

# may Senior Scoop

News and Views from the Council on Aging

May 2024

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Many of us are enjoying the bliss of being outdoors as the season once again changes. Each of the four change-over times is equally dramatic. Today I was walking across a bridge spanning our glorious Yampa River and marveling at the water's abundant flow, capturing the excitement of its powers and beauty as it proceeds on a long, adventurous journey to the sea.

The intense rush of the water is like us in our eagerness to rush into spring, knowing all too well it will eventually mellow, like the river, then return to normal. Thank heavens for the notable ebbs and flows our lives experience, eventually leading us back home to normal. Our normal day-to-day might be strong, predictable, and stable, accentuating those extreme experiences. The raging river should remind us that Mother Nature has a mind of her own and how wonderful the calm feels after the storm, the warm sunshine after the rain. The river will settle down and become a gentile place to reflect or maybe fish.

Before that, tho, in May the Spring Snow Crabapple trees will burst with glorious display of extraordinary fragrant white blossoms. You'll see them lining Lincoln Ave on both sides as well as popping up across the valley. But alas!! That incredible display is short lived and with a strong wind blows on down the road.

Embrace the ups and downs as we each continue on our own journeys into spring. Take notice of what's remarkable; then rely on what's normal. Happy May!!



Jean Levine,  
RCCOA Board President

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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

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# Musicals

Find and circle all of the Movie Musicals that are hidden in the grid. The remaining letters spell the title of an additional Movie Musical.

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

A CHORUS LINE  
 ALL THAT JAZZ  
 ANNIE  
 BLUE HAWAII  
 BRIGADOON  
 BUGSY MALONE  
 CABARET  
 CALAMITY JANE  
 CAMELOT  
 CARMEN  
 CAROUSEL  
 CHICAGO  
 EVITA  
 FAME  
 FANTASIA  
 FUNNY FACE  
 FUNNY GIRL  
 GIGI  
 GODSPELL  
 GREASE  
 GYPSY  
 HAIR  
 HELLO, DOLLY!

HIGH SOCIETY  
 HOLIDAY INN  
 JAILHOUSE ROCK  
 LA TRAVIATA  
 MARY POPPINS  
 MOULIN ROUGE  
 MY FAIR LADY  
 NEWSIES  
 OKLAHOMA!  
 OLIVER!  
 PAL JOEY  
 SHOW BOAT  
 SILK STOCKINGS  
 SOUTH PACIFIC  
 STATE FAIR  
 SWEET CHARITY  
 SWING TIME  
 THE MUSIC MAN  
 TOMMY  
 TOP HAT  
 WEST SIDE STORY

				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.**

## A Day Trip to Craig

Wed., May 8th 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, May 14th, 10:30 am

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

**ALZHEIMER'S ASSOCIATION®**

## Are You Getting Your Bang for Your Buck?

Monday, May 20th, Steamboat 12:30

Deanne Campbell will share tips on using  
digital coupons and money saving tips.

## 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.  
It is a game of skill, strategy and luck.



## Rocking C Bar Ranch, Marsha and Doc Daughenbaugh

Wed, May 15th

11:30 am - 2:00pm

Visit a family cattle ranch and  
meet the 2023 Cattle Women of the Year, third  
generation rancher, Marsha Daughenbaugh.  
Enjoy a picnic lunch and hay ride.

\$8 suggested donation includes transportation  
and lunch. RSVP by May 10th. 970.879.0633



## Tea and Talk

Thursday, May 16th,

12:30 - 1:30 pm

Share an afternoon tea and  
discussion. "Your first,  
favorite, or last camp out..."



## Seeking Artists for a RCCOA Fundraising Project

RCCOA is hosting a cornhole tournament in  
July and will auction off the board sets after  
the tournament. We are seeking artists to  
paint sets of cornhole boards. Let your  
creative juices flow!

Boards are available for  
pick up and need to be  
painted by July 1.

Contact April for details.  
970.879.0633 xt 5



## 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?





# Make better beverage choices

A healthy eating style includes all foods and beverages. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too many calories from saturated fat. Here are some tips to help you make better beverage choices.

## 1 Drink water

Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and few nutrients.



## 2 How much water is enough?

Let your thirst be your guide. Everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active or live or work in hot conditions.

## 3 A thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

## 4 Manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

## 5 Kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice\* each day.



\*100% juice is part of the Fruit or Vegetable Group.

## 6 Don't forget your dairy\*\*

Select low-fat or fat-free milk or fortified soy beverages. They offer key nutrients such as calcium, vitamin D, and potassium. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.



## 7 Enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

## 8 Water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



## 9 Check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

## 10 Compare what you drink

[Food-A-Pedia](http://Food-A-Pedia), an online feature available at [SuperTracker.usda.gov](http://SuperTracker.usda.gov), can help you compare calories, added sugars, and fats in your favorite beverages.

\*\* Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

# The Annual Spring Fling!

Thurs., May 23rd, 11:30am - 1:00pm

This year we will throw things back to the **Roaring 20's!! Dress to impress!**

Photo Booth, Live Music by *The Broad Band*

Serving Salmon Slider, Fried Chicken Slider, Asparagus, Deviled Eggs, Waldorf Salad, Ice Cream Sundae

RSVP 970.879.0633 xt 4 for lunch and transportation



Meals will NOT be delivered this day and a meal will NOT be served in Hayden. Please order an extra frozen meal by May 16th to be delivered May 21st or join us in person May 23rd!



## April showers bring May flowers, May flowers support senior services!

Hanging baskets available @ the Steamboat Community Center  
May 7 - 10th.

12" Hanging Potted baskets for \$50 cash or check; \$53 credit or debit

Thank you for supporting Routt County Council on Aging by purchasing your summer flower baskets from us! The RCCOA Flower Basket fundraiser will support local services to help older adults remain independent and in their homes; such as Meals on Wheels and transportation.

Thank you to Little Shop of Growers for partnering with us!

Contact April with questions 970.879.0633 xt 5



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

Love it or hate it? Opinions and suggestions came in. Now it's time to vote... Submit a vote for a new newsletter name and get a free lunch card.

1. In The Know
2. News and Views
3. Geezer Gazette
4. Other \_\_\_\_\_

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

Brett Allison  
Joanna Allison  
Julie Alkema  
Anders Anderson  
Carol Baily  
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  
Dayna Horton  
Gretchen Kioschos  
Beth Kuczkowski  
Hud Labaree  
Lisa Lancaster  
Jay Layman  
Jean Levine  
Julie Lind  
Leif McCole  
Scott Myller  
Jim McGee  
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](mailto:ellyn@rccoaging.org)

Tom ~ A Special Thank You for your MANY years of dedication. You have served so many, so well! We will miss you!

## Thank You Donors!

### Donations Received March 2024

Michael and Janet Arroyo  
Ben and Lindsey Blonder  
Bridge Players Benevolent Fund  
Bridge in Steamboat  
City of Steamboat Springs  
Janet Henderson  
Betty Kemry  
Selina Koler  
Jean and David Levine

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

Don and Diane Sperry  
Tai Chi  
Michelle Thomas  
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**

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

*Steamboat Community Center*

**Arthritis Exercise Association Fitness**

*Thursdays, 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*

**NEW CLASS Beginning May 16**

**Yoga for Balance and Stability**

*Instructor Colleen Russo*

*Thursdays, 2:30 - 3:30 pm*

*Steamboat Community Center*

**Yoga for Arthritis Instructor Liz Leipold**

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

*Steamboat Community Center*



Linda B	1	Rosa L	12
Bonnie S	1	Elizabeth T	13
Steve D	1	Gary A	14
James S	1	Vonny G	15
Lynn T	2	Nancy S	17
Verna W	3	Marian M	22
Richard S	3	Leslie A	30
Pegi S	8	Fred C	31
Valerie C	11	Robert J	31
Ron G	11		



# MAY EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30 Mahjong -Stmbt 1:00	1 Bingo –S.R. 12:30	2 Knitters Circle- Stmbt 1:00	3 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
6	7 Mahjong -Stmbt 1:00	8 Bingo –S.R. 12:30  <b>Shuttle to Craig</b>	9 Knitters Circle- Stmbt 1:00	10 Bingo and Lunch – Hayden Cong Church, 11:00  Bingo –Stmbt 12:30 Bingo –S.R. 12:30
13	14 Caregiver Support Group – Stmbt 10:30am  Mahjong -Stmbt 1:00	15 Bingo –S.R. 12:30  <b>Visit Rocking C Bar Ranch 12:00</b>	16 Knitters Circle- Stmbt 1:00  Tea and Talk- Stmbt 12:30	17 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
20 Are you getting your bang for your buck? 12:30 Stmbt	21 Mahjong -Stmbt 1:00	22 Bingo –S.R. 12:30	23 <b>Spring Fling- Stmbt 11:30</b>  Knitters Circle- Stmbt 1:00	24 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
27 <b>Memorial Day</b>  <b>All Sites Closed</b>	28 Mahjong -Stmbt 1:00	29 Bingo –S.R. 12:30	30 Knitters Circle- Stmbt 1:00	31 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.

# EAT *and* GREET



<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>
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
6 Pork Fried Rice Stir Fry Vegetables Eggroll Asian Salad Apple Oatmeal Raisin Cookie	7 Basil Shrimp Rice Broccoli Hushpuppies Honeydew Lemon Pie	8 Fried Chicken Mashed Potatoes Green Beans Biscuit Tossed Salad Orange Sherbert	9 Fried Chicken Mashed Potatoes Green Beans Biscuit Tossed Salad Orange Sherbert	10 Sloppy Joe Kidney Beans Cauliflower & Broccoli Tossed Salad Ice Cream Sandwich
13 Kielbasa Sausage New Potatoes Squash Garlic Bread Tossed Salad Donut	14 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	15 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	16 Honey Glazed Chicken Roasted Potatoes Broccoli Biscuit Strawberries Brownie	17 Black Bean Burger Zucchini Tossed Salad Slaw Chocolate Chip Cookie
20 Bean and Cheese Burrito Spanish Rice Corn Tossed Salad Pear Vanilla Ice Cream	21 Broccoli and Cheese Casserole Peas & Carrots Roll Tossed Salad with Craisins & Nuts Pineapple Cake	22 Broccoli and Cheese Casserole Peas & Carrots Roll Tossed Salad with Craisins & Nuts Pineapple Cake	23 <i>Spring Fling</i> Salmon Slider Fried Chicken Slider Asparagus Deviled Eggs Waldorf Salad Ice Cream Sundae	24 Chicken Salad Sandwich Tomato Basil Soup Tossed Salad Banana Jello
27  CLOSED  Memorial Day	28 Baked Dijon Salmon Rice Pilaf Peas Green Salad Orange Banana Cake	29 Baked Dijon Salmon Rice Pilaf Peas Green Salad Orange Banana Cake	30 Flank Steak Roasted Potatoes Green Beans Biscuit Pear Key Lime Pie	31 Turkey Sandwich Minestrone Crackers Fresh Fruit Salad

**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.**