

Providing Excellence in Elder Care Since 1992

January 2011

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

"People with goals succeed because they know where they are going. It's as simple as that." - Earl Nightingale



RECIPE OF THE MONTH

Spinach & Goat Cheese Pizza

INGREDIENTS:

- 2 whole-grain flatbreads
- 1/2 cup pizza sauce
- 2 tablespoons dried oregano
- 1 cup baby spinach
- 1/4 cup goat cheese
- 2 tablespoons pine nuts

DIRECTIONS:

- Preheat oven to 350 degrees F.
- Bake flatbread for 7 minutes.
- Spread pizza sauce on flatbread and top with oregano, spinach, goat cheese, and pine nuts.
- Bake an additional 12 to 15 minutes.

Smart Goal Setting Begins with Focus – It has been said that, what we see depends mainly on what we look for. Look for health, success, happiness, and fulfillment in 2011, and our wish is that you will find what you are looking for in 2011.

For memory like an elephant's, try acrostics.

These are especially useful if you have to remember items in a specific order or if an acronym isn't easy enough to remember. Like the first 10 U.S. presidents:
 Wobbly Angry Jet Made
 Misstep After Jamming
 Very Heavy Traffic =
 Washington, Adams,
 Jefferson, Madison,
 Munroe, Adams, Jackson,
 Van Buren, Harrison,
 Tyler.



Safety Tip:
 When holiday shopping avoid overloading yourself with packages. It is important to have clear visibility and freedom of motion to avoid mishaps.

Great snacks with less than 200 calories:

- Craving salty?
- 5 olives (any kind) (45 calories)
 - 1/4 cup hummus, 3 carrot sticks (80 calories)
 - 1 bag Baked! Cheetos 100 Calorie Mini Bites (100 calories)
 - 1 cup unshelled edamame (120 calories)
 - 1 Subway Turkey Breast Wrap (190 calories)
- Craving sweet?
- 1 package Original Apple Nature Valley Fruit Crisps (50 calories)
 - 1 packet O'Coco's Mocha cookies (90 calories)
 - 1 Jelly Belly 100-calorie pack (100 calories)
 - 1 Starbucks Mocha Frappuccino bar (120 calories)
 - 1 McDonald's Fruit 'n Yogurt Parfait (160 calories)

Five Healthy Eating Goals from the American Heart Association that you can add to your daily life over the next couple of weeks.

- ⌘ Eat more fruits and vegetables. Aim for 4-5 servings each of fruits and vegetables every day, if you consume a 2,000 calorie diet. Vegetable or 100% fruit juice counts toward this goal.
- ⌘ Eat more whole-grain foods. Like fruits and vegetables, whole-grain foods are low in fat and cholesterol and high in fiber. Whole-grain foods include whole-wheat bread, rye bread, brown rice and whole-grain cereal.
- ⌘ Use olive, canola, corn or safflower oil as your main kitchen fat. Limit how much fat or oil you use in cooking, and use liquid vegetable oils such as olive, canola, corn and safflower oils in place of solid fats.
- ⌘ Eat more chicken, fish and beans than meat. In general, skinless poultry, fish and vegetable protein (such as beans) are lower in saturated fat and cholesterol than meat (beef, pork and lamb).
- ⌘ Read food labels to help you choose healthy foods. Food labels provide information to help you make better food choices. Learn what information to look for (for example, sodium content) and how to find it quickly and easily.

Things to Do This Month in Sacramento:

- *Local Events: <http://www.hellosacramento.com/Events.cfm>
- *Thunder Valley Winter Concert Series: 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