

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

NOVEMBER 6, 2020

Inside the Issue



RECIPE: EASY CRANBERRY BLISS BARS



7 PROVEN HEALTH BENEFITS OF CHOCOLATE



MUST KNOW INGREDIENT SWAPS FOR WHEN YOU'RE MISSING INGREDIENTS



WHAT'S HAPPENING?

MEET AND EAT

October 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.

EASY Cranberry BLISS BARS

INGREDIENTS

BLONDIE

- 1/2 cup butter, melted, then cooled a bit
- 1 1/4 cups brown sugar, packed
- 2 large eggs
- 1 teaspoon vanilla
- 1 3/4 cups flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup white chocolate chips
- 1/2 cup orange-flavored raisins

FROSTING

- 1 (12 ounce) can ready-made cream cheese frosting
- 1/4 cup orange-flavored raisins
- 1/4 cup white chocolate chips



DIRECTIONS

1. Preheat oven to 350 degrees. Prepare a 9x13 pan by lining it with parchment paper for easy removal (or spray with non-stick spray).
2. Melt butter; cool slightly. In a mixer bowl, blend butter and brown sugar until smooth. Add all other ingredients except chips and Craisins. Once the mixture is just about blended, add 1/2 cup chips and 1/2 cup Craisins.
3. Spread the thick batter into a 9x13 pan. Bake 350 degrees for 23-25 minutes or until a toothpick tests clean. Do not overbake.
4. Allow to cool thoroughly.
5. When cool, frost with ready-made Cream Cheese frosting. Chop remaining 1/4 cup Craisins into small bits and scatter the bits over the top of the frosting.
6. Melt remaining 1/4 cup white chocolate chips in the microwave (hint: add 1/2 t. canola oil to create a thin drizzle); use a fork to drizzle the melted chocolate on top. Cut into 18 squares.

MUST KNOW INGREDIENT SWAPS FOR WHEN YOU'RE MISSING INGREDIENTS



Your recipes will always be best when you follow them as written, but sometimes you just need to make it work with what you have. In that case, here are some common substitutions for cooking and baking.

Baking Powder: For one 1 teaspoon of baking powder, use 1/4 tsp. baking soda and 1/2 tsp. vinegar or lemon juice and milk to total half a cup. Keep in mind, you'll want to make sure to decrease the liquid in your recipe by half a cup as well.

Curry Powder: Curry powder is indispensable in some recipes, but depending on what spices you have at home, you can usually blend your own. Combine coriander, cumin, ginger, turmeric, cinnamon and black pepper. You could also substitute allspice, chili powder, coriander, cumin, garam masala, or turmeric.

Lemon Juice: Most recipes that call for lemon juice just require a bit of acidity so using the same amount of vinegar will usually do the trick.

Honey: If a recipe calls for honey, what it's really calling for is liquid sugar with some depth. As such, you can substitute the same amount of corn syrup, molasses, maple syrup, or agave nectar.

Garlic Clove: It's hard to replace garlic's distinctive flavor. If you're out of the fresh stuff, you can sub 1/8 teaspoon garlic powder for one garlic clove in just about any recipe.

Fresh Herbs: Fresh herbs provide wonderful color and aromatics to any recipes, but you can substitute dried herbs if that's all you have on hand. Because dry herbs are more concentrated in flavor, for every tablespoon of chopped herbs, you'll want to use one teaspoon of dried herbs.

Proven Health Benefits Of Dark Chocolate

Dark chocolate is full of nutrients that can positively affect your health. Studies show that dark chocolate can improve your health and lower the risk of heart disease.



Very Nutritious: Quality dark chocolate that contains a high cocoa content is actually quite nutritious. It actually contains a good amount of soluble fiber. In a 100g bar of dark chocolate, you will find 11g of fiber as well as more than 50% of daily recommended amounts of micronutrients such as iron, magnesium, copper, manganese and many others. 100g of dark chocolate also contains 600 calories, so make sure you consume it in moderation!

Excellent Source of Antioxidants: Dark chocolate is loaded with organic compounds that are biologically active and function as antioxidants. These include polyphenols, flavanols and catechins, among others.

Improves Blood Flow & Lower Blood Pressure: The flavanols found in dark chocolate can stimulate the lining of the arteries which produces nitric oxide. This causes the arteries to relax which lowers the resistance of blood flow and in turn reduces blood pressure.

Raises HDL and protects LDL Oxidation: Cocoa powder was found to significantly decrease oxidized LDL cholesterol ("bad cholesterol"). This means that LDL is less reactive and less capable of damaging other tissues like the lining of the arteries. Dark chocolate has also been found to increase HDL ("good cholesterol") and lower LDL.

Could Improve Brain Function: One study showed that eating foods high in flavanols, like cocoa, improves blood flow to the brain. Cocoa contains stimulant substances, like caffeine, which may be one of the key reasons why it can improve brain function.



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 OCTOBER 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

Happy Halloween

FOR RESERVATIONS OR CANCELATIONS CALL 842-4740 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations Call 842-4740 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>Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50</p> <p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.</p>	<p>PENNE & CHEESE BRUSSEL SPROUTS APPLE CARROT RAISIN SALAD WW ROLL FRUIT SALAD</p> <p>Calories: 716 Carb: 98.9g Fiber: 12.3g Protein: 31.7g Fat: 25.5g Sod: 716mg</p>	<p>1</p> <p>SCALLOPED POTATOES & HAM COUNTRY MIX VEGETABLES CARAWAY ROLL TROPICAL FRUIT CUP COOKIE w/ CHOCOLATE CHIPS</p> <p>Calories: 745 Carb: 98.6g Fiber: 9.5g Protein: 32.6g Fat: 26.4g Sod: 944mg</p>
<p>5</p> <p>CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD GREEN BEANS ONION ROLL PLUMS</p> <p>Calories: 631 Carb: 78.6g Fiber: 10.0g Protein: 36.7g Fat: 21.4g Sod: 721mg</p>	<p>6</p> <p>CORN TACO CASSEROLE REFRIED BEANS TOSSED GREEN SALAD w/ DRESSING FRUIT CUP</p> <p>Calories: 664 Carb: 89.9g Fiber: 13.2g Protein: 35.8g Fat: 20.0g Sod: 763mg</p>	<p>7</p> <p>SPRING GARDEN CHICKEN CALIFORNIA VEGETABLES ONION ROLL BANANA SPLIT FRUIT CUP</p> <p>Calories: 652 Carb: 77.8g Fiber: 9.6g Protein: 43.2g Fat: 20.8g Sod: 695mg</p>	<p>8</p> <p>HAM & BEANS WALDORF SALAD CORN MUFFIN MANDARIN ORANGE w/ BANANAS CINNAMON CRISPIES</p> <p>Calories: 726 Carb: 120.8g Fiber: 14.0g Protein: 29.4g Fat: 16.7g Sod: 1069mg</p>	<p>9</p> <p>ROAST BEEF MASHED POTATOES w/ GRAVY PINEAPPLE COLESLAW PEAS & CARROTS ANNA'S DILLY BREAD CRANBERRY JELLO</p> <p>Calories: 600 Carb: 92.0g Fiber: 9.7g Protein: 34.6g Fat: 12.7g Sod: 942mg</p>
<p>12</p> <p>CHICKEN NOODLE SOUP CRACKERS PEAS BLUEBERRY MUFFIN PINEAPPLE ORANGE COMPOTE BROWNIE</p> <p>Calories: 706 Carb: 101.4g Fiber: 11.9g Protein: 40.0g Fat: 17.9g Sod: 423mg</p>	<p>13</p> <p>BRAISED BEEF MASHED POTATOES & GRAVY BEAN MEDLEY SALAD HARVARD BEETS ROLL CINNAMON APPLE SLICES</p> <p>Calories: 615 Carb: 95.9g Fiber: 12.1g Protein: 27.7g Fat: 15.5g Sod: 794mg</p>	<p>14</p> <p>SWEET & SOUR PORK RICE SPINACH CAULIFLOWER SALAD WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 714 Carb: 107.5g Fiber: 9.9g Protein: 32.1g Fat: 19.1g Sod: 483mg</p>	<p>15</p> <p>CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CAROLINA SALAD ROLL PEACH SLICES</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 752 Carb: 111.6g Fiber: 11.6g Protein: 34.4g Fat: 22.6g Sod: 1045mg</p>	<p>16</p> <p>SALISBURY STEAK MASHED POTATOES & GRAVY STIR FRY VEGETABLES ONION ROLL FRUIT COCKTAIL</p> <p>Calories: 699 Carb: 84.8g Fiber: 9.6g Protein: 41.7g Fat: 22.2g Sod: 697mg</p>
<p>19</p> <p>BEEF STROGANOFF w/ NOODLES LAYERED SALAD WINTER MIX VEGETABLES WW ROLL FRUIT CUP</p> <p>Calories: 640 Carb: 88.2g Fiber: 10.5g Protein: 37.1g Fat: 17.7g Sod: 714mg</p>	<p>20</p> <p>SPAGHETTI w/ MEATSAUCE TOSSED SALAD w/ DRESSING GARLIC BREAD CINNAMON APPLE SLICES</p> <p>Calories: 610 Carb: 89.0g Fiber: 11.6g Protein: 30.3g Fat: 18.0g Sod: 413mg</p>	<p>21</p> <p>BRUNSWICK STEW GREEN BEANS w/ TOMATOES ONION ROLL WINTER FRUIT CUP COOKIE w/ RAISINS</p> <p>Calories: 668 Carb: 80.3g Fiber: 10.4g Protein: 37.7g Fat: 23.9g Sod: 462mg</p>	<p>22</p> <p>SWISS STEAK BAKED POTATO ITALIAN VEGETABLES BRAN MUFFIN SLICED BANANAS</p> <p>Calories: 723 Carb: 95.5g Fiber: 12.9g Protein: 41.5g Fat: 22.2g Sod: 528mg</p>	<p>23</p> <p>CHOICE: HAMBURGER STEAK BAKED FISH MASHED POTATOES & GRAVY CALIFORNIA VEGETABLES BRAN MUFFIN APRICOT HALVES CINNAMON CRISPIES</p> <p>Calories: 755 Carb: 106.9g Fiber: 12.9g Protein: 35.3g Fat: 24.7g Sod: 1236mg</p>
<p>26</p> <p>SWEDISH MEATBALLS MASHED POTATOES & GRAVY STIR FRY VEGTABLES WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 645 Carb: 97.3g Fiber: 11.5g Protein: 33.4g Fat: 15.9g Sod: 663mg</p>	<p>27</p> <p>BARBECUE CHICKEN BROCCOLI POTATO SALAD BRAN MUFFIN TROPICAL FRUIT CUP</p> <p>Calories: 700 Carb: 90.9g Fiber: 10.7g Protein: 41.9g Fat: 21.5g Sod: 1160mg</p>	<p>28</p> <p>SMOTHERED PORK CHOP SCALLOPED POTATOES GREEN BEANS w/ CORN ONION ROLL MANDARIN ORANGES & BANANAS COOKIE w/ RAISINS</p> <p>Calories: 850 Carb: 107.2g Fiber: 10.2g Protein: 42.9g Fat: 30.4g Sod: 618mg</p>	<p>29</p> <p>CHOICE: CHICKEN CROISSANT TUNA CROISSANT POTATO SOUP SUPREME CARROT RAISIN SALAD APRICOT HALVES</p> <p>Calories: 777 Carb: 125.5g Fiber: 11.2g Protein: 36.3g Fat: 18.1g Sod: 981mg</p>	<p>30</p> <p>CABBAGE BURGERS ZUCCHINI TOMATO BAKE COBLER CORN OREGON BERRY COMPOTE</p> <p>Calories: 602 Carb: 92.4g Fiber: 13.0g Protein: 30.7g Fat: 14.9g Sod: 394mg</p>

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!