COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

DECEMBER 4, 2020

Inside the Issue

CARAMALIZED ONION JAM

6 USES FOR LAVENDER

WHAT'S HAPPENING?

WHITEHOUSE CHRISTMAS TRADITIONS

MEET AND EAT

December Meet and Eat Schedule.

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.

CARAMALIZED ONION *jam*

INGREDIENTS

- 3 tablespoons vegetable oil
- 1 pound sweet onions , finely diced
- 1/4 teaspoon freshly minced thyme
- 1/4 teaspoon kosher salt
- a few turns of freshly-cracked black pepper
- 1/2 cup low-sodium chicken broth
- 2 tablespoons granulated sugar
- 2 tablespoons honey
- 3 tablespoons balsamic vinegar
- 1/4 teaspoon ground ginger
- 1/2 cup finely diced prunes

DIRECTIONS

1. In a medium-sized saucepan, warm oil over medium heat; add in the onions, thyme, salt, and pepper. Cook until onions are soft and translucent, stirring frequently, about 10 minutes.
2. Add broth, sugar, honey, vinegar, ginger, and prunes to the pot; continue cooking, stirring frequently, until onions begin to caramelize and prunes break down, about 10-15 more minutes.
3. (While cooking, continue to stir to prevent scorching. If the mixture seems to be a bit dry, add a small splash of water toward the end. Do not overcook! Onions should be caramelized and there should still be a little bit of juice in the pot when it’s ready.)
4. Let jam cool, then transfer to a lidded jar and store in the refrigerator.

WHITE HOUSE CHRISTMAS TRADITIONS

Source: Whitehousehistory.org

- Nineteenth-century White House Christmases were not grand affairs. Some first families decorated the house with simple boughs of greens and wreaths. They often brought their own traditions with them and privately celebrated with family and friends.
- The first White House Christmas party was held in December 1800. President John Adams and First Lady Abigail Adams held it for their four-year-old granddaughter Susanna Boylston Adams, who was living with them. They invited government officials and their children to the party.
- According to family tradition, President Andrew Jackson's 1835 "frolic" for the children of his household was one of the most elaborate parties ever held at the White House. It included games, dancing and a grand dinner, and ended with an indoor "snowball fight" using specially made cotton balls.
- The first known Christmas tree in the White House was placed upstairs in the Second Floor Oval Room (then used as a family parlor and library) in 1889 (during the Benjamin Harrison administration). It was decorated with candles for the Harrison grandchildren.
- Not all White House families after the Harrisons set up Christmas trees. The tradition typically depended on one of the following: the presence of young children or grandchildren; if the first families were in residence at the White House during the holiday; or if the family traditionally celebrated Christmas with a tree.
- Documentation suggests the first electric lights on a family tree were used in 1894 during the presidency of Grover Cleveland. (Electricity was installed in the White House in 1891).

Photo Source: Whitehousehistory.org and Whitehouse Historical Association

**This is a silver gelatin print of the Yellow Oval Room decorated for Christmas taken by Frank Boteler, ca. 1896. The Yellow Oval Room was used as a library/sitting room during the Cleveland Administration. This is one of the earliest known images of a White House Christmas tree, it is also one of the first photographs of an electronically illuminated Christmas tree. The small, but spectacularly decorated tree is surrounded by children's toys.*

- None popular myth suggests that Theodore Roosevelt "banned" Christmas trees at the White House, but there is little evidence to support this beyond the Roosevelts not putting up a tree. The Roosevelts traditionally celebrated the holiday with gifts, church service, and a family meal, but they did not celebrate with a tree. In 1902, Archie Roosevelt snuck a small tree into the White House and hid it upstairs in a closet. He later revealed the decorated tree to his family, starting a new family tradition. The president was amused and allowed it to continue while the family lived at the White House. Historians, commentators, and writers later reasoned that Roosevelt didn't have a large tree because of his beliefs in conservationism, when in fact it was because the family did not traditionally celebrate Christmas with a tree. The custom of a "Christmas tree" in every house is a relatively modern one.
- The Taft children—Robert, Helen, and Charlie—placed the first tree in the Blue Room on the State Floor in 1912. President William Howard Taft and First Lady Helen Taft were away on a trip to Panama, so the Christmas tree was a surprise for the seven young Laughlin and Herron cousins, who with their parents were guests at the White House.

CONTINUED ON NEXT PAGE

WHITE HOUSE CHRISTMAS TRADITIONS

Source: Whitehousehistory.org

- Maitre d' and butler Alonzo Fields recalled President Franklin D. Roosevelt's cherished Christmas family tradition in his memoir, My 21 Years in the White House (1960): "They always braved the hazards of fire by having a Christmas tree lighted with candles in the East Hall. The family tradition included reading of Charles Dickens's Christmas Carol by the president. The gathering of the family with the President and Mrs. Roosevelt, the president's mother, the children and grandchildren made a comely family group of four generations."
- Although previous presidential administrations displayed Christmas trees indoors throughout the State Floor, it was First Lady Mamie Eisenhower who consistently placed a tree in the Blue Room.
- First Lady Jacqueline Kennedy began the tradition of selecting a theme for the official White House Christmas tree in the Blue Room in 1961. That year, the tree was decorated with ornamental toys, birds, angels and characters from the "Nutcracker Suite" ballet.
- White House Historical Association
- The tradition of installing the official tree in the Blue Room was interrupted twice. In 1962, the tree was displayed in the Entrance Hall because of renovation work. In 1969, First Lady Patricia Nixon chose the Entrance Hall for the American Flowers Tree, which was decorated with velvet and satin balls made by disabled workers in Florida and featuring each state's official flower.
- The National Christmas Tree Association has held a national competition since 1966 for the official White House Blue Room tree. To qualify, growers must first win their state or regional competitions. Being named National Grand Champion is a major achievement.
- Since 1967, an eighteenth-century Neapolitan crèche has been on display in the East Room of the White House. It was donated by Charles and Jayne Engelhard of Far Hills, New Jersey.
- In 1969, White House Assistant Executive Chef Hans Raffert created a traditional German A-frame gingerbread house for the Nixons' first Christmas in the White House. This became an annual tradition during the Richard Nixon administration and continues today.
- The first cranberry tree was put on display in the Red Room in 1975 during the Gerald R. Ford administration.
- The record for the number of trees in the White House was held for many years by the Dwight Eisenhower administration when 26 trees filled the Executive Mansion in 1959. That mark has been eclipsed on a number of occasions: the Bushes' "Nutcracker Ballet" theme (47 trees) in 1990; the Clintons' "'Twas the Night Before Christmas" theme (32 trees) in 1995; the Bushes' "Home for the Holidays" theme (49 trees) in 2001; the Obamas' "A Timeless Tradition" theme (62 trees) in 2015; and the Trumps' "American Treasures" theme (41 trees and more than 40 topiary trees in the East Colonnade) in 2018.
- President Calvin Coolidge was the first chief executive to preside over the National Christmas tree lighting ceremony, doing so on the Ellipse in 1923. Today, the Christmas Pageant of Peace, held there annually since 1954, includes the lighting of the National Christmas Tree. This interdenominational celebration features the appearance of the first family for the lighting, as well as musical and dance performances.

FOUR USES FOR LAVENDER

1.Infused Oil

You can make lavender oil from lavender leaves in the very same way that you make an infused oil with the flowers.

To make it: Fill a canning jar about 1/2 to 3/4 of the way with dried leaves. Fill the jar with your favorite oil, such as sunflower, sweet almond, rice bran, etc. Stir a few times to release air bubbles.

For a quick infusion: Set the uncovered jar down into a small saucepan filled with a few inches of water. Heat over a low burner for a few hours, keeping a close eye that the water doesn't evaporate out. Remove from heat and strain.

2. Headache Salve

Use lavender leaf infused oil to make this easy DIY sinus and headache balm.It's an all-natural remedy that helps relieve stuffy noses, allergies, and headaches.

3. Bug Bites and Stings

These easy DIY bug bite sticks can be made with lavender leaf infused oil to help relieve the itchiness of pesky bug bites. They're perfect for outdoor enthusiasts on the go! You'll need lavender leaves, sunflower (or other) oil, beeswax, and lavender essential oil to make these handy itchy sticks.

4. Infused Vinegar

To make, fill a jar about 1/2 to 3/4 of the way with fresh lavender leaves. You could use dried leaves as well.

Pour apple cider vinegar into the jar until filled. Stir a few times to release air bubbles.

Cap with a plastic lid, or if using a metal lid, place a few layers of wax paper or plastic wrap between the lid and jar to avoid corrosion.

Steep for at least 3 or 4 weeks, then strain.

Use lavender leaf infused vinegar for:

a hair rinse after shampooing (dilute up to 1/2 with water)
diluted to make an after-bath rinse for a dog, or spritzed on to repel fleas & ticks
mixed with an equal amount of water + pinch of cornstarch to make a glass & window cleaner
add 1/2 to 1 cup infused vinegar + 1/2 to 1 cup of Epsom salt for a detox bath

WHAT'S HAPPENING?

GROUP FITNESS

Join us for Zumba every Tuesday and Thursday at 5:30pm.
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
	1	2	3	
For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal. f you must cancel your meal please do so by 8:00 a.m. the day of the meal.	HAM SCALLOPED POTATOES WINTER MIX VEGETABLES OATMEAL ROLL MANDARIN ORANGES NATURE COOKIE BIRTHDAY RECOGNITION Calories: 668 Carb: 101.3g Fiber: 10.2g Protein: 31.6g Fat: 18.4g Sod: 1134mg	*CHOICE: HAMBURGER STEAK* CITRUS PEPPER SALMON FILET BAKED SWEET POTATO ASPARAGUS BRAN MUFFIN PEACH SLICES SENIOR MEETING CINNAMON CRISPIES Calories: 669 Carb: 104.0g Fiber: 13.0g Protein: 32.7g Fat: 17.4g Sod: 941mg		SWEET & SOUR CHICKEN RICE STIR FRY VEGETABLES RAISIN ROLL APRICOT HALVES Calories: 611 Carb: 94.4g Fiber: 9.9g Protein: 33.5g Fat: 12.0g Sod: 461mg
7	8	9	10	1
Suggested Donation - $4.00 Under Age 60 Mandatory Charge - $12.50	*CHOICE: HAMBURGER STEAK* BAKED FISH BAKED POTATO CAROLINA SALAD ROLLS PEACH SLICES Calories: 752 Carb: 111.6g Fiber: 11.6g Protein: 34.4g Fat: 22.6g Sod: 1045mg	LASAGNA ROTINI CASSEROLE BEAN MEDLEY TOSSED GREEN SALAD w/ DRESSING FRENCH BREAD PEACH POLKA DOT SALAD Calories: 646 Carb: 87.7g Fiber: 11.3g Protein: 37.6g Fat: 19.0g Sod: 619mg		PORCUPINE MEATBALLS SCALLOPED POTATOES PEAS & CARROTS ANNA'S DILLY BREAD PEAR SLICES Calories: 630 Carb: 96.2g Fiber: 11.7g Protein: 35.9g Fat: 14.3g Sod: 594mg
14	15	16	17	1
OTIS POTLUCK	CHICKEN CROISSANT TUSCANY SOUP MARINATED VEGETABLE SALAD MANDARIN ORANGES w/ BANANAS NATURE COOKIE Calories: 873 Carb: 119.2g Fiber: 11.5g Protein: 40.8g Fat: 29.3g Sod: 1062mg	CHEESE POTATO OMELET ALMOND BROCCOLI BRAN MUFFIN STRAWBERRY JELLO SALAD BLOOD PRESSURE Calories: 605 Carb: 69.3g Fiber: 9.5g Protein: 30.4g Fat: 25.5g Sod: 781mg		*CHOICE: CHICKEN PENNE CASSEROLE* TUNA PENNE CASSEROLE COUNTY MIX VEGETABLES BRAN MUFFIN FRUIT CUP Calories: 622 Carb: 104.4g Fiber: 12.4g Protein: 30.4g Fat: 13.2g Sod: 682mg
21	22	23	24	2
IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE.	BAKED HAM w/ RAISIN SAUCE SWEET POTATO STIR FRY VEGETABLE WW ROLL CRANBERRY MOLD PUMPKIN COOKIES Calories: 676 Carb: 114.1g Fiber: 11.1g Protein: 25.5g Fat: 15.1g Sod: 997mg	CHICKEN & SPINACH LASAGNA TOSSED GREEN SALAD W/ DRESSING GARLIC BREAD GREEN BEANS FRUIT COCKTAIL Calories: 732 Carb: 84.7g Fiber: 10.3g Protein: 49.0g Fat: 24.3g Sod: 818mg		
28	29	30	31	
Menu may change due to availabilit food items or conditions that cau the kitchen to close.	BRAISED BEEF MASHED POTATOES BEAN MEDLEY SALAD HARVARD BEEETS ROLLS CINNAMON APPLE SLICES Calories: 615 Carb: 95.9g Fiber: 12.1g Protein: 27.7g Fat: 15.5g Sod: 794mg	*CHOICE: HAMBURGER STEAK* BAKED FISH MASHED POTATOES WINTER MIX VEGETABLES BRAN MUFFIN FRUIT CUP Calories: 652 Carb: 92.3g Fiber: 12.3g Protein: 24.1g Fat: 20.2g Sod: 1190mg		

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!