February Senior Scoop

Serving Older Adults in Routt

SOAR

February 2026

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Looking forward to February. Growing up in Ohio, January was a bleak month. The excitement of the holidays was over and the skies were perpetually cloudy. Today, February represents a breath of fresh air. While there is still a lot of winter left, the temperatures are moderate and the sun is shining. If you find yourself feeling a little lonely, come soar with us! Check our events calendar and stop by the Community Center for friendship and a hot lunch.

Valentine's Day is fast approaching. I can remember as a child exchanging cards with my friends, but Valentine's Day is not just for kids. Spread some cheer and call a friend to let them know how much their friendship means to you.
Whether you are served by SOAR or part of the organization itself, your outlook for the future is important. We remain optimistic and excited about the future SOAR. The Board is continuing to push ahead to find a dedicated Senior Center.

Stay warm, be safe and don't forget the Winter Carnival!

Chris Myers,
SOAR Board President



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SOAR, Serving Older Adults in Routt is a non-profit organization dedicated to meeting the needs of Routt County's older adults since 1977.

Valentine's Day

Find and circle the words hidden in the puzzle. The remaining letters spell a popular Valentine's Day item.

ADMIRER
ADORE
AFFECTION
ATTRACTION
BEAU
BELOVED
BOYFRIEND
CANDLES
CANDY
CHOCOLATES
COUPLE
CRUSH
CUPID
DARLING
DATE
DEAR
DEVOTION
FANCY
FEBRUARY
FLAME
FLOWERS
FONDNESS
FOREVER
FRIENDSHIP
GIFT
GIRLFRIEND
HEARTS
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LOVEBIRDS
LOVERS
PARTNER
PROPOSAL
RELATIONSHIP
RESTAURANT
ROMANCE
ROSES
SENTIMENT
SUITOR
SWEETHEART

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



_____ _____ _____

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



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 SOAR lunch.

Trivia, "data considered to be of little knowledge"

Mon., February 2nd 12:15 - 1:00pm

Fine tune your knowledge of nonsense and have fun while doing it. No sign up necessary. Prizes for the winning team.

Handmade Valentine's

Mon., Feb. 9th, 12:30pm

Inspiration and supplies provided.
Please RSVP, 970.879.0633



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

ALZHEIMER'S ASSOCIATION

Tea and Talk - Hugs

Thurs., February 12th, 12:15pm

Steamboat Community Center
To hug or not to hug? Health benefits and alternatives.



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, a game of skill, strategy and luck. All are welcome.

Lunch and Shopping in Craig

Wed., February 18th
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.

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.

Aging Mastery Program - Winter Speaker Series

Right Sizing Your Life

Fri., February 13th, 10:00 - 11:30 am
Steamboat Community Center
Patty Lundy, author of "Downsize Now: Enjoy a Simpler Life for a Change"

Your Home as an Asset

Fri., February 27th, 10:00 - 11:30 am
Steamboat Community Center
Kathryn Pedersen, Cross Country Mortgage

Nutritional Vital Signs: Preventing and Treating Malnutrition

Fri., March 13th, 10:00 - 11:30 am
Steamboat Community Center
Katie Maloney, RDN, CSU Extension

Register for 1 or any session at tinyurl.com/AMP-winter26
or call Katie Maloney at 970-879-0825.
Walk-ins are welcome.

COLORADO STATE UNIVERSITY EXTENSION

Growing Old Gracefully #1: Laugh

by Ellyn Myller, SOAR Client Support Services



In 2018 I wrote an article for the Scoop entitled "Growing Old Gracefully". Looking back at this article 8 years later it is still a great reminder of things I've been told or observed in my treasure hunt of graceful aging to begin working on now. I hope you've enjoyed my tidbits over the last months working back to #1 Laugh.

LAUGH – My dear, 94 year-old friend, Helen's words of wisdom for me were, "Find your sense of humor!" I think that this is something when thoughtfully applied comes with age. I am growing into this one. Even Proverbs (17:22) tells us that "Laughter is good medicine, but a broken spirit saps a person's strength."

Heart Health Written by Patti Murphy, RDN, CDCES



When checking in on your heart health, a complete cholesterol test is typically one of the first steps. This test is sometimes also called a lipid panel or a lipid profile. This test measures the amount of cholesterol and fats called triglycerides in the blood. High cholesterol levels often are a key risk factor for a common type of heart disease called coronary artery disease. Coronary artery disease can lead to conditions such as heart attack and stroke. Because high cholesterol rarely causes symptoms, a complete cholesterol test can help you find out whether your cholesterol level is high.

A complete cholesterol test measures the amounts of different types of fat in the blood.

Total cholesterol. This is a sum of the blood's cholesterol content.

Low-density lipoprotein (LDL) cholesterol. This is called the "bad" cholesterol. Too much of it in the blood causes the buildup of plaque in arteries. Plaque limits blood flow. Sometimes, plaque also breaks apart. That can lead to a heart attack or stroke.

VLDL cholesterol. Another form of "bad cholesterol". in excess, it causes plaque buildup (atherosclerosis) in your arteries. A normal VLDL level is below 30 mg/dL. This is not always tested for, but is often included.

High-density lipoprotein (HDL) cholesterol. This is called the "good" cholesterol. It helps carry away LDL cholesterol, the bad cholesterol. That keeps arteries open and blood flowing more freely.

Triglycerides. Triglycerides are a type of fat in the blood. When you eat, your body converts calories it doesn't need into triglycerides. Then triglycerides are stored in fat cells. High triglyceride levels are linked with many risk factors. These include being overweight, eating too many sweets or drinking too much alcohol. Smoking, being inactive or having diabetes also may raise the risk of high triglycerides.

Continued on page 6.

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, 10:00 - 11:00 am *note NEW TIME*

Tai Chi
Tuesdays, 10:30 - 11:30 am: no instructor
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.

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 Cady or Ellyn know.



Pam L	1	Bill N	6	Don G	20
Leonarda V	2	Mila K	8	Eve Y	23
Nancy J	3	Randy A	9	Alan L	24
Roger S	4	Maurice D	11	Dave M	24
Joanne E	4	Sue R	11	Alaine M	24
Tosia S	5	Charles K	14	Donnie P	24
Donna G	5	Lorene G	16	Barb J	26
Karl R	5	Gerard B	18	Shirley G	27
Linda R	5	Maryann O	18	Marian T	28

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
Derek Grover
Natalie Grover
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
Kasey O'Halloran
Chris O'Konski
Karl Olson
Pam Olson
Donnie Pearce
Mary Pennington
Janis Petry
Whale Petry
Wendy Powell
Kay Rawlings
Calvin Reese
Brieanna Romero
Cindy Roth
Dan Roth
Catie Sack
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Cheryl Schliske
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Don Sperry
Suzie Spiro
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Jim Stegmaier
Jenni Stolarski
Alethea Stone
Nancy Trimmer
Michelle Trousil
Norbert Turek
Barb Tuchlinsky



Heart Health, cont. from page 4.

After age 65 it is recommended to get cholesterol level checked yearly due to increased cardiovascular risk. Typically lifestyle changes take 8-12 weeks to show up on a blood test. **Lifestyle Tips:**

-Following a Mediterranean-style diet can help to lower cholesterol.

-Lowering triglycerides- eating less sugar and simple carbs such as pastries, white bread, white pasta and cereals.

-Limiting saturated fats from animal products such as fatty meat, high fat dairy and palm oil and coconut oil as these are high in saturated fat. While most people don't cook with palm oil it is found in many products; such as peanut butter.

-Increasing fiber intake. Fiber can be found in nuts, seeds, vegetables and fruits. Fiber, particularly soluble fiber, helps to flush the bad cholesterol out of the body.

-If HDL level (your good cholesterol) is low, adding in more fatty fish is the best way to bring this up. Fish oil or algae supplements can also be beneficial; but check with your healthcare provider first.

Visit the link below for some recipe inspiration!
https://recipes.heart.org/en/

Thank You Donors! Donations Received December 2025



Kathleen Alexander
Julie Alkema
American Legion Post #44
Anonymous
Anonymous
Anonymous
Anonymous
Leonard Auter
Stephen Auter
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Tara Weaver
Hazie Werner-Ewell D. Walker Endowment of the Yampa Valley Community Foundation
Bill Whitemore
Karen Wogsland
Brad Wright
Yampa Valley Community Foundation

Donations in Memory of Gil Fifield

Anonymous
Bridget and Paul Ferguson



CURRENT SERVICES OF SOAR

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. People under 60 years of age are welcome to meals for $17.80. 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: Monday (frozen meals)

Need A Ride? Call Us.

SOAR provides 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? We can take you shopping on Tuesday at 1:00. 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?



SOAR 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

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.

SOAR
Serving Older Adults in Routt

FEBRUARY EVENTS AND ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Trivia -Stmbt 12:15	3 Mahjong -Stmbt 1:00	4 Bingo –S.R. 12:30	5 Knitters Circle-Stmbt 1:00	6 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
9 Valentine's Card making -Stmbt 12:30	10 Caregiver Support Group – Stmbt 10:30am Mahjong -Stmbt 1:00	11 Bingo –S.R. 12:30	12 Tea and Talk - Stmbt 12.30 Knitters Circle-Stmbt 1:00	13 Rightsizing Your Life- Stmbt 10:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
16 President's Day All Sites Closed	17 Mahjong -Stmbt 1:00	18 Bingo –S.R. 12:30 Shuttle to Craig	19 Knitters Circle-Stmbt 1:00	20 Bingo –Stmbt 12:30 Bingo –S.R. 12:30
23	24 Mahjong -Stmbt 1:00	25 Bingo –S.R. 12:30	26 Knitters Circle-Stmbt 1:00	27 Your Home As An Asset -Stmbt 10:00 Bingo –Stmbt 12:30 Bingo –S.R. 12:30

See page 3 for details about scheduled activities. See page 5 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.soarroutt.org.**

To see photos, updates, and more: **"Like" us on Facebook**
www.facebook.com/SOAR-ServingOlderAdultsinRoutt

SOAR EAT and GREET

Serving Older Adults in Routt



Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
2 Pork Chow Mein Lo Mein Noodles Stir Fry Vegetables Eggroll Asian Salad Fruit Parfait	3 BBQ Chicken Sweet Potatoes Mixed Vegetables Roll Spinach Salad Orange Sherbet	4 Tilapia Parmesan Orzo Carrots Roll Tossed Salad Lemon Bar	5 Tilapia Parmesan Orzo Carrots Roll Tossed Salad Lemon Bar	6 Cheeseburger Chips Macaroni Salad Strawberry Cake
9 Beef & Bean Burrito Mexican Street Corn Squash Mexican Salad Key Lime Pie	10 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	11 Meatloaf Mashed Potatoes Green Beans Roll Tossed Salad Apple Pie	12 Salmon Rice Broccoli Garlic Breadstick Tossed Salad Red Velvet Cupcake	13 Chef Salad with Chicken Split Pea Soup Crackers Grapes Peanut Butter Cookies
16 ***CLOSED*** **President's Day**	17 Jambalaya Cabbage Roll Tossed Salad Cinnamon Coffee Cake	18 Creole Chicken Fried Okra Sweet Potato French Bread Tossed Salad Vanilla Ice Cream	19 Creole Chicken Fried Okra Sweet Potato French Bread Tossed Salad Vanilla Ice Cream	20 Turkey & Cheese Sandwich Minestrone Soup Crackers Tossed Salad Sugar Cookie
23 Red Beans & Sausage Rice Corn Toast Asparagus Salad Orange Cake	24 Pot Roast Mashed Potatoes Mixed Vegetables Roll Tossed Salad Pineapple Cake	25 Pot Roast Mashed Potatoes Mixed Vegetables Roll Tossed Salad Pineapple Cake	26 Chicken Marsala Gnocchi Beets Garlic Bread Tossed Salad Pudding	27 Lentil Soup Crackers Tossed Salad w/ Walnuts & Strawberries Oatmeal Raisin Cookie

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 $17.80

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.