

FEBRUARY SENIOR SCOOP

News and Views from the Council on Aging

ROUTT COUNTY COUNCIL ON AGING

We sincerely appreciate the many donations in December, 2015! These generous donations totaled over $30,000.

See page 2 for a complete list of donors.



Rex Randall is retiring! Join us at lunch Friday, February 19th in saying farewell and good luck. Thank you for your years of service to RCCOA. We will miss you!

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Hayden Driver
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February 2016

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

THANK YOU DONORS!!

Donations Received December 2015

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Wesley and Vanessa Woodford



February is American Heart Health Month



How to survive a heart attack when alone

www.healthxchange.com

If you were to suffer a heart attack while in the company of people, calling out for help is probably the first instinctive thing you'd do. But what if a heart attack happened when you're alone, would you likely survive?

Recognizing symptoms of a heart attack

To know if you're suffering from a heart attack, you first need to be able to identify its symptoms. Classical symptoms of a heart attack include:

-Severe chest pain (like squeezing, or a heaviness, or pressing) at the central or left part of the chest. The pain may also radiate to the left upper arm, neck or jaw.

-Profuse sweating and a feeling of impending doom.

Non-classical heart attack symptoms include shortness of breath, mild chest pain, nausea, vomiting and pain in the upper central portion of the abdomen.

What to do when a heart attack occurs?

Should you experience a heart attack – regardless of whether you're alone or in the presence of others – **the very first thing to do is to call for emergency medical help**. You need specialized treatment to be delivered to you as quickly as possible in order to save your heart muscle. "Should you be alone when a heart attack occurs, stop whatever you're doing, proceed to a safe place to rest and call for medical help. For example, if you're driving, first pull to the side of the road and call for aid," advises Dr Chin.

What you could do while waiting for medical help to arrive

Large studies have also shown that taking an aspirin – the most commonly taken blood thinning medication in the world – during a heart attack improves survival. Most cases of heart attack are caused by a blood clot forming in one of the blood vessels responsible for supplying blood to the heart. Taking an aspirin during a heart attack may help as it prevents the clot from getting bigger, giving the body a chance to break down the blood clot.

What does NOT improve survival during a heart attack

Many years back a recommended self-administered "treatment" of repeatedly coughing or applying pressure on the chest area during a heart attack have been found to be ineffective. Dr Chin cautions that this is probably just urban legends. He explains, "In rare cases where the heart beat is very slow from an abnormal reflex mechanism, coughing may help restore normal heart rhythm – but this is not what happens in a heart attack." Similarly, applying pressure on the chest area during a heart attack is unlikely to help unless the person's heart has stopped beating (also known as a cardiac arrest). When this happens, CPR (cardiopulmonary resuscitation) should be administered – ideally by someone who is trained to do so.

Regardless of whether you are alone, or with others, the most important thing to do when experiencing a heart attack is to seek medical attention as quickly as possible.

Should you go nuts? by Amanda MacMillan



Nuts are nature's way of showing us that good things come in small packages. These bite-size nutritional powerhouses are packed with heart-healthy fats, protein, vitamins, and minerals. Here's a look at the best nuts for a heart healthy snack, **Almonds, Cashews, Pistachios**

All nuts are about equal in terms of calories per ounce, and in moderation, are all healthy additions to any diet. "Their mix of omega-3 fatty acids, protein, and fiber will help you feel full and suppress your appetite," says Judy Caplan, RD, a spokesperson for the Academy of Nutrition and Dietetics.

The lowest-calorie nuts at 160 per ounce are almonds (23 nuts; 6 grams protein, 14 grams fat); cashews (16 to 18 nuts; 5 grams protein, 13 grams fat); and pistachios (49 nuts; 6 grams protein, 13 grams fat). Avoid nuts packaged or roasted in oil; instead, eat them raw or dry roasted, says Caplan. www.health.com

Coming Events...

Hayden Heritage Center Tour and Lunch, Wednesday, February 10th

Take a guided tour of the Hayden Heritage Center and enjoy lunch after. Tour to begin at 10:30a.m., lunch following. For reservations or questions call 970-879-0633 xt 4.





RCCOA will be closed Monday, February 15th in honor of the President's Day Holiday. Frozen meals are available prior to the holiday weekend. If you have questions or are interested in a frozen meal contact April 970-879-0633 xt 4

Steamboat Springs To Craig Shuttle

Join us Wednesday, February 17 for a day of shopping, errands and lunch in Craig, CO. The shuttle will leave the community center at 9:30am and return by 4:00pm. Call to reserve your seat. 879-0633



Happy February Birthdays!

2-1 Renee Johnson
Elizabeth Leipold

2-4 Don Alperti

2-5 Tosia Sauter

2-6 Don Iken

2-7 Bruce Lindahl

2-8 Daniel Barratt
Gerald Golding
Joy Sexton

2-13 Gretchen Hayes

2-15 Annabeth Lockhart

2-20 Steve Sexton

2-24 Don Livengood

2-25 Carol Villa

2-26 Bill Hutchinson

2-27 Don Frederick

2-28 Johanna Russell

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.

Pizza and a Movie
Thursday, February 25 4:00pm

Give movie requests to April by February 18th and we will announce what is playing by Monday, February 22.

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

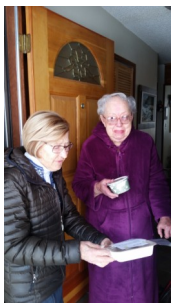
January Speakers

Elisabeth Boersma –Brain Boosters
Gene Bridgewater –Living in Retirement

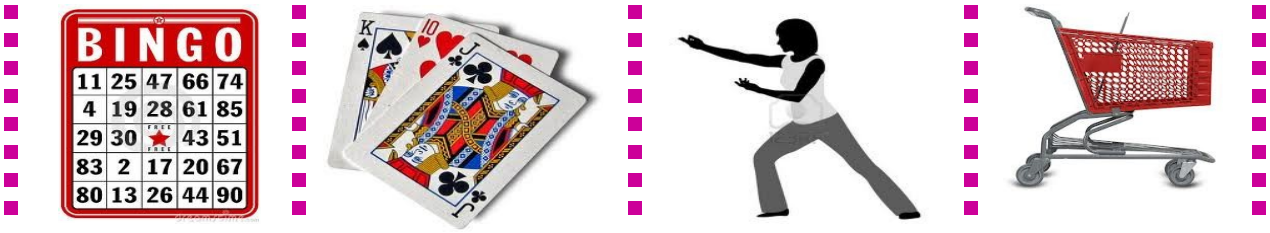
Bingo Volunteers

Chris Stillwell

Do you want to help seniors in our community? Do you have an hour and a half at lunch to spare and a reliable car? The Routt County Council on Aging is in NEED OF VOLUNTEERS to deliver Meals On Wheels to homebound seniors. Contact April for more details. 970-879-0633 xt. 4



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 $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 the VNA. Please see page 8 for a calendar of classes, or call the VNA 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

To subscribe to our monthly newsletter or see a calendar of events, please visit

www.rccoaging.org



"Like" us on Facebook

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 2015, our core nutrition and transportation programs thrived. In our Steamboat dining room alone, we are serving an average of 25 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!

Thank you to such a caring community!

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

How many of these Taglines do you know?

1. What's in your wallet? _____
2. You're in good hands _____
3. What happens here, stays here _____
4. Have it your way _____
5. Magically delicious _____
6. Eat Fresh _____
7. It keeps going, and going, and going _____
8. They're gr-r-r-reat _____
9. The few, the proud, the _____
10. Australian for beer _____
11. The breakfast of champions _____
12. The quicker picker upper _____
13. Think outside the bun _____
14. The happiest place on earth _____
15. Every kiss begins with _____
16. Snap, Crackle, Pop _____
17. Melts in your mouth, not in your hands _____
18. It gives you wings _____
19. When it absolutely, positively has t be there overnight _____
20. There's strong, then there's _____ strong











Thank you Alice Klauzer for submitting this puzzle.

Congratulations to our January Master Puzzle Solver! Don Livengood

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!"** (Our monthly winners will be drawn from all submitted correct answers.)

Northwest Colorado Visiting Nurse Association
Inspiring Healthier Lives

February 2016
970-871-7676 · nwcovna.org

AGING WELL FITNESS

STEAMBOAT

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

Intro. to Movement & Exercise
Wednesdays, 3 - 4 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, 9:30 - 11:30 am
SS Community Center

Advanced Tai Chi for Health
Tuesdays, 10:30 - 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

Mtn. Manor Senior Apartments: 1:30 - 2:30 pm
2nd Wednesday of the month

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

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

OAK CREEK

South Routt Community Center: 10:30 am - Noon
4th Monday of the month

HAYDEN

Haven Community Center: 9 am - Noon
2nd & 4th Wednesday 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 Tuesday of the month ($20 donation appreciated)

VNA Community Health Center: 8:15 am - 12:45 pm
4th Tuesday of month

OAK CREEK

South Routt Medial Center: 9 am - 3 pm
3rd Monday of the month

Oak Creek Senior Apartments: 9 - 11:30 am
1st Monday of Feb., April, June, Aug, Oct. and Dec.

HAYDEN

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

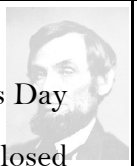
YAMPA

Yampa Town Hall: 1:15 - 3:30 pm
1st Monday of Feb., April, June, Aug, Oct. and Dec.

EVENTS AND ANNOUNCEMENTS

ROUTT COUNTY COUNCIL ON AGING

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Steamboat Springs Police Chief, Cory Christensen Bridge 1:00 Stmbt Mahjong 1:00 Stmbt	2 Beginning Bridge 1:00 Stmbt Bridge: S.R. Happy Groundhog Day	3 Bingo: 12:30 S.R. Foot care: Haven	4	5 Bingo 1:00 Bridge 1:00
8 Card Tricks with Ralph Gourley, former Las Vegas card dealer Bridge 1:00 Stmbt Mahjong 1:00 Stmbt	9 Foot care: Stmbt Beginning Bridge 1:00 Stmbt	10 Bingo12:30 S.R. Foot care & Wellness Clinic: Haven Hayden Heritage Center Tour 10:30am	11 RCCOA Board Meeting 10:00am	12 Bingo 1:00 Bridge 1:00
15  President's Day All Sites Closed 	16 Wellness Clinic: Stmbt Beginning Bridge 1:00 Stmbt Bridge: S.R.	17 Shuttle to Craig Bingo 12:30 S.R. Foot care: Haven	18 Duplicate Bridge Stmbt 9:00-4:00	19 Farewell party for Rex Randall 12:00 Bingo 1:00 Bridge 1:00
22 RCCOA Board members will share their role and information Bridge 1:00 Stmbt Mahjong 1:00 Stmbt	23 Beginning Bridge 1:00 Stmbt	24 Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven	25 Pizza and a Movie Stmbt 4:00	26 Bingo 1:00 Bridge 1:00 
29 "Love Serenades" a musical selection by Steamboat Vocalists Bridge 1:00 Stmbt Mahjong 1:00 Stmbt	1 Beginning Bridge 1:00 Stmbt Bridge: S.R.	2 Bingo: 12:30 S.R. Foot care: Haven	3	4 Bingo 1:00 Bridge 1:00

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

February 2016

South Routt Steamboat	Hayden Steamboat	South Routt	Hayden Steamboat	South Routt Steamboat
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
1 Broccoli, Cheese and Rice Casserole Peas and Carrots Wheat Roll Pineapple/Pears Raisins/Nuts	2 Chili Cornbread Peach Cobbler Ice Cream	3 Chicken with Mushroom Sauce Roasted Potatoes Green Beans Roll Carrot Cake	4 Chicken with Mushroom Sauce Roasted Potatoes Green Beans Roll Carrot Cake	5 Shrimp Scampi Zucchini Tossed Salad Wheat Roll Chocolate Cake
8 Chicken, Broccoli Alfredo Caesar Salad Italian Bread Banana Apple Cobbler	9 Corn Chowder Chef Salad Wheat Roll Pears Lemon Bar	10 Sausage Ravioli Italian Veggies Kidney Beans Italian Bread Banana Wheat Muffin	11 Sausage Ravioli Italian Veggies Kidney Beans Italian Bread Banana Wheat Muffin	12 Pizza Tossed Salad Garbanzo Beans Raisins Crème Puffs
15 President's Day All Sites Closed	16 Fish Creole Cheesy Potatoes Tossed Salad Wheat Roll Peaches	17 Flank Steak Mashed Potatoes Carrots Italian Bread Chocolate Cupcake	18 Flank Steak Mashed Potatoes Carrots Italian Bread Chocolate Cupcake	19 Vegetable, Barley Soup Egg Salad Sandwich Romaine Salad Banana Cranberry Juice
22 Pork Roast Rice Spinach Pears Carrot Cake	23 Chicken Fried Rice Stir Fry Veggie Chicken Egg Roll Pear/Apricots Cookie	24 Chicken Fried Rice Stir Fry Veggie Chicken Egg Roll Pear/Apricots Cookie	25 Spinach and Cheese Squares Squash Tossed Salad Wheat Roll Fruit Cup	26 Beef Tacos Pinto Beans Rice Salsa Chocolate Cake
29 Tuna Noodle Casserole Peas Broccoli Wheat Roll Spinach Salad Brownie	1 Oven Fried Chicken Mashed Potatoes California Veggies Wheat Roll Peaches	2 Oven Fried Chicken Mashed Potatoes California Veggies Wheat Roll Peaches	3 Lasagna Italian Veggies Caesar Salad Garlic Bread Sherbet	4 Lamb Rice Pilaf Broccoli Tossed Salad Apple 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.

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