

October

Senior Scoop

News and Views from the Council on Aging

October 2024

Board of Directors

Jean Levine

President

Steve Evans

Vice President

Janis Petry

Secretary

Chris Myers

Treasurer

Andrea Abrahamson

Carol Baily

Ben Blonder

George Detwiler

Mary Kay Graver

Ernie Kish

Julie Lind

Jim Moylan

Nancy Trimmer

Some of us might be feeling sad about the end of summer, but it sure has been a gorgeous, comfy transition into fall. Hope you've indulged yourselves with tons of free Vitamin D which the gentle, constant sunshine has so generously offered. I've been blessed with experiencing 48 summer/fall season transitions in Routt County. The glory of this one seems to stand out.

If you're melancholy about saying good bye to September, the good news is that October is full of holidays to celebrate. Starting with 10/1 is National Raccoon Day AND National Hair Day!! Hip hip hooray!! As the month proceeds, we can look forward to National Name your Car Day (2), Cinnamon Roll Day (4), Be Nice Day (5). Wrap up the month and have a ball on Fluffernutter Day, Frog Day and Be Good to Mules Day. Who wouldn't have a ball on Knock Knock Joke Day?

While mentioning transition I'd like to thank, with much gratitude, 3 of our departing Board Members: George Detwiler, Mary Kay Graver and Julie Lind. Their gifts of dedication and passion for RCCOA have nurtured growth and strengthened irreplaceable relationships. With much enthusiasm, we welcome Carol Baily, Ernie Kish and Nancy Trimmer to our volunteer Board of Directors.

Wishing you much joy on Pumpkin Cheesecake Day (21) and Happy Frankenstein Friday (25)!

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

Javier Gil

Steamboat Kitchen Assistant

Cindy Graab

Steamboat Kitchen Asst.

James Graham

Shuttle Driver

Lorraine Johnson

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

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

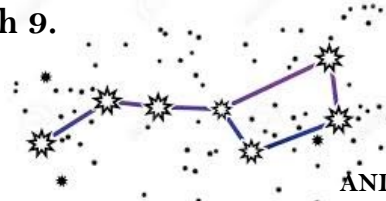
Page 1

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

Complete and submit these puzzles for a free RCCOA lunch.

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.



ANDROMEDA GALAXY

Astronomy

Find and circle all of the Astronomy related words that are hidden in the grid. The remaining letters spell a secret message.

- ANDROMEDA GALAXY
- APOGEE
- ASTEROID
- ASTRONOMER
- ATMOSPHERE
- AURORA
- BINARY STAR
- BLACK HOLE
- CONSTELLATION
- CORONA
- CRATER
- DEEP SPACE
- ECLIPSE
- EQUINOX
- GALAXIES
- GALILEO
- GRAVITY
- HUBBLE
- KEPLER
- LIGHT YEAR
- METEOR
- MILKY WAY
- MOON
- NEBULA
- ORBIT
- PARSEC
- PERIGEE
- POLARIS
- PROXIMA CENTAURI
- PULSARS
- QUASARS
- RED GIANT
- SATELLITE
- SOLAR SYSTEM
- SOLAR WIND
- SPACE SHUTTLE
- SPACECRAFT
- STARS
- SUN
- SUPERNOVA
- TELESCOPE
- TIDES
- UNIVERSE
- WHITE DWARF

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

Fall Foliage Tour

Wed., Oct. 2nd
time and location TBD

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



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



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

Trivia, “data considered to be of little knowledge”

Mon, Oct. 7th
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.



Tea and Talk

Tues., Oct. 22nd
12:30 - 1:30 pm

“How do you handle the darkness?” There are so many levels to this question. Share what you want or come and listen.



Candidate Forum

Mon., Oct. 14th, 12:15pm
Steamboat Springs
Community Center

Meet our local candidates and learn more about the issues on your ballot.



Chili and Pumpkins

Mon., Oct. 28th
4:00 - 5:30 pm

Steamboat Community Center
What says fall like a hot bowl of chili and carving pumpkins? Transportation available. Reservation required. Please RSVP at least 1 week in advance. 970-879-0633.



A Day Trip to Craig

Wed., Oct. 16th
9:00 am - 4:30 pm

Join us for lunch and shopping in Craig. Please RSVP to Ellyn at least 3 days in advance. 970-879-0633.

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.



Around the World - Japan with Liz Leipold

Thurs., Oct. 17th, 12:30 pm

Liz will share photos and stories of her recent travel.



Do You Knit or Crochet?

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



Meal Planning and Prepping

written by Patti Murphy, RDN, CDCES



Meal planning and meal prepping can be great tools in helping you to eat better while spending less time and energy on shopping, cooking and cleaning.

Often it is much harder to make good choices when time, other commitments and hunger sneak up on us. Having a plan and healthy options available can take a lot of the guess work out of eating well.

Meal prepping can also help with portion control. When meals are prepped and placed in containers ahead of time this can make portion control easier. Prepping meals help to produce a well-balanced diet, with all essential nutrients.

Creating a weekly meal plan allows you to have a clear vision of what you need each day, which reduces decision fatigue and ensures a balanced diet. By planning your meals in advance, you can create a shopping list, which helps in buying only what is necessary and avoiding impulse purchases, which can help you save money and reduce food waste.

Having a set day of the week to shop and meal prep can be really helpful as far as making it all work. This scheduled prep time ensures you have ready-to-eat meals, reducing the temptation to opt for unhealthy, convenient options when you are short on time.

How you meal plan is ultimately up to you. There are online options or simply using a notebook or agenda can work great as well.

When looking at recipes to include in your weekly plan choose nutrient dense options that include vegetables (e.g., spinach, kale, sweet potatoes), lean proteins (e.g., chicken, fish, beans), and whole grains (e.g., brown rice, quinoa, oats). Also consider your schedule and how much time the recipes will take when making your plan. Time savers include things like overnight oats that “cook” overnight, or can be cooked in bulk, like casseroles, single pot, or sheet pan meals.

Incorporating healthy convenience items like pre-washed greens, canned, low sodium beans, frozen vegetables, and rotisserie chicken can make cooking easier and less time consuming. Sometimes batch cooking meals, such as chili, soups, casseroles and portioning out individual servings and freezing them can be very helpful to have healthy options on hand. Prepping ingredients, such as pre-cut vegetables, and grains such as brown rice or quinoa that can be used in multiple recipes

Prepping ingredients, such as pre-cut vegetables (e.g., bell peppers, carrots, broccoli, sweet potatoes, parsnips, etc.), marinate proteins (e.g., chicken, tofu, beef), or cook a batch of grains (e.g., rice, quinoa) that can be used in multiple recipes can be helpful as well.

**Medicare Open Enrollment
October 15th to December 7th**



It is the one time of year to make changes to your drug plan or sign up for an Advantage plan. One-on-one Medicare Counseling is available with one of our Medicare SHIP (State Health Insurance Program) Counselors. **Counselors will be available at the Steamboat Community Center on Mondays from 10-1 and Thursdays from 4-5pm, and on October 24th and November 18th from 10-5, by appointment only.** To book an appointment, visit our website www.YourVintage.org, or call April @ RCCOA, 970-879-0633. For more questions, please contact the SHIP Medicare Coordinator Jonnah Glassman JGlassman@NWCCOG.org 970-315-1328.

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

The 2nd Tuesday of each month
@ Steamboat Springs Comm. Center.
Tues., Oct. 8th, 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
Shelly Dillingham
Sarah DiMichelle
Laurie Edwards
Mary Ellsworth
Dan Emert
Pam Ford
Steve Goldman

Nancy Good
Kim Graves
Jonathon Hayek
Dayna Horton
Gretchen Kioschos
Hud Labaree
Lisa Lancaster
Jay Layman
Jean Levine
Julie Lind
Wendy Mare
Leif McCole
Jim McGee
Kay McGill
Scott Myller
Cathy Neelan
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 August 2024

Leonard Auter
Nadine Arroyo
Ben and Lindsey Blonder
Bridge Players Benevolent Fund
Bridge in Steamboat
City Market Community Rewards
City of Steamboat Springs
Rosemary Cullinan
Hedy Davis
Gina Knochemnus
Selina Koler
Mahjong players
Jim McGee
Scott and Ellyn Myller
Irene Nelson
Kate Ortner Nordloh
Donald Peterson
Janis Petry
Pamela Pitchford

Bob Pruett
Rick Rapalee
Routt County
Jim Severson
Pegi Simmerman
Tai Chi
Shea Wright



Charlotte Allen in Memory of Gary Anderson



All Donations are appreciated.

PLEASE MAKE YOUR DONATION TODAY!

All donations stay in Routt County and support our local programs.

Name: _____

(Please print name as you would like it to appear in RCCOA publications)

Mailing Address: _____

City, State, Zip: _____

Email Address: _____

Phone Number: _____

Gift Amount: _____

THANK YOU!

We happily accept cash or checks payable to RCCOA or donate online www.rccoaging.org

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

Tuesdays, 10:30 - 11:30 am: no instructor

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



Bud R	2	Anders A	12	Betsy J	28
Mary B	3	Patty N	17	Yolanda T	28
Sandra M	3	Joyce M	19	Gary C	29
Stan Z	3	Christine T	21	Ralph G	29
Wayne W	7	Larry W	21	Cindy G	30
Ruth B	7	Doug S	24	Dorothy N	30
Bill P	12	Jim S	26	Dawn M	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.

OCTOBER EVENTS AND ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1 Mahjong -Stmbt 1:00	2 Bingo –S.R. 12:30 Fall Foliage ride - location TBD	3 Knitters Circle- Stmbt 1:00	4 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
7 Trivia -Stmbt 12:30	8 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	9 Bingo –S.R. 12:30	10 Knitters Circle- Stmbt 1:00	11 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
14 Candidate Forum -Stmbt 12:15	15 Mahjong -Stmbt 1:00	16 Bingo –S.R. 12:30 Shuttle to Craig	17 Around the World, Japan - Stmbt 12:30 Knitters Circle- Stmbt 1:00	18 Bingo –Stmbt 12:30 Bingo –S.R. 12:30 Bingo - Hayden Congregational Church 11:00
21	22 Tea and Talk - Stmbt 12:30 Mahjong -Stmbt 1:00	23 Bingo –S.R. 12:30	24 Knitters Circle- Stmbt 1:00	25 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
28 Chili and Pumpkins -Stmbt 4:30	29 Mahjong -Stmbt 1:00	30 Bingo –S.R. 12:30	31 Knitters Circle- Stmbt 1:00	1 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
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 Cookie	2 Chicken Wings Rosemary Potatoes Kidney Beans Roll Tossed Salad Peanut Butter 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
7 Fried Rice with Pineapple & Cashews Stir Fry Vegetables Eggroll Asian Salad Fruit Parfait	8 Pork Roast Scalloped Potatoes Brussel Sprouts Biscuit Tossed Salad Choc. Ice Cream	9 Pork Roast Scalloped Potatoes Brussel Sprouts Biscuit Tossed Salad Choc. Ice Cream	10 Chicken Parmesan Noodles Italian Vegetables Garlic Bread Caprese Salad Banana Split	11 Clam Chowder Oyster Crackers Tossed Salad Strawberries & Banana Oatmeal Cookie
14 BBQ Chicken Pesto Noodles Asparagus Biscuit Tossed Salad Yellow Cupcake	15 Cajun Catfish Yams Corn Apple-Cran Slaw Hush Puppies Molasses Cookies	16 Chicken Cordon Bleu Rice Pilaf Asparagus Roll Tossed Salad with Strawberries Carrot Cake	17 Chicken Cordon Bleu Rice Pilaf Asparagus Roll Tossed Salad with Strawberries Carrot Cake	18 Chef Salad with Ham Tomato Basil Soup Croutons Banana Oatmeal Raisin Cookie
21 Chili Cheese dog Onion Rings Green Beans Tossed Salad with Mandarin Orange Peanut Butter Cookie	22 Chili Relleno Spanish Rice Black Beans Mexican Salad Brownie	23 Braised Beef Mashed Potatoes Squash Garlic Bread Spinach Salad with Craisins Lemon Bar	24 Braised Beef Mashed Potatoes Squash Garlic Bread Spinach Salad with Craisins Lemon Bar	25 Roast Beef Sandwich Squash Soup Tossed Salad Fruit Salad Sherbet
28 Fish Creole Rice Broccoli French Bread Tossed Salad Blondie	29 Flank Steak Mashed Potatoes Carrots Wheat Roll Tossed Salad Chocolate Cake	30 Goulash Peas Wheat Roll Tossed Salad Orange Sugar Cookie	31 Goulash Peas Wheat Roll Tossed Salad Orange Sugar Cookie	1 Chicken Salad Sand. Veggie Barley Soup Waldorf Salad Strawberry Jello

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.