COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

August 21, 2020

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Reserve one of our meeting rooms for your next meeting!

AUGUST MEET AND EAT SCHEDULE

Plus information for if you or someone you know needs meal delivery.

Our Gym is Now Open and FREE to use!
Call to make your appointment today!

Every Tuesday and Thursday
5:30pm

SALISBURY STEAK WITH TOMATO GRAVY

INGREDIENTS

Salisbury Steak

2 lbs. lean ground beef
2/3 cup seasoned bread crumbs
1 Tbs. spicy brown mustard
2 Tbs. heavy cream
1 beef bouillon cube and
Knorr chipotle cube dissolved into 1 Tbs. hot water to make a concentrate
1 tsp. Worcestershire sauce
1 Tbs. chili sauce
1/2 tsp. red pepper flakes
1/2 tsp. black pepper
Olive oil and butter, equal parts, for browning salisbury steaks

Gravy

1 small yellow onion, thinly sliced
2 Tbs. tomato paste
1/2 tsp. Worcestershire sauce
2 cups beef broth
1/2 cup beef broth combined with 2 Tbs. cornstarch to make a slurry
Kosher salt and freshly ground black pepper, to taste

DIRECTIONS

In a large mixing bowl, gently combine beef with bread crumbs, cream, mustard, bouillon concentrate, Worcestershire, chili sauce, red pepper flakes and pepper. When all ingredients are well combined, form mixture into eight oblong patties, using your thumb to make two to three indentations across the top of each pattie.

Meanwhile, heat oil and butter in a large cast iron skillet over medium high heat; brown patties on each side. Continue cooking until no pink remains at the center. Remove patties from skillet.

In the same skillet, add onions and tomato paste to pan drippings and cook over medium heat until onions are softened. Stir in beef broth, Worcestershire and slurry; bring to a simmer to thicken, Season with salt and pepper to to taste. Add salisbury steaks into gravy. Spoon gravy over the top and simmer for two to three minutes longer. Serve over mashed potatoes or buttered egg noodles.

OATMEAL AND DIABETES

When managing blood sugar, it's important to control the amount of carbohydrates eaten in one sitting, since carbs directly affect blood sugar. Oatmeal offers a host of health benefits and can be a great go-to food for those with diabetes, as long as the portion is controlled.

Since carbs directly affect blood sugar it's important to control the amount of carbohydrates eaten in one sitting. Oatmeal offers many health benefits and can be a great go-to food for those with diabetes, as long as the portion is controlled.

Because oatmeal has a lower glycemic index, it may be a better alternative to other breakfast choices, such as cold cereal with added sugar, breads with jelly or pancakes with syrup.

Oatmeal can also promote heart health, which is important because people with diabetes are prone to heart disease.

PROS

Adding oatmeal to your diet to manage diabetes has pros and cons. The benefit of adding oatmeal to your diabetes eating plan include:

- It can help regulate blood sugar due to high fiber content and lower glycemic index.
- It's heart-healthy because of soluble fiber content which helps lower cholesterol.
- It may reduce the need for insulin injections when eaten in place of other carbohydrate-rich breakfast foods. (Always check with your doctor before changing your medication regiment.)
- It is a quick and easy meal.
- It is high in fiber which can make you feel full longer and helping with weight management.
- It's a good source of long-term energy.
- It can help regulate digestion.

CONS

For many, oatmeal doesn't have a lot detriments. Oatmeal with added sugar can spike blood sugar levels. As with any food, portion control is key. Remember, oatmeal can be a great addition to your diet and help manage your diabetes, especially if used to replace other high-carbohydrate, high-sugar foods.

When adding oatmeal to your diet plan:

DO

- Add cinnamon, nuts or berries
- Choose old fashioned or steel cut
- Add a tablespoon of nut butter for extra protein
- Use low-fat milk

DON'T

- Don't use prepackaged or sweetened instant oatmeal
- Don't use cream
- Don't add too much dried fruit or sweeteners

• IN THE GARDEN •

AUGUST TO-DO LIST

FLOWER GARDEN

- Dead-head to encourage growth into autumn
- Cut back herbs to promote new growth
- Take cuttings to propagate next year

VEGGIE GARDEN

- Pinch top of tomato plants to concentrate new fruit growth
- Harvest spring roots like carrots, potatoes and beets

FRUIT GARDEN

- Keep birds and squirrels off berries with netting
- Harvest fruit trees
- Tidy up strawberry plants
- Protect crops with a bird scarer

GREENHOUSE

- Check plants daily for dry soil
- Close blinds or apply shade on hot days
- Tidy up to discourage disease

LAWN

- Raise cutting height of lawn mower to keep lawn healthy
- Water in the evening, after mid-day heat
- Instal edging for easy maintenance next season

THIS AND THAT

- Give hedges a final trim
- Water plants thoroughly when needed
- Plan for next year - what bulbs you'd like for next spring

WHAT'S NEW?

ZUMBA

Join us every Tuesday and Thursday at 5:30pm.
Space is Limited, call 970-848-0407 to reserve your spot.

GYM OPEN!

Our gym is open and FREE to use by appointment only.
Call 970-848-0407 to make an appointment.

NEED A MEETING SPACE?

Reserve one of our meeting rooms for your next meeting.
For reservations, call 970-848-0407.

MEET AND EAT
AUGUST 2020

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for August 2020. **Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.**

Contact Information:

Marlene Miller
Lead Ombudsman/Senior Service, SHIP
N.E CO. Area Agency on Aging, Yuma County
mmiller@necalg.com
Office 970-848-2277

AUGUST 2020
YUMA MEET & EAT
FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
	SHEPHERD'S PIE CREAMY COLESLAW ROLL STRAWBERRY APPLESAUCE CINNAMON CRISPIE BIRTHDAY RECOGNITION Calories: 675 Carb: 106.0g Fib: 10.3g Protein: 31.4g Fat: 17.4g Sod: 847mg	SOFT SHELL TACO SALSA REFRIED BEANS MEXICALI CORN FRUIT CUP Calories: 676 Carb: 99.6g Fib: 12.1g Protein: 38.1g Fat: 16.8g Sod: 885mg		HAM MASHED POTATOES & GRAVY GREEN BEANS OATMEAL ROLL PEAR ORANGE FRUIT CUP COOKIE W/ CHOCOLATE CHIPS Calories: 639 Carb: 94.0g Fib: 9.8g Protein: 28.1g Fat: 19.2g Sod: 1425mg
10	11	12	13	14
	CHICKEN POT PIE BEAN MEDLEY FRUIT CUP APPLESAUCE CAKE Calories: 677 Carb: 86.8g Fib: 9.5g Protein: 35.7g Fat: 23.1g Sod: 564mg	***CHOICE: CHICKEN NOODLE CASSEROLE*** TUNA NOODLE CASSEROLE BROCCOLI WW ROLL CINNAMON APPLE SLICES Calories: 622 Carb: 84.5g Fib: 10.6g Protein: 34.2g Fat: 19.1g Sod: 555mg		WHITE CHILI w/ CHICKEN SPINACH SALAD ROLL CANTALOUPE CUBES CARROT CAKE Calories: 608 Carb: 89.5g Fib: 11.8g Protein: 31.1g Fat: 15.8g Sod: 588mg
17	18	19	20	21
	BARBEQUE PORK CHOPS SCALLOPED POTATOES CABBAGE WW ROLL PEAR ORANGE FRUIT CUP COOKIES W/ RAISINS Calories: 831 Carb: 106.4g Fib: 10.3g Protein: 39.9g Fat: 30.0g Sod: 923mg	SLOPPY JOE SANDWICH POTATO SALAD BB & DILL BRUSSEL SPROUTS FRESH FRUIT CUP Calories: 622 Carb: 87.8g Fib: 10.9g Protein: 33.6g Fat: 18.8g Sod: 870mg		CHICKEN CACCIATORE MASHED POTATOES GREEN BEANS WHOLE WHEAT ROLL TROPICAL FRUIT CUP COOKIE w/ CHOCOLATE CHIPS Calories: 756 Carb: 80.9g Fib: 9.5g Protein: 43.9 Fat: 30.0g Sod: 1255mg
24	25	26	27	28
	ROAST TURKEY W/ GRAVY SPINACH/STRAWBERRY SALAD YAM APPLE BAKE BRAN MUFFIN MANDARIN ORANGES Calories: 651 Carb: 96.7g Fib: 10.4g Protein: 25.8g Fat: 20.6g Sod: 826mg	SWISS STEAK BOILED POTATOES ITALIAN VEGETABLES ROLL SLICED BANANAS Calories: 725 Carb: 90.5g Fib: 11.0g Protein: 41.5g Fat: 23.5g Sod: 433mg		BACON POTATO BREAKFAST BURRITO GREEN CHILI W/ PORK SPANISH RICE TOSSED SALAD STRAWBERRIES & BANANAS COOKIE w/ RAISINS Calories: 753 Carb: 94.3g Fib: 10.1g Protein: 28.6g Fat: 31.1g Sod: 764mg
31				
	For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.		**Menu may change due to availability of food items or conditions that cause the kitchen to close. Suggested Donation - $4.00 Under Age 60 Mandatory Charge - $12.50**	**IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.**