

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

NOVEMBER 13, 2020

Inside the Issue



ALTERNATIVES TO TURKEY FOR THANKSGIVING



THE BENEFITS OF VOLUNTEERING



WHAT'S HAPPENING?



THANKSGIVING CHARCUTERIE BOARD

MEET AND EAT

November Meet and Eat Schedule.

MEDICARE PART D

Plus, find out more about Medicare Part D Open Enrollment

NEED A SPACE?

Reserve one of our meeting rooms for your next meeting. For reservations, call 970-848-0407.

ALTERNATIVES TO TURKEY



IF NOT TURKEY, THEN WHAT?

A big bird isn't for everyone, and this Thanksgiving might just be the one to part with tradition and try an alternative main that will be met with just as much, or more, enthusiasm.

Crown Roast

For a centerpiece that rivals a whole bird, consider a crown roast. These gorgeous, circular roasts cook in the fraction of the amount of time it takes to roast a turkey, serve a crowd, and come with stuffing. Have your butcher prep the meat and form a crown with two racks of meat.

Ham

Baked ham has all the warm, rich fall flavors we expect in a Thanksgiving spread. It's equally as fun to carve tableside and slices of leftover ham make excellent sandwiches.

Tenderloin

Tenderloin is one of the most tender cuts of beef and pork. It also cooks fast and looks absolutely festive sliced on a platter with roasted vegetables and herbs as a garnish. A quality tenderloin is delicious with just salt and pepper and a great herb or horseradish sauce.

Seafood

Culinary historians actually believe the original Thanksgiving feast consisted mainly of seafood. A side of salmon doesn't take long to roast in the oven. A more decadent option would be lobster or king crab.

Beef Wellington

Traditionally, Beef Wellington consists of beef tenderloin coated in pate and a mushroom mixture, sometimes wrapped in Parma ham, and is then encrusted in flaky golden buttery puff pastry. It's really a meal in one.

Other Birds

Sometimes a large turkey is just too much. For smaller crowds, swap the turkey with chicken, Cornish game hens, or stuff and roast individual quails for each guest, which is very elegant for a plated meal.

THANKSGIVING CHARCUTERIE BOARD



The Ultimate Thanksgiving Appetizer

Thanksgiving may be about the turkey, but you'll need an appetizer while waiting for the bird to finish cooking. A gorgeous platter of fancy cheese, meats, crusty bread and fruit will keep your guests content until your ready to wow them with the main event.

Ingredients

- brie
- manchego cheese
- goat cheese
- blue cheese
- aged cheddar cheese
- baguette, sliced
- bread sticks
- dried apricots
- dried figs
- cashews
- almonds
- pistachios
- grapes
- blackberries
- persimmons
- pomegranate seeds

Preparation

1. Arrange the large items first to anchor the platter.
2. Chop the fruits and veggies into bite sized pieces and arrange decoratively around the board along with the remaining ingredients.
3. Contrast is key. Try to place dark foods next to light foods to add variety.

BENEFITS OF VOLUNTEERING



Makes You Happier.

Giving back can mean a happier life. A survey revealed that people who donated to charity reported greater life satisfaction.



Live Longer. Frequent volunteering has shown to boost mood gives sense of community which may actually lengthen longevity.



Strong Sense Of Purpose. A sense of pride comes with helping others. This can positively impact your mental health.



Decrease Your Risk of Dementia. Adults who've retired could cut their risk of cognitive decline when they designate time to volunteer.



Lower Your Risk Of High Blood Pressure.

Studies have shown volunteering is linked to a lower likelihood of high blood pressure.

WHAT'S HAPPENING?

GROUP FITNESS

Join us for Zumba every Tuesday and Thursday
at 5:30pm.

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

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



GYM 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.



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MEET AND EAT NOVEMBER 2020

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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.	3 BEEF & NOODLES APPLE CARROT RAISIN SALAD CAULIFLOWER & PEAS ONION ROLL PLUMS BIRTHDAY RECOGNITION Calories: 609 Carb: 37.1g Fiber: 11.5g Protein: 32.5g Fat: 12.5g Sod: 480mg	4 CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CAROLINA SALAD ROLL PEACH SLICES SENIOR MEETING Calories: 752 Carb: 111.6g Fiber: 11.6g Protein: 34.4g Fat: 22.6g Sod: 1045mg	5	6 SLOPPY JOE SANDWICH POTATO SALAD SPINACH MANDARIN ORANGES w/ BANANAS Calories: 610 Carb: 98.0g Fiber: 12.0g Protein: 34.5g Fat: 13.1g Sod: 968mg
9 IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.	10 BARBECUE PORK CHOPS SCALLOPED POTATOES CABBAGE BRAN MUFFIN PEAR ORANGE FRUIT CUP Calories: 721 Carb: 97.2g Fiber: 10.6g Protein: 37.0g Fat: 23.5g Sod: 992mg	11 LASAGNA TOSSED SALAD w/ DRESSING PEAS GARLIC BREAD PEAR SLICES Calories: 655 Carb: 90.9g Fiber: 13.6g Protein: 35.8g Fat: 19.0g Sod: 531mg	12	13 HAM POTATO OMELET SALSA BROCCOLI APPLE SALAD BRAN MUFFIN BANANA SPLIT FRUIT CUP Calories: 661 Carb: 86.1g Fiber: 9.7g Protein: 30.2g Fat: 25.2g Sod: 1134mg
16 OTIS POTLUCK	17 CHOICE: CHICKEN NOODLE CASS TUNA NOODLE CASSEROLE CAROLINA SALAD WW ROLL PINEAPPLE TIDBITS COOKIE w/ RAISINS Calories: 785 Carb: 106.8g Fiber: 9.5g Protein: 35.5g Fat: 27.5g Sod: 785mg	18 SHEPHERD'S PIE CARROT RAISIN SALAD ROLL STRAWBERRY APPLESAUCE BLOOD PRESSURE Calories: 615 Carb: 104.2g Fiber: 10.4g Protein: 29.8g Fat: 12.7g Sod: 807mg	19	20 WHITE CHILI w/ CHICKEN CRACKERS LAYERED SALAD MANDARIN ORANGES w/ BANANAS CINNAMON CRISPIES Calories: 657 Carb: 95.4g Fiber: 12.0g Protein: 31.9g Fat: 18.6g Sod: 747mg
23	24 ROAST TURKEY DRESSING MASHED POTATOES & GRAVY BROCCOLI YAM APPLE BAKE CRANBERRY SAUCE PUMPKIN COOKIES Calories: 794 Carb: 122.5g Fiber: 10.7g Protein: 28.3g Fat: 23.6g Sod: 972mg	25 BEEF O'LE REFRIED BEANS FRUIT CUP Calories: 617 Carb: 84.1g Fiber: 13.2g Protein: 37.7g Fat: 16.3g Sod: 623mg	26 	27 HAMBURGER STEAK BOILED POTATOES PEAS WW ROLL ORANGE JUICE /BANANA JELLO SALAD Calories: 724 Carb: 84.9g Fiber: 11.0g Protein: 44.7g Fat: 23.8g Sod: 390mg
30	ROAST TURKEY YAM APPLE BAKE BREAD DRESSING BROCCOLI CRANBERRY SAUCE PUMPKIN COOKIES Calories: 728 Carb: 108.6g Fiber: 9.5g Protein: 26.8g Fat: 23.0g Sod: 721mg	TAHITIAN CHICKEN RICE ORIENTAL VEGETABLES RAISIN ROLL PEAR ORANGE FRUIT CUP NATURE COOKIE Calories: 861 Carb: 113.4g Fiber: 11.5g Protein: 45.2g Fat: 26.7g Sod: 447mg	Menu may change due to availability food items or conditions that cause the kitchen to close. Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50	

MEDICARE PART D SIGN UP

Were you among the 530 Yuma County participants who saved a total of \$351,00.00 in prescription drug costs and insurance premiums during the 2019 Medicare Part D “drug” open enrollment season? The SHIP (State Health Insurance Assistance Program) trained counselors worked hard to save you every dollar they could and they are ready once again!

Medicare Part D season is upon us! Enrollment opens October 15th and runs through December 7th. The N.E. Colorado Area Agency on Aging, SHIP, and the Yuma County Council on Aging would like to encourage all Medicare beneficiaries to check their plans for current medications and plan changes for 2021. Everyone needs to check their coverage to be sure there are no changes for 2021.

Certified counselors will be available in the Yuma and Wray areas to assist in checking what your current coverage is and enrolling you in a new plan, if needed. An appointment is required to meet with a counselor. Walk-ins can be accommodated, if time allows.

For appointment scheduling in Wray contact Wray Library at (970)332-4744, and in Yuma contact the Yuma Library at (970) 848-2368. The counseling site in Wray is at the 55+ Club at 741 W. 7th street in Wray. In Yuma, participants will go to the N.E. Colorado Area Agency on Aging office in the NJC building at 910 S. Main.

Once you have an appointment, please bring a detailed list of your medications or better yet, your medication bottles and your Medicare card. Without these items we cannot complete your appointment. In light of the COVID-19 pandemic we will be using precautions to keep everyone safe. As you enter for your appointment, you will be screened with temperature check and COVID symptom questions. We are also asking that you wear a mask and respect a social distance of 6 feet.

There are many Medicare beneficiaries who have not taken advantage of the low-income programs, or may not know about them. We are here to help you understand these programs and to see if you qualify for the extra help. Our trained counselors will refer you to see Marlene Miller for the application process.

The N.E. Colorado Area on Aging works hard to provide Yuma County with Medicare Part D insurance counseling and we are looking forward to making sure you have the best possible plan and services to meet your needs.

Don't forget, you should have your plan checked before the December 7th deadline.
Call 332-4744 (Wray) or 848-2368 (Yuma) today to schedule your appointment.

We would like to thank our partners for helping provide this free service: Yuma County Council on Aging, Foltmer Drug in Wray, Shop All in Yuma, Yuma and Wray Libraries, Smithfield, as well as the Yuma and Wray Lions Clubs.

Be a smart consumer by checking your explanation of benefits when they come in the mail. Make sure the providers you have seen and the medications you have purchased are correct.

We hope to see you soon!