



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

RECIPE OF THE MONTH

Slow Cooker Pesto

Lasagna

4 cups torn spinach
2 cups sliced mushrooms
1/2 cup commercial pesto
3/4 cup shredded mozzarella
3/4 cup shredded provolone
15 oz fat-free ricotta cheese
1 large egg, lightly beaten
3/4 cup grated fresh Parmesan cheese
25.5 oz fat-free tomato-basil pasta sauce (bottle)
8oz tomato sauce
1 (8-ounce) package precooked lasagna noodles

Preparation
Arrange the spinach in a vegetable steamer; steam, covered, 3 minutes or until spinach wilts. Drain, squeeze dry, and coarsely chop. Combine spinach, mushrooms, and pesto in a medium bowl, stirring to combine; set aside. Combine mozzarella, provolone, ricotta, and beaten egg in a medium bowl, stirring well to combine. Stir in 1/4 cup Parmesan, and set aside. Combine the pasta sauce and the tomato sauce in a medium bowl. Spread 1 cup pasta sauce mixture in the bottom of a 6-quart oval electric slow cooker coated with cooking spray. Arrange 3 noodles over pasta sauce mixture; top with 1 cup cheese mixture and 1 cup spinach mixture. Repeat the layers, ending with spinach mixture. Arrange 3 noodles over spinach mixture; top with remaining 1 cup cheese mixture and 1 cup pasta sauce mixture. Place remaining 3 noodles over sauce mixture; spread remaining sauce mixture over noodles. Sprinkle with the remaining 1/2 cup Parmesan. Cover with lid; cook on LOW 5 hours or until done.

Happy, SPARKLY, Do-Over, SHINY, Blank Canvas, Full of Promise, Hopeful, Brand Spankin' New Year!

Sharpen your memory with magnesium! Studies have shown that having a consistent dose of magnesium daily can reverse age-related memory loss. Magnesium strengthens the junctions that transmit brain signals which means more signals get through

Get free homework help:

- Camster.com helps students 9th grade-through college can have their questions answered by knowledgeable tutors via email in a few hours.
- Number2.com offers practice exams for SAT, ACT, and GRE and students can track their progress and get coaching help to turn wrong answers into right ones.
- Cliffnotes.com has hundreds of articles, study guides, and book summaries.

Feeling under the weather? Recharge your immune system by trying these tips:

- Pamper your sinuses by taking a 10 minute steamy shower daily can reduce sinus inflammation. Take a 1200mg garlic supplement daily.
- Eat one cup of yogurt a day.
- Take a 15 minute walk to boost adrenaline and shrink swollen sinus membranes.

January's Special Days:

Thank You Month
Hot Tea Month
National Oatmeal Month
National Soup Month
1/1 New Year's Day
1/4 Trivia Day
1/14 Dress Up Your Pet Day
1/15 National Hat Day
1/16 Martin Luther King Jr. Birthday
1/18 Thesaurus Day
1/18 Winnie the Pooh Day
1/19 National Popcorn Day
1/21 National Hugging Day
1/23 National Pie Day
1/24 Compliment Day
1/26 Spouse's Day
1/27 Chocolate Cake Day
1/31 Backward Day
1/31 Inspire Your Heart with Art Day

Time Management Tips on How to Start Your Year Off Right.

- Take a look at the full 2012 calendar and make note of existing commitments.
- Review your TIME budget. Keeping in mind these questions: Do you have the time to give to your existing commitments; Time for new or unforeseen commitments; For special dates such as holidays and special life celebrations?
- Now revise your 2012 commitment calendar and eliminate items that overlap, or that you either have no reason to do or no consequence if you eliminate (*you won't be disinherited by loved ones or lose your job*).
- Now that you have your main commitments on the calendar, review any special dates and then make yourself a reminder at least a month before the date to give you plenty of time to prepare.
- Remember: to set up personal appointments for yourself in this main calendar such as time for yourself, dates with your loved ones, hair/massage/fitness appointments, changing your car oil, house maintenance, etc.

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>

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