DECEMBER SENIOR SCOOP

News and Views from the Council on Aging

ROUTT COUNTY
COUNCIL ON AGING

THANK YOU RCCOA DONORS!

Donations Received October 2016

American Legion Post #44
Gail and Whitney Armentor in memory of Jim Erickson
El Pomar Foundation
Exxon Mobile Foundation
Betty Kemry
Elizabeth Leipold
Viola Look in memory of Jim Erickson
Routt County
Routt County United Way
Yampa Valley Community Foundation

December 2016

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Pegi Simmerman
President Elect
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Treasurer
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Secretary
Jim Brainard
Ellen Kendall
Tosia Sauter
Chris Stillwell
Vanessa Woodford



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

Staff

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Executive Director
Toni Cratsley
Steamboat & Hayden Cook
Gil Fifield
Steamboat Driver
Chuck Girton
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Steamboat Kitchen Asst.
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South Routt Driver
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Steamboat Driver
Rebecca Wattles
Hayden Driver
Charlotte Whaley
South Routt Kitchen Asst

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

You're Invited…

Wednesday, December 14th
4:00-6:00pm
Steamboat Springs Community Center

2016 Routt County Council on Aging

Holiday Party & Open House

Food, Drinks, and Holiday Cheer!

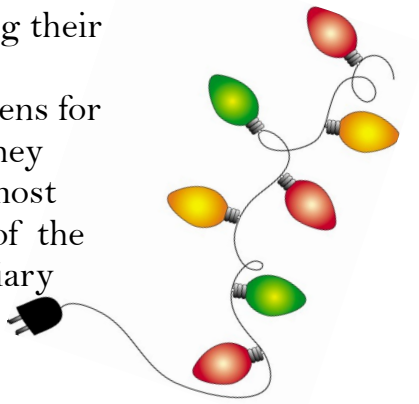
Please RSVP to April at 970.879.0633 x4
or april@rccoaging.org

<u>Tuesdays, December 6th and 27th</u>… Join us at Mountain Tap Brewery for "Token Tuesday" 4:00pm



Each month Mountain Tap Brewery selects four local nonprofit organizations to support. RCCOA is one the December non-profits. On Token Tuesday, each guest receives a wooden nickel token for every beer they purchase. Before leaving Mountain Tap Brewery, they can select which of the four organizations they want to support by depositing their token in that organization's Token Tuesday box. At the end of the month, Mountain Tap Brewery empties the boxes, adds up the tokens for each organization and presents each one with $1 for every token they received. Whichever organization collects the most tokens throughout the month is dubbed "King of the Mountain Tap" and gets to stay on as a beneficiary for one more month.





<u>Wednesday, December 7th</u> … Shopping trip to Craig. Leaving the community center at 9:30 am and returning by 4:00pm RSVP to April 970-879-0633

<u>Thursday, December 8th</u> … 10:30am RCCOA Board Member Meeting. Steamboat Springs Community Center

<u>Tuesday, December 20th</u>… 6:00pm Holiday Lights tour. Take a ride on the shuttle to view holiday light displays. RSVP to April.

AARP Foundation ElderWatch
In Partnership with the Colorado Attorney General

Tips for Safe Online Shopping

'Tis the season for holiday shopping and since many people will purchase their holiday gifts online, this is a good time for some internet safety reminders. Here are some tips for protecting your personal and financial information while shopping online:

-Don't share your banking information while using **free public Wi-Fi** or public computers.
-Only shop on secure sites that begin with **"https"** and/or display a padlock in your browser.
-Only shop with online merchants you are familiar with. If you are unsure about a merchant **do your research**.
-Make sure your computer and browser security features are **installed and updated**.
-Confirm a working **customer service phone number** in case you have issues with the product.
-Avoid shopping for a product based upon **unsolicited** emails, texts or pop-up advertisements.
-Be suspicious if you are shopping for a product and one site is offering **unbelievably lower prices** than anywhere else online. They may be trying to collect personal information or sell knock-off products.
-Read the fine print, terms and conditions and return policy before finalizing any purchase.
-Keep a record of your purchase on file in case you need to reference it in the future.
-Regularly check your **credit card statements** to ensure all transactions are authorized by you.

If you are concerned about the safety and security of your information online, you always have the option to shop over the phone or in a store.

12.06.2016
YAMPAVALLEY GIVES
YampaValleyGives.org

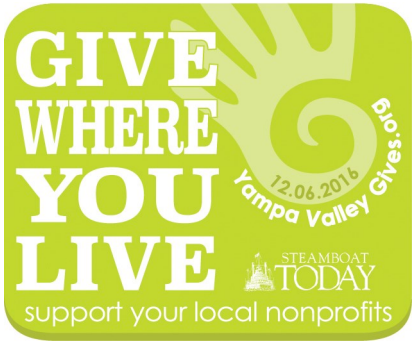
GIVE WHERE YOU LIVE!

December 6th, 2016

Colorado Gives Day is an annual statewide movement to celebrate philanthropy in Colorado. For the seventh consecutive year, Community First Foundation and First Bank are partnering to present Colorado Gives Day. Donations are safe, secure and accepted through YampaValleyGives.org.

Help us increase the amount of donors who give to RCCOA on Colorado Gives Day 2016!

In 2015, RCCOA raised $2700 from 30 donors on Colorado Gives Day. Our goal is to increase the number of donors and the amount received in 2016!!



Cranberries… Health benefits, Facts, Research



Cranberries are often a popular part of Holiday celebrations in the form of cranberry sauce, cranberry drinks and dried cranberries added to stuffing, casseroles or desserts. No one knows for sure how cranberries became associated with holiday feasts, but historians guess that it had something to do with the Native Americans, who used cranberries not only for food and medicine but also to make dyes for clothing and blankets.

As far as healthy foods go, cranberries are at the top of the list due to their high nutrient and antioxidant content and are often referred to as a "super food." Not to mention, half a cup of cranberries contains only 25 calories!

The possible health benefits of consuming cranberries include lowered risk of urinary tract infections, prevention of certain types of cancer, improved immune function, decreased blood pressure and more.

The same proanthocyanidins in cranberries that help prevent UTIs may also benefit oral health by preventing bacteria from binding to teeth, according to Researchers at the Center for Oral Biology and Eastman Department of Dentistry at the University of Rochester Medical Center. Cranberries may also be beneficial in preventing gum disease.

Incorporating more cranberries in your diet

Cranberries are native to North America and are farmed on approximately 40,000 acres across the northern United States and Canada. They can be refrigerated for up to two months before using and can also be frozen for later use. Choose cranberries that are firm to the touch and unwrinkled.

Here are a few good ways to add cranberries to your diet:



* Make a homemade trail mix with unsalted nuts, seeds and dried cranberries.
* Include a small handful of frozen cranberries in a fruit smoothie.
* Add dried cranberries to your oatmeal or whole grain cereal.
* Toss dried or fresh cranberries into your favorite muffins or cookie recipe.
* Include fresh cranberries in an apple dessert like pie or cobbler for an extra kick of flavor.

Potential precautions

You may want to steer clear of a high intake of cranberries if you take the blood-thinning drug warfarin, also known as coumadin. There has been conflicting evidence on the potential for cranberries to enhance the drug's effect on the body. Several cases of increased bleeding due to suspected interactions with cranberry juice and warfarin have been reported.

http://www.medicalnewstoday.com



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

Sudoku

Sudoku is one of the most popular puzzle games of all time. The goal of Sudoku is to fill a 9×9 grid with numbers so that each row, column and 3×3 section contain all of the digits between 1 and 9. As a logic puzzle, Sudoku is also an excellent brain game. If you play Sudoku daily, you will soon start to see improvements in your concentration and overall brain power.

Congratulations to our November Master Puzzle Solver, Jane Romberg!! Would you like to have your name published as a **"Master Puzzle Solver"?** Would you like to win a **FREE LUNCH?** Submit your answers at any meal site and you may be chosen as our monthly **"Master Puzzle Solver!"**

A special Thank You to everyone who volunteers for us...

Meals on Wheels Delivery Drivers

Sandy Berger
Tanna Brock
Marion Gibson
Tosia Sauter
Tom Swissler

November Speakers

Linda Litteral
Catherine Swan
Sureva Towler

Thank you

Tanna Brock, Ralph Gourley, and Jim O'Connor for helping with bridge.
Mary Monger for helping with lunch clean up.
Chris Stillwell for all your bingo help.

Thank you Routt County for securing funding, and Geovanny Romero for all your help acquiring the new van!

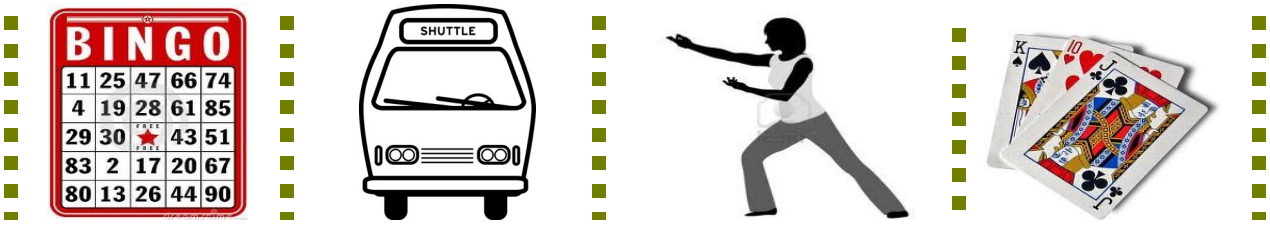
Happy December Birthdays!

12-1	Scout Rouse
12-2	Lorraine Boyle Jim Brainard
12-3	Michael Noriega Jim Stanko
12-4	Marion Gibson Ardy Kneeland
12-5	James Sandrin Madeline Weishaar
12-7	Alice Iacovetto Jenny Thomsen
12-8	Tom Swissler
12-10	Bernie Gagne
12-14	Mike Bird
12-15	Diana Simon
12-17	Sue Carpenter Karen Leslie
12-23	Dutch Ebaugh
12-26	Pauline Graham
12-28	Nancy Howell

Our birthday list is compiled from completed consumer assessments. Please accept our apology if your birthday is not listed, and see April to complete a current consumer assessment.

SERVICES AND ACTIVITIES OF RCCOA

ROUTT COUNTY COUNCIL ON AGING



FOR RESERVATIONS OR QUESTIONS PLEASE CALL 970.879.0633

SENIOR EAT AND GREET

We have three dining rooms in Routt County. The recommended donation for meals is $3.00 for those 60 and better. Those under 60 must pay $6.00. Reservations requested 24 hours in advance.
Hayden - American Legion Hall: Noon on Tuesday, Thursday
South Routt - South Routt Community Center: Noon on Monday, Wednesday, Friday
Steamboat - Community Center: Noon on Monday, Tuesday, Thursday, Friday

MEALS ON WHEELS

RCCOA's Meals on Wheels provide hot, low-cost, nutritious meals to homebound seniors. The recommended donation for meals is $3.00 for those 60 and better. Those under 60 must pay $6.00. Meals on Wheels operates the same days as the Senior Eat and Greet listed above. Reservations required 24 hours in advance. **We are now delivering frozen meals for weekends, holidays and rural consumers! Please inquire.**

TRANSPORTATION

RCCOA provides transportation to and from our programs, and dining rooms in Hayden, Steamboat and South Routt. Rides are also available to medical appointments, shopping, trips to the pharmacy and other errands. The recommended contribution is $2 per trip. Reservations are required 24 hours in advance.

EXERCISE

The Council on Aging sponsors exercise classes in coordination with Northwest Colorado Health. Please see page 8 for a calendar of classes, or call Northwest Colorado Health with questions, 871-7676.

BINGO

South Routt: Wednesdays after lunch at the South Routt Community Center
Steamboat: Fridays after lunch at the Steamboat Springs Community Center

BRIDGE

There are several bridge groups that play at various times in Steamboat. Please call us for details.

GROCERY SHOPPING

South Routt: One Thursday a month
Steamboat: Tuesdays after lunch. Please reserve 24 hours in advance.

NUTRITION COUNSELING

The Council on Aging provides this service for our seniors at no cost. For an appointment please call 970-879-0633 xt 4 and we will arrange an appointment with Jenny Thomsen, RDN.

SUPPORT OUR SENIORS

ROUTT COUNTY COUNCIL ON AGING

Support us on Colorado Gives Day

Tuesday, December 6

online at ColoradoGives.org

$1 Million Incentive Fund!

COLORADO COMMUNITY FIRST FOUNDATION GIVESDAY 12.06.16

1STBANK Corporate Partner

Give where you live



The Routt County Council on Aging can only achieve its goals with the assistance of generous donations from members and organizations of our community. Without these donations, serving those in our area would not be possible. We've learned that exciting programming brings new people into our dining rooms for lunch and onto our vans for rides. In 2016 our core nutrition and transportation programs are seeing more people every day. In our Steamboat dining room alone, we are serving an average of 38 seniors each day.

Since our organization relies on the generosity of individuals like you, we ask you to consider a donation to our cause. All gifts are meaningful!

PLEASE MAKE YOUR DONATION TODAY!

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

Routt County Council on Aging is a non-profit that has been dedicated to meeting the needs of Routt County's senior citizens

STEAMBOAT

Intro. to Movement & Exercise
Mondays, 2:30 - 3:30 pm
Mountain View Manor Apts.

Wednesdays, 2:30 - 3:30 pm
Selbe Apartments

Movement & Exercise
Thursdays, 10:30 - 11:30 am
SS Community Center

Advanced Movement & Exercise
Mondays, 10:30 - 11:30 am
SS Community Center

Beginning Tai Chi for Health
Tuesdays, 9:45 -10:30 am
SS Community Center

Advanced Tai Chi for Health
Tuesdays, 10:45 -11:30 am
SS Community Center

SOUTH ROUTT

Movement & Exercise
Mondays, 10:45 - 11:45 am
SR Community Center

Movement & Exercise
Wednesdays, 10:45 - 11:45 am
SR Community Center

Movement & Exercise
Mondays, 9:30 - 10:30 am
Yampa Town Hall

HAYDEN

Movement & Exercise
Thursdays, 11 am - Noon
Haven Community Center



Drop ins welcome!
$3 suggested donation per class, unless otherwise noted.

SENIOR WELLNESS CLINICS

Drop ins welcome! Donations appreciated!

STEAMBOAT SPRINGS

Mt. View Manor Apartments: 1:30 - 2:30 pm
2nd Wed. of the month

Steamboat Community Center: 11:30 am - 12:30 pm
3rd Tues. of the month

Selbe Apartments: 2:30 - 4:00pm
4th Wednesday of month

OAK CREEK

South Routt Community Center: 10:30 am - 12:00pm
4th Mon. of the month

HAYDEN

Haven Community Center: 9:00 am - 12:00pm
2nd & 4th Wed. of the month

Your donations help ensure these services continue. No one will be refused service due to inability to pay or donate.

FOOT CARE CLINICS

Appointment required: 970-871-7676.
$20 per visit unless otherwise noted

STEAMBOAT SPRINGS

Steamboat Community Center: 8:30 - 11:30 am
2nd Tues. of the month ($20 donation appreciated)

Northwest Colorado Health: 8:15 am - 12:45 pm
4th Tues. of month

OAK CREEK

South Routt Medical Center: 9:00 am - 3:00 pm
3rd Mon. of the month

Oak Creek Senior Apartments: 9:00 - 11:30 am
1st Mon. of Aug, Oct. and Dec.

HAYDEN

Haven Community Center: 1:15 - 2:45 am,
Wednesdays

YAMPA

Yampa Town Hall: 1:15 - 3:30 pm
1st Mon. of Aug, Oct. and Dec.

DECEMBER EVENTS AND ANNOUNCEMENTS

Steamboat Springs: ___ South Routt: ___ Hayden: ___

ROUTT COUNTY COUNCIL ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 WII Games Bridge 1:00 Stmbt	29 Beginning Bridge 1:00 Stmbt Bridge: S.R.	30 Bingo: 12:30 S.R. Foot care: Haven	1 Mahjong 1:00 Stmbt	2 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
5 "The Gift of the Magi" a 1905 classic by O. Henry Bridge 1:00 Stmbt	6 Beginning Bridge 1:00 Stmbt CO Gives Day "Token Tuesday" at Mtn. Tap Brewery	7 Shuttle to Craig Bingo12:30 S.R. Foot care & Wellness Clinic: Haven	8 Board Meeting 10:30am Stmbt Mahjong 1:00 Stmbt	9 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
12 Watch how you step – Balance and Dizziness with Stephanie Loomis Bridge 1:00 Stmbt Foot Care: S.R.	13 Foot care: Stmbt Beginning Bridge 1:00 Stmbt Bridge: S.R.	14 Bingo 12:30 S.R. Foot care: Haven Holiday Party 4:00-6:00pm	15 Duplicate Bridge Stmbt 9:00-4:00 Mahjong 1:00 Stmbt	16 Bingo 1:00 Stmbt Bridge 1:00 Stmbt 
19 Bridge 1:00 Stmbt Wellness Clinic: S.R.	20 Wellness Clinic: Stmbt Beginning Bridge 1:00 Stmbt Holiday Lights Tour 6:00pm	21 Soroco Preschool Joining Bingo 12:30 S.R. Foot care & Wellness Clinic:	22 Mahjong 1:00 Stmbt	23 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
26 Bridge 1:00 Stmbt	27 Beginning Bridge 1:00 Stmbt Bridge: S.R. "Token Tuesday" at Mtn. Tap Brewery	28 Bingo: 12:30 S.R. Foot care: Haven	29 Mahjong 1:00 Stmbt	30 Bingo 1:00 Stmbt Bridge 1:00 Stmbt

The Monday speaker series is at the Steamboat Springs Community Center at 12:30 pm. See page 8 for the complete schedule of exercise classes, foot care and wellness clinic times. Contact April at 879-0633 with any questions or ideas.

ROUTT COUNTY COUNCIL ON AGING

SENIOR EAT *and* GREET December 2016

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
28 Tuna Melt French Fries Peas Grapes Cookie	29 Lamb Biscuit Tossed Salad Ambrosia Salad	30 Lamb Biscuit Tossed Salad Ambrosia Salad	1 Baked Potato Broccoli and Cheese Wheat Roll Apple Cottage Cheese	2 Open Faced Turkey Sandwich Mashed Potatoes Gravy Green Beans Apple Pastry Ice Cream
5 Sweet and Sour Chicken Brown Rice Green Salad Wheat Roll Oranges Banana	6 Biscuits with Sausage Gravy Hash browns Eggs Banana Cherry Crisp	7 Beef Ribs Mashed Potatoes Corn Coleslaw Peach Cobbler	8 Beef Ribs Mashed Potatoes Corn Coleslaw Peach Cobbler	9 Veggie Lasagna Asparagus Fruit and Walnut Salad Garlic Bread Chocolate Pumpkin Cake
12 Italian Sausage with Pasta Brussel Sprouts Italian Salad Bread Sticks Baked Apples	13 BBQ Chicken Salad Veggie Banana Apple Sauce	15 Flank Steak Rice Pilaf Carrots Mandarin Oranges Jello Wheat Roll Cake	15 Flank Steak Rice Pilaf Carrots Mandarin Oranges Jello Wheat Roll Cake	16 Shrimp Skewers Veggie Tossed Salad Wheat Roll Honey Dew Sherbet
19 Cheese Ravioli Corn Tossed Salad Italian Bread Strawberries and Bananas	20 Chicken Pot Pie Broccoli Biscuit Blueberries and Cream	21 Turkey Sweet Potato Green Bean Casserole Wheat Roll Apple Pie	22 Ham Sweet Potato Green Bean Casserole Wheat Roll Apple Pie	23 Beef Stroganoff Carrots Beet Salad Coffee Cake Oranges
26 Moroccan Chicken Couscous Asparagus Tossed Salad Wheat Roll Cookie	27 Catfish Scalloped Sweet Potato Coleslaw Fruit Bran Muffin	28 Pork Roast Roasted Potato Peas and Carrots Wheat Roll Chocolate Chip Cookie	29 Pork Roast Roasted Potato Peas and Carrots Wheat Roll Chocolate Chip Cookie	30 Ham Salad Sandwich Cream of Potato Soup Pinto Beans Tossed Salad Fruit

Please call 970-879-0633 24 hours in advance for reservations.

Milk, Tea, & Coffee are offered with all meals. Nutrition analysis is available upon request.

Lunch is served at noon at the following locations: **Hayden**/American Legion Hall

South Routt/ South Routt Community Center **Steamboat Springs**/ Steamboat Springs Community Center