

COMMUNITY AND ENRICHMENT CENTER

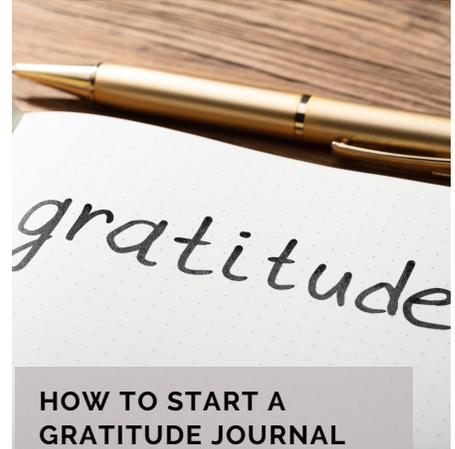
WEEKLY NEWSLETTER

OCTOBER 9, 2020

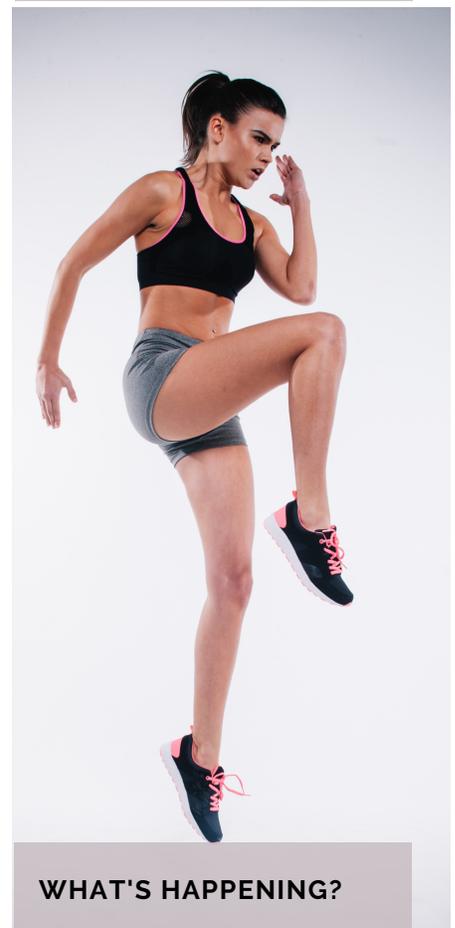
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MEDICARE PART D

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.



Blueberry Scones

Ingredients

3/4 cup heavy cream, more for brushing
1 chamomile tea bag
2 1/4 cups all-purpose flour
1/2 cup cane sugar, plus more for sprinkling
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon sea salt
1/2 cup unsalted butter, cold and cubed
1 large egg, lightly beaten
1 teaspoon vanilla
1 cup fresh blueberries

Directions

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. In a small saucepan over low heat, combine the cream and chamomile tea bag. Bring to a simmer, then remove from the heat and let steep for 5 to 10 minutes. Discard the tea bag and set aside the infused cream to cool.
3. In a large mixing bowl sift the flour, sugar, baking powder, baking soda, and salt. Add the butter. Using your hands or a pastry cutter, work in the butter until the mixture resembles pea-sized crumbs. Add the egg, vanilla, and cooled cream. Stir just until the dough comes together. Fold in the blueberries.
4. Transfer the dough to a lightly floured surface. Using your hands or a rolling pin, shape into a disk 1 to 1 1/2 inches thick. Cut into 8 even wedges. Arrange wedges on the prepared baking sheet, brush the tops with cream. Sprinkle with sugar, if desired.
5. Bake for 20 minutes, or until the tops are golden brown. Let cool for 15 minutes on a rack before serving.

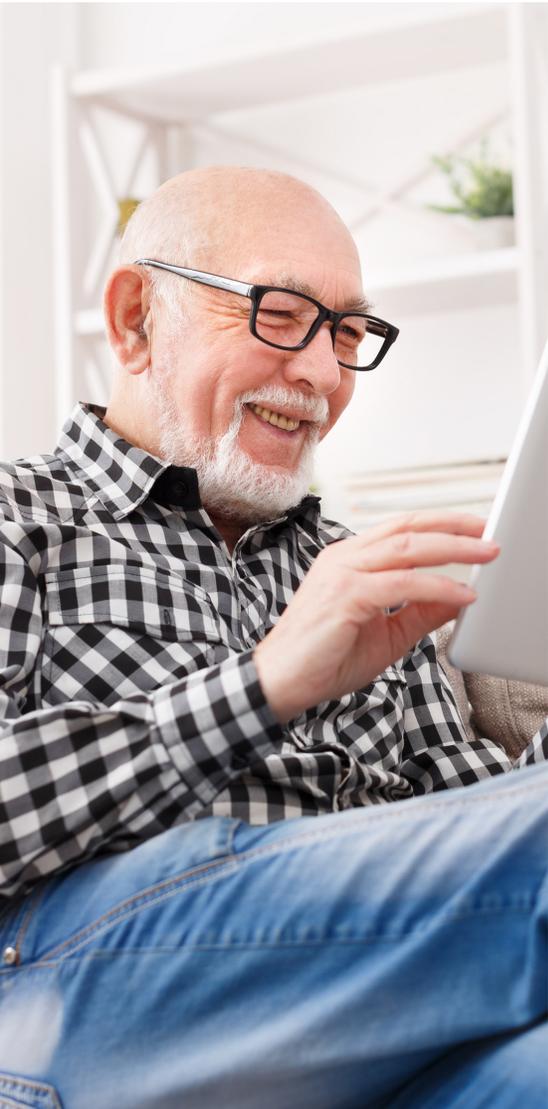


How To Start A Gratitude Journal

The benefits of starting a journal are endless. With all that is going on in our world today, it's very easy to feel stressed and overwhelmed. Take advantage of these amazing benefits that journaling, especially gratitude journaling, will have on your life, and learn why it's so valuable to start doing it daily. Here are a few ideas to get you motivated to

Gratitude Journaling Prompts:

1. Name a highlight in your day.
2. What made you smile today?
3. Who are you most grateful for and why?
4. Why are you grateful for your home?
5. What made you laugh today?
6. What are you learning about yourself?
7. Recall a time when you received encouragement.
8. What do you love about your parents?
9. What do you love about your friends?
10. What is a luxury you are thankful for?
11. Name your favorite childhood memory.
12. What is your favorite song and why?
13. Where is your favorite place and why?
14. What is your favorite food?
15. What skill are you thankful for?
16. What is your favorite season and why?
17. What is your favorite quote and why?
18. What is your favorite creation?
19. What accomplishment are you most proud of?
20. What is something you're looking forward to?



EXTRAORDINARY USES FOR EVERYDAY THINGS

Source: Extraordinary uses for everyday things by Readers Digest

BUTTER

Make pills easier to swallow • Soothe aching feet • Remove sap from skin • Remove makeup • Soothe legs after shaving • Use as shaving cream • Moisturize dry hair

BAKING SODA

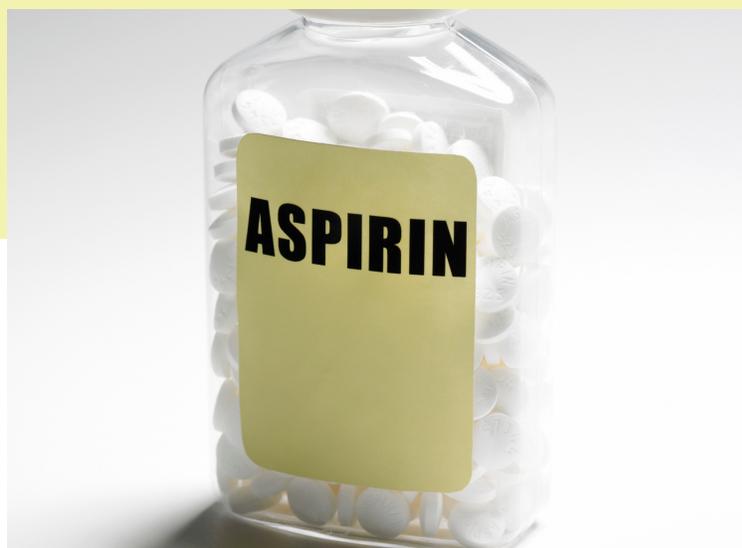
Soothe minor burns, sunburn, poison ivy rash, bee stings, diaper rash and other skin irritations • Use as gargle for mouthwash • Scrub teeth clean • Alleviate itching in casts and athlete's foot • Soothe tired, stinky feet • Use as antiperspirant

ASPIRIN

Dry up pimples • Treat calluses • Control dandruff • Cut inflammation from bug bites and stings • Restore hair color after swimming

VINEGAR

Control dandruff • Protect blonde hair from chlorine • Soak aching muscles • Freshen breath • Ease sunburn and itching • Banish bruises • Soothe sore throat • Erase age or sun spots • Soften cuticles • Treat jellyfish or bee stings



EXTRAORDINARY USES FOR EVERYDAY THINGS

Source: Extraordinary uses for everyday things by Readers Digest

PIPE CLEANERS

Decorate a ponytail • Use as a safety pin
older • Clean gas burners • Make napkin
rings • Use as a twist tie • Decorate a gift •
Use as shoe laces

PLASTIC BAGS

Use as car trash receptacle • Use as a
travel laundry bag • Use as packing
material • Use as a glove when cleaning
toilets • Use as a windshield wiper
protector to prevent ice build up



PAPER TOWELS

Use as an emergency coffee filter • Clean
silk from fresh corn • Keep produce fresh
longer by lining refrigerator drawer • Clean
a sewing machine by stitching through
paper towel a few times

FOIL

Use to sharpen scissors • Help move
furniture by wrapping on bottom of legs •
Use as a disposable funnel • Store steel
wool on crumpled ball to prevent rusting •
Polish silver



WHAT'S HAPPENING?

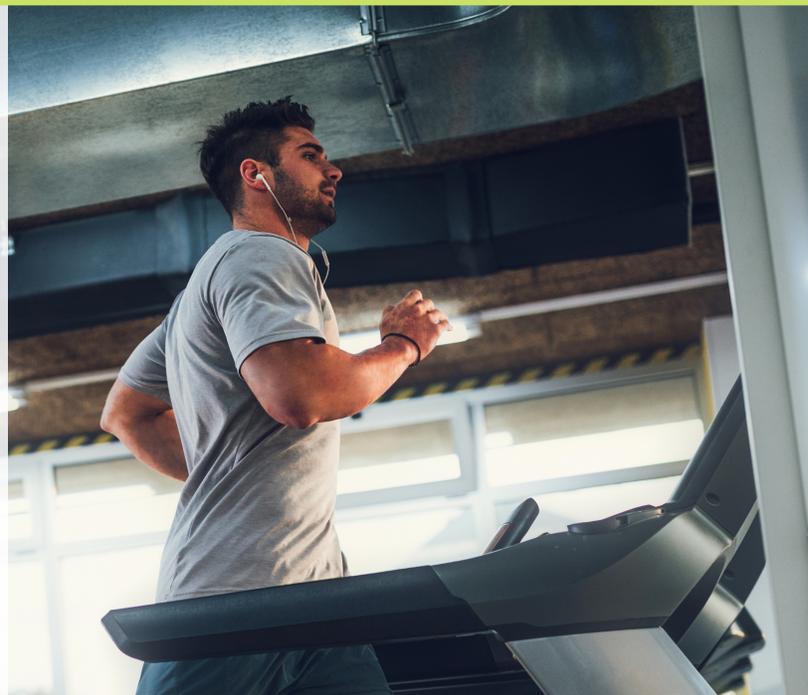
ZUMBA

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.



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 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!