

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

**Love is the condition in which the happiness of another person is essential to your own.**  
-Robert Heinlein

All I really need is love,  
but a little chocolate now  
and then doesn't hurt!  
~Lucy Van Pelt, *In Peanuts*,  
by Charles M. Schulz



**RECIPE OF THE MONTH**

**Spicy Tomato Bisque with Grilled Brie Toast**

- 4 ounces Brie cheese
- 4 slices rye bread
- 1 (28 oz) can tomato puree
- 1/2 tsp red pepper flakes
- 1/8 tsp freshly ground black pepper
- 3/4 tsp dried basil
- 1/2 tsp white sugar
- 1/4 cup milk
- 4 oz cream cheese, cubed
- 2 tbs chopped fresh basil

Directions: Preheat the oven to 400 degrees. Spread the Brie cheese onto two slices of bread, and top with remaining slices. Place on a baking sheet and toast in the oven for about 8 minutes, turning once halfway through. Cut in half, and set aside. Next, in a saucepan over medium heat, stir together the tomato puree, red pepper flakes, black pepper, basil, and sugar. Bring to a simmer, and cook for 10 minutes. Whisk in the cream cheese until well blended, and then stir in the milk. Heat through without bringing to a boil. Stir in the fresh basil, and remove from the heat. To serve, place each sandwich half into a separate bowl. Ladle soup over each one into the bowl. Serve immediately.

**You can improve your memory.**

Memory is best practiced through association. When trying to remember a phone number. Try connecting the number with something about the person/business. Another tool with association is grouping the numbers together in smaller series such as 453 227 2354. Then repeat the phone number every couple of days.

**Safety Tip:**



Maintain a healthy back by being aware of your posture while you sit, stand, lift, recline, & move. Do at least 15 minutes of aerobic exercise and remember to stretch.

**Try implanting these foods into your regular diet to perk up your energy.**

- Complex Carbs like oats, brown rice, wild rice, cooked barley, quinoa, spelt, millet, baked potatoes with skin, sweet potatoes, canned and fresh pumpkin, squash and air-popped popcorn
- Proteins such as poultry, fish, peas, lentils, beans, eggs, cheese, and soy.
- Healthy Fats like canola, olive, sunflower and safflower oil, avocado, ground flaxseed, sunflower seeds, pumpkin seeds, walnuts, almonds, peanuts, pistachios, Brazil nuts, peanut butter, almond butter, salmon, tuna, lake trout, flounder, halibut, mackerel and herring
- Fruit and Vegetables such as Strawberries and broccoli.

**Five Self Improvement Goals** by dream-life-coaching.com

1. Stop Complaining Just stop, simple as that! That doesn't mean that things are great or that you have no reason to complain, it just means that you don't verbalize it. The reason for this is that you need positive people surrounding you and positive people will not stay in your presence if you complain a lot.
2. Seek the company Of positive people. We mirror the behavior of our social group; birds of a feather do flock together. Think about it, would you rather hang out with, employ, and live with somebody who is negative and constantly complaining or somebody who is enthusiastic and upbeat? It's a no brainer!! Seeking out positive people is a great start to seriously improving your life.
3. Be thankful. No matter how bad it is, you have something you can be grateful for. At the very least you are alive. Gratitude is the currency of happiness.
4. Give a compliment. So easy to do and so effective! Nice dress, nice earrings, good job on the..., your looking well today...and so on. Making somebody else smile will make you smile.
5. Read the first chapter of that book you bought and never opened. Remember knowledge is power and education changes your life.

**Things to Do This Month in Sacramento:**

- \*Local Events:<http://www.hellosacramento.com/Events.cfm>
- \*Thunder Valley Winter Concert Series: [www.ThunderValleyResort.com](http://www.ThunderValleyResort.com);
- \*Free Things to Do with Kids in January: <http://onefatherslove.com/sacramentofamilyevents.aspx>

**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