January Senior Scoop

News and Views from the Council on Aging

January 2015



ROUTT COUNTY
COUNCIL ON AGING

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THANK YOU DONORS!!

Donations Received November 2014

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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

It's A New Year!! Come Check Out Our New Activities!!

Are you looking for a new activity? Something other than Bingo or Cards?

Join us Tuesdays after lunch!

At the Steamboat Springs Community Center

Friends, Fun and Lively Activities.

Many options including Bowling, Tennis, and Golf (like you've never played before)!

No Cost, No Reservation Required











Thank You to everyone who attended our many fun activities in 2014. See April if you have any ideas for 2015 activities.







Thank You to our special holiday party donors, Alpine Bank and Rebecca Lewis. You helped make our festivities wonderful!!!

Alpine Bank





Rise and Shine – Why You Need to Eat Breakfast Every Day

Breakfast literally means "break the fast." Many people dive into their day with a low tank of gas, because they have not ended the overnight fast while they sleep. Breakfast is the most frequently skipped meal.

Do any of these common excuses for skipping breakfast sound familiar?
"I have to run, and don't have time."
"I am just not hungry that early in the morning."
"I am trying to lose a few pounds."



Consider these reasons for including breakfast in your daily routine:

Helping the Mind and Mood

Eating breakfast is likely to help memory, concentration, alertness, and increase attention span.
After not eating for 8-12 hours, blood sugar is low when awakening in the morning. This can lead to difficulty thinking, and feeling drowsy and sluggish. Breakfast usually contains carbohydrate-rich cereal, bread, or fruit, providing needed glucose for the hungry brain and stabilizing blood sugar. Certain nutrients are known to help quicken the mind, including Omega-3 fatty acids (found in walnuts or chia seed), and vitamins B and C (found in seeds, citrus, and berries). Additionally, protein and other nutrients found in eggs and nuts can help with mental focus. And people are much less likely to be irritable when they aren't bothered by hunger pangs!

Helping Avoid Weight Gain

After a night of sleeping, the body's metabolism runs slow. But, once awake, the body needs to boost up and come out of its fasting state. This boost can help prevent weight gain. Breakfast isn't a meal to skip if you're trying to lose weight! Breakfast skippers are more likely to overeat at lunch or in the evening. This may be why they are more prone to become overweight than people who eat breakfast. According to studies, 78% of people who lose weight and keep it off eat breakfast every day. And they are more likely to have a Body Mass Index under 25 (normal weight). Breakfast skippers tend to snack more on high-fat, low-nutrition foods throughout the day. And because breakfast skippers tend to get hungry later in the evening, eating then may squelch the desire for food the next morning.

Helping the Body

Breakfast eaters are healthier. They are more likely to meet the nutritional recommendations for their age groups, especially for vitamin A, vitamin C, riboflavin, calcium, zinc, iron, and fiber. This may be due to the breakfast cereals which often have high vitamin and mineral contents and the added milk. Also, breakfast eaters tend to get more total fiber from the whole grain breads and cereals, fruits, and possibly added vegetables and beans. High fiber (especially the soluble fiber in oats and fruits) helps battle high cholesterol levels, so breakfast skippers might also be increasing their risk for heart disease.

Of Special Concern to Seniors:



If breakfast is skipped, some seniors may have trouble eating enough at other times during the day to maintain their calorie and nutrient needs. Other great reasons to include breakfast include a typically greater appetite in the morning and the need to eat in order to take medication. This early meal also helps to regulate the bowels and stimulates taste buds that may be less sensitive with age. The protein provided at the breakfast meal from dairy, eggs, nuts or beans is especially important for older adults who benefit from frequent protein sources throughout the day.

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Making breakfast part of your routine

A healthy breakfast should include foods from a variety of food groups, such as whole grains, fruit/vegetables, and dairy to ensure that you get a good mix of both nutrients and fiber. If eating breakfast is new to you, give your body a couple of weeks to get adjusted. The key to fitting in a healthy breakfast is to plan ahead when it comes to shopping and preparation!

Try these breakfast ideas to help you become a healthier, happier, and more alert individual.



Ready-to-eat cereal, preferably one high in fiber, low in sugar, and made of whole grains and fruit
Hot cereal (enjoy low or non-fat milk with cereals) with fruit or 100% fruit juice
Whole grain bagel with low-fat cream cheese or peanut butter and 100% fruit juice or fruit
Yogurt with fruit and nuts
Fruit and yogurt smoothie using low or non-fat yogurt
Peanut butter or hummus on whole-wheat toast with fruit
Toasted whole-wheat English muffin with lean ham and low-fat cheese and tomatoes
Toasted pita with scrambled egg, peppers and onions, and low-fat cheese
Whole grain waffle with low or non-fat cottage cheese and fruit
Hard cooked egg with whole grain toast (prepare eggs ahead of time so they're ready) and banana

A Simple, Delicious Breakfast Smoothie

1 Ripe, medium banana (peeled) 2 tbsp. Peanut Butter
1 cup milk 1/4 cup ice cubes
Blend all ingredients together, enjoy!



Provided by Linda Sorensen, RAMP Dietitian

Oak Creek to Steamboat Springs Shuttle

Join us for lunch and stay for games, go shopping, or run errands. Tuesday, January 27th, the shuttle will leave the Oak Creek community center at 11:00am and return by 3:00pm. Call 879-0633 for a reservation.



Hayden To Craig Shuttle

Join us Wednesday, January 14th for a day of shopping, errands and lunch in Craig, CO. The shuttle will leave Hayden at 9:30am and return by 3:00pm. Call to reserve your seat. 879-0633

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

December Speakers

Diane Franklin– Holy Name Tour
Nancy Kramer –Tread of Pioneers
Steamboat Sustainability Council
Maria Bidgood and Steamboat Kids
Sue Stempel-Yampatika

SHIP Medicare Counselors

Jerry Craig
Judy Hiester
Gordon Jones
Ben McGowan

Meals on Wheels Delivery Drivers

Sandy Berger
Tanna Brock
Marion Gibson
Willie Markowitz
Tosia Sauter
Tom Swissler

To subscribe to our monthly newsletter please visit www.rccoaging.org

"Like" us on Facebook

Please Share!

Our newsletter reaches at least 600 people in Routt County-most of them seniors. If you know of a service or program that would benefit them, we'd be glad to make note of it in the Senior Scoop. Please submit all items by the 15th. 970.879.0633 or april@rccoaging.org.

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.

QUESTIONS ABOUT MEDICARE?

Our SHIP Medicare counselor volunteers can help you navigate decisions regarding Medicare, Medicare supplement insurance (Medigap), Medicare HMOs, and Medicare fraud questions.
Contact: 970.879.0633 ext. 4 or email: april@rccoaging.org.

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. For an appointment please call Melaine Hendershott MS, RD, CSO 303-503-2622 or email: **melgonutrition@hotmail.com**

SUPPORT OUR SENIORS

ROUTT COUNTY COUNCIL ON AGING

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 2014, 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!

Colorado Gives Day was a huge success.

We look forward to honoring all of our December donors in next month's newsletter.

The Easiest Way to Donate to RCCOA

City Market Community Rewards®

City Market is committed to helping our communities grow and prosper. Year after year, local schools, churches and other nonprofit organizations will earn thousands of dollars through City Market Community Rewards®.

It's very easy to participate and by doing so you'll help grow the donation that City Market sends to us! Please see below for details and feel free to stop by our office if you need help or additional information for joining. **Even if you were previously enrolled, you must re-enroll with the new year.**

City Market Community Rewards® makes fund-raising easy…all you have to do is shop at City Market and swipe your Value Card!
To enroll visit the RCCOA office for instructions or visit:
https://www.citymarket.com/topic/community/#/city-market-community-rewards

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

Mind Games: Keep your mind sharp

"Split Words"

Category: Linguistics

Form 15 whole words from the fragments below. Combine 2 or 3 fragments to make words. Fragments may be used more than once.

syl	**la**	**po**	**met**	**cy**
pha	**tics**	**gram**	**ref**	**ut**
la	**chron**	**ry**	**sa**	**ad**
ic	**a**	**al**	**glos**	**syn**
sty	**quen**	**gin**	**phor**	**man**
re	**pres**	**tion**	**o**	**so**
se	**ter**	**con**	**er**	**sion**
jec	**or**	**lis**	**bet**	**trans**

_____ _____ _____

_____ _____ _____

_____ _____ _____

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_____ _____ _____

Happy January Birthdays!

1/1…	Jay Freschi
	Foster Tudor
1/2…	Ann Root
1/6…	Jim Hoff
	Lexie Iacovetto
1/8…	Bette Carlson
1/9…	Trish O'Haire
1/10…	Richard Villa
1/14…	Karen Burin
	Eileen Grover
1/15…	David Goldberg
	Peggy Hoff
	Lucille Lemming
1/16…	Evert House
	Wanda Redmond
1/17..	Paul Giangrossi
1/18…	Carolyn Sandstrom
1/21…	Bob Smith
1/25…	Melvin Compestine
	C.K. Erickson
	Jerry Rudolph
1/26…	Shirley Sullivan
	Ginny Winn
1/27…	Bob Powell
1/29…	Ardy Brookshire
	Dorothy Lindahl
1/30…	Bill Kresl
	Judith LaFollette
	Shirley Swanson
1/31…	Ron McMorris
	Virginia Rossi

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.

As of print date, we did not have a December Master Puzzle Solver!

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

Programs for 2015

Find us Online: www.NWCOVNA.org

AGING WELL EXERCISE CLASSES

Steamboat Community Center

Advanced Movement & Exercise
Mondays 10:30-11:30 am

Tai Chi for Health
Tuesdays 10:30-11:30 am (Practice the art)
**This is an ongoing class. If you are new to Tai Chi, call 871-7676 for information about getting started!*

Movement & Exercise
Thursdays 10:30-11:30 am

Selbe Apartments

Intro to Movement & Exercise
Wednesdays 3 - 4 PM

South Routt Community Center

Movement & Exercise
Mondays 10:45-11:45 am

Movement & Exercise
Wednesdays 10:45-11:45 am

HAPPY NEW YEAR!

Make your 2015 commitment to exercise for better health.

Check out our new classes starting the first week in January at the Steamboat Community Center:

ZUMBA! Starts January 6th.
Tuesdays 9:15-10:15 am
Have fun while moving to a Latin beat. This class will teach you basic Zumba steps in a friendly, social environment.

BALANCE! Starts January 9th.
Fridays 10:30-11:30 am
Improve your balance and gain confidence through activities that challenge you in a variety of situations.

Questions about classes? Call Aging Well: 871-7676

FOOT CARE & SENIOR WELLNESS CLINICS

Foot Care Clinics: Registered nurses provide Foot Care at various locations. Clinics include a foot inspection and toe nail trim. You must have an appointment! **871-7676.** Suggested donation $20.

STEAMBOAT SPRINGS
Steamboat Springs Community Center
8:30 am - 11:30: 2nd Tuesday of month
VNA Community Health Center
8:15 - 12:45 am: 4th Thursday of month

OAK CREEK:
Oak Creek Community Center
9am - 1 pm: 3rd Monday of month
Oak Creek Senior Apartments
9 - 10:30 am: 1st Monday of month

HAYDEN
The Haven Community Center
1:15 - 2:45 pm: Every Wednesday

Senior Wellness Clinics are provided by registered nurses and include blood pressure checks, nutrition & weight consultations, blood glucose readings and more. Appointments not required.

STEAMBOAT SPRINGS
Mountain View Manor Senior Apartments
1:30 - 2:30 pm: 2nd Wednesday of month
Steamboat Springs Community Center
11:30 am - 12:30 pm: 3rd Tuesday of month
Selbe Senior Apartments
2:30 - 4pm: 4th Wednesday of month

OAK CREEK
Community Center
10:30 am - Noon: 4th Monday of month

HAYDEN
The Haven Community Center
9 am - Noon: 2nd & 4th Wed. of month

Clients receiving Title III program services are requested to make a donation of their financial ability.

No client will be refused services due to their inability to make a donation to the program.

EVENTS AND ANNOUNCEMENTS

ROUTT COUNTY COUNCIL ON AGING

Thur. Jan. 1 –Happy New Year, All Sites Closed

Mon. Jan. 5 –Visit Argentina – 12:30 pm, Steamboat Springs Community Center, Foreign Exchange student, Seba Camargo, will tell us about his life in South America and his experiences in Steamboat.

Thurs. Jan. 8 -Hayden Heritage – 12:30 pm, Hayden American Legion Hall, Laurel Watson, the curator at the Hayden Heritage Center will share with us about the museum and current projects.

Mon. Jan. 12 – Preventing Fraud: Seniors as Targets – 12:30 pm, Steamboat Springs Community Center, Police officer, Stuart Hutton, will give us important strategies to avoid scams and fraud.

Wed. Jan. 14 - Hayden to Craig Shuttle

Thurs. Jan. 15 –Independent Life – 12:30 pm, Hayden American Legion Hall, Ian Engle from Northwest CO Center for Independence will share information about their program and resources.

Mon. Jan. 19 -Digital Workshop –12:30 pm, Steamboat Springs Community Center, Ski Town Computing will be available to answer questions and help you use your digital equipment. Bring your phones, I-Pads, laptops and your questions.

Mon. Jan 26 –Visiting Israel – 12:30 pm, Steamboat Springs Community Center, Ellyn Myller will share slides and stories of her recent trip volunteering in Israel.

Tues. Jan 27 –Oak Creek to Steamboat Springs shuttle

Save the date:

Feb. 2- Routt County Manager – Tom Sullivan will describe his role in our county and answer your questions.

Feb. 9 – Know Steamboat – STARS – Exec. Director, Julie Taulman, will describe the wonderful work of the Steamboat Adaptive Recreational Sports non-profit.

ROUTT COUNTY COUNCIL ON AGING

SENIOR EAT *and* GREET

January 2015

South Routt Steamboat	Hayden Steamboat	South Routt	Hayden Steamboat	South Routt Steamboat
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
29 Veggie Enchilada Bake Spanish Rice Tossed Salad Mixed Fruit	30 Meatloaf Mashed Pot/Gravy Green Beens Carrots Biscuit Apple Pie	31 Meatloaf Mashed Pot/Gravy Green Beens Carrots Biscuit Apple Pie	1 New Year's Day! All Sites Closed	2 Fish Creole Rice Pilaf Coleslaw Dinner Roll Pears Blond Brownie
5 Lasagna Broccoli Tossed Salad Garlic Bread Oranges	6 BBQ Chicken Mix Veggie Sweet Potato Fries Wheat Roll Oranges Apple Crisp	7 Flank Steak Baked Potato Mixed Veggies Wheat Roll Peaches/Apples	8 Flank Steak Baked Potato Mixed Veggies Wheat Roll Peaches/Apples	9 Lamb Stew Tossed Salad Ambrosia Salad Biscuit
12 BLT Pasta Pea Salad Potatoes Banana Boston Cream Pie	13 Veggie Chili Chef Salad Cornbread Strawberries Ice Cream	14 Ribs Baked Beans Coleslaw Cornbread Choc Chip Cookie	15 Ribs Baked Beans Coleslaw Cornbread Choc Chip Cookie	16 Turkey Tetrazini Mixed Veggies French Bread Banana Cinnamon Apples Oatmeal Cookie
19 Baked Chicken Mashed Pot/Gravy Broccoli Tossed Salad Banana Cupcake	20 Squash Soup Turkey Sandwich Fruit Salad Choc Chip Cookie	21 Shrimp Jambalaya Brown Rice Zucchini/Okra Tossed Salad Fruit	22 Shrimp Jambalaya Brown Rice Zucchini/Okra Tossed Salad Fruit	23 Beef Taco Pinto Beans Salsa Mixed Berries Ice Cream
26 Chicken Fried Steak Potato Wedge Peas Tossed Salad Wheat Roll Apples	27 Shepherd's Pie Tossed Salad Garlic Bread Fruit	28 Pork Loin Roasted Potatoes Peas/Carrots Mixed Green Salad Wheat Roll Strawberries Blueberries	29 Pork Loin Roasted Potatoes Peas/Carrots Mixed Green Salad Wheat Roll Strawberries Blueberries	30 Beef and Broccoli Brown Rice Corn Tossed Salad Cheesecake

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