

Community And Enrichment Center

Weekly Newsletter
January 15, 2021



LIFESTYLE AND MANAGING STRESS

When it comes to stress, one of the best things you can do for your body is to choose a balanced, healthful eating style.

TIPS FOR A HEALTHIER BREAKFAST

Starting your morning with a healthy meal can set you up for better choices during the rest of your day.

HOMEMADE CINNAMON APPLE DOG TREATS

This 3-ingredient cinnamon treat is as simple as it gets. Prepare to have your kitchen smelling amazing and your pup will love you for it.

WHAT'S HAPPENING AROUND THE CITY

Find out what's happening at Yuma Public Library!

LIFESTYLE AND MANAGING

STRESS

Do you have a go-to comfort food when you feel stressed? If so, you are not alone. During times of stress, many of us may reach for foods or snacks and often these are high in saturated fats or added sugars. The fact that stress can impact food choices is not news. However, are there also foods or nutrients that can help you to reduce stress?

Our Body's Fight or Flight Response

Your central nervous system releases stress hormones such as adrenaline and cortisol when you feel anxious or stressed. These hormones trigger the fight or flight response, which gets your body ready for action. For example, your heart can beat more rapidly, your blood pressure may rise and your rate of breathing might increase. Being in a chronic state of stress can cause long term health problems. In addition to feeling anxious, many may become depressed, struggle to get a good night's sleep or experience digestive issues.

Can Certain Nutrients Ease Stress?

Research linking certain nutrients to stress management is limited. Recent studies have focused on nutrients the brain needs to function normally. This can include nutrients like antioxidants or B vitamins. Studies have looked at how supplements may help manage stress but results have been limited. As these nutrients are already important in a healthy eating pattern, the best way to get them is through the foods you eat. For example, fruits and vegetables contain antioxidants along with other nutrients that may work together to promote health. And many foods provide a variety of B vitamins naturally, including whole grains, fruits, vegetables, dairy products, beans and meats.

Some studies also report a potential link between low levels of nutrients in the body such as vitamin D and stress. These studies did not prove that inadequate intake of foods with this nutrient causes stress or that increased intake of foods with this nutrients ease stress. However, your body does need it to function normally. And there are lots of foods that contain vitamin D including fatty fish and fortified dairy and soy products.

Do Vitamin and Mineral Supplements Combat Stress?

Some supplements claim to help manage stress. At this time, however, the evidence supporting these supplements is limited and much more research is needed. Talk with your health care provider before taking any vitamin and mineral supplements.

by Barbara Gordon, RDN, LD

Published April 16, 2020

Reviewed February 2020

Source: eatright.org



LYIFESTYLE AND MANAGING

STRESS

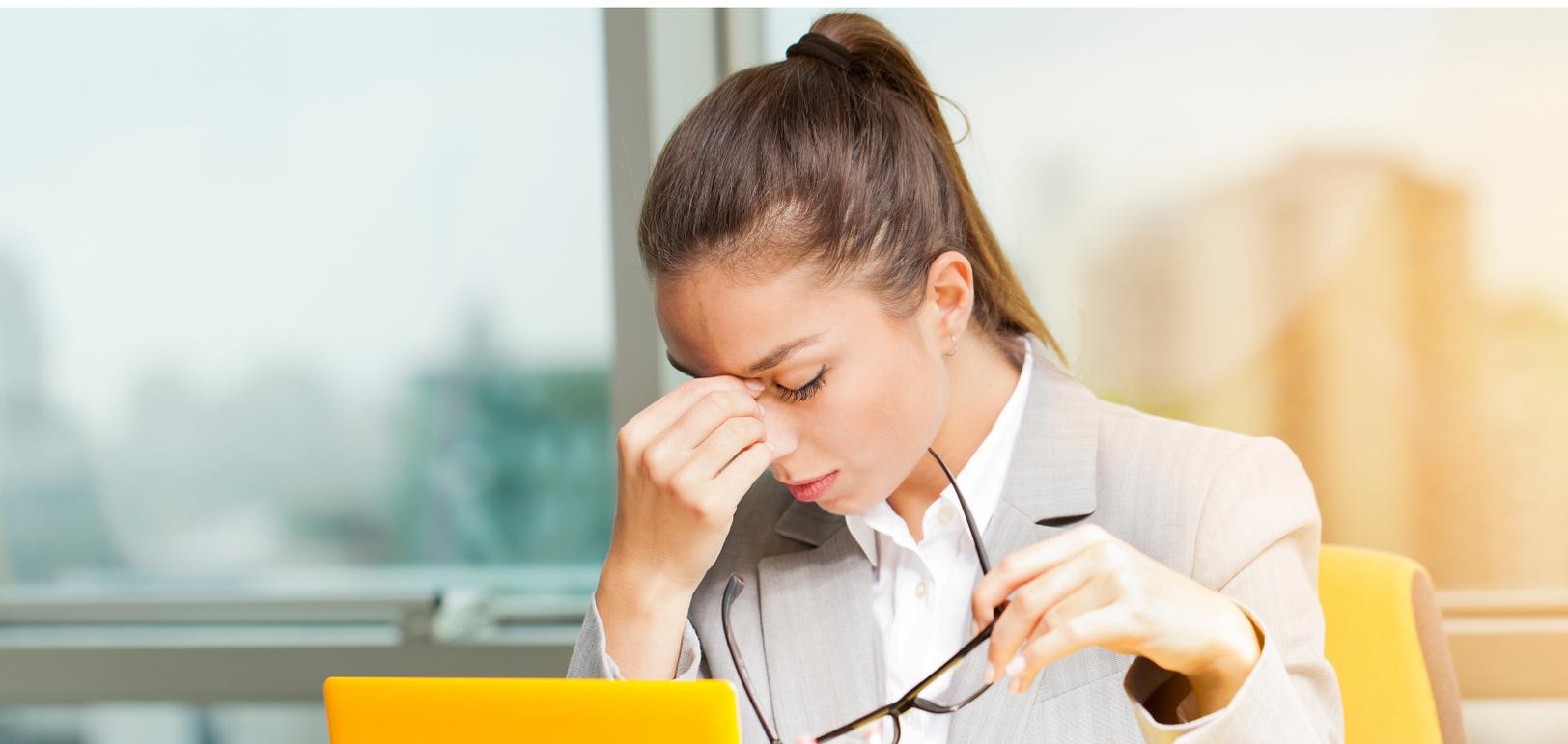
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Stress-Busters

When it comes to food and stress, one of the best things you can do for your body is to choose a balanced, healthful eating style. Participating in regular physical activity is also beneficial for managing stress. As little five minutes of exercise a day can be beneficial. A Registered Dietitian Nutritionist can help you establish an individualized healthy eating plan that includes specific food preferences and goals for physical activity.

Other ways to help ease stress might include:

- Relaxation activities, such as meditation, guided imagery or breathing exercises.
- Socializing with friends and loved ones for emotional support during stressful situations.
- If stress has you craving crunchy foods, reach for lower calorie, healthful foods such as carrots, celery or plain popcorn.
- Consider seeking professional help. Stress can become debilitating. Counselors and other health care providers can offer treatments to help combat stress.



If you or someone you know is feeling overwhelmed by stress and want someone to talk to, there help!
Contact Centennial Mental Health today.

Centennial Mental Health
Phone: 970-848-5412
Centennial Mental Health Center
215 S. Ash Street
Yuma, CO 80759
Monday - Friday, 8 a.m. to 5 p.m.





Tips For A Healthier Breakfast

Add Antioxidants



Did you know that antioxidants can defend your body from certain biochemical changes that occur as a result of stress? Try adding antioxidant rich foods like berries to your morning meal

Include Whole Grains



Start your day by opting for whole grains over refined grains. Whole grains will increase the fiber content of your breakfast, helping keep you full for longer periods of time and stabilize your blood sugar and can help maintain healthy cholesterol levels.

Don't Forget Protein



Including protein in your morning meal can help stabilize blood glucose and will help keep you feeling full longer. Add an egg with your avocado toast, cottage cheese with your fruit bowl, or almond butter to your English muffin.

Include A Cup Of Coffee



Including protein in your morning meal can help stabilize blood glucose and will help keep you feeling full longer. Add an egg with your avocado toast, cottage cheese with your fruit bowl, or almond butter to your English muffin.

Keep Sugar To A Minimum



You might want to think twice before grabbing that pastry on your way to work—starting your day with a hefty dose of sugar isn't exactly going to set you up for success. While our bodies can use sugar for energy, excess sugars have no benefit and can contribute to weight gain.

Include Fruit and Veggies



The more colorful your breakfast, the better. Not sure where to start? Try tossing some tomatoes or spinach into an omelet, adding sliced banana to whole-wheat toast with nut butter, or topping your chia pudding bowl with berries.

APPLE CINNAMON

Dog Treats

INGREDIENTS

- 1 cup Dry Quick Cook Oatmeal
- ½ cup Cinnamon Apple Sauce or Apple Sauce with a dash of cinnamon added
- 1 large Egg

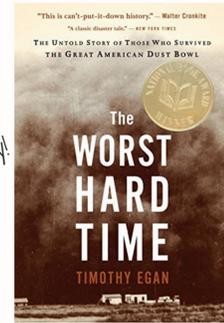
DIRECTIONS

1. Preheat oven to 350 degrees.
2. In large clean but dry mixing bowl pour the cup of oatmeal. Add the applesauce and mix well. Once everything is mixed together add the egg and mix again.
3. If you want to get fancy or happen to have either whoopie cake molds or mini bunt pans you can spoon the mixture into the pan. If you just have the basics use a cookie sheet (that's the thin metal baking sheet). Grease the pan or tray with oil - as long as your pet doesn't have any allergies the only oil you should stay away from is grapeseed oil.
4. Scoop the mix into the molds or create big drop cookies using a tablespoon.
5. Once the oven is to temperature place the tray or pan in the oven for 22 minutes. Make sure to set the kitchen timer and not rely on watching the time. You will likely have a dog sitting in front of the oven making sure you remember but the telephone will ring or you will get an important email and completely forget about the oven.
6. The cookies should just pop right out of the pan or slide off of the tray immediately so you can allow to cool. Since your dog is likely begging by this point as soon as the cookies are body temperature you can allow your dog to have a bite or two.

WHAT'S HAPPENING AT YUMA PUBLIC LIBRARY

Yuma Public Library's
Featured Book Club Title

Call to
borrow a
copy today!



Club members will meet
Friday, February 12, 2021
@ 12PM at the library.

970-848-2368 or
email yumalibrary@hotmail.com



2021

Yuma Public Library

SMALL READING GROUPS

AFTER SCHOOL UNTIL 4:30PM

Kindergarten on Mondays

1st & 2nd Grades on Tuesdays

3rd & 4th Grades on Wednesdays

5th, 6th, & 7th Grades on Thursdays

Each grade will be limited to 10 students. Masks will be required for students 10 years old and above.

Social distancing will be recommended.

Registration required.

910 S. Main Street -- 970-848-2368 -- a.lynych@yumacolo.org



**CHROME BOOKS
AVAILABLE FOR
CHECKOUT**

VISIT YUMA.COLIBRARIES.ORG
FOR MORE INFORMATION!

What's Happening?



GROUP FITNESS

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

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

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

OUR GYM IS 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.



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.



MEET AND EAT JANUARY 2021

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for January 2021. 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

JANUARY 2021 YUMA MEAL SITE FOR RESERVATIONS OR CANCELATIONS CALL 848-2038

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IF YOU CHOOSE THE CHOICE ENTREE, PLEASE MAKE THE RESERVATION FOR IT BY <u>ONE</u> DAY BEFORE				
4	5	6	7	8
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.	BBQ BEEF SANDWICH POTATO SALAD BRN BUTTER & DILL BRUSSEL SPROUTS FRUIT CUP BIRTHDAY RECOGNITION Calories: 658 Carb: 96.8g Fiber: 12.1g Protein: 33.1g Fat: 19.0g Sod: 861mg	BEEF & NOODLES CREAMY COLESLAW PARSLIED CARROTS APRICOT HALVES CINNAMON CRISPIES ROLL SENIOR MEETING Calories: 688 Carb: 100.6g Fiber: 11.60g Protein: 32.0g Fat: 19.8g Sod: 649mg		BRUNSWICK STEW GREEN BEANS W/ TOMATOES ONION ROLL WINTER FRUIT CUP COOKIE W/ RAISINS Calories: 663 Carb: 79.3g Fiber: 10.3g Protein: 37.5g Fat: 24.1g Sod: 562mg
11	12	13	14	15
Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50	SWISS TEAK BOILED POTATOES ITALIAN VEGETABLES BRAN MUFFIN SLICED BANANAS Calories: 741 Carb: 95.5g Fiber: 12.9g Protein: 41.5g Fat: 24.1g Sod: 560mg	CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD ONION ROLL PEAR ORANGE FRUIT CUP Calories: 636 Carb: 79.9g Fiber: 10.2g Protein: 36.1g Fat: 21.2g Sod: 562mg		CHOICE: HAMBURGER STEAK OVEN FRIED LIVER PARSLIED POTATOES STEWED TOMATOES WW ROLL STRAWBERRY APPLESAUCE Calories: 643 Carb: 100.4g Fiber: 11.0g Protein: 34.2g Fat: 14.1g Sod: 541mg
18	19	20	21	22
	HAMBURGER ON A BUN BAKED BEANS COUNTRY MIX VEGETABLES MANDARIN ORANGES Calories: 726 Carb: 91.8g Fiber: 12.2g Protein: 45.9g Fat: 22.0g Sod: 958mg	BARBECUE CHICKEN POTATO SALAD STIR FRY VEGETABLES BRAN MUFFIN TROPICAL FRUIT CUP BLOOD PRESSURE Calories: 702 Carb: 91.4g Fiber: 10.1g Protein: 40.1g Fat: 21.4g Sod: 1172mg		SALISBURY STEAK MASHED POTATOES WINTER MIX VEGETABLES ONION ROLL FRUIT CUP Calories: 670 Carb: 78.1g Fiber: 9.2g Protein: 42.5g Fat: 22.5g Sod: 675mg
25	26	27	28	29
Menu may change due to availability of food items or conditions that cause the kitchen to close.	TERIYAKI BEEF RICE ORIENTAL VEGETABLES WW ROLL PEACH SLICES CINNAMON CRISPIES Calories: 681 Carb: 107.7g Fiber: 9.8g Protein: 30.5g Fat: 15.4g Sod: 458mg	HAM POTATO OMELET BEAN MEDLEY BRAN MUFFIN CHERRY BANANA SURPRISE Calories: 629 Carb: 81.7g Fiber: 10.9g Protein: 30.2g Fat: 22.6g Sod: 910mg		CHICKEN & SPINACH LASAGNA GREEN BEANS TOSSED SALAD W/ DRESSING FRENCH BREAD FRUIT COCKTAIL Calories: 736 Carb: 85.3g Fiber: 10.0g Protein: 49.0g Fat: 24.1g Sod: 653mg