COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

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YUMA Colorado

HOMEMADE

Strawberry Ice Cream

THIS CREAMY ICE CREAM HAS LOTS OF FRESH STRAWBERRY FLAVOR. IT'S MADE WITH THE RIPEST OF STRAWBERRIES MAKING IT THE PERFECT SUMMER TREAT.

Ingredients:

2 CUPS CHOPPED STRAWBERRIES
1 CUP SUGAR (DIVIDED)
2 CUPS HEAVY CREAM
1 CUP WHOLE MILK
1/2 TSP VANILLA EXTRACT
1 DASH SALT

Intructions:

- 1 DASH SALT MIX CHOPPED STRAWBERRIES WITH 1/2 CUP SUGAR IN A MEDIUM SIZED BOWL. ALLOW TO SET FOR ABOUT 15 MINUTES SO STRAWBERRIES RELEASE THEIR JUICES.
- BLEND STRAWBERRIES UP IN A BLENDER OR FOOD PROCESSOR.
- IN A LARGE BOWL COMBINE STRAWBERRY MIXTURE WITH HEAVY CREAM, WHOLE MILK, VANILLA EXTRACT, SALT AND REMAINING SUGAR. SET ASIDE.
- POUR STRAWBERRY CREAM MIXTURE INTO PREPARED ICE CREAM MAKER. ALLOW TO RUN ACCORDING TO MANUFACTURES INSTRUCTIONS (MINE IS ABOUT 30 MINUTES.)
- SERVE NOW FOR SOFT SERVE ICE CREAM.
- FOR SCOOPABLE ICE CREAM, SCOOP ICE CREAM INTO A BREAD LOAF PAN AND COVER WITH PLASTIC WRAP. PLACE IN THE FREEZER FOR 6 HOURS UP TO OVERNIGHT.

LIGHTNING SAFETY

In an effort by the National Weather Service to help increase lightning safety, the CDC recommends the following to stay safe.

INDOOR SAFETY TIPS

Even though your home is a safe shelter during a lightning storm, you may still be at risk. About one-third of lightning-strike injuries occur indoors. Here are some tips to keep safe and reduce your risk of being struck by lightning while indoors.

- Avoid water
- Do NOT bathe, shower, wash dishes, or have any other contact with water during a thunderstorm because lightning can travel through a building's plumbing.
- Avoid electronic equipment
- Do NOT use your computers, laptops, game systems, washers, dryers, stoves, or anything connected to an electrical outlet. Lightning can travel through electrical systems, radio and television reception systems, and any metal wires or bars in concrete walls or flooring. Equip homes with whole-house surge protectors to protect appliances.
- Avoid corded phones
- Corded phones are NOT safe to use during a thunderstorm. Do NOT use them. However, it is safe to use cordless or cellular phones during a storm.
- Avoid windows, doors, porches, and concrete
- Do NOT lie on concrete floors during a thunderstorm. Also, avoid leaning on concrete walls. Lightning can travel through any metal wires or bars in concrete walls or flooring.

OUTDOOR SAFETY TIPS

Do

- Be aware
- Check the weather forecast before participating in outdoor activities. If the forecast calls for thunderstorms, postpone your trip or activity, or make sure adequate safe shelter is readily available.
- Go indoors
- Remember the phrase, "When thunder roars, go indoors." Find a safe, enclosed shelter when you hear thunder. Safe shelters include homes, offices, shopping centers, and hard-top vehicles with the windows rolled up.
- Crouch close to the ground and separate
- If you are caught in an open area, crouch down in a ball-like position (feet and knees together) with your head tucked and hands over your ears so that you are down low with minimal contact with the ground.
- Do NOT lie down.
- Lightning causes electric currents along the top of the ground that can be deadly over 100 feet away. Crouching down is the best combination of being low and touching the ground as little as possible.
- Separate
- If you are in a group during a thunderstorm, separate from each other. This will reduce the number of injuries if lightning strikes the ground.

Don't

- Stay in open vehicles, structures, and spaces. During a thunderstorm, avoid open vehicles such as convertibles, motorcycles, and golf carts. Be sure to avoid open structures such as porches, gazebos, baseball dugouts, and sports arenas. And stay away from open spaces such as golf courses, parks, playgrounds, ponds, lakes, swimming pools, and beaches.Stay near tall structures
- Do NOT lie on concrete floors during a thunderstorm. Also, avoid leaning on concrete walls. Lightning can travel through any metal wires or bars in concrete walls or flooring.

HOW TO MODIFY YOUR HOME FOR A SENIOR DOG

Everyone wants to talk about puppies, but senior dogs require special attention, too. Here are simple ways to make your pup more comfortable at home.

ORTHOPEDIC SUPPORT

Just like humans, senior dogs can suffer from joint pain. Give them extra support at night with an orthopedic bed. Memory foam molds and contours to the body, giving dogs extra cushion for hips and legs.

HELP WITH MOBILITY

Seniors, especially big dogs, have trouble bending over to reach food and water bowls. Help them out by raising the bowls. You can find sets with risers but it's best to not change too many things at once. Just raise the bowls they're used to with a box or rubber storage bin.

TRACTION SUPPORT

While easy to clean for humans, hardwood is difficult for senior dogs. Try laying down rugs in common pathways to give pups traction and mobility help on slick flooring. Yoga mats work, too.

MEET AND EAT
JUNE 2020

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

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Lead Ombudsman/Senior Service, SHIP
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JUNE 2020
YUMA MEAL SITE
FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
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.	BEEF GOULASH MIXED VEGETABLES ROLL CINNAMON APPLE SLICES BIRTHDAY RECOGNITION Calories: 632 Carb: 95.5g Fiber: 13.4g Protein: 36.7g Fat: 15.6g Sod: 523mg	SPANISH RICE w/ GROUND BEEF TOSSED SALAD w/ SALAD DRESSING ROLL PEACH SLICES SENIOR MEETING Calories: 596 Carb: 84.8g Fiber: 10.2g Protein: 29.6g Fat: 18.2g Sod: 499mg		*CHOICE: CHICKEN SALAD* TUNA SALAD 3 BEAN SALAD FRENCH BREAD MANDARIN ORANGES / BANANAS CHERRY CAKE Calories: 604 Carb: 89.2g Fiber: 9.5g Protein: 29.9g Fat: 16.9g Sod: 905mg
8	9	10	11	12
Suggested Donation - $4.00 Under Age 60 Mandatory Charge - $12.50	CABBAGE BURGERS COBBLER CORN BEAN MEDLEY SALAD BANANA SPLIT FRUIT CUP CHOCOLATE CAKE Calories: 736 Carb: 109.3g Fiber: 12.1g Protein: 31.0g Fat: 23.4g Sod: 418mg	BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD PEACH POLKA DOT SALAD NATURE COOKIE Calories: 717 Carb: 113.5g Fiber: 12.6g Protein: 35.8g Fat: 17.3g Sod: 929mg		SWEET and SOUR CHICKEN RICE ORIENTAL VEGETABLES WW ROLL FRUIT CUP Calories: 643 Carb: 99.0g Fiber: 9.9g Protein: 35.1g Fat: 12.4g Sod: 489mg
15	16	17	18	19
OTIS POTLUCK	HAM POTATO OMELET COUNTRY MIX VEGETABLES ROLL FRUIT CUP COOKIE w/ RAISINS Calories: 754 Carb: 95.9g Fiber: 9.6g Protein: 32.9g Fat: 29.1g Sod: 811mg	*CHOICE: CHICKEN PENNE CASSEROLE* TUNA PENNE CASSEROLE CALIFORNIA VEGETABLES BRAN MUFFIN FRUIT SALAD CINNAMON CRISPIES BLOOD PRESSURE Calories: 659 Carb: 102.6g Fiber: 12.4g Protein: 32.1g Fat: 17.4g Sod: 665mg		SWEDISH MEATBALLS NOODLES FRITO SALAD ROLL MANDARIN ORANGES w/ BANANAS Calories: 789 Carb: 110.7g Fiber: 10.5g Protein: 38.8g Fat: 24.0g Sod: 554mg
22	23	24	25	26
IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.	*CHOICE: HAMBURGER STEAK* LIVER & ONIONS SCALLOPED POTATOES STEWED TOMATOES WW ROLL APPLESAUCE Calories: 621 Carb: 89.5g Fiber: 10.2g Protein: 34.9g Fat: 15.8g Sod: 670mg	ROAST BEEF MASHED POTATOES & GRAVY LAYERED SALAD CALIFORNIA VEGETABLES ROLL TROPICAL FRUIT CUP COOKIE w/ RAISINS Calories: 687 Carb: 86.8g Fiber: 10.0g Protein: 37.3g Fat: 23.0g Sod: 961mg		SPRING GARDEN CHICKEN GREEN BEANS APPLE MUFFIN OREGON BERRY COMPOTE Calories: 645 Carb: 76.1g Fiber: 9.5g Protein: 40.0g Fat: 20.8g Sod: 906mg
29	30			
Menu may change due to availability of food items or conditions that cause the kitchen to close.	CHICKEN A LA KING PERFECTION SALAD MIXED VEGETABLES BISCUITS PEACH SLICES OATMEAL BANANA RAISIN COOKIE Calories: 706 Carb: 100.2g Fiber: 10.4g Protein: 39.2g Fat: 19.6g Sod: 599mg			