

# COMMUNITY AND ENRICHMENT CENTER

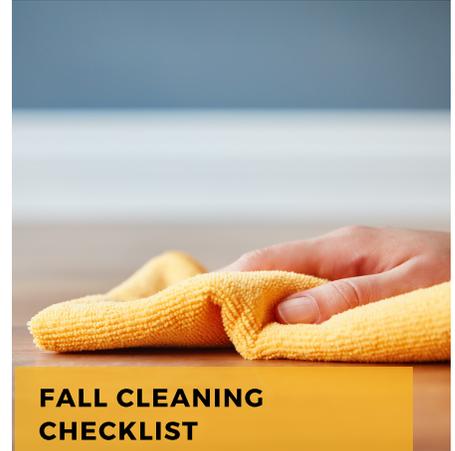
## WEEKLY NEWSLETTER

SEPTEMBER 25, 2020

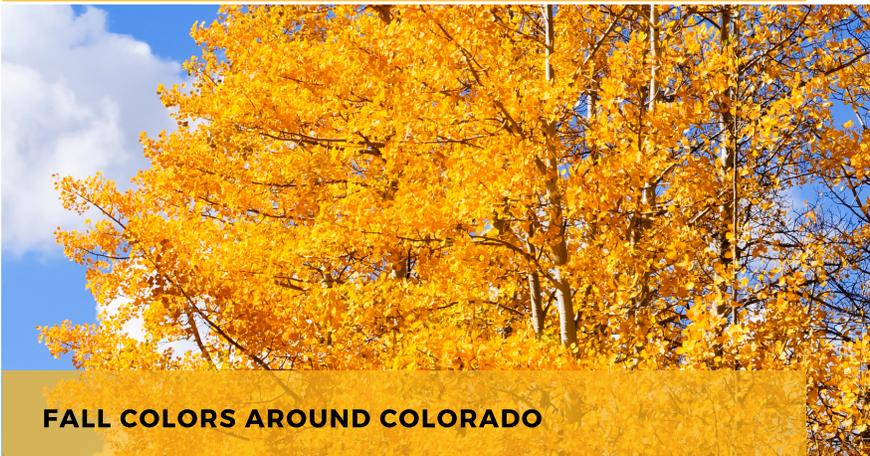
Inside the Issue



**RECIPE: BACON CORN CHOWDER**



**FALL CLEANING CHECKLIST**



**FALL COLORS AROUND COLORADO**



**WHAT'S NEW?**

### MEET AND EAT

September and 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.

# Bacon Corn Chowder

## Ingredients

- 6 cups corn kernels cut from the cob
- 3 cups chicken broth, or chicken stock, divided
- 4 slices bacon, ½-inch pieces
- 1 cup diced yellow onion, ¼-inch dice
- ¼ cup diced carrots, ¼-inch dice
- ¼ cup diced celery, ¼-inch dice
- 2 teaspoons minced garlic
- 1 teaspoon chopped thyme
- ½ pound russet potatoes, peeled and cut into ½-inch dice
- ½ pound red potatoes, cut into ½-inch dice
- 1 cup whole milk
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper, as needed for seasoning
- 1 bay leaf
- ½ cup half-and-half
- 1 tablespoon minced parsley

## Directions

1. Cut the kernels off the cob and then use a spoon to scrape the excess pulp. Transfer to a medium bowl.
2. Add 4 cups of corn kernels and 2 cups chicken broth to a blender. Process until smooth.
3. Add bacon to a large pot. Heat over medium heat, cook and stir bacon until crispy. Transfer to a paper towel-lined plate to drain.
4. Add onions, carrots, and celery and cook until onions are translucent and vegetables are tender.
5. Add garlic and thyme, cook until fragrant ( about 30 seconds.)
6. Add the remaining 2 cups of corn kernels and saute for 1 minute.
7. Add potatoes, corn puree, 1 cup of chicken broth, milk, salt, pepper, and bay leaf.
8. Bring soup to boil, and then reduce to a simmer, stirring occasionally until potatoes are fork-tender.
9. Turn off the heat and discard bay leaf. Stir in the half-and-half and parsley.
10. Divide the soup into serving bowls. Top with crispy bacon and parsley.
11. Enjoy!

# FALL CLEANING CHECKLIST



## IN THE KITCHEN

- Tidy and organize the pantry
- Clean and wipe down fridge
- Wipe down cabinet faces
- Wipe down walls and backsplashes
- Disinfect garbage cans

## IN THE LIVING ROOM

- Wash blankets
- Move and vacuum under furniture
- Vacuum upholstered furniture
- Shampoo carpets
- Condition leather furniture

## IN THE LAUNDRY ROOM

- Clean under washer and dryer
- Remove lint from dryer hose and vent
- Rinse your washing machine using washing machine cleaner

## AROUND THE HOUSE

- Clean blinds
- Dust ceiling fan fins
- Check fire extinguishers
- Check carbon monoxide and fire detectors
- Have HVAC system checked and change furnace filter
- Check batteries in flashlights

## IN THE BEDROOM

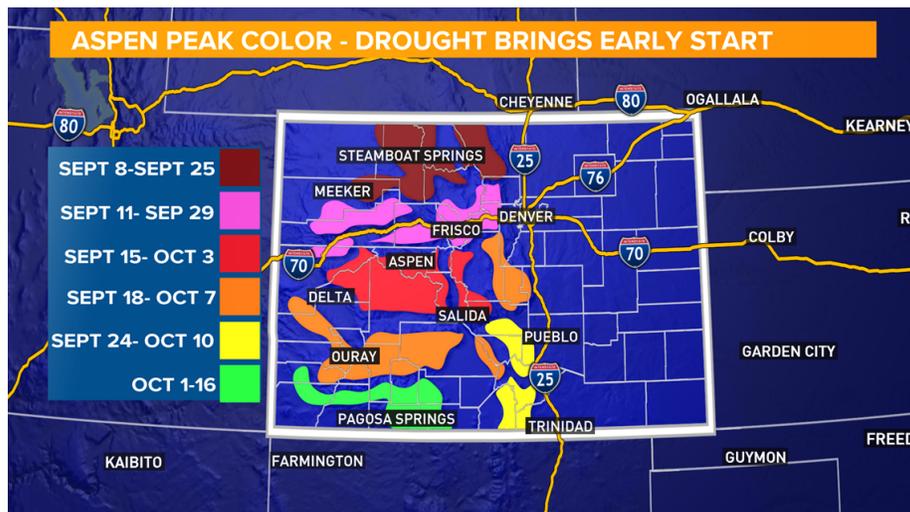
- Flip or rotate mattress
- Move and vacuum under furniture
- Tidy and declutter closet
- Wash comforter or duvet cover



# FALL COLORS AROUND COLORADO

If you're looking to take a road trip this fall, consider taking a drive through our beautiful state to experience the brilliant colors of fall. Colorado boasts some of the most brilliant fall colors.

According to 9News, this year's statewide drought may cause many trees to lose their leaves 4-8 days early and peak colors should be between mid-September and early October. Northern Colorado tends to peak earliest. Fall colors inch south toward Trinidad and Pagosa Springs.



To view a photo slideshow of the fall colors around Colorado visit [www.9news.com](http://www.9news.com)



Photo source: 9news.com

## WALK AROUND THE WORLD SERIES

Join us as we count our steps and "travel" to new destinations.



Beginning Oct 1, 2020, we will be counting our steps to "travel" to different destinations around the world. Don't be late! To depart to our first destination, sign up for FREE by September 30, 2020.

### DEPARTURE DATE

**1**  
OCTOBER

### DESTINATIONS

2,000 steps per mile

|                                  |             |
|----------------------------------|-------------|
| Yuma, CO to Kansas City, MO      | 510 miles   |
| Kansas City, MO to Nashville, TN | 554 miles   |
| Nashville, TN to Miami, FL       | 910 miles   |
| Miami, FL to Madrid, Spain       | 4,403 miles |
| Madrid, Spain to Rome, Italy     | 1,217 miles |
| Rome, Italy to Munich, Germany   | 568 miles   |

# What's New?

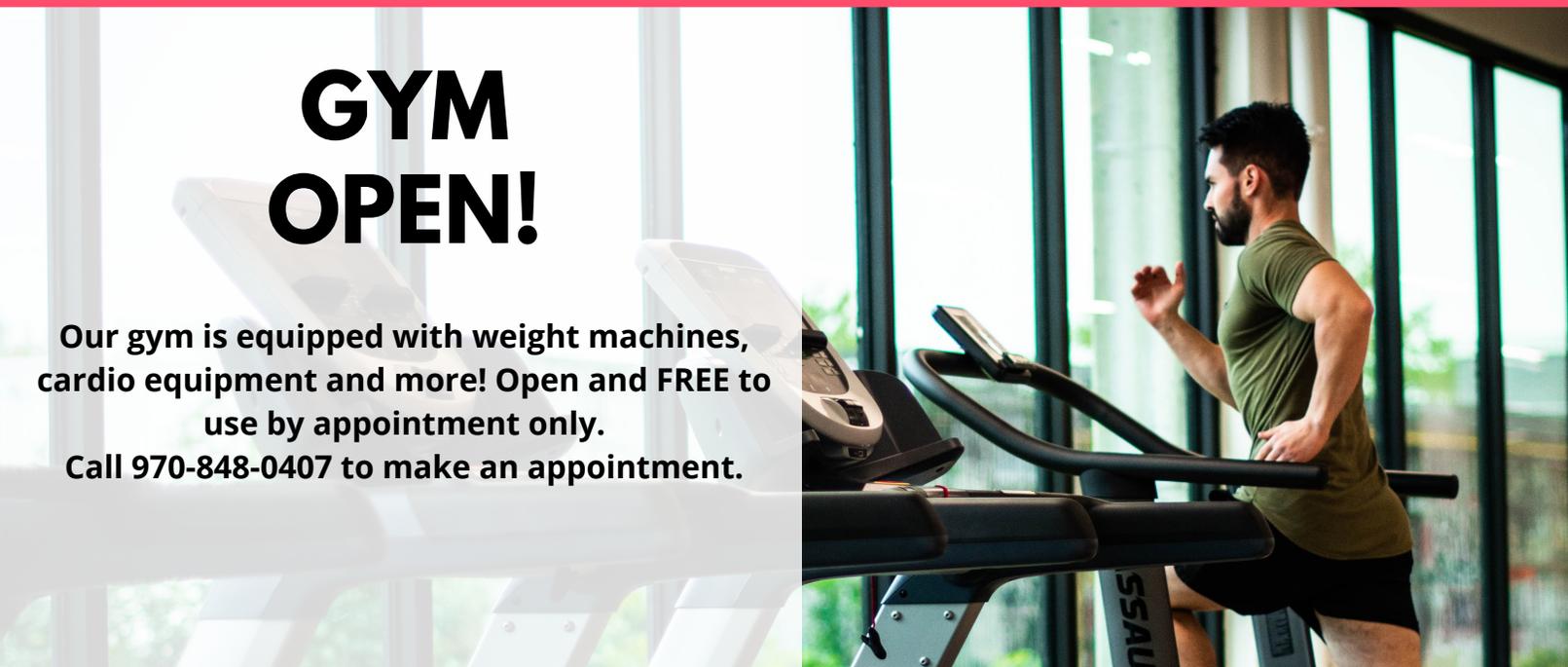
## ZUMBA

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 SEPTEMBER 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   |
|--|---|---|---|--|
|    | <b>PORK CHOP SUEY</b><br><b>RICE</b><br><b>CARROT COINS</b><br><b>APPLE JUICE</b><br><b>WW ROLL</b><br><b>PINEAPPLE TIDBITS</b><br><b>BIRTHDAY RECOGNITION</b><br>Calories: 633 Carb: 107.3g Fib: 9.8g<br>Protein: 31.5g Fat: 17.0g Sod: 496mg                          | <b>SAVORY BAKED CHICKEN</b><br><b>MASHED POTATOES &amp; GRAVY</b><br><b>GREEN BEANS w/ TOMATOES</b><br><b>WW ROLL</b><br><b>STRAWBERRIES &amp; BANANAS</b><br><b>NATURE COOKIE</b><br>Calories: 782 Carb: 100.3g Fib: 10.2g<br>Protein: 44.1g Fat: 25.0g Sod: 1244mg  |   | <b>SOUTHERN BEEF PIE</b><br><b>BEETS</b><br><b>JEANNIE'S SALAD</b><br><b>APRICOT HALVES</b><br><b>COOKIE w/ RAISINS</b><br>Calories: 684 Carb: 89.1g Fib: 9.5g<br>Protein: 30.1g Fat: 26.3g Sod: 532mg   |
|    | <b>TACO CASSEROLE</b><br><b>SALSA</b><br><b>REFRIED BEANS</b><br><b>TOSSED SALAD &amp; DRESSING</b><br><b>FRUIT SALAD</b><br>Calories: 631 Carb: 84.8g Fib: 10.3g<br>Protein: 35.7g Fat: 17.6g Sod: 1026mg  | <b>CHOICE: HAMBURGER STEAK</b><br><b>OVEN FRIED LIVER</b><br><b>PARSLED POTATOES</b><br><b>BRAISED CELERY AND TOMATOES</b><br><b>WW ROLL</b><br><b>PEAR ORANGE FRUIT CUP</b><br>Calories: 679 Carb: 100.0g Fib: 12.3g<br>Protein: 34.2g Fat: 17.3g Sod: 526mg         |   | <b>CHICKEN CROISSANT</b><br><b>TUSCANY SOUP</b><br><b>SPINACH STRAWBERRY SALAD</b><br><b>PINEAPPLE TIDBITS</b><br><b>NATURE COOKIE</b><br>Calories: 686 Carb: 96.8g Fib: 9.8g<br>Protein: 36.6g Fat: 19.4g Sod: 743mg                              |
| For Reservations<br>Call 848-2038 by 8:00 a.m.<br>the day you want the meal.<br><br>If you must cancel your meal,<br>please do so by 8:00 a.m.<br>the day of the meal. | <b>CHOICE: HAMBURGER ON A BUN</b><br><b>SEAFOOD BURGER</b><br><b>LETTUCE/TOMATO/ONION</b><br><b>BAKED POTATO</b><br><b>CALIFORNIA VEGETABLES</b><br><b>MANDARIN ORANGES w/ BANANAS</b><br>Calories: 672 Carb: 107.6g Fib: 11.7g<br>Protein: 33.0g Fat: 15.7g Sod: 620mg | <b>BEEF O'LE</b><br><b>REFRIED BEANS</b><br><b>MEXICALI CORN</b><br><b>PEAR ORANGE FRUIT CUP</b><br><b>CINNAMON CRISPIES</b><br>Calories: 742 Carb: 108.8g Fib: 14.2g<br>Protein: 37.7g Fat: 20.6g Sod: 585mg   |   | <b>HAM &amp; BEANS</b><br><b>CREAMY COLESLAW</b><br><b>CORN MUFFIN</b><br><b>WINTER FRUIT CUP</b><br><b>BROWNIES</b><br>Calories: 738 Carb: 109.9g Fib: 14.8g<br>Protein: 31.1g Fat: 22.0g Sod: 1131mg   |
|  | <b>TAHITIAN CHICKEN</b><br><b>RICE</b><br><b>ALMOND BROCCOLI</b><br><b>RAISIN ROLL</b><br><b>CANTALOUPE CUBES</b><br><b>NATURE COOKIE</b><br>Calories: 811 Carb: 95.3g Fib: 9.6g<br>Protein: 46.0g Fat: 29.5g Sod: 443mg  | <b>SWEDISH MEATBALLS</b><br><b>MASHED POTATOES</b><br><b>JEANNIE'S SALAD</b><br><b>WW ROLL</b><br><b>BANANA SPLIT FRUIT CUP</b><br>Calories: 674 Carb: 96.3g Fib: 9.4g<br>Protein: 33.2g Fat: 20.2g Sod: 644mg  |   | <b>CHOICE: CHICKEN PENNE CASSEROLE</b><br><b>TUNA PENNE CASSEROLE</b><br><b>COUNTRY MIX VEGETABLES</b><br><b>BRAN MUFFIN</b><br><b>MANDARIN ORANGES w/ BANANAS</b><br>Calories: 601 Carb: 93.2g Fib: 11.5g<br>Protein: 30.2g Fat: 13.1g Sod: 627mg |
| Menu may change due to availability<br>of food items or conditions that cause<br>the kitchen to close.   | <b>LASAGNA</b><br><b>TOSSED SALAD &amp; DRESSING</b><br><b>PEAS</b><br><b>GARLIC BREAD</b><br><b>APPLESAUCE</b><br>Calories: 611 Carb: 84.7g Fib: 12.3g<br>Protein: 35.1g Fat: 17.3g Sod: 528mg   | <b>CHOICE: HAMBURGER STEAK</b><br><b>BAKED FISH</b><br><b>BROCCOLI RICE CASSEROLE</b><br><b>GREEN BEANS</b><br><b>BRAN MUFFIN</b><br><b>PEACH SLICES</b><br><b>CINNAMON CRISPIES</b><br>Calories: 649 Carb: 94.5g Fib: 10.7g<br>Protein: 31.4g Fat: 19.2g Sod: 1052mg | Suggested Donation - \$4.00<br>Under Age 60<br>Mandatory Charge - \$12.50 | IF YOU CHOOSE THE CHOICE<br>ENTRÉE, PLEASE MAKE THE<br>RESERVATION FOR IT AT<br>LEAST 1 (one) DAY BEFORE.  |

# 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<br/>Call 842-4740 by 8:00 a.m.<br/>the day you want the meal.</p> <p>If you must cancel your meal,<br/>please do so by 8:00 a.m.<br/>the day of the meal.</p>                                   | <p>Suggested Donation - \$4.00<br/>Under Age 60<br/>Mandatory Charge - \$12.50</p> <p>Menu may change due to availability<br/>of food items or conditions that cause<br/>the kitchen to close.</p>                           | <p><b>IF YOU CHOOSE THE CHOICE<br/>ENTRÉE, PLEASE MAKE THE<br/>RESERVATION FOR IT AT<br/>LEAST 1 (one) DAY BEFORE.</b></p>   | <p>PENNE &amp; CHEESE<br/>BRUSSEL SPROUTS<br/>APPLE CARROT RAISIN SALAD<br/>WW ROLL<br/>FRUIT SALAD</p> <p>Calories: 716 Carb: 98.9g Fiber: 12.3g<br/>Protein: 31.7g Fat: 25.5g Sod: 716mg</p>   | <p>1<br/>SCALLOPED POTATOES &amp; HAM<br/>COUNTRY MIX VEGETABLES<br/>CARAWAY ROLL<br/>TROPICAL FRUIT CUP<br/>COOKIE w/ CHOCOLATE CHIPS</p> <p>Calories: 745 Carb: 98.6g Fiber: 9.5g<br/>Protein: 32.6g Fat: 26.4g Sod: 944mg</p>  |
| <p>5<br/>CHICKEN TETRAZZINI<br/>MARINATED VEGETABLE SALAD<br/>GREEN BEANS<br/>ONION ROLL<br/>PLUMS</p> <p>Calories: 631 Carb: 78.6g Fiber: 10.0g<br/>Protein: 36.7g Fat: 21.4g Sod: 721mg</p>                       | <p>6<br/>CORN TACO CASSEROLE<br/>REFRIED BEANS<br/>TOSSED GREEN SALAD w/ DRESSING<br/>FRUIT CUP</p> <p>Calories: 664 Carb: 89.9g Fiber: 13.2g<br/>Protein: 35.8g Fat: 20.0g Sod: 763mg</p>                                   | <p>7<br/>SPRING GARDEN CHICKEN<br/>CALIFORNIA VEGETABLES<br/>ONION ROLL<br/>BANANA SPLIT FRUIT CUP</p> <p>Calories: 652 Carb: 77.8g Fiber: 9.6g<br/>Protein: 43.2g Fat: 20.8g Sod: 695mg</p>   | <p>8<br/>HAM &amp; BEANS<br/>WALDORF SALAD<br/>CORN MUFFIN<br/>MANDARIN ORANGE w/ BANANAS<br/>CINNAMON CRISPIES</p> <p>Calories: 726 Carb: 120.8g Fiber: 14.0g<br/>Protein: 29.4g Fat: 16.7g Sod: 1069mg</p>                                       | <p>9<br/>ROAST BEEF<br/>MASHED POTATOES w/ GRAVY<br/>PINEAPPLE COLESLAW<br/>PEAS &amp; CARROTS<br/>ANNA'S DILLY BREAD<br/>CRANBERRY JELLO</p> <p>Calories: 600 Carb: 92.0g Fiber: 9.7g<br/>Protein: 34.6g Fat: 12.7g Sod: 942mg</p>                                     |
| <p>12<br/>CHICKEN NOODLE SOUP<br/>CRACKERS<br/>PEAS<br/>BLUEBERRY MUFFIN<br/>PINEAPPLE ORANGE COMPOTE<br/>BROWNIE</p> <p>Calories: 706 Carb: 101.4g Fiber: 11.9g<br/>Protein: 40.0g Fat: 17.9g Sod: 423mg</p>       | <p>13<br/>BRAISED BEEF<br/>MASHED POTATOES &amp; GRAVY<br/>BEAN MEDLEY SALAD<br/>HARVARD BEETS<br/>ROLL<br/>CINNAMON APPLE SLICES</p> <p>Calories: 615 Carb: 95.9g Fiber: 12.1g<br/>Protein: 27.7g Fat: 15.5g Sod: 794mg</p> | <p>14<br/>SWEET &amp; SOUR PORK<br/>RICE<br/>SPINACH CAULIFLOWER SALAD<br/>WW ROLL<br/>PEAR ORANGE FRUIT CUP</p> <p>Calories: 714 Carb: 107.5g Fiber: 9.9g<br/>Protein: 32.1g Fat: 19.1g Sod: 483mg</p>  | <p>15<br/><b>CHOICE: HAMBURGER STEAK</b><br/>BAKED FISH<br/>BAKED POTATO<br/>CAROLINA SALAD<br/>ROLL<br/>PEACH SLICES<br/><b>BIRTHDAY RECOGNITION</b></p> <p>Calories: 752 Carb: 111.6g Fiber: 11.6g<br/>Protein: 34.4g Fat: 22.6g Sod: 1045mg</p> | <p>16<br/>SALISBURY STEAK<br/>MASHED POTATOES &amp; GRAVY<br/>STIR FRY VEGETABLES<br/>ONION ROLL<br/>FRUIT COCKTAIL</p> <p>Calories: 699 Carb: 84.8g Fiber: 9.6g<br/>Protein: 41.7g Fat: 22.2g Sod: 697mg</p>   |
| <p>19<br/>BEEF STROGANOFF w/ NOODLES<br/>LAYERED SALAD<br/>WINTER MIX VEGETABLES<br/>WW ROLL<br/>FRUIT CUP</p> <p>Calories: 640 Carb: 88.2g Fiber: 10.5g<br/>Protein: 37.1g Fat: 17.7g Sod: 714mg</p>               | <p>20<br/>SPAGHETTI w/ MEATSAUCE<br/>TOSSED SALAD w/ DRESSING<br/>GARLIC BREAD<br/>CINNAMON APPLE SLICES</p> <p>Calories: 610 Carb: 89.0g Fiber: 11.6g<br/>Protein: 30.3g Fat: 18.0g Sod: 413mg</p>                          | <p>21<br/>BRUNSWICK STEW<br/>GREEN BEANS w/ TOMATOES<br/>ONION ROLL<br/>WINTER FRUIT CUP<br/>COOKIE w/ RAISINS</p> <p>Calories: 668 Carb: 80.3g Fiber: 10.4g<br/>Protein: 37.7g Fat: 23.9g Sod: 462mg</p>  | <p>22<br/>SWISS STEAK<br/>BAKED POTATO<br/>ITALIAN VEGETABLES<br/>BRAN MUFFIN<br/>SLICED BANANAS</p> <p>Calories: 723 Carb: 95.5g Fiber: 12.9g<br/>Protein: 41.5g Fat: 22.2g Sod: 528mg</p>  | <p>23<br/><b>CHOICE: HAMBURGER STEAK</b><br/>BAKED FISH<br/>MASHED POTATOES &amp; GRAVY<br/>CALIFORNIA VEGETABLES<br/>BRAN MUFFIN<br/>APRICOT HALVES<br/>CINNAMON CRISPIES</p> <p>Calories: 755 Carb: 106.9g Fiber: 12.9g<br/>Protein: 35.3g Fat: 24.7g Sod: 1236mg</p> |
| <p>26<br/>SWEDISH MEATBALLS<br/>MASHED POTATOES &amp; GRAVY<br/>STIR FRY VEGTABLES<br/>WW ROLL<br/>PEAR ORANGE FRUIT CUP</p> <p>Calories: 645 Carb: 97.3g Fiber: 11.5g<br/>Protein: 33.4g Fat: 15.9g Sod: 663mg</p> | <p>27<br/>BARBECUE CHICKEN<br/>BROCCOLI<br/>POTATO SALAD<br/>BRAN MUFFIN<br/>TROPICAL FRUIT CUP</p> <p>Calories: 700 Carb: 90.9g Fiber: 10.7g<br/>Protein: 41.9g Fat: 21.5g Sod: 1160mg</p>                                  | <p>28<br/>SMOTHERED PORK CHOP<br/>SCALLOPED POTATOES<br/>GREEN BEANS w/ CORN<br/>ONION ROLL<br/>MANDARIN ORANGES &amp; BANANAS<br/>COOKIE w/ RAISINS</p> <p>Calories: 850 Carb: 107.2g Fiber: 10.2g<br/>Protein: 42.9g Fat: 30.4g Sod: 618mg</p> | <p>29<br/><b>CHOICE: CHICKEN CROISSANT</b><br/>TUNA CROISSANT<br/>POTATO SOUP SUPREME<br/>CARROT RAISIN SALAD<br/>APRICOT HALVES</p> <p>Calories: 777 Carb: 125.5g Fiber: 11.2g<br/>Protein: 36.3g Fat: 18.1g Sod: 981mg</p>                       | <p>30<br/>CABBAGE BURGERS<br/>ZUCCHINI TOMATO BAKE<br/>COBLER CORN<br/>OREGON BERRY COMPOTE</p> <p>Calories: 602 Carb: 92.4g Fiber: 13.0g<br/>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!