

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

RECIPE OF THE MONTH

White Chocolate Raspberry Cheesecake

Ingredients: 1 cup chocolate cookie crumbs
 3 tablespoons white sugar
 1/4 cup butter, melted
 1 (10 ounce) package frozen raspberries
 2 tablespoons white sugar
 2 teaspoons cornstarch
 1/2 cup water
 2 cups white chocolate chips
 1/2 cup half-and-half cream
 3 (8 ounce) pks cream cheese, softened
 1/2 cup white sugar
 3 eggs
 1 tsp vanilla extract
 Directions: In a medium bowl, mix together cookie crumbs, 3 tablespoons sugar, and melted butter. Press mixture into the bottom of a 9 inch springform pan. In a saucepan, combine raspberries, 2 tablespoons sugar, cornstarch, and water. Bring to boil, and continue boiling 5 minutes, or until sauce is thick. Strain sauce through a mesh strainer to remove seeds. Preheat oven to 325 degrees. In a metal bowl over a pan of simmering water, melt white chocolate chips with half-and-half, stirring occasionally until smooth. In a large bowl, mix together cream cheese and 1/2 cup sugar until smooth. Beat in eggs one at a time. Blend in vanilla and melted white chocolate. Pour half of batter over crust. Spoon 3 tbs raspberry sauce over batter. Pour remaining cheesecake batter into pan, and again spoon 3 tbs raspberry sauce over the top. Swirl batter with the tip of a knife to create a marbled effect. Bake for 55 to 60 minutes. Cool, cover with plastic wrap, refrigerate for 8 hours before removing from pan. Serve with remaining raspberry sauce.

“A true friend is someone who reaches for your hand and touches your heart.”

20 Inexpensive Heart Healthy Dinner Ideas under \$3. Minding a budget doesn't have to mean losing flavor. These 20 heart-healthy low-cost meals pack vital nutrients while nourishing you in good taste. Plus, at less than \$3 per serving, they're easy on the wallet as well as the waistline. Ideas such as: Fajita Ranch Chicken Wraps, Spaghetti with Tomato and Shrimp, Pork Medallions with Cranberry Chutney, Apple Glazed Turkey, Blackened Chicken with Avocado Salsa, Farfalle with Mushroom and Spinach, Eggs & Bacon in a Pita Pocket and many more.

For the full list and recipes go to: http://www.hearthehealthyonline.com/healthy-recipes/main-dish-recipes/cheap-dinner-ideas_ss1.html



Valentine Word Scramble:

olev
 ehatr
 pcidu
 aworr
 wob
 lveatnnei
 cnayd
 seors

*See answers at the bottom of the newsletter.

Special Days in February

- American Heart Month
- Black History Month
- Great American Pie Month
- National Cherry Month
- 2/2 Ground Hog Day
- 2/3 National Wear Red Day
- 2/4 Thank a Mailman Day
- 2/10 Umbrella Day
- 2/11 Don't Cry over Spilled Milk Day
- 2/11 Make a Friend Day
- 2/13-2/17 Random act of kindness week
- 2/14 Valentine's Day
- 2/15 National Gum Drop Day
- 2/19 National Chocolate Mint Day
- 2/20 Cherry Pie Day
- 2/20 Love Your Pet Day
- 2/20 President's Day - office closed
- 2/21 Mardi Gras
- 2/24 National Tortilla Chip Day
- 2/26 National Pistachio Day - it's a nutty day!
- 2/29 Leap Day - 2012, once every four years

American Heart Month is a month long celebration in the United States that happens every February. The "holiday" was established to urge Americans to recognize the nationwide problem of heart and blood vessel diseases and to support programs that solve the problem. Risk factors that lead to heart disease: high blood pressure, high cholesterol, diabetes, obesity, physical inactivity, tobacco use, family history
 Good health habits to help prevent heart disease: daily exercise, eating a balanced diet, maintaining a healthy weight, limiting sodium, avoiding tobacco, moderating alcohol consumption. <http://www.americanheart.org>
 -Did you know that the human heart beats about 100,000 times a day, 35 million times a year, and two and a half billion times in an average lifetime?
 -The average heart pumps more than a gallon of blood a minute.
 - An adult's heart is the size of two fists. A kid's heart is about the size of a fist.
 -In the United States, about 2,000 people a day die of heart disease.

*Word scramble answers: love, heart, cupid, arrow, bow, valentine, candy, roses

Things to Do: *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