

# COMMUNITY AND ENRICHMENT CENTER

## WEEKLY NEWSLETTER

September 4, 2020

*Inside the Issue*

**RECIPE:  
GRILLED PEACHES WITH  
HONEY CHEVRE**



**UNDERSTANDING CRISIS  
FATIGUE DURING  
COVID-19**



**THE HEALTH  
BENEFITS  
OF BLUEBERRIES**



**SEPTEMBER MEET  
AND EAT SCHEDULE**

Plus information for if you or someone you know needs meal delivery.



**Our Gym is Now Open and  
FREE to use!  
Call to make your  
appointment today!**

**NEED A MEETING  
SPACE?**

**Reserve one of our  
meeting rooms for your  
next meeting!**



**Every Tuesday and Thursday  
5:30pm**



# *Grilled Peaches With Honey Chevre*



## *Ingredients*

- 6 ounces chevre (soft goat cheese)
- 2 tablespoons skim milk
- 1 tablespoon honey
- 4 medium fresh peaches, halved and pitted
- 8 leaves mint

## *Directions*

- Preheat an outdoor grill for medium heat, and lightly oil the grate.
- Combine chevre cheese, milk, and honey in a small bowl.
- Grill the peaches cut sides down until peaches begin to caramelize and show grill marks, 5 to 7 minutes. Fill each peach half with 1 tablespoon of the cheese mixture. Garnish with a mint leaf, and serve warm.

# UNDERSTANDING CRISIS FATIGUE DURING COVID-19

[Source: Healthline.com](https://www.healthline.com)



Have you recently been feeling depressed, anxious, or exhausted? If you are like most folks I have talked to, the answer is a resounding yes.

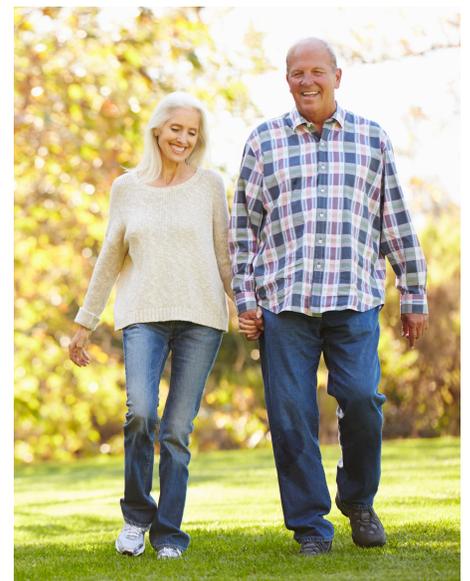
For many, the COVID-19 pandemic continues to be a significant source of concern and stress. To make matters worse, media sources from TV to social media have been flooded with stories and videos showcasing relentless social and political arguments. Thoughts of the mask/no-mask debate, the protests for racial justice or cries for police reform have left many feeling intense stress associated with civil unrest, economic distress and the uncertainty of what tomorrow may bring.

The emotional state that many are experiencing has been dubbed *crisis fatigue*. Negative emotions such as sadness, anger, fear, disappointment, frustration, and uncertainty have sent our collective anxiety levels to the point of no return.

Researchers at Ohio State University describe crisis fatigue as "a phenomenon that occurs as the body attempts to adapt after feeling overwhelmed and stressed." COVID-19 warrants our immediate attention simply because there is no end in sight. None of us know what we'll be doing tomorrow, next month or even a year from now, which has added a uneasiness of "ordinary" life.

## THINGS YOU CAN DO TO DEAL WITH IT

- **Take care of you!** Eat well, exercise regularly and get enough sleep.
- **Stay Connected with Friends and Family** through video chat or by visiting while using social distancing.
- **Keep your routine.** Maintain a sense of normal by sticking to a routine or schedule.
- **Limit media exposure.** Stay educated and informed but don't drown yourself in news.
- **Spend your time doing what you love.** Crafting, hiking, fishing or even reading are great ways to keep you spirits high.



# The Health Benefits of Blueberries

Blueberries are sweet, nutritious and wildly popular. Often labeled a superfood, they are low in calories and incredibly good for you. They're so tasty and convenient that many people consider them their favorite fruit. [Source: Healthline.com](https://www.healthline.com)



## BLUEBERRIES ARE FULL OF ANTIOXIDANTS

Antioxidants protect your body from free radicals, which are unstable molecules that damage your cells and contribute to aging and diseases. Blueberries are believed to have one of the highest antioxidant levels of all fruits and vegetables thanks to compounds called flavonoids. Blueberries have been shown to directly increase antioxidant levels in your body.

## BLUEBERRIES HELP LOWER BLOOD PRESSURE AND MAY PREVENT HEART DISEASE

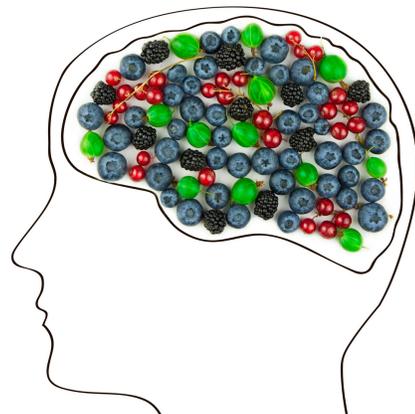
Blueberries appear to have significant benefits for people with high blood pressure, which is a major risk factor for heart disease. In an eight-week study, obese people who had had a high risk of heart disease noted a 4–6% reduction in blood pressure after consuming 2 ounces (50 grams) of blueberries per day.

## BLUEBERRIES CAN HELP MAINTAIN BRAIN FUNCTION AND IMPROVE MEMORY

Oxidative stress can accelerate your brain's aging process which can negatively affect brain function. According to some studies, the antioxidants in blueberries may affect areas of your brain that are essential for intelligence. Blueberries may benefit aging neurons, leading to improvements in cell signaling which can improve memory.

## BLUEBERRIES REDUCE DNA DAMAGE WHICH MAY HELP PROTECT AGAINST AGING AND CANCER

Oxidative DNA damage is an unavoidable part of everyday life. It is said to occur tens of thousands of times per day in every cell in your body. DNA damage is part of the reason we grow older. It also plays an important role in the development of diseases like cancer. High antioxidants levels in blueberries can neutralize some of the free radicals that damage your DNA.



# WHAT'S NEW?

## **TUESDAYS AND THURSDAYS**

### Zumba

Tuesday and Thursday at 5:30pm.

Space is Limited, call 970-848-0407 to reserve your spot.

## **WEDNESDAYS**

### Mid-Day Mix Up Cardio Conditioning

Wednesdays 12:15-1:15pm

Space is Limited, call 970-848-0407 to reserve your spot.

## **GYM IS NOW OPEN!**

Our gym is open and FREE to use by appointment only.

Call 970-848-0407 to make an appointment

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