

AUGUST Senior Scoop

News and Views from the Council on Aging

August 2024

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ROUTT COUNTY
COUNCIL ON AGING

Harvest today, to take to a dinner party, the harvest from my home garden will be the star of my show! For starters I'll cut a beautiful large green head of cabbage for coleslaw; then 2# of zucchini for a squash gratin side dish. Lastly, arugula, lettuce, spinach and radish will all join to make a crispy, freshly tossed salad. After weeks of watering, weeding and staking, the payoff of harvesting includes much gratification.

Abundance of roses, echinacea, and snapdragons, which are currently blooming throughout our community, make gorgeous bouquets displaying the beauties of harvest. The sights and smells (sneezes!) from the cutting and gathering of mass quantities of hay, which will sustain livestock long past growing season, paints a detailed picture of the labors and fruitful outcome of the harvest.

Much of the above, even if you don't have your own gardens, is readily available to us all. Visit the Community Ag Alliance Store or the Sat. Farmer's Market and return home with fresh, locally harvested vegetables, flowers, meats and other treasures made from homegrown harvested products.

So many cycles of life are perpetuated through the process of the harvest. Embrace, be aware and enjoy!

Jean Levine,
RCCOA Board President

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Hayden Assistant

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

SUMMER OLYMPICS

Find and circle all of the Summer Olympic events that are hidden in the grid. The remaining letters spell a secret message.

Note: Similarly named events are hidden separately. For example, SWIMMING and SYNCHRONIZED SWIMMING do not overlap.

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

- ARCHERY
- ATHLETICS
- BADMINTON
- BASEBALL
- BASKETBALL
- BEACH VOLLEYBALL
- BOXING
- CANOEING
- CYCLING
- DIVING
- EQUESTRIANISM
- FENCING
- FOOTBALL
- GYMNASTICS
- HANDBALL
- HOCKEY
- JUDO
- MODERN PENTATHLON
- RHYTHMIC GYMNASTICS
- ROWING
- SHOOTING
- SOFTBALL
- SWIMMING
- SYNCHRONIZED SWIMMING
- TABLE TENNIS
- TAEKWONDO
- TENNIS
- TRAMPOLINING
- TRIATHLON
- VOLLEYBALL
- WATER POLO
- WEIGHTLIFTING
- WRESTLING
- YACHTING

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

Tea and Talk

Thursday, August 1st

12:30 - 1:30 pm

“Show and Tell”,
something to keep,
something to go.



A Day Trip to Craig

Wed., August 14th 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.

Art with Jacqueline

Tuesdays, August 6th - August 27th

2:00 - 4:00 pm

Jacqueline is back for the summer. Please sign up for the 8 week class. \$20 for all 8 classes. Space is limited.

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.



RCCOA hosts a monthly Alzheimer's Association Caregiver Support Group

The 2nd Tuesday of each month
@ the Steamboat Springs Community
Center. **Tues., August 13th, 10:30 am**

ALZHEIMER'S ASSOCIATION®

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

A Day Trip to Rifle Falls

Wed., August 21st 9:00 am - 5:00 pm

The central feature of the 48-acre park is a triple 70-foot waterfall flowing over a travertine dam on East Rifle Creek. A quarter mile walk, out and back, or a 1.5 mile loop. Sack lunch provided. Suggested donation for transportation and lunch, \$8. Reservation required.



Ride the Steamboat Gondola

Wed., August 28th 10:00am - 2:00 pm

Take a ride up Mount Werner and learn the mechanics of how the gondola works. Lunch included. Suggested donation for transportation and lunch, \$8. Reservation required.



To see photos, updates, and more: “Like” us on Facebook



www.facebook.com/Routt-County-Council-on-Aging

Do You Knit or Crochet?

Thursdays, 1:00 - 3:00 pm

@ the Steamboat
Community Center



Treasures to Find and Support Older Adult Programs @ The 7th Annual RCCOA Rummage Sale!

August 9th and 10th, 2024

Steamboat Springs Community Center

The highly successful RCCOA Rummage Sale Fundraiser is back! The 2024 Rummage Sale will take place at the Steamboat Springs Community Center.

Friday evening August 9th, ***Premier Pick*** \$10 entry, early shopping, from 4:30 - 6:30pm, light appetizers and drinks

Saturday, August 10th, ***Treasures for All***
from 8:00am - 3:00pm, great deals and BBQ!

**Donations will be accepted at the
Steamboat Springs Community Center**

Tues. Aug 6th 1:00pm - 5:00pm

Wed. Aug. 7th, 8:00am- 5:30pm

Thurs. Aug. 8th, 8:00am - 5:30pm

Fri. Aug. 9th, 8:00am - 12:00pm



***RCCOA reserves the right to decline items that we feel are not desirable to potential buyers. We WILL NOT accept clothing, shoes, holiday decorations, books, puzzles, mattresses or ski/snowboard equipment.**

All money raised will stay in Routt County and will directly support senior nutrition, transportation and recreation programs.

*Questions call 970.879.0633
or email april@rccoaging.org*

501cs Tax ID # 84-0678596



Hydration

By Patti Murphy, RDN CDCES



With warmer temperatures and more time outside, hydration may be on people's minds more in the summer months. Water is essential to almost all body functions and body systems. Hence, staying well-hydrated is essential to good health. You may have heard you need to drink 8 glasses of water. But, is this the best advice for older adults?

One of the best, and most simple ways to tell if you are sufficiently hydrated is the color of your urine. It should be pale yellow. If it is amber or brown this likely means you are dehydrated.

Older adults are more likely to become dehydrated for a few reasons:

- ❖ Thirst cues can diminish with age. This means that even when your body is craving fluids, you might not be aware of it—and you may drink less than you need to stay healthy.
- ❖ Older adults experience body composition changes over time that leave them with less water in their bodies to start with.
- ❖ Seniors are more likely to take medications that increase dehydration risk.

Early signs of dehydration to be aware of include dark colored urine, needing to urinate less frequently, fatigue, dizziness, headaches, muscle cramps, dry mouth, and confusion.

How much water do you need to stay hydrated?

As a general rule, you should take one-third of your body weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim to drink at least 50 ounce, or about 6 cups, of water each day. The National Academy of Medicine suggests an adequate intake of daily fluids of about 13 cups for men and 9 cups for women aged 51 and older. All sources of fluids—drinking water, food, and beverages—are counted in these recommendations.

Are sports or electrolyte drinks necessary?

These beverages include the electrolytes sodium, potassium and magnesium (and oftentimes sugar or artificial sweeteners.) Like water, electrolytes are lost in sweat and urine and need to be replaced. If you are low in electrolytes it can be difficult to maintain hydration even with water intake. If you are sweating more than usual due to weather or activity using an electrolyte beverage may be helpful. You can make your own Sugar-Free electrolyte Drink. You could also add a bit of juice or squeeze an orange or lime for some additional flavor.

Electrolyte drink recipe: mix together

- 1 cup water (not carbonated)
- 2 tablespoons lemon juice
- small pinch of salt
- 1 tsp magnesium powder

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



Julie Alkema
Anders Anderson
Carol Baily
Mike Berdine
Ben Blonder
Lindsey Blonder
Marybeth Bradfield
Bruce Bresau
Ellisa Chapman
Angela Coxe
Kathy Curcio
Jennifer Daniels
George Detwiler
Tracy Detwiler
Shelly Dillingham
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Beth Kuczkowski
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Scott Myller
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Karl Olson
Pam Olson
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Whale Petry
Kay Rawlings
Brianna Romero
Cindy Roth
Dan Roth
Cheryl Schlieske
David Selden
Darcy Simon
Pegi Simmerman
Diana Sperry
Don Sperry
Craig Tolliver
Sheri Tolliver
Nancy Trimmer
Michelle Trousil
Shea Wright

Thank You Donors!

Donations Received June 2024

Nadine Arroyo
Leonard Auter
Ben and Lindsey Blonder
Bridge Players Benevolent Fund
Bridge in Steamboat
City Market Community Rewards
City of Steamboat Springs
Ron and Mary Kay Graver
Selina Koler
Mahjong players
Jim McGee
Chris and Rita Myers
Irene Nelson
Donald Peterson
Janis Petry

Bob Pruett
Rick Rapalee
Routt County
Jim Severson
Tai Chi
United Way of the Yampa Valley
Shea Wright
Yampa Valley Electric Association Operation
Roundup



Donations in Memory of Gary Anderson

Charlotte Allen
Vi Look

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

Mondays, 10:30 - 11:30 am

Steamboat Community Center

Arthritis Exercise Association Fitness

Thursdays, 10:30 - 11:30 am

Steamboat Community Center

Tai Chi

Mondays, 3:00 - 4:00 pm: no instructor

Tuesdays, 10:30 - 11:30 am

Steamboat Community Center

Yoga for Balance and Stability

no class Aug 22nd

Thursdays, 2:30 - 3:30 pm

Steamboat Community Center

Yoga for Arthritis *no class Aug 21st*

Wednesdays, 10:30 - 11:30 am

Steamboat Community Center



Gene S	1	Paul R	10	Diane A	23
Susannah N	3	Dorothy S	13	Thalla W	24
Julie N	3	Carol H	17	Teresa B	25
Rick S	6	Jeannine P	19	John R	27
David H	8	Dave N	19	Robert R	29
Ilda B	8	Rebecca W	19	Raymond S	29
Ron K	10	Eva D	20	Tim B	31
Joanne K	10	Jean L	20	Martha C	31

If your birthday is not listed, please fill out a recent consumer assessment form. If you wish to refrain from our birthday list, please let Ellyn or April know.

AUGUST EVENTS AND ACTIVITIES, cont.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30 Mahjong -Stmbt 1:00 Art -2:00 Stmbt	31 Bingo –S.R. 12:30	1 Tea and Talk - 12:30 Stmbt Knitters Circle- Stmbt 1:00	2 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
5	6 Mahjong -Stmbt 1:00 Art -2:00 Stmbt Rummage Sale drop off 1 - 5 pm	7 Bingo –S.R. 12:30 Rummage Sale drop off 8 - 5:30	8 Knitters Circle- Stmbt 1:00 Rummage Sale drop off 8 - 5:30	9 Bingo –Stmbt 12:30 Bingo –S.R. 12:30 Rummage Sale 4:30
12 Trivia - 12:30 Stmbt	13 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00 Art -2:00 Stmbt	14 Bingo –S.R. 12:30 Shuttle to Craig	15 Visit Routt County Fair 12:30 Knitters Circle- Stmbt 1:00	16 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
19	20 Mahjong -Stmbt 1:00 Art -2:00 Stmbt	21 Bingo –S.R. 12:30 Rifle Falls 9:00 am	22 Knitters Circle- Stmbt 1:00	23 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
26	27 Mahjong -Stmbt 1:00 Art -2:00 Stmbt	28 Bingo –S.R. 12:30 Steamboat Gondola 10:30 am	29 Knitters Circle- Stmbt 1:00	30 Bingo –Stmbt 12:30 Bingo –S.R. 12:30

See page 3 and 4 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
29 Spinach Enchilada Spanish Rice Black Beans Mexican Salad Banana	30 Baked Chicken Mashed Potatoes Broccoli Roll Peach Pie	31 Baked Chicken Mashed Potatoes Broccoli Roll Peach Pie	1 Sausage, Biscuit, & Gravy Hard Boiled Egg Hashbrowns Strawberry/Rhubarb Cobbler	2 Cold Corned Beef & Swiss Sandwich Cabbage Kettle Chips Grapes Peanut Butter Cookie
5 Shrimp Lo Mein Sesame Broccoli Eggroll Asian Salad Jello	6 Salisbury Steak Rice Pilaf Green Beans Biscuit Tossed Salad Ice Cream Sandwich	7 Salisbury Steak Rice Pilaf Green Beans Biscuit Tossed Salad Ice Cream Sandwich	8 Sausage Carbonara Peas Garlic Bread Kidney Beans Green Salad Trail mix Cookie	9 South West Chicken Salad Tortilla Watermelon Key Lime Pie
12 Pizza Garbanzo Beans Salad with Craisins Peanut Butter Bar	13 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	14 Pork Ribs Sweet Potatoes Roll Coleslaw Blueberry Crisp	15 Ranch Chicken Rice Pilaf Peas Tossed Salad Apricots Granola Bar	16 Tuna Wrap Roast Sweet Potatoes Mandarin Orange Lemon Bar
19 Beef Tacos Spanish Rice Southwest Bean and Corn Casserole Mexican Salad Fruit Parfait	20 Pork Ribs Sweet Potatoes Roll Coleslaw Blueberry Crisp	21 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	22 Baked Potato with Fixings Broccoli with Cheese Roll Spinach Salad Molasses Cookie	23 Cajun Chicken Breast Sandwich Tossed Salad Cantaloupe Pudding
26 Scalloped Potatoes & Ham Mixed Vegetables Roll Tossed Salad Sugar Cookie	27 Spinach & Mushroom Frittata Carrots Biscuit Tossed Salad Peanut Butter Cookie	28 Lasagna Brussel Sprouts Green Beans Tossed Salad Rhubarb Strawberry Cobbler	29 Lasagna Brussel Sprouts Green Beans Tossed Salad Rhubarb Strawberry Cobbler	30 Cream of Chicken Soup Egg Salad Sandwich Tossed Salad Mixed Berries Chocolate Ice Cream

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.