

Community And Enrichment Center

Weekly Newsletter
February 26, 2021



HOMEMADE PESTO

This quick 5-minute Basil Pesto packs so much flavor, it's hard not to eat it right out of the jar!

HERBS YOU CAN GROW INDOORS

Herbs often have medicinal, relaxation, and culinary properties, and it is great if we can have them throughout the entire year in the home.

HEALTH TESTS SENIORS NEED

As you age, your need for regular medical testing usually increases. Now is when you need to be proactive about your health and monitor changes in your body.

WHAT'S HAPPENING AROUND THE CITY

Find out what's happening at The Community and Enrichment Center.



HOMEMADE PESTO

INGREDIENTS

- 2 cups basil firm packed
- ½ cup parmesan or romano cheese, grated
- ¼ cup pine nuts walnuts or almonds
- 1 large garlic clove quartered
- ¼ teaspoon salt
- ¼ cup olive oil

DIRECTIONS

- Place basil in a food processor with 1 tablespoon of oil and blend into a paste.
- Slowly add remaining ingredients in order, scraping the sides as needed. Blend until smooth.
- Any leftover pesto can be either refrigerated for a few days, or alternatively you can freeze in small portions for future use.

HERBS YOU CAN GROW INDOORS

ALL YEAR LONG



PEPPERMINT – THIS HERB IS HIGH IN THE VOLATILE SUBSTANCE MENTHOL WHICH PROVIDES A COOLING SENSATION ON THE SKIN OR TONGUE AND DOES NOT CHANGE THE TEMPERATURE. JUST PUT A FEW FRESH CUTTINGS IN WATER, AS IT IS THE EASIEST HERBS YOU CAN GROW IN WATER.

ROSEMARY – THE ROOT OF THE SEMI-WOODY CUTTINGS OF ROSEMARY NEED MORE TIME, BUT THE NEW SHOOTS IN THE SPRING GROW FASTER. KEEP THE PLANT IN A SUNNY SPOT.

TARRAGON – YOU NEED SOME SPRING CUTTINGS AFTER NEW GROWTH APPEARS, AND PLACE THE HERB ON A WARM AND BRIGHT PLACE. TARRAGON CAN BE OF VARIOUS TYPES, AND THE FRENCH ONE IS BEST FOR CULINARY PURPOSES WHILE THE RUSSIAN IS BETTER TO BE USED FOR SALADS.



BASIL – THIS HERB IS EASILY GROWN IN WATER. PLACE THE CUTTINGS IN WATER BEFORE THEY START FLOWERING AND PLACE THE CONTAINER IN A SUNNY PLACE.

LEMON BALM – YOU SHOULD PICK SEVERAL CUTTINGS IN SPRING OR FALL, AND PLACE THEM IN WATER IN A BRIGHT SPOT. AFTER 3-4 WEEKS, THE CUTTINGS WILL DEVELOP ROOTS. CHANGE THE WATER OFTEN, OR YOU CAN KEEP THE PLANT OUTDOOR IF THE WEATHER IS WARM. YOU CAN PREPARE TEA FROM THE LEAVES.

STEVIA – YOU CAN ADD STEVIA TO SOME BEVERAGES AND TEAS. JUST PLACE SOME STEVIA CUTTINGS FROM ACTIVELY GROWING BRANCHES IN A CONTAINER FULL OF WATER, AND KEEP IT IN A SUNNY AND WARM PLACE.



HEALTH TESTS SENIORS NEED

Source: [Healthline.com](https://www.healthline.com)

Blood Pressure Check

One in every three adults has elevated blood pressure. According to the Centers for Disease Control and Prevention (CDC), 64 percent of men and 69 percent of women between the ages of 65 and 74 have high blood pressure.

Hypertension is often called a “silent killer” because symptoms may not show up until it’s too late. It increases your risk for stroke or heart attack. This is why it’s essential to have your blood pressure checked at least once a year.



Blood Tests For Lipids

Healthy cholesterol and triglyceride levels decrease your risk of a heart attack or stroke. If test results show high levels of either, your doctor may recommend an improved diet, lifestyle changes, or medications to reduce them.

Colorectal Cancer Exam

A colonoscopy is a test where a doctor uses a camera to scan your colon for cancerous polyps. A polyp is an abnormal growth of tissue. After the age of 50, you should get a colonoscopy every 10 years.

Vaccinations

Get a tetanus booster every 10 years. And the CDC Trusted Source recommends a yearly flu shot for everyone, especially for those who are chronically ill. At age 65, ask your doctor about a pneumococcal vaccine to protect against pneumonia and other infections.

Eye Exam

The American Academy of Ophthalmology suggests adults get a baseline screening at age 40. Your eye doctor will then decide when follow-ups are needed.

Periodontal Exam

Oral health becomes more important as you age. Many older Americans also may take medications that can have a negative effect on dental health. These medications include: antihistamines, diuretics and antidepressants. Dental issues may lead to loss of natural teeth. Your dentist should perform a periodontal exam during one of your twice-yearly cleanings.

WHAT'S HAPPENING?



SPRING BREAK KIDS CAMP

Join us March 15th-18th Spring Break activities including painting and kids fitness classes.

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

TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!



YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

yuma.colibraries.org

NEED A SPACE?

Reserve one of our meeting rooms for your next meeting.

For reservations, call 970-848-0407

HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.



