

SEPTEMBER SENIOR SCOOP

News and Views from the Council on Aging

September 2015



Board of Directors

Pauline Bouchard
President
Bruce Lindahl
1st Vice President
Julie Hoff
2nd Vice President
Jane Romberg
Secretary
Michelle House
Treasurer

Jim Brainard
Renata Burgess
Pat Crawford
Doc Daughenbaugh
James Erickson
Marlene Horace Fisher
Ellen Kendall
Alice Klauzer
Tosia Sauter
Pegi Simmerman
Tom Swissler
Vanessa Woodford
Jeannie Wixon

Happy Labor Day!

Let's celebrate the labor that built up this great land,

From field to field and desk to desk,

They built it hand in hand.



THANK YOU RCCOA DONORS!

Donations Received July 2015

Cindy Porter
Daniels Fund
Mile High United Way

ROUTT COUNTY COUNCIL ON AGING

Staff

Jackie Brown
Executive Director
Toni Cratsley
Steamboat & Hayden Cook
Gil Fifield
Steamboat Driver
Don Livengood
Steamboat Driver
Ellyn Myller
Steamboat Driver
Cindy Porter
South Routt Cook
Rex Randall
Steamboat Kitchen Asst.
Dave Reid
South Routt Driver
April Sigman
Program Coordinator
Deb Silva
Hayden Driver
Richard Vandecarr
Steamboat Driver
Rebecca Wattles
Hayden Driver
Charlotte Whaley
South Routt Kitchen Asst
Ginny Winn
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

Fall Foliage Trips

RCCOA shuttles will be heading to Hahn's Peak this fall. Join us for an afternoon or a day of sight seeing.

Monday, September 21 1:00pm— 4:30pm
South Routt and Steamboat Shuttles
Wednesday, September 23 9:00am—3:00pm
Hayden and The Haven Shuttle
Space is limited, Contact April for reservations and details. 970-879-0633 xt 4



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

www.rccoaging.org

ROUTT COUNTY
COUNCIL ON AGING



Are you interested in learning and playing Mah jongg? There are others like you trying to form a group! Contact April if you are interested.
970-879-0633 xt. 4



Monthly Pizza and a Movie will rotate between each meal site. Stay tuned for the movie near you…



Maleficent - starring Angelina Jolie

Wed., September 16, 4:00pm Hayden American Legion

Tues., October 6, 4:00pm Oak Creek Community Center

Casablanca - starring Humphrey Bogart and Ingrid Bergman

Wed., November 18, 4:00pm Steamboat Community Center

Commodities Supplemental Food Program
CSFP - Senior Boxes

Lift-Up of Routt County distributes boxes designed to supplement the diets of low income seniors over the age of 60.

Each month, seniors receive a variety of non-perishable goods and cheese.

If you or someone you know might benefit from this program, please contact Lynn at Lift-Up 970-870-8804 for more information.



Household Size	Monthly Income	Yearly Income
1	$1276	$15301
2	$1726	$20,709

RCCOA will be closed Monday, September 7th for Labor Day. Frozen meals are available prior to the holiday weekend. Let April know if you are interested.



Adult Protective Services Role – What do they do?

Abuse, neglect, and exploitation involving at-risk adults is a growing problem in the United States and Colorado is no exception. To help deal with this problem, each county department of human services in the state provides Adult Protective Services (APS) to their community. The main responsibility of APS is to provide protective services to stop or prevent the mistreatment or self-neglect of at-risk adults. APS works with a variety of agencies in the community to arrange services necessary for the health, safety, and welfare of at-risk adults.

When APS responds to a report of mistreatment or self-neglect the first step is to interview the at-risk adult and investigate the allegations. If the allegations are criminal in nature, APS works with local law enforcement and the District Attorney as part of their investigation. If the allegations are valid, and the at-risk adult accepts help, APS will set up protective services and find resources to help keep the at-risk adult safe. These services may include homemaker services, food delivery, medical services, home health care, and other support services. The goal of any APS service is to keep the at-risk adult safe while helping him or her remain as independent as possible.

If you suspect mistreatment, you should report the situation to 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.

All reports are confidential and can be made anonymously. However, it is helpful to APS if you provide your contact information so APS can contact you, if needed.

Power Foods for Super Health

We know. You're so over kale and blueberries. Try these surprising new super foods — and old favorites.

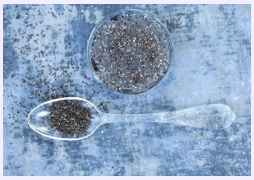




Avocados Rich in healthy monounsaturated fat, avocados also have powerful anti-inflammatory properties.

Beets High in fiber, magnesium and vitamin C, beets contain compounds that may reduce blood pressure.

Cherries This sweet fruit eases inflammation, provides relief from gout, alleviates pain and helps you sleep better, too.



Chia Seeds Add these super seeds to smoothies and salads for a dose of healthy fats, fiber and protein.



Freekeh Toasted young green wheat that has a wonderful smoky and nutty flavor, freekeh is high in protein, fiber, vitamins and minerals, and it cooks up faster than rice.

Sauerkraut, kimchee, miso and other fermented foods Rich in probiotics and digestive enzymes, fermented foods can improve digestion. Look for sauerkraut and kimchee with live active cultures.



Adapted from http://www.aarp.org/health/healthy-living/info-2015/top-superfoods



Pickled Beets

from Elaine Cohen in "Fair Family Favorites" 2013 edition

2 bunches of beets	1/2 cup sugar
1 cup vinegar	1 teaspoon salt

Slice beets fairly thin and bake at 350 for 20 minutes or until tender. Combine vinegar, sugar, and salt; bring to a boil while stirring. Pour over sliced beets. Marinate at least 2 hours. Refrigerate. Serves 6.

Note: Add a boiled egg and sliced onions, if desired, to this old family recipe.

Happy September Birthdays!

9-4 Nadine Mack

9-9 Don Walling

9-10 Ben Tattershall

9-14 Roger Carlson

9-15 Bette Kuntz
Sandy Miller

9-18 Doyle Vogt

9-20 Bill Sauter
Ima Viele

9-21 Katherine Gourley
Peter Yurich

9-22 Charles Caso

9-25 Laura Lamettery

9-27 Ted Crook

9-28 Tom 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.

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

August Speakers

C Street Bass
Nancy Merrill
Emerald City Opera Students
Kim Hess
Louis Prentiss

Thank you

Chris Stillwell for your time spent with Bingo.
Tanna Brock, Ralph Gourley, Don Little and Jim O'Connor for helping with bridge.
Mary Monger for helping with lunch clean up.

Thank you to **Barbara Bronner** for your many years of arranging our Monday presentations! We will miss you!

Congratulations to our August Master Puzzle Solvers! Michael Noriega

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.)

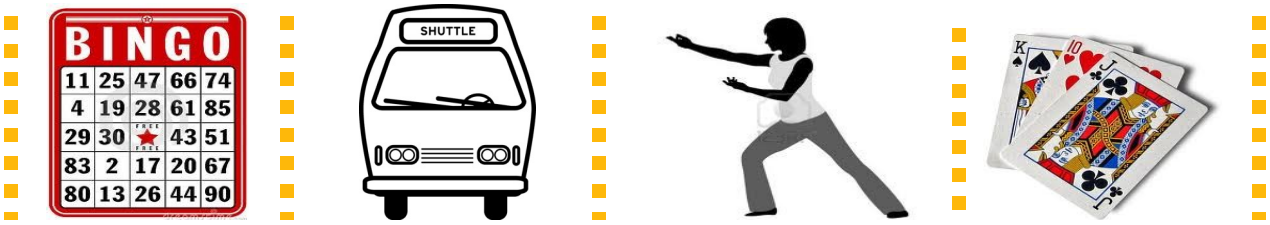
The month of September will see a Super moon, a total eclipse and the harvest moon. Do you know what these are?

Moon True or False

1. Theia is believed to have crashed into Earth and helped form the Moon. ○ True ○ False
2. If the Moon landed on Earth it would be twice as big as Africa. ○ True ○ False
3. The Earth is up to two times bigger than the Moon. ○ True ○ False
4. The Moon's gravity would not be strong enough to stop you floating off into space. ○ True ○ False
5. The Earth's core is 10x hotter than the Moon's core. ○ True ○ False
6. Earthquakes on the Moon are called moonquakes. ○ True ○ False
7. The word "lunatic" comes from the Latin word luna meaning "moon". ○ True ○ False
8. The Moon reaches speeds of up to 10,000 mph as it orbits the Earth. ○ True ○ False
9. We see the Moon because of the sunlight that reflects off its surface. ○ True ○ False
10. In 1969, Neil Armstrong and Buzz Lightyear landed on the Moon. ○ True ○ False

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 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

"Like" us on Facebook

The Easiest Way to Donate to RCCOA
City Market Community Rewards®

City Market is committed to helping our communities grow and prosper. 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:
https://www.citymarket.com/topic/community/#/city-market-community-rewards



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 are seeing more people every day. In our Steamboat dining room alone, we are serving an average of 28 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

September 2015
970-871-7676

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

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 - 4:00 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 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 Aug., Oct. and Dec.

SEPTEMBER EVENTS AND ANNOUNCEMENTS

Steamboat Springs: ___ South Routt: ___ Hayden: ___

ROUTT COUNTY COUNCIL ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Major General Louis W. Prentiss Jr. will share stories of his life and book "Memories of a Life in the Army"	1 WII 12:00 Stmbt Beginning Bridge 1:00 Stmbt Bridge: S.R.	2 Bingo: 12:30 S.R. Foot care: Haven	3	4 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
7 Labor Day All Sites Closed	8 Foot care: Stmbt WII 12:00 Beginning Bridge 1:00 Stmbt	9 Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven	10	11 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
14 Foot Care: S.R. Dr. Grace Calihan, ND, Lac , naturopathic doctor talk with us about natural health options	15 Wellness Clinic: Stmbt WII 12:00 Beginning Bridge 1:00 Stmbt Bridge: S.R.	16 Bingo 12:30 S.R. Foot care: Haven Pizza and Movie 4:00pm Hayden American Legion	17 Duplicate Bridge Stmbt 9:00-4:00	18 Bingo 1:00 Stmbt Bridge 1:00 Stmbt 
21 Fall Foliage Tour –take a ride to North Routt and Hahn's Peak Wellness Clinic: S.R.	22 Beginning Bridge 1:00 Stmbt	23 Bingo 12:30 S.R. Foot care & Wellness Clinic: Haven Fall Foliage Tour	24	25 Bingo 1:00 Stmbt Bridge 1:00 Stmbt
28 Becky Hicks will share "Hahns Peak: Boom to Bust"	29 WII 12:00 Stmbt Beginning Bridge 1:00 Stmbt Bridge: S.R.	30 Bingo: 12:30 S.R. Foot care: Haven	1	2 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 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 September 2015

Steamboat & South Routt	Steamboat & Hayden	South Routt	Steamboat & Hayden	Steamboat & South Routt
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
31 Baked Ham Sweet Potato California Veggies Wheat Roll Pineapple Sugar Cookie	1 Swedish Meatballs Mashed Potato Cranberry Stuffing Wheat Bread Tapioca Pudding OJ	2 Bratwurst Baked Beans Coleslaw Watermelon	3 Bratwurst Baked Beans Coleslaw Watermelon	4 Chicken, Broccoli Alfredo Tossed Salad Italian Bread Banana Apple Crisp
7 Labor Day All Sites Closed	8 Pork Loin Mashed Potatoes Broccoli Italian Bread Rasp Sherbet	9 Pork Loin Mashed Potatoes Broccoli Italian Bread Rasp Sherbet	10 Lemon Baked Tilapia New Potatoes Coleslaw Tossed Salad Brownie	11 Beef Stroganoff Spinach Sweet Potatoes Italian Bread Fruit
14 Black Bean Tortilla Casserole Brown Rice Sweet Potato Mixed Fruit	15 Vegetable, Beef Stew Tossed Salad Wheat Roll Pineapple Granola	16 Beef Brisket Potatoes Carrots Italian Bread Fruit	17 Beef Brisket Potatoes Carrots Italian Bread Fruit	18 BBQ Chicken Sandwich French Fries Apples Oatmeal Cookie
21 Baked Chicken Mashed Potato Corn Tossed Salad Italian Bread Fruit Orange Sherbet	22 Veggie Chili Cornbread Waldorf Salad Apple Sauce Pineapple Juice	23 Cheeseburger Potato Salad Coleslaw Pears Cupcake	24 Cheeseburger Potato Salad Coleslaw Pears Cupcake	25 Lasagna Kidney beans Italian Bread Caesar Salad Apple Crisp
28 Stuffed Pork Chop Mixed Veggies Coleslaw Italian Bread Apple Pie	29 Beef Tacos Fried Rice Black Beans Cottage Cheese Pineapple	30 Turkey Pot Pie Chef Salad Wheat Bread Pears Cannoli	1 Turkey Pot Pie Chef Salad Wheat Bread Pears Cannoli	2 Shrimp Scampi Angel Hair Pasta Zucchini Wheat Bread Spinach Salad Chocolate 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