

Community And Enrichment Center

Weekly Newsletter
January 29, 2021



CLASSIC SPLIT PEA SOUP

Pair this soup with a simple tossed salad for a well-rounded, nourishing meal that's quick and easy

MEANINGFUL MIDNFULNESS

Get to know more about the simple ability to have better control over our emotions and thoughts.

SIMPLE HOME SAFETY TIPS

Your home is the one place you should always feel safe. Find out how to increase your safety at home.

WHAT'S HAPPENING AROUND THE CITY

Find out what's happening at Yuma Public Library!



Split Pea Soup

Ingredients

- 1/4 cup unsalted butter
- 2 cups chopped onion
- 1 cup diced carrot (1/4-inch dice)
- 1 cup diced celery (1/4-inch dice)
- 1/4 to 1 teaspoon kosher salt , to taste
- 1/2 teaspoon freshly-ground black pepper , plus additional to taste
- 2 cloves garlic , minced
- 1 pound dried split peas , rinsed and sorted
- 1 meaty ham bone
- 1 large bay leaf (or 2 small)
- 2 teaspoons fresh thyme leaves , chopped and quantity divided
- 6 cups chicken stock
- 2 cups water
- 1 cup diced ham (1/4-inch dice)
- Buttery Garlic Croutons , for serving

Directions

1. In a large pot or Dutch oven, melt butter until foaming subsides. Add onion, carrot, celery, 1/4 teaspoon salt and 1/2 teaspoon pepper. Cook until vegetables are softened and just beginning to brown, 5-8 minutes.
2. Add garlic and cook for 1 minute, until aromatic. Stir in split peas.
3. Add ham bone, bay leaf, and 1 teaspoon fresh thyme. Stir in chicken stock and water. Bring to a boil, reduce heat, and simmer uncovered for 60-90 minutes, stirring occasionally, until split peas are cooked down and soup is thickened to desired consistency. (Stir more frequently as the soup begins to thicken and add a little additional stock or water if it gets too thick for your tastes.)
4. Add diced ham during the last 15 minutes of cooking. When ready to serve, remove and discard ham bone and bay leaf, and stir in remaining 1 teaspoon fresh thyme. Season to taste with salt, if needed. Serve hot with croutons and cracked black pepper.

Meaningful Mindfulness

What exactly is 'mindfulness'? Mindfulness means maintaining moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment, through a gentle, nurturing lens. I know it sounds somewhat like meditation, but the good news is that you do not have to sit in any difficult pose. We are not striving for "Enlightenment" – just simple ability to have better control over our emotions and thoughts. When we practice Mindfulness, our thoughts tune into what we are sensing in the present moment – rather than rehashing the past or imaging the future.

There are 3 key characteristics of Mindfulness:

- 1) Attitude that is non-judgmental, curious and kind
- 2) Attention to what is occurring in the present moment
- 3) Intention to cultivate awareness

So now, one may ask: Why is this important? Mindfulness is important because it increases our ability to regulate emotions and decrease anxiety and depression. It is a type of self-help technique that costs absolutely nothing. Yes, it takes some time and practice, but unlike meditation everyone can learn to do it. Probably, the hardest part for some of us is that you have to get QUIET. Sounds easy, but not so much in today's world of noise and distractions. One of the first steps is for you to clear out all your digital demands – and yes, that includes all your favorite social media sites!

You have to get comfortable with yourself – with being alone with your thoughts, hopes, wounds and concerns. IF getting quiet is a bit scary, then that takes some time to make mindfulness effective, but once you find your own routine you will see more clearly why this brings more meaning into your life. Mindfulness can also help us gain energy to approach and accomplish what we really need to focus on.

Maybe, the most important impact is that being mindful during our quiet times helps us become more emotionally resilient and empathetic. A recent Forbes article states, "Studies show the ability to tolerate alone time has been linked to increased happiness, better life satisfaction and improved stress management." Mindfulness helps us maintain a sense of calm and become more of whom we were meant to be – not just for ourselves, but for our families.

Simple Home Safety Tips



DOUBLE CHECK YOUR SECURITY

All locks should be sturdy and well maintained if you want them to do their job well. Even the best locks won't do much if they're not used, though, so try to make a habit of locking every window and door in your home. Don't forget garage doors and storm doors, if you have them—every day.

BE CAREFUL WHAT YOU SHARE ONLINE

Even if your profiles are protected, any hacker worth a grain of salt can get to them. Keep these safety tips in mind any time you go online:

- Don't share information that could compromise your safety. That means don't advertise that you are going on vacation or to the hospital for a long stay.
- Never use "out of office replies" on your personal email accounts. Anyone could send you an email to easily find out that you are out of town—and how long you'll be absent.



CHECK YOUR FIRE AND CO2 DETECTORS

Carbon monoxide (CO) is an invisible, odorless, colorless, and tasteless gas. Common sources of carbon monoxide include any fuel burning devices, such as your stove, furnace or water heater. As outside temperatures drop during the winter months, things start to heat up indoors. Winter is a peak time for carbon monoxide poisoning. Make sure that you have a working smoke alarm installed on every level of your home, as well as outside of any sleeping areas and inside every bedrooms. You should also test that your smoke and CO alarms are working at least once per month and change the batteries every six months. (source: [firstalert.com](https://www.firstalert.com))



WHAT'S HAPPENING AT YUMA PUBLIC LIBRARY



VISIT YUMA.COLIBRARIES.ORG
FOR MORE INFORMATION!

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.

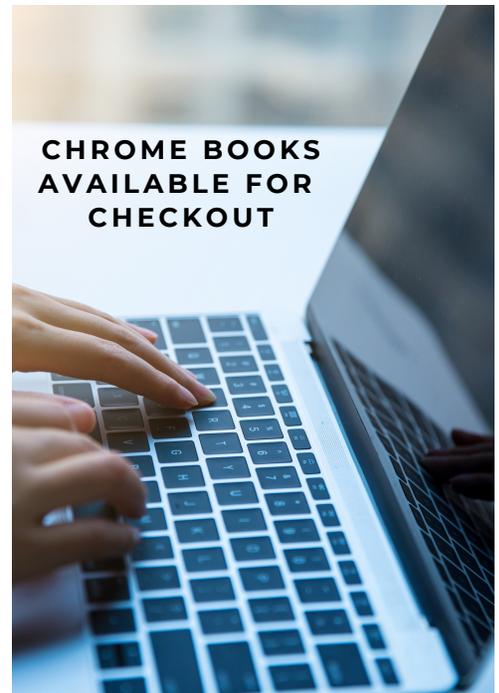
Social distancing will be recommended.

Registration required.

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



**CHROME BOOKS
AVAILABLE FOR
CHECKOUT**



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 FEBRUARY 2021

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



FEBRUARY 2021 YUMA MEAL SITE

Happy Valentine's Day

FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<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>CORN TACO CASSEROLE REFRIED BEANS TOSSED SALAD W/ DRESSING FRUIT CUP</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 610 Carbs: 85.0g Fib: 12.1g Protein: 35.1g Fat: 16.2g Sod: 728mg</p>	<p>BEEF GOULASH GREEN BEANS & CORN ROLLS CINNAMON APPLE SLICES NATURE COOKIE</p> <p>SENIOR MEETING</p> <p>Calories: 698 Carbs: 110.3g Fib: 13.3g Protein: 32.3g Fat: 18.2g Sod: 816mg</p>		<p>SCALLOPED POTATOES W/ HAM JEANNIE'S SALAD WINTER MIX VEGETABLES W/ ROLL APRICOT HALVES</p> <p>Calories: 642 Carbs: 85.5g Fib: 10.2g Protein: 30.3g Fat: 22.3g Sod: 905mg</p>
8	9	10	11	12
<p>Suggested Donation - \$4.00</p> <p>Under Age 60 Mandatory Charge - \$12.50</p>	<p>SWEET & SOUR CHICKEN BROWN RICE ORIENTAL VEGETABLES W/ ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 655 Carbs: 102.3g Fib: 10.9g Protein: 34.3g Fat: 12.3g Sod: 490mg</p>	<p>PORCUPINE MEATBALLS SCALLOPED POTATOES CABBAGE W/ ROLL PLUMS NATURE COOKIE</p> <p>Calories: 738 Carbs: 114.4g Fib: 10.7g Protein: 35.0g Fat: 19.1g Sod: 581mg</p>		<p>ROAST BEEF MASHED POTATOES & GRAVY TOSSED SALAD W/ DRESSING COUNTRY MIX VEGETABLES W/ ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 648 Carbs: 91.1g Fib: 9.9g Protein: 30.7g Fat: 19.6g Sod: 756mg</p>
15	16	17	18	19
	<p>BEEF STROGANOFF w/ NOODLES BEAN MEDLEY BRAN MUFFIN APRICOT HALVES</p> <p>Calories: 560 Carbs: 83.1g Fib: 10.1g Protein: 31.8g Fat: 13.2g Sod: 559mg</p>	<p>VEGETABLE BEEF SOUP COTTAGE CHEESE & PINEAPPLE SALAD CORN MUFFIN FRUIT CUP OATMEAL BANANA RAISIN COOKIE</p> <p>BLOOD PRESSURE</p> <p>Calories: 629 Carbs: 99.6g Fib: 9.5g Protein: 35.1g Fat: 12.0g Sod: 806mg</p>		<p>CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ROLL WINTER FRUIT CUP NATURE COOKIE</p> <p>Calories: 700 Carbs: 112.6g Fib: 10.3g Protein: 31.6g Fat: 16.7g Sod: 744mg</p>
22	23	24	25	26
<p>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE</p>	<p>ROAST PORK W/ GRAYY BAKED POTATO PARSLED CARROTS CARAWAY ROLL STRAWBERRY GELATIN SALAD</p> <p>Calories: 617 Carbs: 80.0g Fib: 9.1g Protein: 32.0g Fat: 19.8g Sod: 574mg</p>	<p>SOUTHERN BEEF PIE BEETS TOSSED SALAD W/ DRESSING FRUIT COCKTAIL COOKIE W/ RAISINS</p> <p>Calories: 635 Carbs: 85.9g Fib: 9.1g Protein: 30.1g Fat: 22.1g Sod: 542mg</p>		<p>CHOICE: HAMBURGER STEAK CITRUS PEPPER SALMON FILLET BAKED SWEET POTATO FRIES GREEN BEANS BRAN MUFFIN MANDARIN ORANGES CINNAMON CRISPIES</p> <p>Calories: 647 Carbs: 96.6g Fib: 11.2g Protein: 30.1g Fat: 18.0g Sod: 938mg</p>
<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>			<p>Happy Valentine's Day</p>	