

COMMUNITY AND ENRICHMENT CENTER

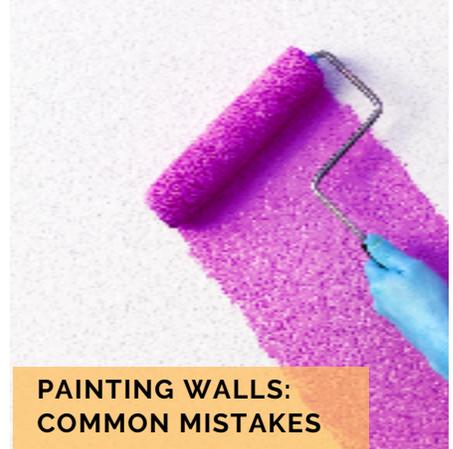
WEEKLY NEWSLETTER

OCTOBER 16, 2020

Inside the Issue



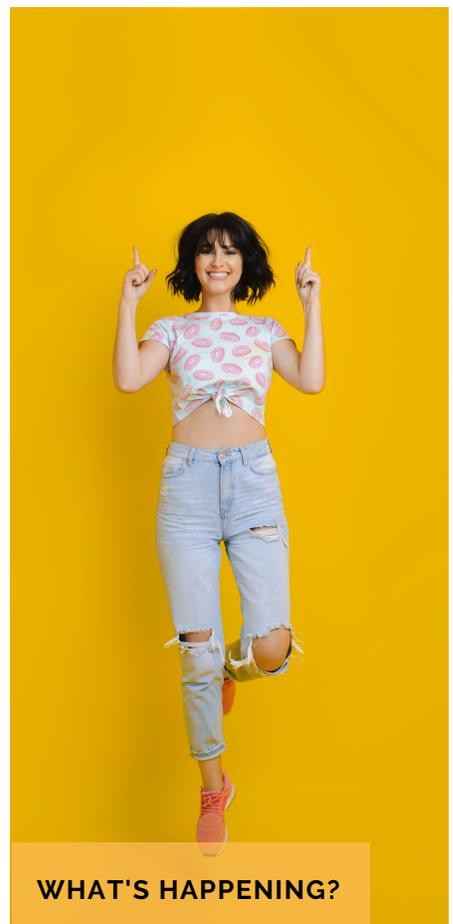
RECIPE: HALLOWEEN SUGAR COOKIES



PAINTING WALLS:
COMMON MISTAKES



HEALTHY & BENEFICIAL POST-WORKOUT SNACKS



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.



Halloween Sugar Cookies

INGREDIENTS

Cookies:

- 1 Cup unsalted butter
- 1 Cup granulated white sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 1 egg
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 cups all purpose flour

Icing:

- 1 cup confectioners' sugar
- 2 teaspoons milk
- 2 teaspoons light corn syrup
- 1/4 teaspoon almond extract
- Assorted food coloring

DIRECTIONS

Cookies:

- Preheat oven to 350° F.
- In the bowl of your mixer cream butter and sugar until smooth, at least 3 minutes
- Beat in extracts and egg.
- In a separate bowl, combine baking powder and salt with flour and add a little at a time to the wet ingredients. The dough will be stiff. If it becomes too stiff for your mixer turn out the dough onto a counter top surface, flour surface as needed. Wet your hands and finish off kneading the dough by hand.
- DO NOT CHILL THE DOUGH. Divide into workable batches (2-3 chunks), roll out onto a floured surface, and cut. You want these cookies to be on the thicker side (closer to 1/4 inch rather than 1/8).
- Bake at 350 for 6-8 minutes. Let cool on the cookie sheet until firm enough to transfer to a cooling rack

Icing:

- In a small bowl, stir together confectioners' sugar and milk until smooth. Beat in corn syrup and almond extract until icing is smooth and glossy. If icing is too thick, add more corn syrup.
- Divide into separate bowls, and add food colorings to each to desired intensity. Dip cookies, or paint them with a brush.

Beneficial and Healthy Post-Workout Snacks

YOGURT

Yogurt is a great source of protein post-workout. For an extra boost of antioxidants and carbohydrates, add fresh berries or diced vegetables.



EGGS

For a quick and easy source of protein include eggs in your post-workout diet. Egg yolks contain vital nutrients for brain and bone health. Egg whites are packed with protein. Add a slice of whole wheat toast for added carbs.



PROTEIN SHAKES

A smoothie made with $\frac{1}{2}$ cup of milk, one scoop of protein powder and $\frac{1}{2}$ cup strawberries is a tasty way to restore nutrients after a workout.

LOW-FAT CHOCOLATE MILK

Believe it or not, chocolate milk is one of the best post-workout snacks. It not only has the carbs you need but is full of protein. Plus liquid food after a workout absorbs easier and faster.

HUMMUS

Carbohydrate rich foods are a great way to replenish your energy stores you've burned through a vigorous workout. To nourish your body, try whole grain crackers, fresh veggies and protein-rich hummus.





PAINTING WALLS: COMMON MISTAKES

Source: paintedfurnitureideas.com

NOT BUYING ENOUGH PAINT

Buy more paint than you think you'll need. Always. Period. This way you'll always have enough for touch ups later!

BAD PAINT BRUSHES

Paint brushes are not one-size fits all and there's a reason why some brushes are more expensive. Less expensive brushes tend to loose their bristles while high-quality paint brushes have their bristles clamped together well resulting in a smoother finish.



REMOVING TAPE TOO LATE

Waiting until the paint is completely dry is a big no-no. Painters tape is best removed right after you apply the paint if you wait too long you might pull off the paint with the tape which leaves messy lines.

NOT USING PAINT TRAY CORRECTLY

The best way to evenly distribute paint is to roll off the excess from your paint roller. Paint trays are made with smooth ridges that are perfect for removing excess paint off your roller.



TOO MUCH PAINT ON YOUR BRUSH

There is no reason why the paint should ever touch the metal part of your brush. Only dip in one-third of the way into the can, otherwise, you'll have a dripping mess .

TRYING TO FILL HOLES WITH PAINT

When you come across a hole in your wall, even if it is a pin size hole. you can't fill it with paint. The air trapped in the hole will push out the paint and give you...a hole. Caulk first.

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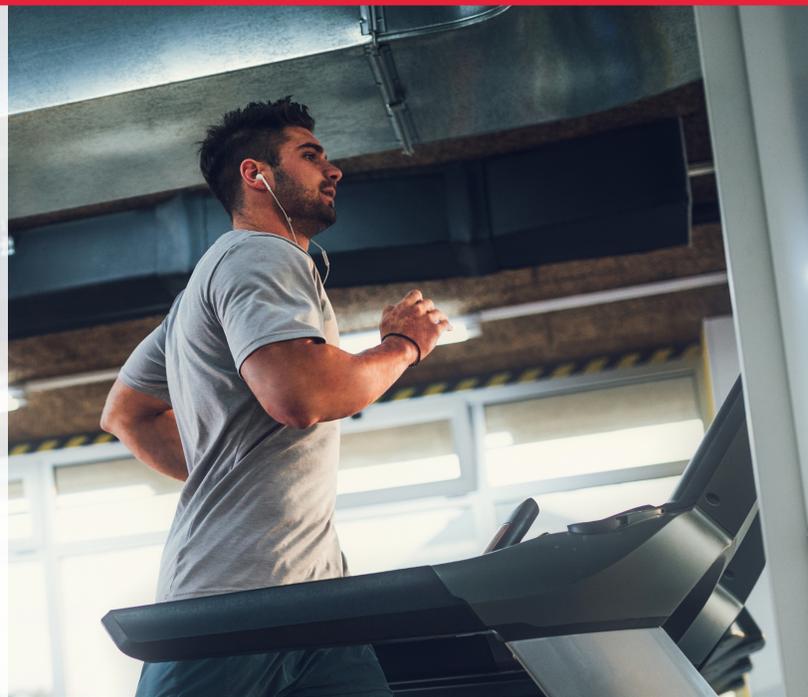
ZUMBA

Join us every Tuesday and Thursday at 5:30pm.
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 Δ 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 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 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 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 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 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 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 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 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 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 CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CAROLINA SALAD ROLL PEACH SLICES BIRTHDAY RECOGNITION</p> <p>Calories: 752 Carb: 111.6g Fiber: 11.6g Protein: 34.4g Fat: 22.6g Sod: 1045mg</p>	<p>16 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 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 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 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 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 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 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 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 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 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 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!