

Senior Scoop

News and Views from the Council on Aging

ROUTT COUNTY COUNCIL ON AGING

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Thank God for "Old People", we need them now more than ever.

1. Old People are easy to spot at sporting events; they stand at attention, remove their hats and sing without embarrassment during the playing of the National Anthem.
2. If you bump into an Old Person on the sidewalk he will apologize. If you pass an Old Person on the street, he will nod or tip his cap. Old People trust strangers and are courtly to women.
3. Old People get embarrassed if someone curses in front of women and children and they don't like filth on TV or in movies.
4. They have moral courage and personal integrity. They seldom brag unless it's about their children or grandchildren.
5. Old People know our great country is protected, not by politicians, but by the men and women in the military serving our country.
6. This country needs the work ethic, sense of responsibility, and decent values of our Old People.

We need them now more than ever.

Submitted by Pegi Simmerman,
RCCOA Board President

February 2019



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

Do You Need to Borrow Medical Equipment?

Have you had a recent surgery? Do you have a guest coming to visit who may need extra assistance? Do you need medical equipment -- long or short term? RCCOA has wheelchairs, walkers, canes, toilet riser seats, a shower transfer chair and a few other supplies available to borrow for FREE. Contact April for information or to pick up. 970.879.0633 xt. 4





Health and Wellness Annual Health Fair

Thursday, February 28, 2019 5:00-6:30 PM
Hayden Valley Elementary Gym



- Health and wellness tips to promote overall well being
- Resources and services to help families stay healthy
- FREE dinner* from 5:00-6:00 pm
  Dinner limited to 150 people
- Door Prizes for the first 50 participants

Presented by:
Health & Wellness Team
MIND BODY SPIRIT



RCCOA meal sites and offices will be closed Monday, February 18th in observance of President's Day. Frozen meals are always available to take home.



Need a Ride?

RCCOA is pleased to offer close to 4300 rides annually to seniors. Winter is here and roads are icy, making the demand for our limited shuttle services very high. Since our drivers are likely on the road, please call the office number rather than drivers' personal cell phones, when possible. To ensure that you receive the service you need, please keep the following in mind:

-All reservations should be made at a minimum 24-hours in advance. The sooner you know your schedule, the more likely we will be able to accommodate you.
- If there are delays due to weather, please understand that our driver is doing the best he/she can. Your patience is appreciated.
-There will likely be more clients on the shuttles, so please be courteous to everyone.

Please call 970-879-0633 to make your reservations. Suggested donations are $2/each way within city limits and $3/each way outside city limits.

Shopping and Lunch in Craig, CO

Wed., Feb. 6th 10:00 am - 5:00 pm

Join us for shopping and lunch. Space is limited. Suggested donation of $5 for those 60 and better. Lunch is not included. Weather Permitting. Please RSVP to April at least 48 hours in advance. 970-879-0633





REACHING HIGH

Steamboat Springs Fire Rescue is excited to announce its partnership with Routt County Council on Aging, and the Reaching High For Seniors program. Members of the Steamboat Fire Rescue will come to your home to help/educate you on fire alarms, CO2 alarms, fire safety, vial for life, and fire extinguisher training's. Volunteers are also available to help with light household tasks to make your home safer. Let us know if you're interested, and we will make arrangements to have someone come to you.

Our next "Reaching High" Day will be Thurs, Feb. 21st. Contact April with questions or requests. 970.879.0633



How healthy is that food?
What does the nutrition label tell you?

Overwhelmed by all those hard-to-pronounce words on the ingredient list? You're not alone. To get in and out of the store with your sanity intact, adds Caroline Kaufman, RDN, "have a game plan and know what you are looking for so you can quickly scan the label for the most important information." Here are the basics of what those labels tell you and what you should zero in on for the food you're eating.

Calorie count

For many people, this is the first and most important stop on the label. But a higher-calorie food might be worth eating if it also contains lots of nutrients. Here is the suggested calorie intake based on gender, and age, for a minimally active person.

Females 31-50 yrs	1800-2000	**Males** 31-50 yrs	2200-2800
Females 51+ yrs	1600-1800	**Males** 51+ yrs	2000-2400

Nutrition Facts

Serving Size (1154g)
Servings Per Container

Amount Per Serving

Calories 600 Calories from Fat 120

	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 740mg	**31%**
Total Carbohydrate 93g	**31%**
Dietary Fiber 12g	**48%**
Sugars 29g	
Protein 30g	

Vitamin A 150% • Vitamin C 220%
Calcium 50% • Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Fats

If most of the fat content comes from healthy unsaturated fat, you're probably good to go. If the fat is mainly saturated and/or the product has any trans fat, put it back on the shelf. Trans fat has been shown to increase levels of "bad" LDL cholesterol while decreasing levels of "good" HDL cholesterol—a double health whammy.

Sodium

Excess sodium can raise blood pressure, which increases heart disease risk, may cause headache, and it may be a sign of a more highly processed (read: not so good for you) food, Kaufman says. The recommended daily limit for sodium is 2,300 mg. If your meal has over 1,000mg, that is roughly half of your sodium for the day. We recommend NOT adding additional salt to your food, as most foods are already high in salt content.

Fiber

Look for at least 3g per serving in any product that contains grains, including bread, crackers, pasta and even some soups.

Sugars

This number doesn't distinguish between naturally occurring sugars (like lactose in milk or fructose in fruit) and added sugar (like high-fructose corn syrup or brown rice syrup). A better move: Look at the ingredients for sources of added sugar. Natural sugar is often listed as palm sugar or invert sugar; "sweetener" is generally corn sweetener or syrup. Also watch for words ending in ose, like fructose or glucose.

by Donna Fennessy
From *Health* magazine



Thank you to our 2019 Corporate Partners. These partners have donated $500 or more for 2019 to support services of the Routt County Council on Aging and to raise awareness about fighting senior hunger and isolation in our community.

GOLD ($2000+): Mountain Valley Bank and hearOclub

SILVER ($1000): Alpine Bank and Yampa Valley Bank

BRONZE ($500): Bank of the San Juans

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 organization dedicated to meeting the needs of Routt County's senior citizens.

Thank You For Your Support!

THANK YOU TO ALL OUR DONORS!

Donations Received December 2018:

American Legion Post #44
Julie Alkema
All Terrain Excavating
Anonymous
Anonymous
Anonymous
Nadine Arroyo
Russell and Carol Atha
Bridging the Gap
Tanna Brock
City Market
City of Steamboat Springs
CSU Master Gardeners
Nina Darlington
Cher and Dan Dooley
Natalie Downing
Duplicate Bridge
Gil Fifield
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Pauline Graham
Mary Kay Graver
Eileen and Milton Hill
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James Slagle
Sharon Smith
James and Jo Stanko
Steamboat Springs Rotary Club
Leonarda VanDerWerf
VFW Post #4264
Kay Wagner
Anne White
Woodside Foundation



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

Meals on Wheels Delivery Drivers

Ashley Demos
Julie Lind
Tosia Sauter
Susan Scott
Tom Swissler

Other Volunteer Efforts

Tanna Brock
Bill Peck
Michelle Castleman
Michael Kenney
Clint Koler
Darren Livengood
Mary Monger
Terri Reeves
Sharon Smith
Chris Stillwell

FITNESS CLASSES

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

Steamboat Springs

Movement & Exercise
Mondays, 2:30 - 3:30 pm
Mount View Manor Apts.

Movement & Exercise
Wed. 2:30 - 3:30 pm
Selbe Apartments

Movement & Exercise
Mondays, 10:30 - 11:30 am
Stmbt. Community Center

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

Tai Chi for Arthritis
Tuesdays, 10:30 - 11:30 am
Stmbt. Community Center

Hayden

Movement & Exercise
1st, 2nd, 4th Tuesday
10:00 - 11:00 am
The Haven Assisted Living

Movement & Exercise
Thursdays, 10:00 - 11:00 am
The Haven Assisted Living

South Routt

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

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

Please note: Oak Creek fitness classes are tentative until a permanent instructor is found. *For confirmation on an upcoming class, call 970-871-7676.*

SENIOR WELLNESS CLINICS

Drop ins welcome!
Donations appreciated!

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

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

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

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

Haven Assisted Living: 9 am - Noon
2nd & 4th Wed. of the month

FOOT CARE CLINICS

$20 per appt, unless otherwise noted. No one is turned away due to inability to pay.

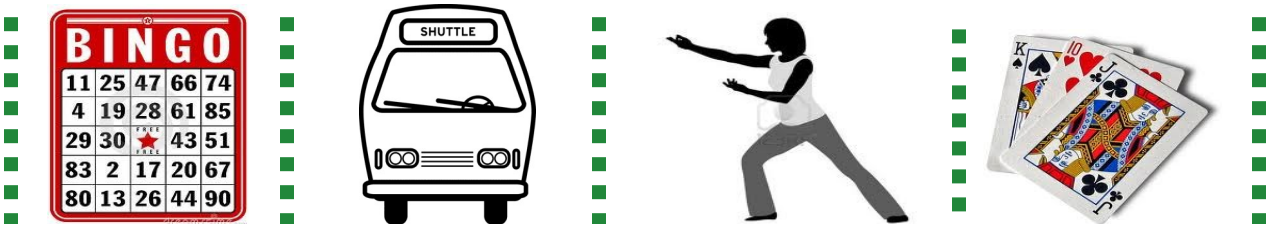
Steamboat Community Center: Please call 970-870-4146 for appointment. ($20 donation)

Northwest Colorado Health: Please call 970-870-4146 for appointment.

Haven Assisted Living: Please call 970-871-7676 for appointment.

South Routt Medical Center: Please call 970-734-7998 for appointment.

SERVICES AND ACTIVITIES OF RCCOA



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 $10.00. 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 $10.00. Meals on Wheels operates the same days as the Senior Eat and Greet listed above. Reservations required 24 hours in advance.
We deliver 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 in city limits or $3 per trip outside of city limits. Reservations are required 24 hours in advance.

EXERCISE

The Council on Aging sponsors exercise classes in coordination with Northwest Colorado Health. Please see page 7 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 by request. For an appointment please call 970-879-0633 xt 4.

FEBRUARY EVENTS AND ANNOUNCEMENTS

Steamboat Springs: —— South Routt: —— Hayden: ——

ROUTT COUNTY COUNCIL ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Paint with instruction from Natalie Breitung -sign up required $15 Bridge 1:00 Stmbt Wellness Clinic S.R.	29 Bridge 1:00 Stmbt Behind the Scenes at Tread of Pioneers Museum 3:00	30 Bingo: 12:30 S.R.	31	1 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
4 WII Bowling Tournament Bridge 1:00 Stmbt	5 Bridge 1:00 Stmbt	6 Bingo: 12:30 S.R. Shuttle to Craig	7	8 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
11 Jan Noble -Tanzanian Children's Village Bridge 1:00 Stmbt	12 Wellness Clinic 11:30 Stmbt Bridge 1:00 Stmbt	13 Bingo: 12:30 S.R.	14 RCCOA Board Meeting	15 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
18 President's Day All Sites Closed	19 Bridge 1:00 Stmbt	20 Bingo: 12:30 S.R.	21 Create Something Fun 12:30 - 1:15 Stmbt Duplicate Bridge 1:00 Stmbt Reaching High Volunteer Needs	22 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
25 Jan Noble -Tanzanian Children's Village part 2 Bridge 1:00 Stmbt Wellness Clinic S.R.	26 Bridge 1:00 Stmbt	27 Bingo: 12:30 S.R.	28 Health Fair - Hayden Elementary Gym 5:00pm - 6:30pm	1 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 7 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

February 2019

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
28 Beef Fajita Spanish Rice Black Beans Corn Tossed Salad Cake	29 French Onion Soup Tuna Sandwich Bean Salad Blueberry Muffin	30 BBQ Chicken Mixed Veggies Sweet Potato Wheat Roll Spinach Salad Orange Sherbet	31 BBQ Chicken Mixed Veggies Sweet Potato Wheat Roll Spinach Salad Orange Sherbet	1 Pork Ribs Onion Rings Mixed Veggies Wheat Roll Tossed Salad Chocolate Chip Cookie
4 Baked Chicken Mashed Potatoes Gravy Corn Biscuit Tossed Salad Orange Sherbet	5 Lasagna Green Beans Italian Bread Broccoli Salad Peach Cake	6 Braised Beef Noodles Squash Spinach Salad Wheat Roll Fruit Cocktail	7 Braised Beef Noodles Squash Spinach Salad Wheat Roll Fruit Cocktail	8 Split Pea Soup Chef Salad with Chicken Crackers Grapes Peanut Butter Cookie
11 Beef Tacos Pinto Beans Rice Fruit Salad Chocolate Cake	12 Hawaiian Shrimp Stir Fry Brown Rice Peas and Carrots Wheat Roll Cucumber Salad Lemon Bar	13 Hawaiian Shrimp Stir Fry Brown Rice Peas and Carrots Wheat Roll Cucumber Salad Lemon Bar	14 Pork Chop Broccoli Baked Apples Wheat Roll Tossed Salad Peanut Butter Cookie	15 Chili Dog French Fries 5 Bean Salad Orange/Banana Rice Crispy Treat
18 President's Day All Sites Closed	19 Clam Chowder Chef Salad Wheat Crackers Peaches Chocolate Pudding	20 Clam Chowder Chef Salad Wheat Crackers Peaches Chocolate Pudding	21 Brisket Baked Potato Green Beans Biscuit Spinach Salad Pecan Pie	22 Oven Fried Chicken Mashed Potatoes Corn Wheat Roll Caprese Salad Oreo Parfait
25 Bean and Cheese Burrito Spanish Rice Squash Mexi Salad Pears Cake	26 BBQ Chicken Potatoes Spinach Tossed Salad Corn Bread Fruit Cocktail	27 Biscuit and Sausage Gravy Eggs Hash Browns Banana Cherry Crisp	28 Biscuit and Sausage Gravy Eggs Hash Browns Banana Cherry Crisp	1 Cheeseburger Pie Wheat Roll Tossed Salad Plums Cookie

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.