

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

NOVEMBER 27, 2020

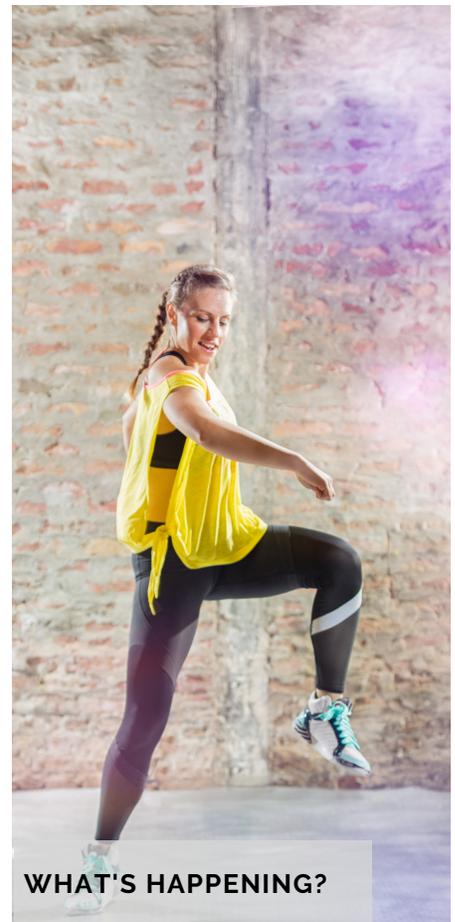
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THANKSGIVING LEFTOVER TURKEY SANDWICH



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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.



INGREDIENTS

- 6 slices bread
- 1 cup gravy
- 1 cup chopped turkey breast
- 1 cup stuffing
- 1/2 cup cranberry sauce
- 1/2 cup sweet potato casserole
- 3 tablespoons mayonnaise
- 3 tablespoons grainy mustard
- green leaf lettuce

DIRECTIONS

1. Place two slices bread on a plate and cover with gravy. Set aside.
2. Divide 1 1/2 tablespoons mayonnaise and 1 1/2 tablespoons grainy mustard even among two slices of bread and spread in a thin layer to coat.
3. Arrange lettuce on each slice and top with 1/2 cup turkey. Divide the sweet potato casserole evenly between the two sandwiches and spread to coat.
4. Top each sandwich with a gravy soaked "Moist Maker" and spread 1/2 cup stuffing on top of the bread.
5. Divide the cranberry sauce between the two sandwiches. Spread the remaining bread with the mayonnaise and mustard. Top each sandwich with the remaining bread.
6. Serve immediately

DIY WINTER WREATH

Here is a step by step tutorial on how to make a cute DIY rustic Christmas wreath:

1. Gather your supplies: Wire wreath frame & green floral wire (any craft store will carry these), garden clippers, wire clippers, and whatever you want to decorate your wreath with such as pine branches, berries, pine cones, ribbon, etc. You can really add anything to the wreath to make it festive. From ornaments to tinsel and more. To keep it rustic and natural though, I chose to just use pieces found outdoors. The best part about this project is that it cost less as little as \$5!

2. Start by wrapping the floral wire around the wreath frame to secure it.

3. Add the pine branches one at a time and wrap around them with the floral wire. Then, add the next branch covering the stems of the first one. Make sure the pine branches aren't too long, use the garden clippers to trim them if needed. Keep in mind, you don't have to cut the floral wire, you can just keep wrapping it around each branch.

4. Repeat the last step until the wreath frame is full enough with branches. Next, add your berries/pine cones and other décor with the floral wire. Use pieces of the floral wire for this instead of continuously wrapping the wire around.

5. Once the wreath is complete, display it somewhere special!





Holiday Safety Tips

The holidays are such a wonderful time of the year but there are hazards that can come along with it. The last thing we want is a big disaster or someone getting hurt. Follow these easy holiday safety tips to keep everything safe and happy all Christmas long!

CHRISTMAS TREE SAFETY

- Always look for a very fresh tree. Check for vibrant green needles that don't break off easily. If you see a lot of shedding skip that tree!
- Keep your tree watered. This will help keep it from drying out as quickly.
- Don't leave it up too long. This is part of why I love artificial Christmas trees, you can keep them out as long as you want. With the real thing, you want to limit how long you have it. Starting to look really dry? It's time to go! Four weeks is generally considered the longest you should keep a real tree.
- Never place your tree near a heat source like a fireplace, candles, heat vents, radiators, or lights.
- Use LED Christmas lights. LED Christmas lights don't get as hot as traditional Christmas lights so they are a lot safer.
- Turn off the lights at night or when you leave the house. Even with LED, it's best to turn off the lights before you leave.

FOOD SAFETY

- Wash your hands before eating or preparing food. This should be basic but given studies on how little people wash their hands it's clear most are not practicing good handwashing practices. You should wash your hands for at least 20 seconds. Hand sanitizer is not a replacement for handwashing.
- When shopping, put refrigerated foods in your cart last. Also be sure not to allow raw meat to touch produce. And always check dates and for signs of freshness.
- Cook raw meat to the correct temperatures. And store correctly. It's best to freeze or cook raw meat within 2 days.
- Don't thaw on your countertop. You can thaw meat safely in ice water, in the fridge, or via microwave. Or you can cook your frozen meat while still frozen quickly with an Instant Pot. This is my favorite method.
- Wash all produce. I even wash greens that say they have been washed. It takes almost no time at all and produce is actually the most common source of food poisoning. I like to use Biokleen Produce Wash but white vinegar also works well.
- Don't wash poultry. There is a common misconception that you should wash poultry. That can actually spread germs around your kitchen and the germs are killed while cooking so you aren't helping anyway.
- Put leftovers away within 2 hours. And eat or freeze them within 3-4 days.

CHRISTMAS LIGHT SAFETY

- Turn off your lights when you go to bed or aren't home.
- Be sure to use outdoor safe lights outside.
- Use LED Christmas lights instead of traditional Christmas lights. Like I talked about with Christmas trees, these lights get less hot and are safer.
- Make sure not to use too many lights per outlet. You will need to do some math with the strands' wattage and maximum watt capacity of the outlet. If you are unsure go for three or less. A power strip with a built-in circuit breaker adds more protection.
- Skip the vintage lights. I love vintage decorations but stick to the mercury bulb ornaments and skip the lights. Modern lights have fused plugs which are safer.
- Don't use electric lights on aluminum trees. I see this mistake every year. Aluminum trees are a fun retro Christmas decoration but they used color wheels for a reason. They can conduct electricity and shock you.

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

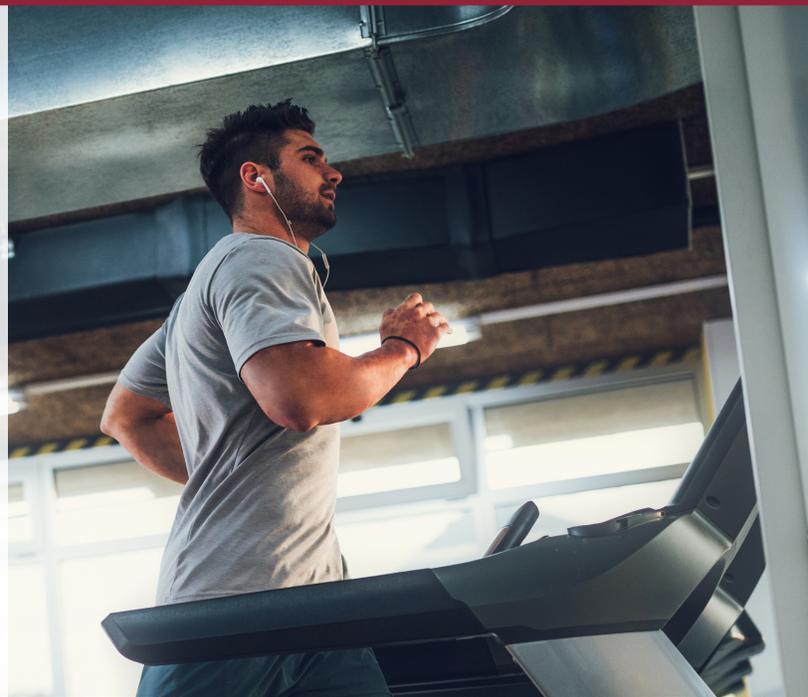
Space is Limited, call 970-848-0407 to
reserve your spot.



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.



Need A Space?

Reserve one of our meeting rooms for
your next meeting.

For reservations, call 970-848-0407



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!