

# September Senior Scoop

News and Views from the Council on Aging

September 2024

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**ROUTT COUNTY**  
COUNCIL ON AGING

This time around I'd like to pay homage to Yampa Valley Community Foundation and their many linked sources who came together to save Casey's Pond from demise.

Our senior population faces numerous challenges, both personal and social. Nutrition insecurity, isolation, physical and cognitive stimulation and being able to, at the end of the day, retreat to a place called home, are to name a few. Various resources address and aim to lessen those challenges. It's the connections to resources that ultimately make senior living most functional.

Housing, in these times, is an obvious and ongoing societal challenge. What should be available to all, is unconceivably not a given. Bravo to the strong, smart, empathetic local community members who joined forces to keep our Steamboat senior assisted living facility back on track with intentions for a new and stronger business plan for future survival.

Many of us seniors will lean heavily on community resources in our "golden years" for comfort and safety. Routt County seniors, looks like we picked a good one!

Jean Levine,  
RCCOA Board President

## Staff

**April Sigman**  
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**Annette Zuber**  
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.

PO BOX 770207, Steamboat Springs, CO 80477 | 970.879.0633 | www.rccoaging.org

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# Dance crazes

Find and circle all of the dance crazes that are hidden in the grid. The remaining letters spell a secret message.

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

BALLROOM  
 BOLLYWOOD  
 CALYPSO  
 CHA CHA SLIDE  
 CHARLESTON  
 CHICKEN DANCE  
 DA DIP  
 DISCO  
 ELECTRIC SLIDE  
 FLAMENCO  
 FOOTLOOSE  
 FOXTROT  
 GANGNAM STYLE  
 HAND JIVE  
 HIP HOP  
 HOKEY POKEY  
 JITTERBUG  
 JUMP ON IT  
 LIMBO  
 LINDY HOP  
 LINE  
 MACARENA  
 MAMBO  
 MERENGUE  
 MODERN  
 MOONWALK  
 QUICKSTEP  
 RIVER  
 ROBOT  
 RUMBA  
 SALSA  
 SAMBA

SHIMMY  
 SINGLE LADIES  
 SQUARE DANCE  
 SUZIE Q  
 SWING  
 TANGO  
 TAP  
 TEXAS TWO-STEP  
 THE BUNNY HOP  
 THE HUSTLE  
 THE JERK  
 THE RUNNING MAN  
 THE TWIST  
 THRILLER  
 VOGUE  
 WALTZ  
 WATUSI  
 YMCA  
 ZUMBA



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

# 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.**

## Travel Talk -Olympics by Gail Schissler

Wed., Sept. 4th  
12:30pm Oak Creek dining site



**RCCOA offices and services will be closed Monday, September 2 in observance of Labor Day.**

## Tea and Talk

Thur., Sept. 12th  
12:30 - 1:30 pm

“Be Your Own Kind Of Beautiful”  
What does this mean to you? What is beautiful about YOU?



## A Day Trip to Craig & Regional Picnic

Wed., Sept. 18th  
9:00 am - 4:30 pm

The Senior Social Center of Craig has invited us to a regional picnic. Lunch @ 11:30. 775 Yampa Ave. Shopping before and after. Please RSVP to Ellyn by Fri., Sept. 13. 970-879-0633.

## Harvest Show and Tell

Mon., Sept. 16th

Share anything you have grown this season and are proud of. Prizes awarded to all participants!



## Fall Foliage Tour

Wed., Oct. 2nd  
time and location TBD

Take in the scenery once again this fall. Destinations will be determined the week of travel, depending on seasonal color change.



## Around the World - Isreal and Jordan by Steve Goldman

Thurs., Sept. 26th 12:30 pm

Steve will share photos and his experiences of recent travel.



## 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.



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



[www.facebook.com/Routt-County-Council-on-Aging](http://www.facebook.com/Routt-County-Council-on-Aging)

## Do You Knit or Crochet?

Thursdays, 1:00 - 3:00 pm  
@ the Steamboat Community Center



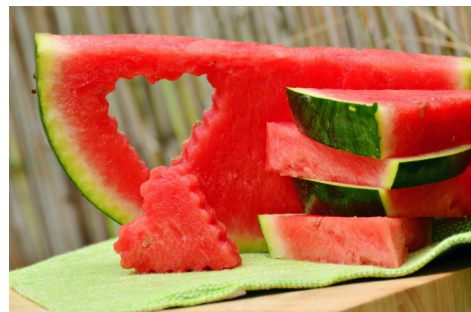
# Fall Fruits and Vegetables in Colorado

Written by Patti Murphy, RDN, CDCES

Fall is a great time for fresh produce in Colorado! Benefits of eating in-season produce include greater nutrient density, better taste and usually less expensive.

As fall begins, Colorado farms continue to grow the following:

- Broccoli rabe, September and October
- Celeriac/celery root, September, and October
- Chicories, September through November
- Escarole, September into November
- Grapes, September into October
- Parsnips, September and October
- Pears, September, and October
- Pumpkins, September and October
- Shelling beans, September
- Watermelons, September into October
- Winter Squash, September into November



Watermelon is one of the seasonal fruits to enjoy. It is a great source of antioxidants, including lycopene and cucurbitacin which can help reduce cancer risk. Lycopene has also been shown to reduce blood pressure and lower cholesterol. It is also a great way to get hydration in.

## Shrimp with Watermelon, Feta and Cucumber Salad

Active time- 15 minutes/Total time 25 minutes Servings 4

Ingredients:

- |                                    |                              |
|------------------------------------|------------------------------|
| 1 pound Peeled and Deveined Shrimp | 1 Lemon                      |
| 1 English Cucumber                 | 4 tablespoons Olive Oil      |
| 2 tablespoons Balsamic Vinegar     | 1/4 teaspoon Kosher Salt     |
| 4 Sprigs Fresh Mint                | 1/3 cup Crumbled Feta Cheese |
| 4 ounces Arugula                   |                              |
| 3 cups Cubed Watermelon            |                              |

**Make Vinaigrette** - In a large bowl, whisk together balsamic vinegar, 3 tablespoons olive oil, 1/8 teaspoon salt, and black pepper as desired. Set aside.

**Cook Shrimp** - Pat shrimp dry with paper towel and season with 1/8 teaspoon salt and pepper as desired. Heat 1 tablespoon olive oil in a large pan over medium-high heat. When oil is shimmering, add shrimp and cook, stirring occasionally, until opaque and just pink, 4-6 minutes total. Remove pan from heat.

**Assemble Salad**- Add arugula to bowl with vinaigrette and toss to combine. Divide between serving bowls, reserving remaining dressing in bowl. Place watermelon, cucumber, mint, and feta on top of bowls with arugula.

**Finish Salad** - Squeeze juice of 1 lemon over shrimp in pan. Using a slotted spoon, transfer shrimp to bowls with watermelon and arugula salad. Drizzle remaining vinaigrette over everything.

Nutrition Information Per Serving: Calories 250 Protein 16 gm, Carbohydrates 14, Fat 16 gm, Fiber 2 gm, Saturated Fat 2 gm, Sugar 10 gm, Sodium 526 mg



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

The 2nd Tuesday of each month  
 @ Steamboat Springs Comm. Center.  
**Tues., Sept. 10th, 10:30 am**



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

*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 Breslau  
 Ellisa Chapman  
 Angela Coxe  
 Kathy Curcio  
 Jennifer Daniels  
 George Detwiler  
 Tracy Detwiler  
 Shelly Dillingham  
 Sarah DiMichelle

Laurie Edwards  
 Mary Ellsworth  
 Dan Emert  
 Pam Ford  
 Steve Goldman  
 Nancy Good  
 Kim Graves  
 Jonathon Hayek  
 Dayna Horton  
 Gretchen Kioschos  
 Beth Kuczkowski  
 Hud Labaree  
 Lisa Lancaster  
 Jay Layman  
 Jean Levine  
 Julie Lind  
 Wendy Mare  
 Leif McCole  
 Jim McGee  
 Kay McGill  
 Scott Myller  
 Cathy Neelan

Karl Olson  
 Pam Olson  
 Chris O'Konski  
 Janis Petry  
 Whale Petry  
 Kay Rawlings  
 Brianna Romero  
 Cindy Roth  
 Dan Roth  
 Deidre Saunders  
 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 July 2024

Leonard Auter  
Sean Benderly  
Ben and Lindsey Blonder  
Bridge Players Benevolent Fund  
Jason Bongiorno  
Bridge in Steamboat  
Springer Browne  
Jeremy Campbell  
City Market Community Rewards  
City of Steamboat Springs  
EOG Resources, employee match  
Fidelity Charitable  
Ashton Griffin  
Nathan and Allison Hamburger  
Lori Livingston  
Scott Longmore  
Selina Koler  
Mahjong players  
Jason Meyer  
Jim McGee  
Irene Nelson  
Richard Passavant



Donald Peterson  
Janis Petry  
Bob Pruett  
Rick Rapalee  
Bud and Jane Romberg Fund of the Yampa Valley Community Foundation  
Routt County  
Schwab Charitable  
Jim Severson  
Pegi Simmerman  
Tai Chi  
Jon Wade  
Patricia Webb  
Shea Wright  
Yampa Valley Community Foundation

Charlotte Allen in Memory of Gary Anderson  
Carol Baily in Memory of Keith Liefer  
Carol Baily in Memory of Barbi Wither  
Julia Goldman in Memory of Don Murray

## Regional Picnic provided by the SSC & Sponsors

September 18th, 11:30 am All Welcome!  
Senior Social Center 775 Yampa Ave, Craig, CO

Enjoy a picnic lunch with seniors from  
Baggs, Dinosaur, Hayden, Maybell, Meeker, Oak Creek,  
Rangely, Savery, Steamboat Springs, Walden

Please RSVP 970-326-3188



# 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**

Tuesdays, 10:30 - 11:30 am

Thursdays, 4:00 - 5:30 pm: no instructor

Steamboat Community Center

**Yoga for Balance and Stability**

Thursdays, 2:30 - 3:30 pm

Steamboat Community Center

**Yoga for Arthritis**

Wednesdays, 10:30 - 11:30 am

Steamboat Community Center



Barb T	2	Roger C	14	Bill B	25
Sandy D	3	Barb O	14	Laura L	25
Mary D	8	David L	15	Kathy R	25
William A	9	Ralph S	17	Sharon F	26
Bob W	11	Tom L	19	Mike Z	26
John C	12	Bill S	20	Autumn R	28
Martha R	13	Michael B	22	Crystal	28
		Warren M	23	Dolores D	30

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.



# SEPTEMBER EVENTS AND ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Closed Labor Day	3  Mahjong -Stmbt 1:00	4  "Travel Talk" Olympics by Gail Schissler – S.R. 12:30	5  Knitters Circle- Stmbt 1:00	6  Bingo –Stmbt 12:30 Bingo –S.R. 12:30
9	10  Caregiver Support Group – Stmbt 10:30am  Mahjong -Stmbt 1:00	11  Bingo –S.R. 12:30	12  Tea and Talk - 12:30 Stmbt  Knitters Circle- Stmbt 1:00	13  Bingo –Stmbt 12:30 Bingo –S.R. 12:30
16 Homegrown Harvest, Show and Tell - 12:30 Stmbt	17  Mahjong -Stmbt 1:00	18  Bingo –S.R. 12:30  Craig - Regional Picnic	19  Knitters Circle- Stmbt 1:00	20  Bingo –Stmbt 12:30 Bingo –S.R. 12:30
23  Trivia - 12:30 Stmbt	24  Mahjong -Stmbt 1:00	25  Bingo –S.R. 12:30	26  Around the World; Isreal and Jordan by Steve Goldman - Stmbt 12:30  Knitters Circle- Stmbt 1:00	27  Bingo –Stmbt 12:30 Bingo –S.R. 12:30
30	1  Mahjong -Stmbt 1:00	2  Fall Foliage ride - location TBD  Bingo –S.R. 12:30	3  Knitters Circle- Stmbt 1:00	4  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>
2  <b>*CLOSED*</b> <b>Happy Labor Day!</b>	3 Roast Beef Mashed Potatoes Green Beans Biscuit Tossed Salad Straw-Rhubarb Crisp	4 Roast Beef Mashed Potatoes Green Beans Biscuit Tossed Salad Straw-Rhubarb Crisp	5 Chicken Fajitas Peppers & Onions Tortilla Spanish Rice Refried Beans Mexican Salad Sugar Cookie	6 Hot Ham & Cheese Sandwich Macaroni Salad Tossed Salad Pear Lemon Bar
9 Bean & Cheese Burrito Spanish Rice Squash Tossed Salad Pineapple Cake	10 Meatloaf Mashed Potatoes Peas Biscuit Fruit Salad Chocolate Chip Cookie	11 Baked Chicken Noodles with Garlic Corn Roll Tossed Salad Apple Yellow Cupcake	12 Baked Chicken Noodles with Garlic Corn Roll Tossed Salad Apple Yellow Cupcake	13 Submarine Sandwich Asparagus Salad Melon Cup Pear Crisp
16 Meatball Sandwich French Fries Corn Tossed Salad Apple Blondie	17 Sausage with Peppers & Onions Sweet Potatoes Spinach Tossed Salad Chocolate Pie	18 Sausage with Peppers & Onions Sweet Potatoes Spinach Tossed Salad Chocolate Pie	19 Oven Fried Chicken Mashed Potatoes Broccoli Roll Tossed Salad Apple Crisp	20 Italian Veggie Soup Egg Salad Sandwich Tossed Salad Cottage Cheese with Pineapple Snickerdoodle
23 Spaghetti & Meatballs Green Beans Bread Stick Cucumber & Tomato Salad Chocolate Rice Krispy Treat	24 Chicken Breast with Mushroom/Garlic Sauce Rice Carrots Garlic Bread Tossed Salad Peach Pie	25 Chicken Breast with Mushroom/Garlic Sauce Rice Carrots Garlic Bread Tossed Salad Peach Pie	26 Salmon Noodle Casserole Spinach Biscuit Tossed Salad Banana Sherbert	27 BLT Sandwich Chips Cole Slaw Watermelon Orange Jello
30 Pork Chow Mein Lo Mein Noodles Stir Fry Vegetables Eggroll Asian Salad Pineapple Cake	1 Chicken Wings Rosemary Potatoes Kidney Beans Roll Tossed Salad Peanut Butter Chip Cookie	2 Chicken Wings Rosemary Potatoes Kidney Beans Roll Tossed Salad Peanut Butter Chip Cookie	3 Fish Sticks Macaroni and Cheese Hushpuppies Tossed Salad Carrot Cake	4 Cheeseburger Lettuce, Tomato, Onion, & Pickle Potato Salad Broccoli Salad Strawberry 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. The suggested donation for those 60+ is \$3.00. The fee for those under 60 is \$14.**