

October 2016



Yarnell Community Center

22302 S. Hwy 89, PO Box 641
Yarnell, Arizona, 85362
928-427-6347
www.yarnellcommunitycenter.org
info@yarnellcommunitycenter.org

The Yarnell Community Center hosts local events, regular activities, serves weekday lunches, operates a thrift store, promotes fun and quality of life for our neighbors and manages programs to aid the food insecure in our area.

I would like to take a moment to acknowledge the long and heartfelt commitment of two of our volunteers. Linda Souza coordinated and distributed the emergency food box program for a long time. She personally delivered the boxes to people who could not travel to pick them up. She also ran the dining room front desk for at least as long as I have been at the Yarnell Community Center. Jean Messick also helped to distribute the emergency food boxes and added her creative flair and excellent customer service to the success of the thrift store. Thank you Jean and Linda for your service to the community.

Due to the increase in volume of thrift store merchandise, we need some dedicated volunteers for our thrift store to work on Saturdays. If you are a team player and would like to contribute to the success of our Thrift store in a positive way, please see me.

On October 22 the Community Center will be participating in the "Hands Across Yarnell" event to raise funds for both the Center and the Yarnell Food Bank. Come by the Center from 11am-1pm and enjoy a lunch of hot dogs with all the fixings, chips and a drink for just \$5.

Kim

THRIFT STORE SPECIALS FOR OCTOBER

Explore the YCC Thrift Store. Purchase some of our great bargains and feel good about it. All sale proceeds benefit the Yarnell Community Center mission. Your patronage helps ensure our programs for the local food insecure and community quality of life activities can be maintained.

HOURS - Monday - Friday 9am-2pm,
Saturday 9am-1pm

Oct 3-8 All ladies wear 50% off

Oct 10-15 All men's wear 50 % off

Oct 17-22 All Halloween decorations 50% off

October 28 and 29 Bag Day

October 2016



And Arizona Public Benefits

Free Open Enrollment Medicare Counseling

- Understand Medicare Parts A. and B.
- Provide Part D. Drug Plan Options and Education
- Employee Group Health Plans and Medicare Options and Education
- Enrollment Assistance on Medigap, Medicare Advantage and Part D. Plans
- Learn how to Protect, Detect and Report Medicare Fraud , Errors and Abuse
- Programs that help pay your part B. Premium and Prescription Drug costs

Medicare presentation and Medicare Open
Enrollment counseling sessions available

November 14, 2016, 12:30pm-3:00pm

At the Yarnell Community Center, 22302 S. Hwy 89,
Yarnell AZ,

For more information call: Melba Whitmore at: 928-649-3763 x4

You can call Kim at: 928-427-6347 to make an appointment

SHIP counselors are specialists trained in Medicare law and regulations, health insurance counseling and relevant insurance products. SHIP counselors are not connected with any insurance company, nor are they licensed to sell insurance. Their purpose is to serve you objectively and confidentially.

This Program is a partnership of the Department of Economic Security Division of Aging & Adult Services and the Area Agencies on Aging.

This publication has been created or produced by Arizona with financial assistance, in whole or in part, through a grant from the Administration for Community Living and the Center for Medicare and Medicaid Services. These contents do not necessarily represent the policy of the U.S. Department of Health and Human Services and the grantee should not assume endorsement by the Federal Government.



For TTY access, call the Arizona Relay Service at 711 and ask for NACOG at 928-774-1895.

October 2016

Cashew, Coconut, and Pumpkin Curry

Serves 4 / 50 minutes

1 ½ quarts peeled 1 ½ inch chunks pumpkin or other orange-fleshed squash (from a 3lb squash)
About 1 tsp kosher salt
1 onion, halved and cut into half moons
1 cinnamon stick
1 tsp each turmeric and cumin seeds
1 cup salted roasted cashews
Steamed basmati rice

3 tbsp vegetable oil
1 or 2 red or green serrano chiles, minced
20 fresh curry leaves or 6 dried bay leaves
1 can (14.5oz) coconut milk
1tbsp lemon juice

Sprinkle pumpkin with ½ tsp salt. Heat 1 tbsp oil in a large nonstick frying pan over medium-high heat. Brown half the pumpkin in oil, turning once 6 to 8 minutes; reduce heat if pumpkin starts getting dark. Transfer to a bowl and repeat with 1 tbsp oil and remaining pumpkin.

Heat remaining 1tbsp oil. Meanwhile in another large frying pan over medium heat, cook onion, stirring occasionally, until deep golden, 12 to 15 minutes. Transfer half to the nonstick frying pan and reserve the other half in a bowl.

Add chiles, cinnamon, and curry leaves to onion in pan. Cook, stirring often, until curry leaves are very fragrant, about 2 minutes. Add turmeric, cumin, and remaining ½ tsp salt and cook, stirring, until spices are fragrant, about 1 minute.

Return pumpkin to nonstick frying pan (with onion) and add coconut milk. Bring to a boil over high heat, then cover, reduce heat, and simmer until pumpkin is tender, 5-10 minutes. Stir in cashews and lemon juice, add more salt to taste. Top curry with reserved onion and serve with rice.

Per serving 546 cal. 79% (430 cal) from fat. 9.9G Protein. 48G Fat (23G Sat);
29 G Carbo (3.2 G Fiber): 498 MG Sodium: 0 MG Chol.



WE NEED YOU HERE

Thrift Store

Kitchen

Dining Room

Meals on Wheels Drivers

Groundskeeper

Fun Facts About the Pumpkin

Contain Potassium & Vitamin A

Flowers are edible

Pumpkins are 90% water

Were once recommended for removing freckles



YCC NEEDS LIST

Security Camera system to monitor our property

Monthly transporting our trash to the dump – **donated!**

Someone with a vehicle and time to assist with donation pick-ups- **donated!**

Thank you to Kurt and Bob for committing to make the monthly trash runs to the dump and for donation pick-ups.

BECOME A YCC MEMBER

Membership is \$15 per person per calendar year. (January 1 – December 31) or FREE if you are 75 years or older. Visit us during our open hours to pick up a membership application or go to www.yarnellcommunitycenter.org/membership.

October 2016

OCTOBER MENU, MEALS ON WHEELS, AND FOOD BOXES

Lunch is served Monday through Friday from 11:00 am to 12:30 pm and is open to the public. Age 6 0+ \$5.00. Under age 60 \$6.00.

Yarnell Meals On Wheels Program is a community-based service that delivers fresh, nutritious meals to your home. Caring volunteers deliver a hot meal at lunchtime, Monday through Friday, also providing a daily safety check and friendly social interaction. Call 928-427-6347 for more information.

Commodities Food Bank provides Food Boxes which are available the 3rd Thursday of the month at YCC. Contact the YCC to see what documentation you need in order to get a food box.

3 Grilled Italian Sausage Peppers & Onions Crispy Bread Salad Bar	4 Beefy Mac-n-Cheese Vegetable Bread Sticks Salad Bar with Fruits & Veggies	5 Chicken Thighs over Rice Vegetable Salad Bar with Fruits & Veggies	6 Baked Cod Rice Pilaf Vegetable Salad Bar with Fruits & Veggies	7 Chicken Patty Sandwich Vegetable Tater Tots Salad Bar with Fruits & Veggies
10 Meatloaf Mashed Potatoes Vegetable Salad Bar with Fruits & Veggies	11 Philly Cheese Steak Vegetable Salad Bar with Fruits & Veggies	12 Grilled Ham & Cheese Tomato Soup Salad Bar with Fruits & Veggies	13 Tuna Casserole Vegetable Rolls Salad Bar with Fruits & Veggies	14 Stuffed Bell Pepper Rice Pilaf Vegetable Salad Bar with Fruits & Veggies
17 Chicken Tenders Gravy Vegetable Salad Bar with Fruits & Veggies	18 Pan Fried Tilapia Vegetable Garlic Toast Salad Bar with Fruits & Veggies	Arizona Burger Mushroom Soup Vegetable Salad Bar with Fruits & Veggies	20 Beet Ravioli Meatballs Italian Vegetables Salad Bar with Fruits & Veggies	21 Hot Turkey Sandwich Mashed potatoes Gravy Salad Bar with Fruits & Veggies
24 Pulled BBQ pork Beans Chips Salad Bar	25 Ham Scalloped potatoes Vegetable Salad Bar with Fruits & Veggies	26 Chicken Fried Steak Mashed potatoes & Gravy	27 Hot dog Sauerkr aut pork & Beans Salad	28 Spaghetti & Meatballs Bread Sticks Vegetable Salad Bar with Fruits & Veggies
31 Witches Brew AKA Chicken Noodle Soup & Crackers Salad Bar				