

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

July 24, 2020

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DAILY TO-DO'S FOR STAYING ORGANIZED



QUICK TIPS TO HELP YOU EAT HEALTHY



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JULY MEET AND EAT SCHEDULE

Plus information for if you or someone you know needs meal delivery.



YUMA
Colorado

5 Daily To-Do's To Stay Organized

Here are five tips to help you conquer the daily chaos and give you more stress-free YOU time.



MAKE YOUR BED EVERYDAY

If you one complete one of these tasks on a daily basis, conquer this one. Make your bed every day. Your bedroom constantly appears in order and make you feel ready to take on the day.

USE BASKETS

Think of baskets as an instant storage solutions for every room. Keep baskets in your closet to organize our belts, socks, scarves, and even shoes. Keep a couple of in your living room. At the end of the day, pick up the remotes, magazines, etc. and place them in the appropriate basket for a clutter-free space.

CLEAN YOUR DESK

Your work space is no space for clutter. At the end of each day, put everything in its place. Clear what you don't need and organize the rest. If you need paper trays or file folders to help you keep it together, then go for it. Whatever works for you, stick to it.

JOURNAL

If your mind wanders at night trying to think of all the things you need to do tomorrow, write it down and go to bed! Keep a notepad or journal on your night stand and write your list. Once you've written it down, let it go.

ASSIGN A JUNK DRAWER

If you don't already have one, make one! Store pens, clips, sticky notes, restaurant menus, etc. Its a great way to hide the "stuff" and keep the counter tops clean. Make sure to go through this drawer frequently to clear it out.



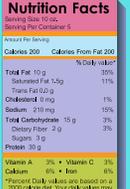
TIPS FOR SENIORS

6 WAYS TO EAT WELL AS YOU AGE



KNOW WHAT A HEALTHY PLATE LOOKS LIKE

Be sure to include fruits, vegetables, whole grains, dairy and lean proteins.



READ NUTRITION LABELS

When shopping, buy items that are lower in fat, added sugars and lower in sodium.



OPT FOR IMPORTANT NUTRIENTS

Eat enough protein, fruit and veggies plus whole grains, low-fat dairy with Vitamin-D for bone strength.



BE AWARE OF SERVING SIZES

Proper portion sizes can help you control your caloric intake and ensure you are getting the proper nutrition from each meal.



STICK TO A BUDGET

Shopping with a list can help you choose healthier items and avoid buying pricey junk foods. Shop the perimeter of the store for the fresh, wholesome items.



KEEP HYDRATED

Water is one of the most important nutrients that we often overlook. Consistently drinking fluids throughout the day can help curb hunger and helps avoid empty calories.

French Onion Chicken

This one skillet meal takes less than an hour making it an easy weeknight dinner.

Ingredients

- 3 tbsp. olive oil, divided
- 1 large onion, halved and thinly sliced
- 2 tsp. chopped fresh thyme
- Kosher salt
- Freshly ground black pepper
- 2 cloves garlic, minced
- 1¾ lb. boneless skinless chicken breasts, cut into 1" pieces
- ½ tsp. dried oregano
- 2 tbsp. all-purpose flour
- 1½ c. low-sodium beef broth
- 1 c. shredded Gruyère



Directions

1. In a large skillet over medium heat, heat 2 tbsp olive oil. Add onions and season with salt, pepper, and thyme. Reduce heat to medium-low and cook, stirring occasionally until onions are caramelized and jammy, about 25 minutes. Stir in garlic and cook until fragrant, about 1 minute. Turn off heat and remove onion mixture. Wipe skillet clean.
 2. In a large bowl, season chicken with salt, pepper and oregano, then toss with flour. Heat remaining oil in the same skillet over medium high heat. Add chicken and cook until golden on all sides and mostly cooked through, about 8 minutes.
 3. Add beef broth and return cooked onions to skillet. Bring mixture to a boil, then reduce heat and simmer until chicken is cooked through and beef broth reduces slightly, about 10 more minutes.
 4. Add Gruyère and cover skillet with a lid. Cook until cheese is melty, about 2 minutes. Remove from heat and garnish with parsley. Serve warm.
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MEET AND EAT JULY 2020

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

JULY 2020 YUMA MEET & EAT

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>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>		<p>BEEF STROGANOFF/ NOODLES LAYERED SALAD BROCCOLI WW ROLL BANANA SPLIT FRUIT CUP</p> <p>Calories: 650 Carb: 90.4g Fiber: 10.8g Protein: 37.7g Fat: 17.8g Sod: 707mg</p>		
<p>Suggested Donation - \$4.00</p> <p>Under Age 60 Mandatory Charge - \$12.50</p>	<p>CHICKEN SALAD MARINATED VEGETABLE SALAD WW ROLL PEAR SLICES CARROT CAKE</p> <p style="text-align: center;">BIRTHDAY RECOGNITION</p> <p>Calories: 669 Carb: 89.8g Fiber: 9.5g Protein: 33.9g Fat: 21.9g Sod: 900mg</p>	<p>SMOTHERED PORK CHOP SCALLOPED POTATOES BRUSSEL SPROUTS CARAWAY ROLL APRICOT HALVES</p> <p>Calories: 702 Carb: 84.2g Fiber: 10.5g Protein: 41.8g Fat: 23.9g Sod: 641mg</p>		<p>HAMBURGER STEAK MASHED POTATOES CONFETTI COLESLAW PEAS ROLLS FRUIT SALAD</p> <p>Calories: 747 Carb: 92.9g Fiber: 12.4g Protein: 44.4g Fat: 24.1g Sod: 813mg</p>
	<p>SCALLOPED POTATOES & HAM BROCCOLI WW ROLL CINNAMON APPLE SLICES</p> <p>Calories: 612 Carb: 87.8g Fiber: 10.9g Protein: 30.5g Fat: 18.2g Sod: 891mg</p>	<p>BBQ CHICKEN ROTINI PASTA SALAD STIR FRY VEGETABLES BRAN MUFFIN PEACH SLICES</p> <p>Calories: 705 Carb: 84.6g Fiber: 12.0g Protein: 43.3g Fat: 23.3g Sod: 877mg</p>		<p>LASAGNA TOSSED SALAD ITALIAN VEGETABLES GARLIC BREAD FRUIT CUP</p> <p>Calories: 643 Carb: 86.7g Fiber: 10.5g Protein: 33.6g Fat: 20.8g Sod: 591mg</p>
	<p>BACON POTATO BREAKFAST BURRITO GREEN CHILI W/PORK SPANISH RICE TOSSED GREEN SALAD STRAWBERRIES & BANANAS COOKIES W/RAISINS</p> <p>Calories: 753 Carb: 94.3g Fiber: 10.1g Protein: 28.6g Fat: 31.1g Sod: 764mg</p>	<p>BRAISED BEEF MASHED POTATOES FRITO SALAD HARVARD BEETS ROLL MANDARIN ORANGES CINNAMON CRISPIES</p> <p>Calories: 735 Carb: 104.6g Fiber: 10.4g Protein: 32.0g Fat: 23.1g Sod: 989mg</p>		<p>CHOICE: HAMBURGER STEAK CITRUS PEPPER SALMON FILET PARSLIED POTATOES MIXED VEGETABLES ORANGE MUFFINS OREGON BERRY COMPOTE</p> <p>Calories: 623 Carb: 93.7g Fiber: 11.1g Protein: 31.0g Fat: 15.8g Sod: 790mg</p>
<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>HOT TURKEY SANDWICH JEANNIE'S SALAD GREEN BEANS BANANA SPLIT FRUIT CUP COOKIE W/CHOCOLATE CHIPS</p> <p>Calories: 745 Carb: 102.3g Fiber: 10.4g Protein: 30.3g Fat: 26.7g Sod: 1027mg</p>	<p>PORCUPINE MEATBALLS SCALLOPED POTATOES PEAS & CARROTS ANNA'S DILLY BREAD FRUIT COCKTAIL</p> <p>Calories: 622 Carb: 94.1g Fiber: 10.8g Protein: 36.0g Fat: 14.2g Sod: 994mg</p>		<p>CHOICE: CHICKEN CROISSANT POTATO SOUP SUPREME CRACKERS TUNA CROISSANT BEAN MEDLEY SALAD TROPICAL FRUIT CUP COOKIES W/ CHOCOLATE CHIPS</p> <p>Calories: 778 Carb: 105.1g Fiber: 10.0g Protein: 35.5g Fat: 25.3g Sod: 746mg</p>