

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

Be like a flower and turn
your face to the sun.
-Kahlil Gibran



RECIPE OF THE MONTH

Fruit Pizza

1/2 cup butter, softened
3/4 cup white sugar
1 egg
1 1/4 cups all-purpose flour
1 tsp cream of tartar
1/2 tsp baking soda
1/4 tsp salt
1 (8 ounce) package cream
cheese
1/2 cup white sugar
2 tsp vanilla extract

Directions

1. Preheat oven to 350 degrees F
2. In a large bowl, cream together the butter and 3/4 cup sugar until smooth. Mix in egg. Combine the flour, cream of tartar, baking soda and salt; stir into the creamed mixture until just blended. Press dough into an ungreased pizza pan.
3. Bake in preheated oven for 8 to 10 minutes, or until lightly browned. Cool.
4. In a large bowl, beat cream cheese with 1/2 cup sugar and vanilla until light. Spread on cooled crust.
5. Arrange desired fruit on top of filling, and chill.

The world's favorite season is the spring.
All things seem possible in May. -Edwin Way Teale

Drink more water...

When citrus, herbs, and other bright ingredients are added to a pitcher, water is deliciously transformed. For citrus-rosemary water, use lime slices, large strips of orange zest, and gently crushed rosemary sprigs. For ginger-cucumber water, try sliced ginger, cucumber ribbons, and mint sprigs. Steep ingredients in water, refrigerated, for an hour.

Unclog

Showerheads

Fill a plastic bag with undiluted white vinegar and place the bag over the head so it is submerged; secure and seal the bag with a rubber band. Soak overnight and then scrub the face with a toothbrush.

Kitchen Tip: Cleaning A Coffeemaker

Why Clean It? Oily residue from brewing, along with hard-water deposits and other impurities, build up in coffeemakers over time. The result: Your coffee can end up with an unpleasant flavor.

How To Clean: Once a month, fill the water reservoir with a mixture that's half distilled white vinegar and half water. Turn on the coffeemaker. Let several cups run through, then turn it off and let sit for an hour. Start the machine again to complete the cycle, discarding the vinegar mixture afterward. Run plain water through the coffeemaker a few times until the vinegar odor disappears. To clean the carafe and filter basket, place in the top rack of the dishwasher. *Read more at Marthastewart.com*

The month of May starts with Mother's Day and ends with Memorial Day. May is a month about honoring those who have served us and continue to serve us from our mothers to our armed forces. Let's remember to take the time to say thank you and show our appreciation.

I can no other answer make, but, thanks, and thanks. ~William Shakespeare

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