

COMMUNITY AND ENRICHMENT CENTER

Weekly Newsletter

April 17, 2020

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YUMA
Colorado

FAIRY GARDENS TO INSPIRE YOU

The tiny world of miniature gardens, or fairy gardens, has gained popularity over the last few years. These enchanting miniature worlds allow both the young and the young-at-heart a chance to create their own magical little world filled with pint-sized landscapes, fairy houses, cottages, furniture, fairies and gnomes.



Creating one of these charming miniature gardens is easy. It's a great way to garden year-round too! You can find all kinds of fun miniature landscapes online or at local greenhouses. You can use anything from succulents to miniature trees to form your landscapes. Create them to live indoors or outdoors and choose any number of containers to plant them into. Fairy gardens are so versatile and fun, they are only limited by your creativity!

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QUOTE OF THE WEEK

Be strong now, because things will get better. It might be stormy now, but it can't rain forever.

-UNKNOWN

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EASY RECIPE: CINNAMON BUN ROSES

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- 1 can of biscuits
- 1 stick of butter, melted
- 1 cup cinnamon sugar

Roll out biscuits to make flat discs. Cut each disc into 4 pieces. Dip each piece into melted butter and coat liberally with cinnamon sugar. Place 3 triangles per cup of a muffin tin to make a rose. Bake for 25 minutes at 350 degrees. Let cool for 10 minutes and transfer to a cooling rack. Enjoy!

HEALTH BENEFITS OF CINNAMON

Source: www.hopkinsmedicine.org.

This popular spice comes from the bark of the cinnamon tree and is used in everything from pumpkin spice lattes to Cincinnati chili. Cinnamon is especially great for people who have high blood sugar. It lends a sweet taste to food without adding sugar, and studies indicate it can lower blood sugar levels in people with type 2 diabetes. Cinnamon may also provide heart-healthy benefits, such as reducing high blood cholesterol and triglyceride levels. That's especially important for people with diabetes who are at greater risk for developing heart disease. Cinnamon is not a replacement for diabetes medication or a carbohydrate-controlled diet, but it can be a helpful addition to a healthy lifestyle.

Meal tip: Try sprinkling it on yogurt, fruit or hot cereal, or use it in stews and chilis or as a meat rub..





HOW TO BOOST YOUR IMMUNE SYSTEM

Staying healthy is more essential than ever. We have all been told numerous times to wash your hands for 20 seconds, don't touch your face and take social distancing seriously. If only do these three things, you're well on your way to staying healthy. However, there's more you can do.

FOCUS ON FOOD

Garlic: Allicin, a compound in garlic, is well-known for its ability to boost the immune system. The most benefit comes from eating one-half of a raw garlic clove daily. If you can't stomach raw garlic, the next best thing is to roast it.

Vitamin C-rich foods: We all know that vitamin C is known to boost immunity. It's better to get vitamin C from eating an orange instead of grabbing a glass of orange juice to avoid the added sugars. Other sources of vitamin C include broccoli, kiwi or cantaloupe.

Antioxidants: Stress can lead to lowered immunity and make you more prone to illness. Colorful fruits and vegetables including berries, carrots and spinach have antioxidants that protect you against oxidative stress, which translates to a stronger immune system.

HOW TO BOOST YOUR IMMUNE SYSTEM CONTINUED

REDUCE STRESS

With these uncertain time, reducing stress might seem close to impossible. Too much stress causes the body to produce too much cortisol, the stress hormone. Over time, elevated cortisol lowers your resistance to fighting off infection, contributes to poor sleep, increases blood pressure and can lead to weight gain.

Sleep: This is always easier said than done but it really is important. You need seven to eight hours of quality sleep each night to fight off infection.

Exercise: You've heard it before, exercise increases your resilience so you can fight off infection. This is because our bodies can better function when we are physically active on a daily basis. Aim for 30 minutes per day of some sort of strength training and cardio will do the trick. But just 10 minutes per day could do the trick.



CHANGE YOUR ATTITUDE

A positive mindset is vital for health and well-being. Research shows that positive thoughts reduce stress and inflammation and increase resilience to infection. Negative emotions may be prevalent as we battle the COVID-19 outbreak and its affect on our new sense of "normal". but taking small steps to remain positive can help.

MEET AND EAT APRIL 2020

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for April 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:



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APRIL 2020 YUMA MEAL SITE FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>		<p>1</p> <p>TERIYAKI BEEF RICE ORIENTAL VEGETABLES ROLLS PEACH SLICES NATURE COOKIE</p> <p>SENIOR MEETING</p> <p>Calories: 723 Carb: 117.9g Fiber: 10.8g Protein: 32.0g Fat: 15.4g Sodium: 465mg</p>	<p>2</p>	<p>3</p> <p>TUNA NOODLE CASSEROLE BROCCOLI WW ROLL APRICOT HALVES COOKIES W/ RAISINS</p> <p>Calories: 716 Carb: 90.5g Fiber: 10.6g Protein: 37.4g Fat: 25.7g Sodium: 590mg</p>
<p>6</p> <p>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE</p>	<p>7</p> <p>SMOTHERED PORK CHOPS SCALLOPED POTATOES STIR FRY VEGETABLES CARAWAY ROLL PINEAPPLE MANDARIN ORANGE COMPOTE COOKIES W/ RAISINS</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 820 Carb: 98.2g Fiber: 9.8g Protein: 42.3g Fat: 30.3g Sodium: 679mg</p>	<p>8</p> <p>BAKED CHICKEN BAKED SWEET POTATO WINTER MIX VEGETABLES APPLE MUFFIN PEACH SLICES</p> <p>Calories: 653 Carb: 84.1g Fiber: 10.8g Protein: 41.2g Fat: 18.9g Sodium: 799mg</p>	<p>9</p>	<p>10</p> <p>SEAFOOD BURGER ON A BUN LETTUCE/TOMATO/ONION SLICES PASTA SALAD ORANGE/BANANA JELLO SALAD</p> <p>Calories: 644 Carb: 85.4g Fiber: 10.1g Protein: 35.0g Fat: 20.0g Sodium: 689mg</p>
<p>13</p> <p>Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50</p>	<p>14</p> <p>BAKED FISH BAKED POTATO TOSSED SALAD W/ FRENCH DRESSING COUNTRY MIX VEGETABLES BRAN MUFFIN PEACH SLICES</p> <p>Calories: 631 Carb: 99.4g Fiber: 11.0g Protein: 28.0g Fat: 16.4g Sodium: 833mg</p>	<p>15</p> <p>CHILI W/ BEANS JEANNIE'S SALAD CINNAMON ROLLS PINEAPPLE TIDBITS</p> <p>BLOOD PRESSURE</p> <p>Calories: 608 Carb: 92.9g Fiber: 13.5g Protein: 28.3g Fat: 16.3g Sodium: 565mg</p>	<p>16</p>	<p>17</p> <p>BACON POTATO BURRITO GREEN CHILI W/ PORK SPANISH RICE TOSSED SALAD FRENCH DRESSING PEAR ORANGE FRUIT CUP COOKIES W/ RAISINS</p> <p>Calories: 807 Carb: 105.2g Fiber: 9.8g Protein: 28.9g Fat: 31.9g Sodium: 869mg</p>
<p>20</p> <p>OTIS POT LUCK</p>	<p>21</p> <p>BEEF STROGANOFF NOODLES FRITO SALAD BRUSSEL SPROUTS ONION ROLL FRUIT COCKTAIL</p> <p>Calories: 686 Carb: 93.6g Fiber: 10.8g Protein: 36.9g Fat: 19.9g Sodium: 721mg</p>	<p>22</p> <p>LASAGNA CASSEROLE TOSSED SALAD FRENCH DRESSING GREEN BEANS FRENCH BREAD PEACH POLKA DOT SALAD</p> <p>Calories: 635 Carb: 85.4g Fiber: 10.4g Protein: 37.3g Fat: 19.3g Sodium: 766mg</p>	<p>23</p>	<p>24</p> <p>PORK CHOP SUEY RICE CARROT COINS WW ROLL GRAPE JUICE PINEAPPLE TIDBITS</p> <p>Calories: 709 Carb: 111.2g Fiber: 9.8g Protein: 31.8g Fat: 17.0g Sodium: 498mg</p>
<p>27</p> <p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>28</p> <p>TUNA PASTA SALAD TOMATO SLICES CONFETTI COLESLAW WW ROLLS CHERRY BANANA SURPRISE NATURE COOKIES</p> <p>Calories: 732 Carb: 110.9g Fiber: 10.4g</p>	<p>29</p> <p>CHICKEN NOODLE SOUP CRACKERS PEAS BLUEBERRY MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE</p> <p>Calories: 694 Carb: 96.2g Fiber: 11.3g</p>	<p>30</p>	