August Senior Scoop

News and Views from the Council on Aging

August 2025

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ROUTT COUNTY COUNCIL ON AGING

As August presents itself, we are reminded that although the end of summer is inevitably creeping up on us, there remains an abundance of grandeur all around. Majestic gardens and landscapes are full of vibrant, colorful and bountiful growth. My vegetable garden will gift with fat yellow and dark red beets; string beans are tiny sprouts yet to lengthen and plump up; potato plants are tall and flowering, indicating yummy tubers are hidden underground. A Montmorency cherry tree in the front yard is full of red, tart fruits. My neighbors share high yield raspberry and strawberry patches. Peach stands will continue to pop up in various spots. A most yummy time of year!

August is named for the first Roman emperor, Augustus Caesar. His predecessor, Julius Caesar, passed forward that idea by naming July after himself. August is a time of prosperity, spiritual reflection, letting go of restraints yielding to new beginnings. It's a time to relax and enjoy long, warm and sunny days. Explore and embrace the colorful outdoors. For the night owls, clear nights will display the dramatic Perseids meteor shower.

8/18 is "Never Give Up Day" meant to pay tribute to those who keep going no matter what. Sounds worthwhile and easy, right? 🙄 8/31 is the last day of summer. Enjoy!

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

CHESS

Find and circle all of the words that are hidden in the grid. The remaining letters spell a secret message. Note: Queen and Queening and separately hidden and do not overlap.

ATTACK
BISHOP
BLITZ CHESS
BLOCKED
BLUNDER
CAPTURE
CASTLING
CENTER
CHECKMATE
CHESSBOARD
CHAMPIONSHIP
DEEP BLUE
DIAGONAL
EN PASSANT
ENDGAME
EXCHANGE
FILE
FISCHER
FORK
GAMBIT
GRANDMASTER
JUMP
KASPAROV
KIBITZING
KING
KNIGHT
LOSE
MATE IN TWO
MIDDLEGAME
OPENING
PAWN
PIECE
PROMOTION
QUEEN
QUEENING
ROOK
SACRIFICE
STALEMATE
TOURNAMENT
WIN

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

___ _____ _____ _____ _____ _____ ____ _____, _____ _____

1. What has an eye but cannot see?
2. What has a neck but no head?

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



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.

Lunch and Shopping in Craig

Wed., Aug. 6th
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.

Foot Care



Mon., Aug. 11th
Steamboat Community Center
Sara Mitchell, cosmetologist, will offer foot care sessions to include foot soak, toenail maintenance and exfoliating scrub. Call for an appointment 970.879.0633.
$25, Cash only

Pearl Lake and the Clark Store

Mon., Aug. 18th, 12:30



Take a ride to Pearl Lake in North Routt County and a stop at the Clark Store for an afternoon ice cream treat.
RSVP for transportation. Leaving Steamboat Community Center at 12:30. 970.879.0633

COMET: Changing Our Mental Emotional Trajectory

Katie Maloney, CSU Extension
Fri., Aug. 22nd 10:00 - 11:45am
Changing Our Mental and Emotional Trajectory (COMET) is a universal, community-based program designed to address mental and emotional health issues early and prevent crises. COMET Community Training is a short, interactive training that teaches people how to initiate a supportive and potentially emotional conversation.

Tea and Talk



Thurs., Aug. 7th , 12:15pm
Back to School. Who was your favorite teacher and why?

RCCOA and the Alzheimer's Association host a monthly **Caregiver Support Group**
The 2nd Tuesday of each month
@ the Steamboat Springs Comm. Center.
Tues., Aug 12th, 10:30 am

ALZHEIMER'S ASSOCIATION

Meg Tully; Iceland Adventures

Thurs., Aug. 14th, 12:15



We last heard from Meg after she visited Peru. From Peru to Iceland, see breathtaking photos and hear more travel stories.

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. All are welcome.

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? All are welcome.

Senior Fair Day **Wed., Aug 13th, 11:00am - 2:00pm**

11:00am - Noon; Friends gather to view the Home Arts entries and Exhibit Hall

Noon - 1:00pm; Lunch and guest speaker
MaryBeth Stepans; History of the Elk Head Community.
Lunch options: Food Truck; Burger, drink, chips $11
RCCOA sack lunch; sandwich, drink, chips $5

1:00 - 2:00 Walk the midway and tour the animal barns

Reservation for transportation and RCCOA lunch required. 970.879.0633 xt 1

Ride the Steamboat Gondola **Wed., Aug. 27th**

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



Volunteer Spotlight: Jake Owsley

This month I would like to feature a dynamic and caring volunteer that went above and beyond the call of duty. Jake is retired with a background in electrical engineering. He spent 40 something years in Boulder and upon retirement, he decided to split his time between Steamboat Springs and Hawaii. When in Steamboat Springs he volunteers with a number of non-profits including RCCOA, Strings Music Festival and the Steamboat Springs Botanic Gardens. Jake has been a part of the Council on Aging since 2021 and has helped clients with yard cleanup and house repairs. Jake says that he is happy to volunteer and be a part of the Steamboat Springs community. He just wants to "pay it forward".

This summer Jake helped a RCCOA client, Carol, and spent many hours repairing a deck and entrance to ensure safety for Carol and other RCCOA staff that frequent Carol's house. Carol described Jake as friendly, helpful and a hard worker. Thank you Jake!~

Meal Prep: Written by Patti Murphy, RDN, CDCES

At its most basic meal prep can be defined as prepping food for several days at once. It can be done in different ways but there can be a lot of positives to utilizing this strategy!

Pros:

- Less time spent in the kitchen overall easier clean up after meals (after your prep day!)
- Less time spent thinking about what to make for meals over the course of the week
-Less reliance on ordering food or eating convenience foods (often leading to less money spent on meals.)
-Healthier Meals

Cons:

-Less variety of meals in some cases (this can be mitigated though!)
-If you chose a recipe you don't wind up liking you have it in excess

Food safety

-Refrigerate food within two hours of preparing.
-Consume food within 3-4 days of preparing if it is stored in the fridge. Food should not be kept in refrigeration longer than that.
-Freeze for storage for longer periods of time

Ideas:



By making/using a few healthy carbs (brown rice, quinoa, whole wheat tortillas), proteins (ground turkey breast, lean beef, beans, chicken breast), vegetables, and healthy sauces (avocado, Greek yogurt, salsa, vinegars) you can make a variety of meals through the week. This approach can be great in that in gives you the positives of meal prep without the repetitive nature of meals that is often peoples' biggest complaint with meal prep/eating "leftovers." By mixing and matching these components you can make several different meals, like breakfast burritos, scrambles or quesadillas, stir fries, salads or wraps. The following site has complete information on this idea.
https://www.budgetbytes.com/mix-and-match-meal-prep/

These sites are also great resources for anyone wanting to try meal prep.

https://www.loveandlemons.com/healthy-meal-prep-ideas/

https://therealfooddietitians.com/meal-prep-ideas/

For personalized advice regarding meal prep or other nutrition ideas individual nutrition counseling is available! Reach out to Patti Murphy @ pattimurphyrd@gmail.com to schedule.

FITNESS CLASSES

$3 SUGGESTED DONATION PER CLASS, UNLESS OTHERWISE NOTED.
NO ONE IS TURNED AWAY DUE TO INABILITY TO DONATE.

SOUTH ROUTT *Oak Creek Community Center*

Arthritis Exercise Association Fitness Class
Mondays, 10:45 - 11:45 am
Arthritis Exercise Association Fitness Class
Wednesdays, 10:45 - 11:45 am



STEAMBOAT SPRINGS *Community Center*

Arthritis Exercise Association Fitness
Mondays, 10:30 - 11:30 am

Tai Chi
Tuesdays, 10:30 - 11:30 am: Molly McClure
Thursdays, 4:00 - 5:30 pm: no instructor

Yoga for Arthritis
Wednesdays, 10:30 - 11:30 am: Liz Leipold

Dance Vitality
Brought to us by Steamboat Dance Theatre
Thursdays, 10:30 - 11:30 am
Gentle dance classes specially designed for older adults, including those with limited mobility, to encourage movement, enhance flexibility, and improve balance.

Yoga for Balance and Stability
Thursdays, 2:30 - 3:30 pm: Colleen Russo

August Birthdays

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 Crystal or Ellyn know.

Gene S	1	Dave D	13	Jean L	20	Beverly E	30
Susannah N	3	Dorothy S	13	Diane A	23	Gloria H	30
Julie N	3	Janis P	16	Thalla W	24	Tim B	31
Carol R	6	Claudia D	17	Teresa B	25	Karin H	31
Rick S	6	Carol H	17	Don F	25		
David H	8	Liz L	18	John R	27		
Ilda B	8	Jeannine P	19	Susan B	28		
Ron K	10	Rebecca W	19	Barb H	29		
Joanne K	10	Fran C	20	Robert R	29		
Rodger D	11	Eva D	20	Raymond S	29		



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 11:45.

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 11:30.
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 provide. 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.

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

Jonathan Adler
Julie Alkema
Kathleen Allen
Anders Anderson
Carol Baily
Mike Berdine
Ben Blonder
Lindsey Blonder
Jill Boyd
Marybeth Bradfield
Maria Bryant
Cindy Byar
Ellisa Chapman
Amy Coughlin
Kristi Coxon
Kathy Curcio
Jennifer Daniels
George Detwiler
Shelly Dillingham
Sarah DiMichelle
Laurie Edwards
Dan Emert
Pam Ford
Karl Gills
Steve Goldman
Nancy Good
Kim Graves
Kristi Hardy
Megan Hartsel
Jonathon Hayek
Kerry Holmquist
Dayna Horton
Adam Johnson
Diane Kane
Annie Krieg
Hud Labaree
Lisa Lancaster
Jay Layman
Susie Lee
Valerie LeGore
Jean Levine
Julie Lind
Wendy Mare
Kay McGill
Scott Myller
Cathy Neelan
Trish O'Connell
Kasey O'Halloran
Chris O'Konski
Karl Olson
Pam Olson
Donnie Pearce
Janis Petry
Whale Petry
Wendy Powell
Kay Rawlings
Calvin Reese
Brieanna Romero
Cindy Roth
Dan Roth
Deidre Saunders
Cheryl Schliske
David Selden
Bob Sherwood
Darcy Simon
Pegi Simmerman
Deb Smith
Diane Sperry
Don Sperry
Suzie Spiro
Jenni Stolarski
Alethea Stone
Craig Tolliver
Sheri Tolliver
Nancy Trimmer
Michelle Trousil
Barb Tuchlinsky



Thank You Donors! Donations Received June 2025

Julie Alkema
Anders Anderson
Anonymous
Anonymous
Todd and Patricia Asbury
Carol Baily
Christy Belton
Ben and Lindsey Blonder
David and Diana Box
Bridge in Steamboat
Bridge Players Benevolent Fund
Dennis and Theresa Brust
Mike and Glory Burns
Bruce Caplowe
Patricia Carney
Joe Cashen
Cathy Cassulo
City of Steamboat Springs
Eileen Keenen Diamond
John and Maryann Duffy
Eva Dworakowski
Sean Erno
Charyl Fines
Pauline Graham
Julie Green
Gary and Dot Haberlan
Bruce and Jane Hannon
Bruce Heath
Arie and Sharon Hoogendoorn
Diane Kane
Ernie Kish
Gene Kite
Selina Koler
Anne and Phil Lauinger
Jean and David Levine
Vi Look
Werner and Denise Luppuner
Pati and Paul Lundy
Mahjong Players
Scott and Lynne Marr
McCole Construction
Wendy McCreight
Jim McGee
Jason and Jackie Meyer
Gillian Morris
Mountain Tap Brewery
Jim Moylan
Nancy and CJ Mucklow
Irene Nelson
Karen O'Connor
Donald Peterson
Janis Petry
Rick Rapalee
Bud and Jane Romberg fund of the Yampa Valley Community Foundation
Cynthia Roth
Routt County
Carol and Steve Sehnert
Jim Severson
Heidi Shurtleff
Gail Smith
Don and Diane Sperry
Sheri Lu Steiner
Steve and Terri Stine
Joy and Denny Swanson
Walter and Nancy Trimmer
Tai Chi
Terri Weisenbach
Barb Wheeler
Tom and Audrey Williams



AUGUST EVENTS AND ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	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 Rummage Sale 4:30pm
4	5 Mahjong -Stmbt 1:00	6 Shuttle to Craig Bingo –S.R. 12:30	7 Tea and Talk -Stmbt 12.30 Knitter Circle-Stmbt 1:00	8 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
11 Footcare	12 Caregiver Support Group –Stmbt 10:30am Mahjong -Stmbt 1:00	13 Senior Fair Day 11:00am - 2:00pm -Hayden Fair Grounds Bingo –S.R. 12:30	14 Meg Tully; Iceland Adventure -Stmbt 12:15pm Knitters Circle-Stmbt 1:00	15 Bingo –Stmbt 12:30 Bingo –S.R.
18 Pearl Lake and Ice Cream @ the Clark Store - 12:30pm	19 Mahjong -Stmbt 1:00	20 Bingo –S.R. 12:30	21 Knitters Circle-Stmbt 1:00	22 COMET -Stmbt 10:00am Bingo –Stmbt 12:30 Bingo –S.R. 12:30
25 Trivia-Stmbt 12:30	26 Mahjong -Stmbt 1:00	27 Ride the Steamboat Gondola 10:00am Bingo –S.R. 12:30	28 Knitters Circle-Stmbt 1:00	29 Bingo –Stmbt 12:30 Bingo –S.R. 12:30

See page 3 and 4 for details about scheduled activities.
See page 6 for a complete list of Aging Well classes.

Help reduce our use of paper. Subscribe to our monthly newsletter or see a calendar of events and menus online, please visit www.rccoaging.org.

To see photos, updates, and more: **"Like" us on Facebook**
www.facebook.com/Routt-County-Council-on-Aging

ROUTT COUNTY COUNCIL ON AGING

EAT and GREET



Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
28 Baked Chicken Mashed Potatoes Broccoli Biscuit Peach Pie	29 Pork Cutlets Stuffing Carrots Green Beans Tossed Salad Banana Lemon Bar	30 Meatball Sub Hashbrown Casserole Peas Tossed Salad Orange Chocolate Ice Cream	31 Meatball Sub Hashbrown Casserole Peas Tossed Salad Orange Chocolate Ice Cream	1 Summer Vegetable Soup Almond Chicken Salad Crackers Cantaloupe Apple Crisp
4 Scalloped Potatoes & Ham Mixed Vegetables Garlic Bread Tossed Salad Sugar Cookie	5 Catfish Rice Pilaf Peas Hushpuppy Cucumber & Tomato Salad Banana Pie	6 Baked Chicken Macaroni & Cheese Roll Spinach Salad Peach Pie	7 Baked Chicken Macaroni & Cheese Roll Spinach Salad Peach Pie	8 Roast Beef Sandwich Potato Salad Apple Slaw with Cranberries & Walnuts Jello
11 Spinach & Mushroom Frittata Carrots Biscuit Tossed Salad Peanut Butter Cookie	12 Pork Ribs Sweet Potato Roll Cole Slaw Blueberry Crisp	13 Pork Ribs Sweet Potato Roll Cole Slaw Blueberry Crisp	14 Beef Tips Mashed Potatoes Cauliflower Roll Tossed Salad Vanilla Ice Cream	15 Cajun Chicken Sandwich Tossed Salad Cantaloupe Pudding
18 Beef Tacos Spanish Rice Southwest Bean & Corn Casserole Mexican Salad Fruit Parfait	19 Italian Sausage with Garlic Herb Sauce Penne Pasta Squash Peas Tossed Salad Sherbet	20 Italian Sausage with Garlic Herb Sauce Penne Pasta Squash Peas Tossed Salad Sherbet	21 Ranch Chicken Rice Pilaf Peas Tossed Salad Apricots Granola Bar	22 Tuna Lettuce Wrap Roasted Sweet Potatoes Mandarin Orange Lemon Bar
25 Black Bean Burger Peas & Carrots Onion Rings Cole Slaw Mixed Fruit Pie	26 Breakfast Burrito Breakfast Potatoes Asparagus Fruit Cup Cinnamon Roll	27 Breakfast Burrito Breakfast Potatoes Asparagus Fruit Cup Cinnamon Roll	28 Lasagna Green Beans Garlic Bread Caesar Salad Strawberry Cobbler	29 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. The suggested donation for those 60+ is $3.00. The fee for those under 60 is $17.

FUNDING PROVIDED IN PART BY: VINTAGE

*The following major food allergens are used as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please see staff for more information about these ingredients.