

Providing Excellence in Elder Care Since 1992

June 2011

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

There shall be eternal summer in the grateful heart. ~Celia Thaxter



RECIPE OF THE MONTH

Caramelized French

Toast

Ingredients

- 7 tbs butter
- 6 tbs golden brown sugar
- 1 1/2 cups whole milk
- 3 large eggs
- 1 tbs vanilla extract
- 1 1/2 tsp ground cinnamon
- 1/2 tsp nutmeg
- 8 thick slices French bread
- Powdered sugar
- Fresh berries
- Pure maple syrup

Directions:

•Mix butter and brown sugar in small bowl to blend. Whisk milk, eggs, vanilla, and spices in large bowl to blend.

•Melt 2 tablespoons brown sugar-butter mixture in each of 2 large nonstick skillets over medium-high heat. Dip bread slices 1 at a time in egg mixture to coat. Add 4 slices to each skillet. Cook until bottoms are deep brown, 3 to 4 minutes. Spread remaining butter mixture over bread in skillets. Turn slices over. Cook until bottoms are deep brown, 3 to 4 minutes. Divide French toast among 4 plates. Sift powdered sugar over. Top with berries

In June, as many as a dozen species may burst their buds on a single day. No man can heed all of these anniversaries; no man can ignore all of them. ~Aldo Leopold

Stress doesn't have to sideline you from life or send you straight to the ice cream tub.

Identify the source of your stress. Some sources of stress are easy to point the finger at, but are they really what's bothering you? The first step to managing stress is pinpointing the true culprit.

Stain Removal:

Murphy Oil Soap makes a great laundry pre-spotter, especially on organic stains like grass or blood. Wet washable, colorfast fabric, add a drop of Murphy directly to the stain, squish through the fabric and wash as usual.

June is great outdoors and national safety month.

According to the Home Safety Committee, every hour two seniors die from fall-related injuries, with another 205 treated in emergency rooms. Forty percent of those who fall lose their ability to remain independent, suffer from reduced mobility and increase their risk of premature death. Seniors can significantly reduce their risk of falling, allowing them to maintain their independence in their homes if we remind them these simple steps.

- Check Rugs are flat and secure.
- Clear Pathways of clutters and trip hazards.
- Be diligent with bathroom Safety.
- Review medications for negative interactions.
- Take annual tests for your eyes and bones.

Try A Family Cook Night.

Statistics show that children from families that regularly dine together are more likely to stay out of trouble in their teen years. And, kids that participate in preparing their own food often make healthier food choices.

Get the whole family involved from the beginning by letting everyone help plan the menu. Try to honor everyone's choices. You may end up with several menus, just use them for future dinners. Some suggestions for easy group projects include pasta with salad and fajitas with grilled veggies. Assign everyone a task; even small children can wash veggies and mix a salad. Be sure and supervise young helpers when they are using the stove or sharp utensils. As you prepare the meal together, enjoy what happens. Talk, tease, laugh and share your lives. For more ideas check out: <http://www.staycationidea.com>

Things to Do This Month in Northern California:

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