

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

NOVEMBER 20, 2020

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NEED A SPACE?

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



Pecan Caramel Bars

Ingredients

FOR THE CRUST

- 3/4 cup all-purpose flour, spooned into measuring cup and leveled-off
- 1/4 cup cornstarch
- 1/2 cup Confectioners' sugar
- 1/2 teaspoon salt
- 1/2 cup (1 stick) cold unsalted butter, cut into 1-inch pieces

FOR THE FILLING

- 12 tablespoons (1-1/2 sticks) unsalted butter
- 3/4 cup packed light brown sugar
- 3 tablespoons honey
- 1/2 teaspoon vanilla extract
- Generous pinch salt
- 2 tablespoons heavy whipping cream
- 3 cups coarsely chopped pecans

Directions

FOR THE CRUST

Preheat oven to 350°F

Cover a 9-inch square baking pan with heavy duty aluminum foil. Spray foiled pan with nonstick cooking spray.

Place the flour, cornstarch, confectioners sugar and salt in a bowl of a food processor fitted with the blade attachment. Pulse a few times to mix. Add the butter and pulse until the mixture resembles coarse meal. Transfer mixture to the prepared pan and press firmly into an even layer over the bottom. Refrigerate for 15 minutes.

Bake the crust until crust is set but not browned, about 17 minutes. Set on rack to cool. Leave oven on.

FOR THE FILLING

In a medium saucepan over medium-low heat, combine butter, brown sugar, honey, vanilla and salt. Stir with a wooden spoon until sugar dissolves. Turn up the heat and boil gently for 3 minutes. Stir in heavy cream and chopped pecans.

TO ASSEMBLE AND BAKE

Pour pecan mixture over crust). Bake until filling is bubbling and caramel in color, about 20 minutes. Cool completely on rack. Remove from pan and cut into squares.

10 Things To Be *Thankful* For

To say the year 2020 hasn't been easy would be an understatement! This year, expressing gratitude seems more essential than ever. I'd imagine that for most people it has been hard not to think about who and what we're missing, the places we're not going and things we are unable to do.

This Thanksgiving, in the middle of this hard time, it is more important now to think about what we're thankful for and also focus on the things we *have* rather than what we *don't have*.

Here are 10 things I am thankful for this year and *every* year.

HEALTH OF FAMILY AND FRIENDS

FOOD ON THE TABLE

A BEAUTIFUL SUNRISE AND SUNSET

FAMILY TRADITIONS

SLEEP

A NEW DAY

BIRTHDAYS

TRUE FRIENDS

LAUGHTER

ICE CREAM

FUN FACTS ABOUT THANKSGIVING

SOURCE: WWW.CROSSWAY.ORG

George Washington was the first American president to call for an official Thanksgiving holiday.

Congress called for several days of thanksgiving during the Revolutionary era and the years shortly thereafter. Often, these days also emphasized the need for prayer and “humiliation” (repentance). In 1789, George Washington proclaimed November 26 to be the first official Thanksgiving holiday.

Abraham Lincoln made Thanksgiving an ongoing federal holiday.

1863 was arguably the most important year of the Civil War. The Emancipation Proclamation was issued on the first day of that year and the battles of Gettysburg and Vicksburg were fought that summer. President Lincoln called for a Thanksgiving holiday to be celebrated on the last Thursday in November, harkening back to Washington’s first Thanksgiving holiday at the same time of year. It has been celebrated annually ever since.

Every year, the President of the United States issues a Thanksgiving Day Proclamation.

Since the Civil War era, every US President has followed the example of Washington and Lincoln by issuing an annual Thanksgiving Day proclamation. A nearly complete list of proclamations is available online. Reading through the proclamations shows how Presidents regularly reinterpreted the Pilgrims as quintessential Americans who offered moral lessons for contemporary citizens in any given year.

The President also pardons a turkey every year at Thanksgiving.

There are many stories of Presidents pardoning turkeys in honor of Thanksgiving, dating at least to the Truman Administration. However, Ronald Reagan offered the first official pardon in 1987. In 1989, President George H.W. Bush made the turkey pardoning an annual tradition. Most years, the pardoned turkey is donated to a petting zoo or farm.

The Pilgrims celebrated the first Thanksgiving in America—sort of.

Thanksgiving calls back to an Autumn harvest feast celebrated by the Pilgrims who colonized Plymouth Plantation (now part of Massachusetts) and the local Wampanoag tribe in 1621. The Wampanoag had helped the Pilgrims to survive by sharing food with them during the latter’s first winter in New England.

Squanto, a Patuxet man who lived with the Wampanoag, was as an advocate for the Pilgrims and served as an intermediary between them and the Wampanoag. It’s possible that Squanto was a convert to Christianity and that his faith was partly responsible for his kind disposition to the Pilgrims, even though he had previously been kidnapped and briefly enslaved by other English explorers.

Americans eat a lot of turkey at Thanksgiving.

According to the website Turkey Facts as much as 88% of Americans eat turkey at Thanksgiving. Around 46 million turkeys are eaten at Thanksgiving, which is about twice as much turkey as is eaten at Christmas. Over 730 million pounds of turkey are consumed annually and around 250 million turkeys are raised in the USA in any given year.

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 CANCELLATIONS CALL 848-2038 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 For Reservations Call 848-2038 by 8:00 a.m. the day you want 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 SLOPPY JOE SANDWICH POTATO SALAD SPINACH MANDARIN ORANGES w/ BANANAS	6	
9 IF YOU CHOOSE THE CHOICE ENTREE, 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: 37.2g Fiber: 10.6g Protein: 37.0g Fat: 23.5g Sod: 992mg	11 LASAGNA TOSSSED SALAD w/ DRESSING PEAS GARLIC BREAD PEAR SLICES Calories: 655 Carb: 30.9g Fiber: 13.6g Protein: 35.8g Fat: 19.0g Sod: 531mg	12 HAM POTATO OMELET SALSA BROCCOLI APPLE SALAD BRAN MUFFIN BANANA SPLIT FRUIT CUP	13 Calories: 610 Carb: 38.0g Fiber: 12.0g Protein: 34.5g Fat: 13.1g Sod: 968mg	
16 OTIS POTLUCK	17 CHOICE: CHICKEN NOODLE CASSEROLE 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 WHITE CHILI w/ CHICKEN CRACKERS LAYERED SALAD MANDARIN ORANGES w/ BANANAS CINNAMON CRISPIES	20 Calories: 661 Carb: 86.1g Fiber: 9.7g Protein: 30.2g Fat: 25.2g Sod: 1134mg	
23 30	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 TAHITIAN CHICKEN RICE ORIENTAL VEGETABLES RAISIN ROLL PEAR ORANGE FRUIT CUP NATURE COOKIE Calories: 617 Carb: 84.1g Fiber: 13.2g Protein: 37.7g Fat: 16.3g Sod: 623mg	26 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	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	

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!