

•Affordable Caregiving Services •Free Care Home Referrals •Geriatric Care Planning •Emergency Response Systems

RECIPE OF THE MONTH
Double Coffee Tiramisù



Ingredients:

- 1 (8-oz.) package cream cheese
- 1/2 cup sugar
- 2 cups whipping cream
- 1/2 cup hot water
- 1 tablespoon instant coffee granules
- 1/4 cup coffee liqueur
- 2 (3-oz.) packages ladyfingers
- 1/2 cup grated semisweet or dark chocolate

Preparation:

1. Beat cream cheese and sugar at medium speed with an electric mixer until creamy.
2. Beat whipping cream with an electric mixer until soft peaks form. Fold into cream cheese mixture.
3. Stir together 1/2 cup hot water and coffee granules until dissolved. Stir in 1/4 cup liqueur.
4. Arrange ladyfingers evenly around sides of 8 (6-oz.) coffee cups. Drizzle ladyfingers with coffee mixture. Spoon or pipe cream cheese mixture into center of cups. Sprinkle with grated chocolate. Cover and chill 2 hours. Note: To serve the tiramisù in a single dish, prepare recipe as directed through Step 3. Arrange half of ladyfingers in bottom and up sides of a 2-qt. serving bowl. Drizzle evenly with half of coffee mixture. Top with half of cream cheese mixture. Repeat layers once. Sprinkle with grated chocolate. Cover and chill 2 hours.

"How did it get so late so soon? Its night before its afternoon. December is here before its June. My goodness how the time has flewn. How did it get so late so soon?" – Dr. Seuss

Pear Blue Cheese Crostini

Ingredients:

- 12 slices French bread
- 1/4 cup mayonnaise
- 1 medium ripe pear, cored and sliced thinly
- 1/2 cup crumbled blue cheese
- 1/2 cup chopped pecans

Preparation:

Cut each slice of bread in half diagonally to form triangles. Place on ungreased cookie sheet and bake at 400 degrees for 4-7 minutes until lightly browned, turning once. Spread bread with mayonnaise and top with pear slices, then sprinkle with blue cheese and pecans. Broil 6" from heat for 3-4 minutes until cheese melts and begins to brown.



Holiday Trivia:

- * The use of a Christmas wreath as a decoration on your front door, mantel or window symbolizes a sign of welcome and long life to all who enter.
- * Due to the time zones, Santa has 31 hours to deliver gifts? This means that he would have to visit 832 homes each second!

Special Days in December

- 12/1 Eat a Red Apple Day
- 12/1 World Aids Awareness Day
- 12/4 Santa's' List Day – which list are you on, naughty or nice?
- 12/7 Letter Writing Day
- 12/7 Pearl Harbor Day
- 12/8 National Brownie Day
- 12/9 Christmas Card Day
- 12/9 National Pastry Day
- 12/12 Poinsettia Day
- 12/18 Bake Cookies Day
- 12/20 Hanukkah begins at sunset and ends at sunset on 12/28
- 12/21 Humbug Day
- 12/21 Look on the Bright Side Day
- 12/23 Festivus – for the rest of us
- 12/24 Christmas Eve
- 12/25 Christmas Day
- 12/26 Kwanza
- 12/31 New Year's Eve

Holiday Stress Relief Ideas

In the month of December most people have more stress than any other time of the year because of increased commitments and responsibilities. What can we do to beat this stress?

1. Laugh more! Laughter can reduce stress in practically every human organ. Humor can boost our immune systems and fight viruses. Protect yourself from getting the flu this holiday by saying ha, ha, ha as often as you hear ho, ho, ho.
2. Remember to eat balanced meals. When you are stressed and have low levels of serotonin, your brain produces cravings for sugar and simple carbohydrates.
3. Dodge negativity! Although you cannot dodge it completely during the holidays, you can try to surround yourself with as many positive people as possible so that you have a good shot at embracing the "joy" of the season.

Things to Do in December: *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

•San Joaquin: 209-478-9111 •Santa Clara: 408-993-9111 •Solano: 707-421-9111 •Stanislaus: 209-525-9111