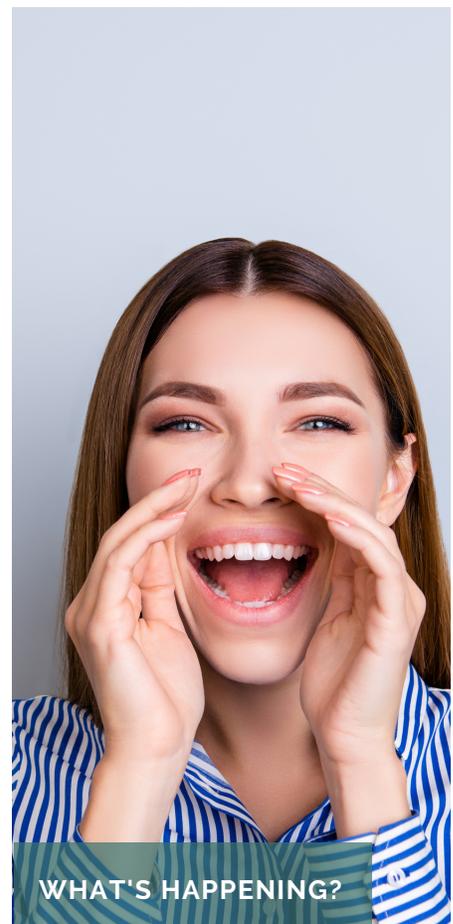


COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

OCTOBER 23, 2020

Inside the Issue



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.

WHITE CHICKEN CHILI

Ingredients

1 small yellow onion , diced
1 tbsp olive oil
2 cloves garlic , finely minced
2 (14.5 oz) cans low-sodium chicken broth
1 (7 oz) can diced green chilies
1 1/2 tsp cumin
1/2 tsp paprika
1/2 tsp dried oregano
1/2 tsp ground coriander
1/4 tsp cayenne pepper
salt and freshly ground black pepper
1 (8 oz) pkg cream cheese, cut into small cubes
1 1/4 cup frozen or fresh corn
2 (15 oz) cans cannellini beans
2 1/2 cups shredded cooked rotisserie chicken
1 Tbsp fresh lime juice
2 Tbsp chopped fresh cilantro, plus more for serving
Tortilla chips or strips, cheese, sliced avocado for serving (optional)

Directions

- Heat olive oil in a 6 quart enameled dutch oven over medium-high heat. Add onion and saute 4 minutes. Add garlic and saute 30 seconds longer.
- Add chicken broth, green chilies, cumin, paprika, oregano, coriander, cayenne pepper and season with salt and pepper to taste. Bring mixture just to a boil then reduce heat to medium-low and simmer 15 minutes.
- Drain and rinse beans in a fine mesh strainer or colander then measure out 1 cup. Set whole beans aside, transfer 1 cup beans to a food processor along with 1/4 cup broth from soup, puree until nearly smooth**.
- Add cream cheese to soup along with corn, whole beans and pureed beans and stir well. Simmer 5 - 10 minutes longer.
- Stir in chicken, fresh lime juice and cilantro. Serve with Monterrey Jack cheese, more cilantro, avocado slices and tortilla chips if desired.



COLD WEATHER TIPS TO KEEP YOUR DOG HEALTHY

FROSTBITE

When a dog's body gets cold, frostbite begins to set in. A dog's ears, paws and tail are most at risk for frostbite. Watch for signs of pale or grey skin. Be sure to keep your dog indoors as the temps drop.

GO OUTSIDE WHEN THE SUN SHINES

Spend time playing outside when it's sunny. Sunshine provides both people and dogs with the benefit of Vitamin D. Frequent walks and exercise will keep your furry friend in good spirits too.

PROTECT YOUR DOG FROM HEATERS

Dogs will seek out heat on a cold day by snuggling near a heating source. Try to avoid space heaters to prevent your pet from getting burned. Fireplaces are also a hazard so be sure to pet proof your space.



DON'T OVERFEED

Colder temps often mean less activity and thus the need for fewer calories. Monitor your dog's activity level and adjust calories accordingly.

KEEP YOUR DOG HYDRATED

Dogs dehydrate as quickly in winter as in summer. Always make sure your pup has access to a water bowl and check for ice too!

GROOM YOUR DOG

Dogs need to stay clean and well-groomed to keep properly insulated. Paw care is also a must in winter as they can suffer from cracked, dry pads. Make sure to prevent ice buildup on furry feet. Salt used to melt ice can burn your dog's feet so be sure to rinse and wipe paws when you return from a walk on salted sidewalks.



EASY WINTER SKIN CARE

• SOURCE: HEALTH.COM •

CLEANSER WITHOUT DRYING

WASH YOUR FACE WITH A HYDRATING CLEANSER. THIS WILL PREVENT STRIPPING YOUR SKIN OF ITS NATURAL ESSENTIAL OILS.

MOISTURIZE!

KEEP YOUR SKINS SUPPLE BY MOISTURIZING EACH DAY. USING CREAMS OR SHEET MASKS ARE A GREAT WAY TO KEEP YOUR SKIN FROM OVER DRYING.

DON'T FORGET SUNSCREEN

JUST BECAUSE IT IS COLD OUTSIDE DOESN'T MEAN YOU CAN SKIMP ON SUNSCREEN. DON'T FORGET ABOUT YOUR HANDS AND NECK IN ADDITION TO YOUR FACE.

HYDRATE YOUR SCALP

KEEP YOUR SCALP FLAKE-FREE BY USING A SHAMPOO WITH ZINC PYRITHION WHICH REDUCES DANDRUFF-CAUSING YEAST ON THE SCALP.

ALWAYS CARRY LIP BALM

CHAPPED LIPS ARE A FACT OF LIFE DURING THE WINTER. BY APPLYING LIP BALM REGULARLY THROUGHOUT THE DAY, YOU'LL KEEP YOUR LIPS FROM CRACKING AND OVER DRYING.



What's happening?

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.



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your next meeting.
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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!