

May Senior Scoop

News and Views from the Council on Aging

May 2015

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You're Invited To The Spring Fling!!

Friday, May 8th
Lunch served at noon

Join us for our annual spring fling at the Steamboat Springs Community Center.

Live music by the Yampa Valley Boys

Special recognition of our "Forever Young" seniors

ROUTT COUNTY COUNCIL ON AGING

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Hayden Driver

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 March 2015

James and Anita Balthauser

Jim and Sandy Berger

Tom and Pauline Bouchard

Tanna Brock

Jane Carpenter

Pat Crawford

John and Marsha Daughenbaugh

Jim Erickson

Joanne Erickson

Bruce and Jane Hannon

Kim Johnson

Elizabeth Leipold

Bruce and Dorothy Lindahl

Don and Connie Livengood

Scott and Ellyn Myller

George and Jane Romberg

William and Tosia Sauter

Pegi Simmerman

Tom and Barbara Swissler

Cathy Voorhees in Memory of Thelma Bell

Wesley and Vanessa Woodford

City Market

Christy Sports

Creekside

Egg and I

Elevated Olive

Moe's Original BBQ

Remember Me

The Shack Café

Yampa Valley Boys

Yampa Valley Tire Pros

8th St Steakhouse



The Oak Creek meal site will be closed May 15th, for floor repairs, but the shuttle is going to the Wyman Museum!!

The Oak Creek meal site will be closed for renovations, so hop on the shuttle and visit the Wyman Museum and go out to lunch in Craig. The suggested donation is $5 for the shuttle and the museum is free. Call 970-879-0633 for a reservation or questions.

Got cabin fever?... Want to get out of the boat?... How about a day in Denver?! Wednesday, May 20th

The RCCOA shuttle will leave the Steamboat Springs Community Center at 8:00am and return to Steamboat by 8:00pm. Participants will have their choice of going to the Denver Zoo or the Denver Art Museum. The cost for the shuttle is $20 and includes a sack lunch.



Tickets to the Denver Zoo are $14 for seniors and tickets to the Art Museum are $8 for seniors. Tickets are to be purchased individually. The shuttle will stop in Silverthorne for dinner on the way home and participants will have the option to buy dinner, or plan to bring food with you.

Reservations and pre-payment required. Call 970-879-0633

Fruit and Vegetable Safety from Store to Mouth



Spring is coming, and with it, warmer temperatures (yes, even in Colorado!) and soon we'll be able to enjoy more fresh produce. By now, with some of the food safety scares in recent years, we know that it is possible to get sick from eating fruits and vegetables. Seniors need to be especially careful, since they are more likely to get sick from these food-borne bacteria due to age or illness-weakened immune systems. We can be healthier by eating more produce AND keep ourselves safe from any food-borne illness associated with fresh fruits and vegetables by following these guidelines:

WHEN BUYING:
Take your time and look over the produce at the grocery store or market. Don't purchase produce that is bruised or damaged. When selecting fresh-cut produce (such as a half a watermelon, cubed fruit, or bagged salad greens) choose items that are refrigerated or surrounded by ice. Bag fresh fruit and veggies separately from meat, poultry and seafood products. And remember to wash your re-useable bags often to keep bacteria away!

AT HOME:
Store perishable fresh fruit and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator at a temperature of 40° F or below. Do you have a refrigerator thermometer? It's the only way to tell if your refrigerator is set at 40° F or below! Warmer refrigerators will cause bacteria to grow more quickly. Refrigerate all produce that is purchased pre-cut or peeled within 2 hours of purchasing.



WHEN YOU'RE READY TO EAT, WASHING IS THE FIRST ESSENTIAL STEP.
Discard the outer leaves of heads of leafy greens like cabbage and lettuce. Cut away any bruised or damaged areas. Produce that looks rotten should be discarded. Mold growing inside a bag of produce may have filtered through the entire bag; it's best to throw out the whole bag. However, if there's mold on a firm fruit or vegetable such as a carrot or bell pepper, it's not likely penetrated the skin, so it's safe to trim off any moldy spots and eat what remains.

Washing produce is important to remove surface dirt, pesticide residues, and almost-invisible insects. Wash fruit and vegetables under running water just before eating, cutting, or cooking, even if you plan to peel them. The temperature of the water doesn't matter as long as you can rinse long enough to remove grime on the produce. Bagged lettuce or other produce that claims to be pre-washed does not need further washing. Don't use soap (it leaves a residue). Produce washes and vinegar rinses are not necessary; rinsing with plain water is all you need.

The important thing is that you are doing what you can to prevent contaminated produce. Unfortunately, washing produce won't remove bacteria that are inside the flesh itself from growing processes. Always stay alert for recalls of questionable produce.



Remember - Good Nutrition is Healthy Food **Plus** Safe Food Handling.

Enjoy an abundance of tasty fruits and vegetables in the coming months!

For more information, contact: Linda Sorensen, RAMP Dietitian, 719-271-1664; LMSoren@comcast.net Nutritionaction.com; Foodsafety.gov; Fightbac.org;

Adult Protective Services

In 2012 APS responded to 11,000 reports of mistreatment or self-neglect of at-risk adults in Colorado. These reports involve the abuse, exploitation, and neglect of people 18 years old or older who cannot provide for their own health, safety, or welfare; or obtain services necessary to keep themselves safe and healthy.

ROUTT COUNTY
DEPARTMENT OF
HUMAN SERVICES

APS' response depends on the allegations and the condition of the at-risk adult. When APS responds to a report, the first step is to interview the at-risk adult and determine if the mistreatment or self-neglect is actually happening.

Next, APS tries to find out if the adult has the ability to make responsible decisions and if they understand the consequences of their decisions. The ability to understand and communicate responsible decisions is referred to as "decisional, mental, or cognitive capacity". Adults with capacity have all the same rights as any other adult no matter what their condition or disability might be. Adults with capacity have the right to refuse or accept some or all of the help APS offers. The right to accept or refuse services is known as "Consent". APS must get the consent of an at-risk adult who has capacity in order to provide protective services.

If you suspect mistreatment or self-neglect, you should immediately report the situation to the Routt County Department of Human Services at 970-870-5533. Ask to speak to Adult Protection Intake. If calling about an emergency situation during non-business hours, contact Routt County Communication at 970-879-1090 to make the report.

United Way Day of Caring May 20th

8:00am-12:00pm

Self Sufficiency Projects for Individuals

These projects help people that are trying to remain self-sufficient but do not have the physical or financial means to accomplish a task. Minor repairs, beautification projects, painting, window washing or other general improvement of their surroundings are projects we are looking to match up with a volunteer.

Application Deadline for projects is May 8th. See April if you have questions or want to sign up to have your project completed.

LIVE UNITED
Routt County United Way

The State department of insurance has reallocated the funding for Medicare counseling to the Area Agency on Aging. RCCOA will no longer manage the SHIP program. Medicare counseling will remain available by contacting Dave Norman at the regional SHIP office. 970-248-2717

ship state health insurance assistance programs
LOCAL HELP FOR PEOPLE WITH MEDICARE

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, or have them present at a meal site. Please submit all items by the 15th. 970.879.0633 or email april@rccoaging.org.

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

April Speakers
Becky Slamal-Partners of Routt County
Pauline and Tom Bouchard-Baltic Cruise
Barbara and Tom Swissler-Baltic Cruise
Ralph Gourley-dealing in Vegas
Steamboat High School-Debate team

Thank you to Barbara Bronner for arranging our Monday presentations.

Bingo Volunteers
Chris Stillwell
LaDonna Johnson –we will miss you

Brain Games

Brain Games



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

FRIENDS
SUN
BLUESKY
FREEDOM
WILDLIFE
PEACE
STREAM
FLOWERS
INSECTS
HAPPINESS
LOVE
VACATION
PLAY
JOY
ADVENTURES

Mother's Day is celebrated on...?
a. the fourth Sunday in May
b. the second Sunday in May
c. the first time a newborn sleeps through the night

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.)

5-1 Joyce Hoekstra
Dave Reid

5-3 Donna Hellyer
Verna Whaley

5-7 Roberta Doolittle

5-11 Lou Dolman
Ron Graver
Bill Voorhees

5-12 Rosa Lawton
Don McElhinney

5-13 Elizabeth Thomas

5-14 Gary Anderson

5-15 Alice Lund

5-17 Dixie Soots

5-23 Carole Ward

5-28 Nils Anderson



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.

Happy May Birthdays!

Reminder:

Memorial Day, Monday, May 25

All Sites Closed

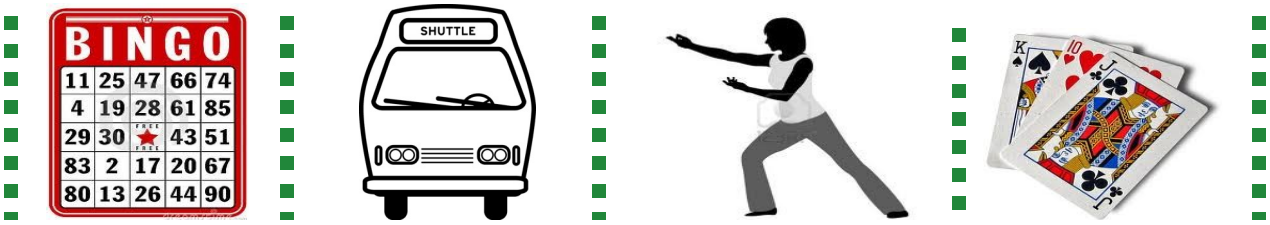


Something of Interest:

Tread of Pioneers online photo album
www.treadofpioneers.org

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 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

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 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!

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

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

Balance Class
Fridays 10:30-11:30 am (No Class May 1st)

South Routt Community Center

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

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



Looking to improve your balance?
Try our ONGOING BALANCE CLASS: Fridays!
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 - 3:15 pm: 3rd Monday of month
Oak Creek Senior Apartments
9:15 - 11:30 am: 1st Monday of month
(every other month: June, August, October, December)
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.

MAY EVENTS AND ANNOUNCEMENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Members of the High School debate team will present their state tournament submissions	28 WII: 12:00 Stmbt Bridge: S.R.	29 Bingo: 12:30 S.R. Foot care: Haven	30 End of Life Planning, Free Seminar with CO Legal Services: 3:30-5:00	1 Bingo: 12:30 Stmbt
4 Medication Management -Pharmacists Kelli and Matt Johnson will discuss getting the most out of your meds	5 Foot care: Stmbt WII:12:00 Stmbt	6 Bingo:12:30 S.R. Foot care & Wellness Clinic: Haven	7	8 Spring Fling: 12:00 Stmbt Bingo: 1:00 Stmbt
11 City Council update- Sonja Macys will give an update about issues before the council Foot Care: S.R. Cyber Seniors: S.R. Hayden to Craig Shuttle	12 Wellness Clinic: Stmbt WII :12:00 Stmbt Bridge: S.R.	13 NO Bingo: SR Foot care: Haven	14 Duplicate Bridge: Stmbt 9:00-4:00 Cyber Seniors: 12:30 Stmbt	15 Bingo: 12:30 Stmbt SR Closed – Shuttle to Craig
18 Take a tour of the police station and ask questions about current issues. Wellness Clinic: S.R.	19 WII: 12:00 Stmbt	20 Shuttle to Denver Bingo: 12:30 S.R. Foot care & Wellness Clinic: Haven	21	22 Bingo: 12:30 Stmbt 
25 Memorial Day All Sites Closed	26 WII:12:00 Stmbt Bridge: S.R.	27 Bingo: 12:30 S.R. Foot care: Haven	28	29 Bingo: 12:30 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

May 2015

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
27 Ribs Coleslaw Baked Beans Cornbread Choc Chip Cookie	28 Lasagna Tossed Salad Broccoli Italian Bread Kiwi Carrot Cake	29 Lasagna Tossed Salad Broccoli Italian Bread Kiwi Carrot Cake	30 Spinach Quiche Mixed Veggies Tossed Salad Ice Cream	1 Chicken Noodle Soup Ham and Cheese Sandwich Cucumber Salad Strawberries
4 Stuffed Pork Chops Mixed Veggies Coleslaw Italian Bread Apples	5 Split Pea Soup Chef Salad Grapes Peanut Butter Cookie	6 Meatloaf Mashers/Gravy Green Beans Carrots Wheat Roll Apple Pie	7 Meatloaf Mashers/Gravy Green Beans Carrots Wheat Roll Apple Pie	8 Beef Tips Mashers Stuffed Mushrooms Spinach Salad Rolls Brownie Spring Fling
11 Summer Veggie Soup Taco Salad Apples	12 Fish Sandwich Mac n Cheese Red Cabbage Salad Green Beans Fruit, Yogurt, Granola Parfait	13 Oven Fried Chicken Country Gravy Potato Salad Corn Wheat roll Fruit	14 Oven Fried Chicken Country Gravy Potato Salad Corn Wheat roll Fruit	15 Baked Ziti Tossed Salad Italian Bread Banana Carrot Cake SR Closed
18 Beef Tacos Salsa Pinto Beans Rice Pilaf Banana Chocolate Cake	19 Catfish Sweet Potatoes Cabbage and Carrots Apples	20 Pork Shoulder Cheese Grits Carrots Tossed Salad Wheat Roll Choc Chip Cookie	21 Pork Shoulder Cheese Grits Carrots Tossed Salad Wheat Roll Choc Chip Cookie	22 Pizza Tossed Salad Fruit Cup
25 Memorial Day All Sites Closed	26 BLT Pea & Cauliflower Salad Potatoes Strawberries Boston Crème Pie	27 Chicken Lo Mein Broccoli Wheat Roll Pineapple Brownie	28 Chicken Lo Mein Broccoli Wheat Roll Pineapple Brownie	29 Beef Ribs Potatoes Sage Dressing Tossed Salad Oranges Choc Cake

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