler
Craig Tolliver
Sheri Tolliver
Nancy Trimmer
Michelle Trousil

We are currently seeking volunteers to deliver meals. If you or someone you know are interested in helping, please reach out to Ellyn. 970-879-0633 xt 4 or ellyn@rccoaging.org



Thank You Donors!

Donations Received February 2024

Ben and Lindsey Blonder
Bridge Players Benevolent
Fund
Bridge in Steamboat
City of Steamboat Springs
Betty Kemry
Selina Koler
Tom and Dawn Lillie
Vi Look

Mahjong players
Jim McGee
Irene Nelson
Donald Peterson
Janis Petry
Bob Pruett
Routt County
Jim Severson
Rozanne Steinhoff

Tai Chi
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. 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



Larry M	1	Nancy R	15
John B	2	Judy B	16
Connie F	2	Janis P	16
Betty K	2	Elaine D	17
Victoria B	3	Dona S	19
Penny H	4	Rick R	21
Peter S	7	Karen A	21
Mary A	7	John I	22
Doug D	7	Andrea W	22
Julane B	9	Deidre B	24
April S	11	Charlotte W	24
Don P	12	Louise I	28
Barbara S	14	Jeannie P	29

APRIL EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Casey's Pond visit and concert - The Naturals 10:30am Mahjong -Stmbt 1:00	3 Bingo –S.R. 12:30	4 Tea and Talk- Stmbt 12:30 Knitters Circle- Stmbt 1:00	5 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
8 Solar Eclipse Visit to Little Shop of Growers 12:45 Stmbt	9 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	10 Bingo –S.R. 12:30	11 Knitters Circle- Stmbt 1:00	12 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
15	16 Mahjong -Stmbt 1:00	17 “Crossroads, Change in Rural America” exhibit in Yampa Bingo –S.R. 12:30	18 Planting project with Ellyn, 12:30 Stmbt Knitters Circle- Stmbt 1:00	19 Bingo and Lunch – Hayden Cong Church, 11:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
22	23 Mahjong -Stmbt 1:00	24 Bingo –S.R. 12:30 Shuttle to Craig	25 Knitters Circle- Stmbt 1:00	26 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
29	30 Mahjong -Stmbt 1:00	1 Bingo –S.R. 12:30	2 Trivia—Stmbt 12:30 Knitters Circle- Stmbt 1:00	3 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.



Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Lo Mein Asian Vegetables Asian Slaw Pears Peanut Butter Cookie	2 Ham Scalloped Potatoes Green Beans Tossed Salad Strawberries Orange Cake	3 Meatloaf Mashed Potatoes Peas Roll Tossed Salad Apple Pie	4 Meatloaf Mashed Potatoes Peas Roll Tossed Salad Apple Pie	5 Broccoli & Cheese Soup Turkey Salad Sandwich Cucumber & Tomato Salad Peach Crisp
8 Beef Tips Mashed Potatoes Spinach Roll Green Salad Apple Brownie	9 Fish Creole Rice Broccoli French Bread Tossed Salad Chocolate Chip Cookie	10 Pizza Salad with Garbanzo Beans & Craisins Peanut Butter Bar	11 Pizza Salad with Garbanzo Beans & Craisins Peanut Butter Bar	12 Pork Green Chili Tortilla Mexican Salad Grapes Pineapple Cake
15 Sweet & Sour Pork Brown Rice Sesame Broccoli Eggroll Pineapple Chocolate Chip Cookie	16 Chicken Strips Sweet Potato Fries Mixed Vegetables Tossed Salad Banana Cheesecake	17 Chicken Strips Sweet Potato Fries Mixed Vegetables Tossed Salad Banana Cheesecake	18 Spinach Enchilada Casserole Brown Rice Beans Orange Banana Pie	19 Beef Stew Crackers Spinach Salad Lemon Bar
22 Shrimp-n-Grits Squash Biscuit Tossed Salad Fruit Parfait	23 Pot Roast Mashed Potatoes Mixed Vegetables Tossed Salad Orange Pineapple Cake	24 Chili Cheese Dog Green Beans Onion Ring Tossed Salad Grapes Ice Cream Sandwich	25 Chili Cheese Dog Green Beans Onion Ring Tossed Salad Grapes Ice Cream Sandwich	26 Chicken Sandwich Sun Chips Peas Spinach & Carrot Salad Apple Turnover
29 Broccoli Quiche Baked Apples Roll Spinach Salad with Sunflower Seeds Oatmeal Cookie	30 Brisket Cheesy Potatoes Broccoli Roll Tossed Salad Cherry Pie	1 Brisket Cheesy Potatoes Broccoli Roll Tossed Salad Cherry Pie	2 Baked Chicken Macaroni & Cheese Stewed Tomatoes Roll Spinach Salad Orange Rice Krispie Treat	3 Clam Chowder Chef Salad Oyster Crackers Brownie

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.