

Cheerfulness is the very flower of health.
-Proverb quotes



RECIPE OF THE MONTH

Grandmom Marino's Easter Meat Pie

Ingredients

- 1/4 pound thinly sliced ham
- 1/4 pound thinly sliced salami
- 15 oz ricotta cheese
- 15 oz refrigerated pie crusts
- 1 egg
- 1/4 cup chopped fresh parsley

Salt and pepper to taste

Directions:

1. Preheat the oven to 350 degrees.
2. Tear the ham and salami into small pieces and place in a medium bowl. Stir in the ricotta cheese, egg and parsley. Season with salt and pepper. Set aside. Press one pie crust into a 9 inch pie plate and fill with the meat mixture. Cover with the other pie crust and press the edges together to seal. Cut a few slits in the top to vent steam.
3. Bake for 45 minutes in the preheated oven, until the crust is golden brown and filling is set. Cool to room temperature, then refrigerate until cold before serving.

"Spring is nature's way of saying, "Let's party!" - Robin Williams

Want to power up your ability to concentrate?

- Start with a meal of 100% fruit juice, a whole grain bagel with salmon, and a cup of coffee. In addition to eating a well-balanced meal, experts also advise:
- Get a good night's sleep.
- Stay hydrated.
- Exercise to help sharpen thinking.
- Meditate to clear thinking and relax

Spring cleaning Tip:

Here's a bright idea: Keep your fabric lampshades dust-free with an adhesive lint roller. Hold the shade steady, and pass the roller over the exterior.

Marthastewart.com

Focus Foods: Add a Daily Dose of Nuts, Chocolate, and Blueberries! Nuts and seeds are good sources of the antioxidant vitamin E, which is associated with less cognitive decline as you age. Dark chocolate also has other powerful antioxidant properties. And it contains natural stimulants like caffeine, which can enhance focus and concentration. Enjoy up to an ounce a day of nuts and dark chocolate to provide all the benefits you need without excess calories, fat, or sugar. Research in animals shows that blueberries help protect the brain from oxidative stress and may reduce the effects of age-related conditions such as Alzheimer's disease or dementia. Studies also show that diets rich in blueberries significantly improved both the learning capacity and motor skills of aging rats, making them mentally equivalent to much younger rats.

April is Stress Awareness month. Whether or not you are going away for a Spring Break this year, we all need to take regular "spring breaks" from the stressors in our lives.

-Take a mini vacation of your imagination.

Remember a relaxing place you have visited or seen on T.V or the movies. Now that you can picture that place, try to remember the smells, the sounds, and the way you felt when you were there. Taking even two minutes and escaping to a relaxing place can change your outlook and reduce your stress.

-Try journaling.

Write down your goals and dreams, your accomplishments, things you are thankful for, things you do well, and/or compliments you receive. Regularly review the items that you have written down that encourage you. Remind yourself what you are thankful for.

Things to Do This Month:

- *Local Events: <http://www.hellosacramento.com/Events.cfm>
<http://culturemob.com/sacramento/events/holiday>, <http://www.visitvallejo.com/index.php>,
<http://www.napadowntown.com/calendar.html>, <http://www.zvents.com/napa-ca/events/holiday>,
<http://events.contracostatimes.com/>, <http://events.sfgate.com/>, <http://www.sanfrancisco.com/festivals/>,
<http://sf.funcheap.com/>
- *Thunder Valley Concert Series: www.ThunderValleyResort.com;
- *Free Things to Do with Kids: <http://onefatherslove.com/sacramentofamilyevents.aspx>,
<http://www.solanolibrary.com/kids/events/index.cfm>,
http://eventful.com/stockton_ut/events/categories/family_fun_kids,
http://eventful.com/modesto/events/categories/family_fun_kids
<http://www.bayareakidfun.com/pages/events.html>

Serving these Northern California Counties: •Sacramento, Yolo, & El Dorado: 916-924-9111
•Placer County: 916-242-9111 or 530-852-5119 •Alameda: 510-581-1111 •Contra Costa: 925-280-9111
•Napa: 707-320-9208 •San Francisco & Marin: 415-452-9111 •San Mateo: 650-482-9111 •Santa Clara: 408-993-9111 •San Joaquin: 209-478-9111 •Solano: 707-421-9111 •Stanislaus : 209-525-9111