

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

May 1, 2020

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HONORING NATIONAL NURSES WEEK

Nurses are working the frontlines during this unprecedented time. We want to thank all the men and women who are doing what they can to keep us safe.

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Bees pollinate one-sixth of the world's flowering plants. bee-friendly plants and flowers will provide you with a beautiful, colorful garden.

CINCO DE MAYO RECIPE: CHICKEN TORTILLA SOUP

Spice up your Cinco de Mayo with this zesty chicken tortilla soup. Topped with avocado, sour cream and tortilla chips, it's sure to spice up the day.

MAY MEET AND EAT SCHEDULE

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



NATIONAL NURSES WEEK: MAY 6-12



As the Coronavirus (COVID-19) pandemic has unfolded over the last several weeks, it has become increasingly more difficult for the many people to discern how worried they should be about the situation. Many have stockpiled food, paper goods, and other essentials as they have been wrapped in the chaos . But, no matter how bad it seems to be, no matter the intensity of people's opinions, we have forgotten to thank the people who see the virus first-hand:

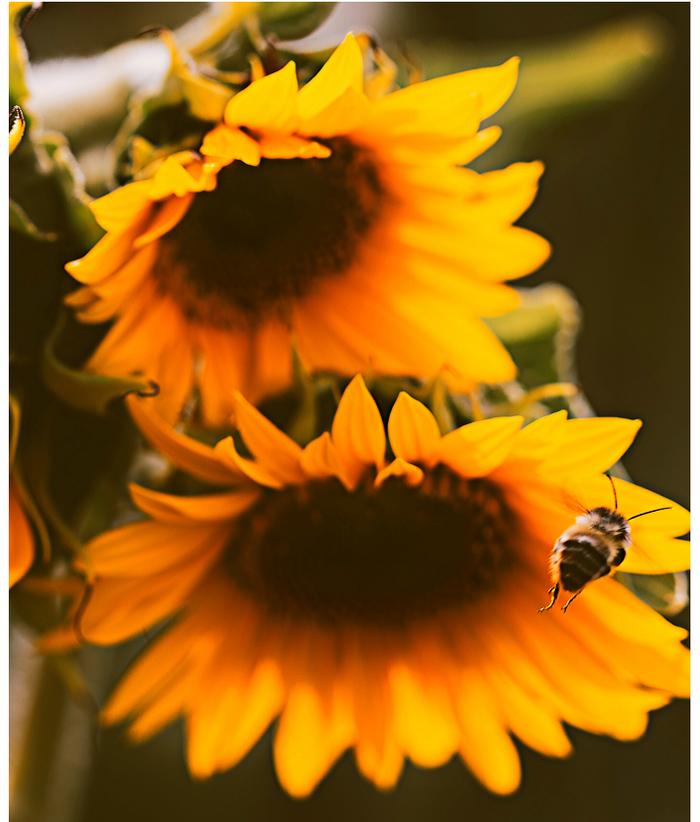
our fearless nurses. There is no better time to honor these men and women who are risking their lives each day during this pandemic than now!

According to National Nurses Association, Nurses Week begins each year on May 6th and ends on May 12th. This week recognizes all nurses from students to seasoned professionals. In 1998, May 8th was designated as National Student Nurses Day and in 2003 it was decided that National School Nurse Day is celebrated on the Wednesday within National Nurses Week each year.

So, to all you nurses out there, during this unprecedented time marked with fear and anxiety, we thank you for all you're doing to keep us safe.

PLANT THESE FOR THE BEES

If the thought of attracting bees to your garden makes you shake with fright, keep in mind that planting bee-friendly plants and flowers will provide you with a beautiful, colorful garden. Planting a variety of flowers filled with nectar and pollen will draw them to your garden, provide nourishment, and help to build bee populations back up. Bees pollinate one-sixth of the world's flowering plants, making them one of nature's hardest working creatures. Just a few varieties of plants (for both sunny and shady places in your garden) that will attract bees and add beauty to your space include Poppy, Lavender, Geraniums, Sunflowers, Crocus, Cosmos, Echinacea, Snapdragons, Foxglove and Hosta.



As many people know, bees love nectar and as they acquire the nectar from flowering plants, they collect pollen on their bodies. Each time they move to another flower, some of that pollen drops off onto the neighboring plant. Choosing which flowers to attract bees may seem like a daunting task; however, it is easier than you may think. Choose flowers that will provide abundant nectar and pollen.

Other considerations include finding plants that provide benefits to bees, like the hollow stems of shrubs to provide nesting sites for certain types of bees. When selecting bee-friendly plants, keep in mind your growing conditions, seasons and location of the flowers. After all, you may not want the buzz of the bees to intrude on your Saturday morning coffee on the patio or to scare off any bee-fearing guests at your next dinner party.



CINCO DE MAYO RECIPE: CHICKEN TORTILLA SOUP

Spice up your Cinco de Mayo with this zesty chicken tortilla soup. Topped with avocado, cheese and tortilla chips, it's sure to spice up the day.

Ingredients

- 2 Tbsp vegetable oil
- 1 small onion, diced
- 2 tablespoons minced garlic
- 2 jalapenos, finely diced
- 6 cups low-sodium chicken broth
- 1, 14.5 oz can fire-roasted diced tomatoes
- 1, 14.5 oz can black beans, rinsed and drained
- 3 boneless, skinless chicken breasts
- 2 limes, juiced, plus wedges for garnish
- Salt and pepper
- 1 cup roughly chopped fresh cilantro
- Tortilla chips
- 1 avocado, sliced
- 3 Tbsp sour cream
- 1 cup shredded Mexican blend cheese



Directions

In a large saucepan heat the vegetable oil. Add the onions and cook for 2 minutes. Once the onions have softened add the garlic and jalapenos and cook for another minute. Pour the chicken broth, tomatoes and beans into the pot and bring to a boil. Once boiling, lower heat to simmer and add your chicken breasts. Cook the chicken for 20 to 25 minutes. Once chicken is cooked remove from pot. Shred chicken and set aside. Add lime juice and fresh cilantro to the pot. In a serving bowl add a mound of shredded chicken. Ladle soup over chicken and top with a lime wedge, tortilla chips, avocado slices, sour cream and cheese.

MEET AND EAT MAY 2020

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for May 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:



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MAY 2020 YUMA MEAL SITE FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				HOT ROAST BEEF SANDWICH JEANNIE'S SALAD CALIFORNIA VEGETABLES PEAR HALF W/ CRANBERRY SAUCE NATURE COOKIES Calories: 683 Carb: 100.4g Fiber: 10.1g Protein: 34.2g Fat: 18.7g Sod: 718mg
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.	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.			
4	5	6	7	8
Menu may change due to availability of food items or conditions that cause the kitchen to close.	SHEPHERD'S PIE CONFETTI COLESLAW HARVARD BEETS ROLL STRAWBERRY APPLESAUCE BIRTHDAY RECOGNITION Calories: 656 Carb: 108.5g Fiber: 10.9g Protein: 30.8g Fat: 14.8g Sod: 1005mg	CHICKEN POT PIE JEANNIE'S SALAD FRUIT CUP NATURE COOKIES SENIOR MEETING Calories: 829 Carb: 106.7g Fiber: 10.2g Protein: 36.8g Fat: 32.0g Sod: 481mg		CHOICE: HAMBURGER STEAK SALMON FILET BAKED POTATO MIXED VEGETABLES BRAN MUFFIN OREGON BERRY COMPOTE Calories: 640 Carb: 100.6g Fiber: 12.9g Protein: 30.6g Fat: 15.7g Sod: 1022mg
11	12	13	14	15
Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50	BRAISED BEEF RICE HARVARD BEETS ROLLS TROPICAL FRUIT CUP NATURE COOKIE Calories: 716 Carb: 113.8g Fiber: 9.7g Protein: 30.4g Fat: 17.1g Sod: 597mg	CHICKEN CACCIATORE MASHED POTATOES COUNTRY MIX VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP YELLOW CAKE Calories: 811 Carb: 100.2g Fiber: 11.8g Protein: 44.2g Fat: 28.0g Sod: 1191mg		SPAGHETTI w/ MEATSAUCE TOSSED SALAD GARLIC BREAD GREEN BEANS FRUIT CUP Calories: 607 Carb: 86.8g Fiber: 10.9g Protein: 31.5g Fat: 18.2g Sod: 576mg
18	19	20	21	22
OTIS POTLUCK	CHICKEN SALAD BEAN MEDLEY SALAD ROLLS MANDARIN ORANGES/ BANANAS CARROT CAKE Calories: 685 Carb: 99.6g Fiber: 9.6g Protein: 34.8g Fat: 19.0g Sod: 680mg	CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES BLOOD PRESSURE Calories: 601 Carb: 98.1g Fiber: 10.8g Protein: 30.0g Fat: 12.4g Sod: 820mg		CHEESE POTATO OMELET BROCCOLI BRAN MUFFIN OREGON BERRY COMPOTE Calories: 637 Carb: 83.6g Fiber: 13.0g Protein: 29.7g Fat: 22.7g Sod: 823mg
25	26	27	28	29
	LASAGNA TOSSED SALAD PEAS & CARROTS GARLIC BREAD FRUIT CUP Calories: 605 Carb: 85.5g Fiber: 11.1g Protein: 34.2g Fat: 17.6g Sod: 599mg	SCALLOPED POTATOES W/ HAM LAYERED SALAD ROLL PEAR ORANGE FRUIT CUP CINNAMON CRISPIES Calories: 777 Carb: 105.5g Fiber: 10.5g Protein: 34.0g Fat: 27.0g Sod: 1152mg		BEEF O'LE REFRIED BEANS MEXICALI CORN FRUIT CUP Calories: 618 Carb: 88.8g Fiber: 12.1g Protein: 36.3g Fat: 16.1g Sod: 551mg