

November Senior Scoop

News and Views from the Council on Aging

November 2024

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ROUTT COUNTY
COUNCIL ON AGING

November is a reminder time for all Americans to be aware of and give thanks for our many blessings. To give and to share what we may have with those in need is a fulfilling way to make change and benefit others.

Providing independence and security to older Routt County adults is the mission of RCCOA. We're ever-aware of the challenges that needed growth and expansion of our programs and services presents. In a recent newsletter from National Council on Aging, an emphasis was placed on "protecting choices, assets and legacy are all part of supporting a brighter future for older Americans. Estate planning can help to ensure your assets are distributed according to your wishes".

Personally, a recent fall resulting in a trip to urgent care was an eye opener and inspiration to examine the value of my plan for sharing. In the near future, our Board will aim to provide education and inspiration for you all to consider a legacy which includes support for RCCOA.

Wishing you all a peaceful season full of gratitude and sharing. Hope we all have an enjoyable and bountiful Thanksgiving. Thanks for each other!!

Jean Levine,
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.

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

Page 1

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

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.

Shakespeare: Macbeth

Find and circle all of the words related to Macbeth that are hidden in the grid. The remaining letters spell a secret message, a quotation from Macbeth.

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

- ANGUS
- APPARITIONS
- BANQUO
- BIRNAM WOOD
- BLOOD
- CAITHNESS
- CAPTAIN
- CASTLE
- CAULDRON
- CAWDOR
- COLMEKILL
- CONSCIENCE
- CUMBERLAND
- DAGGER
- DOCTOR
- DONALBAIN
- DUNCAN
- DUNSINANE
- ENGLAND
- FLEANCE
- GENTLEWOMAN
- GLAMIS
- GUILT
- HEATH
- HECATE
- INVERNESS
- IRELAND
- LADY MACBETH
- LADY MACDUFF
- LENNOX
- MACBETH
- MADNESS
- MALCOLM
- MENTEITH
- MURDERERS
- NORWAY
- PORTER
- PROPHECY
- QUEEN
- REGICIDE
- ROSS
- SCONE
- SCOTLAND
- SEYTON
- SIWARD
- SLEEPWALKING
- SOLILOQUY
- THANE
- WEIRD SISTERS



Sunday, November 3rd
Daylight Saving
time ends

Vaccine Clinic

Mon., Nov. 4th

9:00 - 11:00am



Steamboat Springs Community Center
Free program for seniors, veterans and families
with Medicare, Medicaid and Tricare. Covid, Flu,
RSV and Pneumonia vaccines, sponsored by the
Veterans Center, RCCOA and Walgreens.

Trivia, "data considered to be of little knowledge"

Thurs., Nov. 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

Mon., Nov. 11th, 12:30 - 1:30 pm

"Who is your favorite veteran?"

Let's honor the
veterans in our lives on
this Veteran's Day.



A Day Trip to the Silverthorne Outlets

Wed., Nov. 13th

9:00 am - 5:30 pm

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



Around the World - African Safari with Marsha Erickson and her son Nathan Erickson

Thurs., Nov. 21st, 12:30 pm

Marsha and Nathan will
share photos and stories
of their recent travel.



Wreath Craft

Mon., Nov. 25th, 12:30pm

Steamboat Springs Community Center
Decorate your door (or a friends) for the
holiday season. Make a wreath,
inspiration and supplies provided.

RCCOA Holiday Closures

Thurs. and Fri., Nov 28th and 29th
RCCOA offices and services will be
closed in observance of the
Thanksgiving Holiday on Thursday and
Friday, November 28th and 29th.

Please request an
additional frozen meal by
Tuesday, November 19th.



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.



Do You Knit or Crochet?

Thursdays, 1:00 - 3:00 pm

@ the Steamboat
Community Center



COMPONENTS OF A HEALTHY MEAL

By Patti Murphy, RDN, CDCES

By including fiber, protein and healthy fat you can make sure you are getting a satisfying, nutrient-rich meal. And carbohydrates? Foods that contain fiber are also sources of carbohydrates but by focusing on the fiber can help insure you are choosing healthy carbohydrates.

Protein

Protein is one of the key building blocks of a balanced diet. It helps your body build and repair tissues, produce important enzymes and hormones, regulate blood sugar, and keep you healthy overall. Getting enough protein in your meals can help to keep you full and preserve muscle. Protein needs vary from person to person based on age, weight activity level and medical history. General recommendations are for at least 0.8 gram x kg in body weight. Up to 1 gram x kg may be helpful for older adults to help maintain muscle mass and improve immune function among other functions.

Fiber

Dietary fiber is material from plant cells that cannot be broken down by enzymes in the human digestive tract. Fiber is essential for the health of the digestive system and for lowering cholesterol. Fiber also helps to manage blood sugar, and helps manage weight by increasing satisfaction and slowing down digestion. A high-fiber diet may reduce the risk of developing conditions such as heart disease, diabetes, diverticular disease, constipation and colon cancer.

Daily recommended – 21-25 grams of fiber per day.

Highest Fiber Foods

- 1 cup of raspberries has 8 grams of fiber
- 1 cup cooked artichokes has 9.6 grams of fiber
- 1/2 cup cooked navy beans has 9.6 grams of fiber
- 1/2 of General Mills Fiber One Cereal has 13 grams of fiber
- 1/4 cup cooked bulgur has 2.1 grams of fiber
- 1/2 oz of whole pumpkin seeds has 2.6 grams of fiber

Healthy Fat

Fat is a source of essential fatty acids, which the body cannot make itself, but that play many important roles in our body. Fat is a concentrated source of energy that helps fuel our body for daily activities. It is also a component of cell membranes, helping to maintain their structure and function. Fat is involved in the production of hormones such as testosterone and estrogen. Dietary fat can help our body absorb fat-soluble vitamins, such as vitamins A, D, E, and K. Without enough dietary fat, our bodies may not be able to absorb these essential vitamins effectively. Fat is also important for brain function by maintaining the structure of the brain and they also play a role in cognitive function and memory.

Types of Healthy Fats

1. Monounsaturated Fat: This type of fat is found in foods like nuts, olive oil, and avocados. Eating foods high in monounsaturated fat can help reduce your risk of heart disease.
2. Polyunsaturated Fat: This type of fat is found in foods like fatty fish, nuts, and seeds. It includes omega-3 and omega-6 fatty acids, which are essential for good health. Eating foods high in polyunsaturated fat can also help reduce your risk of heart disease.

Meals that contain this combination of nutrients

- Whole grain bagel with fried egg and avocado
- Baked salmon with brown rice and broccoli
- Omelet with veggies and cheese, plus a side of fruit, hash browns, or an English muffin
- Sandwich with turkey, spinach, tomatoes, and guacamole
- Oatmeal made with dairy or soy milk, mixed with walnuts and berries
- Whole wheat toast with cream cheese and scrambled eggs
- Fresh fruit with yogurt and chia seeds
- Wrap with feta, chicken, and veggies



VINTAGE
INFORMATION | RESOURCES | ADVOCACY

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 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.

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 48 hours in advance 970.879.0633 xt. 1. 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 xt 1. 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. Call for information or a reservation. 970.879.0633 xt. 1

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. 1

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

Tai Chi NO CLASS NOV 28th

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

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

Steamboat Community Center

Yoga for Arthritis NO CLASS NOV 27th

Wednesdays, 10:30 - 11:30 am

Steamboat Community Center

Arthritis Exercise Association Fitness

Thursdays, 10:30 - 11:30 am NO CLASS NOV 28th

Steamboat Community Center

Yoga for Balance and Stability

Thursdays, 2:30 - 3:30 pm NO CLASS NOV 28th

Steamboat Community Center



Marcia E	1	Annette Z	10	Valerie L	21
Tom B	3	Bill G	11	Joe L	22
Joanne B	3	MaryKay G	12	Kenneth H	23
Lavon C	3	Steve O	13	Dave L	23
Hedy D	3	Bill H	14	Shirley W	24
Edith H	4	Mary E	17	MaryLou G	27
Mary M	6	Paula L	18	MaryKay M	27
Bruce H	7	Jane R	19	Jeff D	29
Donna S	9	Gail E	20		
Gwen T	9	Steve E	20		

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.

Thank You Donors!

Donations Received September 2024

Leonard Auter	Jim McGee	Snow Country Nursery
Michael and Janet Arroyo	Moe's BBQ	Don and Diane Sperry
Nadine Arroyo	Mountain Valley Bank	Steamboat Floral
Big Agnes	Irene Nelson	Steamboat Meat and Seafood
B & K	Old Town Hot Springs	Steamboat Tennis and Pickleball
Ben and Lindsey Blonder	Old Town Pub	Steamboat Zipline Adventures
Bridge Players Benevolent Fund	Ore House	Straightline Sports
Bridge in Steamboat	Donald Peterson	Tai Chi
City of Steamboat Springs	Janis Petry	The Green Company
Lucien Coggia	Primrose	Winona's
Hedy Davis	Bob Pruett	Yampa River Outfitters
Elevated Olive	Rabbit Ears Motel	J & L Turner Fund of the Yampa
Embellishments	Rick Rapalee	Valley Community Foundation
Haymaker Golf Course	Rex's	
HLCC	Rolling Stone Golf Club	Gard Robinson in memory of
Honey Stinger	Routt County	Cathy Borland
Selina Koler	Carl Sandeline	
Vi Look	Schwab Charitable	
Mahjong players	Jim Severson	
McCole Construction	Pegi Simmerman	
Cole and Margo McCombs	Ski Haus	

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

Julie Alkema	Steve Goldman	Pam Olson
Anders Anderson	Nancy Good	Janis Petry
Carol Baily	Kim Graves	Whale Petry
Mike Berdine	Jonathon Hayek	Kay Rawlings
Ben Blonder	Dayna Horton	Brianna Romero
Lindsey Blonder	Gretchen Kioschos	Cindy Roth
Marybeth Bradfield	Hud Labaree	Dan Roth
Bruce Breslau	Lisa Lancaster	Deidre Saunders
Ellisa Chapman	Jay Layman	Cheryl Schliske
Angela Coxe	Jean Levine	David Selden
Kathy Curcio	Julie Lind	Darcy Simon
Jennifer Daniels	Wendy Mare	Pegi Simmerman
George Detwiler	Leif McCole	Diana Sperry
Shelly Dillingham	Jim McGee	Don Sperry
Sarah DiMichelle	Kay McGill	Craig Tolliver
Laurie Edwards	Scott Myller	Sheri Tolliver
Mary Ellsworth	Cathy Neelan	Nancy Trimmer
Dan Emert	Kasey O'Halloran	Michelle Trousil
Pam Ford	Chris O'Konski	Shea Wright

GIVE WHERE YOU LIVE! SCHEDULE YOUR CO GIVES DONATION ONLINE!



**Your Donation Goes Further on Colorado Gives Day!
Tuesday, December 10th! Easily the best day to give.**

Starting on November 1, you can schedule your Colorado Gives Day donations in advance at www.ColoradoGives.org. See April if you need assistance online.



**Help us exceed our goal of \$30,000 this year!
Consider giving what you can, even \$50 goes a long way!**

\$50 can pay for healthy, hot lunches for 1 person for an entire month. It can ensure that an older adult receives 16 fresh, hot, home-delivered Meals on Wheels.

\$50 can facilitate 25 trips to medical appointments, the bank or other errands.

If \$50 can do all that, think what \$100, \$500 or even \$1000 can do!

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

NOVEMBER EVENTS AND ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
4 Vaccine Clinic - Stmbt 9:00-11:00am	5 Mahjong -Stmbt 1:00	6 Bingo –S.R. 12:30	7 Trivia -Stmbt 12:30 Knitters Circle-Stmbt 1:00	8 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
11 Tea and Talk - Stmbt 12:30 Veteran’s Day	12 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	13 Bingo –S.R. 12:30 Shuttle to Silverthorne	14 Knitters Circle-Stmbt 1:00	15 Bingo –Stmbt 12:30 Bingo –S.R. 12:30 Bingo - Hayden Congregational Church 11:00
18	19 Mahjong -Stmbt 1:00	20 Bingo –S.R. 12:30	21 Around the World, African Safari-Stmbt 12:30 Knitters Circle-Stmbt 1:00	22 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
25 Wreath Craft - Stmbt 12:30	26 Mahjong -Stmbt 1:00	27 Bingo –S.R. 12:30	28 Happy Thanksgiving CLOSED	29 CLOSED



See page 3 for details about scheduled activities.

See page 6 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
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
4 Stuffed Cabbage Casserole Roasted Potatoes Biscuit Beet Salad Mixed Berry Pie	5 Meatloaf Mashed Potatoes Peas Biscuit Tossed Salad Apple Chocolate Chip Cookie	6 Meatloaf Mashed Potatoes Peas Biscuit Tossed Salad Apple Chocolate Chip Cookie	7 Veggie Pot Pie Lima Beans Spinach Salad Mandarin Orange Oatmeal Cookie	8 Corn Chowder Ham & Cheese Sandwich Crackers Orange Ice Cream
11 Oven-Fried Chicken Mashed Potatoes Peas Rolls Tossed Salad Vanilla Wafers	12 Pork Chops Bean Casserole Broccoli Tossed Salad Orange Blueberry Crisp	13 Pork Chops Bean Casserole Broccoli Tossed Salad Orange Blueberry Crisp	14 Teriyaki Shrimp Rice Stir Fry Vegetables Egg Roll Asian Salad Lemon Pudding	15 Beef Stew Crackers Tossed Salad Cherry Pie
18 Broccoli & Cheese Casserole Corn Kidney Beans Tossed Salad Apple Peanut Butter Cookie	19 Beef Tips Hashbrown Cass. Green Beans Roll Tossed Salad Strawberries Brownie	20 Beef Tips Hashbrown Cass. Green Beans Roll Tossed Salad Strawberries Brownie	21 Baked Chicken Mac & Cheese Stewed Tomatoes Garlic Bread Spinach Salad Fruit Parfait	22 Ham & Italian White Beans Pea & Carrot Salad Tossed Salad Orange Cinnamon Roll
25 Pizza Garbanzo Beans Salad with Craisins Peanut Butter Bars	26 Turkey Mashed Potatoes Stuffing Green Bean Cass. Tossed Salad Pumpkin Pie	27 Turkey Mashed Potatoes Stuffing Green Bean Cass. Tossed Salad Pumpkin Pie	28 Closed Happy Thanksgiving	29 Closed



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.