

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

DECEMBER 11, 2020

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HOW TO SOOTHE DRY HANDS



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MEDICARE PART D

Plus, find out more about Medicare Part D Open Enrollment

NEED A SPACE?

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



LASAGNA SOUP

INGREDIENTS

- 1 tablespoon oil
- 1 large yellow onion, diced
- 1 tablespoon chopped garlic
- 2 pounds lean ground beef
- 1 tablespoon heaping Italian seasoning
- 2 teaspoons pepper
- 2 teaspoons salt
- 1 jar (24 ounces) pasta sauce
- 4 cups beef broth (can add up to 4 more cups if you want a runnier soup)
- 1 can (28 ounces) crushed tomatoes
- 12 ounces Mafalda noodles, can use lasagna noodles broken
- 1/2 cup heavy cream
- 1 cup mozzarella cheese, shredded
- 1 cup jack cheese blend, shredded
- parsley to garnish

DIRECTIONS

1. Heat dutch oven over medium-high heat.
2. Add in oil and then chopped onion. Cook for 3-4 minutes or until partly translucent. Add in garlic and cook for 1 minute.
3. Add in ground beef and sprinkle with Italian seasoning, salt, and pepper. Cook until browned, stirring occasionally.
4. (If necessary, drain)
5. Pour in pasta sauce, 4 cups beef broth, crushed tomatoes, and stir to combine.
6. Add in Mafalda noodles and allow soup to simmer for 8 minutes, or until noodles are al dente.
7. Add in heavy cream and cheeses, stir until combined.
8. Serve immediately.



HOMEMADE SOAP

This is an easy way to make soap without using lye and it's safe to do with kids around. Customize your homemade soap with any scents or colors you like!

INGREDIENTS

Herbs and/or essential oils, which will give your soap different qualities and fragrances. Here are some combinations I like:

- Ground cinnamon and wild orange essential oil
- Oatmeal (powdered in blender) and honey
- Ground rosemary and lavender essential oil
- Peppermint essential oil and rosemary essential oil

DIRECTIONS

1. Measure out one pound of soap base.
2. Chop the soap base into large pieces. Put it in your Pyrex and melt it in the microwave or in a double boiler over low heat.
3. Once melted, add your herbs and oils (about 30 drops essential oil and 1/2 teaspoon herbs per pound of soap base).
4. Mix thoroughly and pour into your mold.
5. Allow to cool for several hours before unmolding.

HOW TO SOOTHE DRY HANDS

SOURCE: MERAKILANE.COM



WEAR GLOVES IN COLD WEATHER CONDITIONS

This may seem like a no-brainer, but since many of us, lack the discipline to wear gloves every single time we leave the house during harsh weather conditions, it bears repeating. Keep a pair of gloves by your front door, in the pockets of each of your coats, and in your purse so you are always prepared.

AVOID SCENTED SOAPS AND ANTIBACTERIAL LOTIONS

As much as we want to smell good (and keep germs at bay), scented soaps and antibacterial products can be extremely drying and contribute to challenges with cracked hands. Choose a natural, scent-free option that won't strip your skin of its natural and protective oils.

INVEST IN A HUMIDIFIER

Adding moisture to the air with a humidifier is another great way to combat dry skin. You can buy portable humidifiers for specific areas in your house, or buy one that attaches to your furnace to ensure every room maintains an adequate moisture level.

USE LUKEWARM WATER OVER HOT WATER

Hot water is extremely dehydrating for the skin, so if avoiding H₂O is impossible for you, consider switching from hot to lukewarm water instead. It's a small change to make, but can make a world of difference to those who suffer from dry cracked hands!

PROTECT YOUR HANDS FROM HARSH CHEMICALS

When washing dishes, using household cleaners, and/or engaging in activities that require the use of chemical-containing products, protect your hands with a pair of rubber gloves.

What's Happening?

Group Fitness

Join us for Zumba every Tuesday and Thursday at 5:15m.

Our Mid-Day Mix up is every Wednesday from 12:15-1:15pm

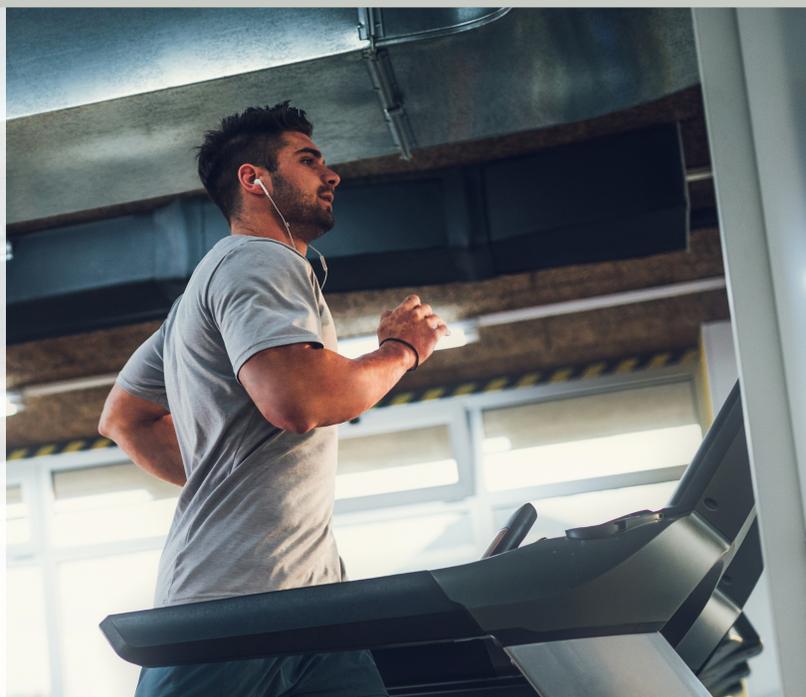
Space is Limited, call 970-848-0407 to reserve your spot.



Gym Open!

Our gym is equipped with weight machines, cardio equipment and more! Open and FREE to use by appointment only.

Call 970-848-0407 to make an appointment.



Need A Space?

Reserve one of our meeting rooms for your next meeting.

For reservations, call 970-848-0407



MEET AND EAT DECEMBER 2020

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

DECEMBER 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>you must cancel your meal please do so by 8:00 a.m. the day of the meal.</p>	<p>HAM SCALLOPED POTATOES WINTER MIX VEGETABLES OATMEAL ROLL MANDARIN ORANGES NATURE COOKIE BIRTHDAY RECOGNITION</p> <p>Calories: 688 Carb: 101.3g Fiber: 10.2g Protein: 31.6g Fat: 18.4g Sod: 1134mg</p>	<p><i>CHOICE: HAMBURGER STEAK</i> CITRUS PEPPER SALMON FILET BAKED SWEET POTATO ASPARAGUS BRAN MUFFIN PEACH SLICES SENIOR MEETING CINNAMON CRISPIES</p> <p>Calories: 669 Carb: 104.0g Fiber: 13.0g Protein: 32.7g Fat: 17.4g Sod: 941mg</p>		<p>SWEET & SOUR CHICKEN RICE STIR FRY VEGETABLES RAISIN ROLL APRICOT HALVES</p> <p>Calories: 611 Carb: 94.4g Fiber: 9.9g Protein: 33.5g Fat: 12.0g Sod: 461mg</p>
<p>Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50</p>	<p><i>CHOICE: HAMBURGER STEAK</i> BAKED FISH BAKED POTATO CAROLINA SALAD ROLLS PEACH SLICES</p> <p>Calories: 752 Carb: 111.6g Fiber: 11.6g Protein: 34.4g Fat: 22.6g Sod: 1045mg</p>	<p>LASAGNA ROTINI CASSEROLE BEAN MEDLEY TOSSED GREEN SALAD w/ DRESSING FRENCH BREAD PEACH POLKA DOT SALAD</p> <p>Calories: 646 Carb: 87.7g Fiber: 11.3g Protein: 37.6g Fat: 19.0g Sod: 619mg</p>		<p>PORCUPINE MEATBALLS SCALLOPED POTATOES PEAS & CARROTS ANNA'S DILLY BREAD PEAR SLICES</p> <p>Calories: 630 Carb: 96.2g Fiber: 11.7g Protein: 35.9g Fat: 14.3g Sod: 594mg</p>
<p>OTIS POTLUCK</p>	<p>CHICKEN CROISSANT TUSCANY SOUP MARINATED VEGETABLE SALAD MANDARIN ORANGES w/ BANANAS NATURE COOKIE</p> <p>Calories: 873 Carb: 119.2g Fiber: 11.5g Protein: 40.8g Fat: 29.3g Sod: 1062mg</p>	<p>CHEESE POTATO OMELET ALMOND BROCCOLI BRAN MUFFIN STRAWBERRY JELLO SALAD BLOOD PRESSURE</p> <p>Calories: 605 Carb: 69.3g Fiber: 9.5g Protein: 30.4g Fat: 25.5g Sod: 781mg</p>		<p><i>CHOICE: CHICKEN PENNE CASSEROLE</i> TUNA PENNE CASSEROLE COUNTY MIX VEGETABLES BRAN MUFFIN FRUIT CUP</p> <p>Calories: 622 Carb: 104.4g Fiber: 12.4g Protein: 30.4g Fat: 13.2g Sod: 682mg</p>
<p>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE.</p>	<p>BAKED HAM w/ RAISIN SAUCE SWEET POTATO STIR FRY VEGETABLE W/ ROLL CRANBERRY MOLD PUMPKIN COOKIES</p> <p>Calories: 676 Carb: 114.1g Fiber: 11.1g Protein: 25.5g Fat: 15.1g Sod: 937mg</p>	<p>CHICKEN & SPINACH LASAGNA TOSSED GREEN SALAD w/ DRESSING GARLIC BREAD GREEN BEANS FRUIT COCKTAIL</p> <p>Calories: 732 Carb: 84.7g Fiber: 10.3g Protein: 49.0g Fat: 24.3g Sod: 818mg</p>		
<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>BRAISED BEEF MASHED POTATOES BEAN MEDLEY SALAD HARVARD BEEETS ROLLS CINNAMON APPLE SLICES</p> <p>Calories: 615 Carb: 95.9g Fiber: 12.1g Protein: 27.7g Fat: 15.5g Sod: 794mg</p>	<p><i>CHOICE: HAMBURGER STEAK</i> BAKED FISH MASHED POTATOES WINTER MIX VEGETABLES BRAN MUFFIN FRUIT CUP</p> <p>Calories: 652 Carb: 92.3g Fiber: 12.3g Protein: 34.1g Fat: 20.2g Sod: 1190mg</p>		

MEDICARE PART D SIGN UP

Were you among the 530 Yuma County participants who saved a total of \$351,00.00 in prescription drug costs and insurance premiums during the 2019 Medicare Part D “drug” open enrollment season? The SHIP (State Health Insurance Assistance Program) trained counselors worked hard to save you every dollar they could and they are ready once again!

Medicare Part D season is upon us! Enrollment opens October 15th and runs through December 7th. The N.E. Colorado Area Agency on Aging, SHIP, and the Yuma County Council on Aging would like to encourage all Medicare beneficiaries to check their plans for current medications and plan changes for 2021. Everyone needs to check their coverage to be sure there are no changes for 2021.

Certified counselors will be available in the Yuma and Wray areas to assist in checking what your current coverage is and enrolling you in a new plan, if needed. An appointment is required to meet with a counselor. Walk-ins can be accommodated, if time allows.

For appointment scheduling in Wray contact Wray Library at (970)332-4744, and in Yuma contact the Yuma Library at (970) 848-2368. The counseling site in Wray is at the 55+ Club at 741 W. 7th street in Wray. In Yuma, participants will go to the N.E. Colorado Area Agency on Aging office in the NJC building at 910 S. Main.

Once you have an appointment, please bring a detailed list of your medications or better yet, your medication bottles and your Medicare card. Without these items we cannot complete your appointment. In light of the COVID-19 pandemic we will be using precautions to keep everyone safe. As you enter for your appointment, you will be screened with temperature check and COVID symptom questions. We are also asking that you wear a mask and respect a social distance of 6 feet.

There are many Medicare beneficiaries who have not taken advantage of the low-income programs, or may not know about them. We are here to help you understand these programs and to see if you qualify for the extra help. Our trained counselors will refer you to see Marlene Miller for the application process.

The N.E. Colorado Area on Aging works hard to provide Yuma County with Medicare Part D insurance counseling and we are looking forward to making sure you have the best possible plan and services to meet your needs.

Don't forget, you should have your plan checked before the December 7th deadline.
Call 332-4744 (Wray) or 848-2368 (Yuma) today to schedule your appointment.

We would like to thank our partners for helping provide this free service: Yuma County Council on Aging, Foltmer Drug in Wray, Shop All in Yuma, Yuma and Wray Libraries, Smithfield, as well as the Yuma and Wray Lions Clubs.

Be a smart consumer by checking your explanation of benefits when they come in the mail. Make sure the providers you have seen and the medications you have purchased are correct.

We hope to see you soon!