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November 2011


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

RECIPE OF THE MONTH

Cheesy Baked Mashed

Potatoes

INGREDIENTS:



4lbs russet potatoes, peeled, cut into 1" pieces
1 stick butter, melted
1 tbs butter at room temp
1 cup whole milk, at room temperature
1 1/2 cups shredded mozzarella
1 cup freshly grated Parmesan, divided use
8 oz pancetta, diced, cooked & drained
Salt and black pepper
1/4 chopped fresh flat leaf Italian parsley
2 tbs plain bread crumbs

Directions:

Preheat the oven to 400°F. Coat a baking dish with the 1 tbs butter and set aside. Cook the potatoes in a large pot of boiling salted water until tender. Drain and mash well with a potato masher. Mix in the melted butter and milk. Mix in the mozzarella, 3/4 cup of the Parmesan and pancetta. Season to taste, with salt and pepper and add in parsley. Transfer the potatoes to the prepared baking dish. Stir the bread crumbs and remaining 1/4 cup of Parmesan and sprinkle the bread crumb mixture over the mashed potatoes. Bake, uncovered, until the topping is golden brown, about 20min.

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~John F. Kennedy

Safety Tips for Defrosting

Your Turkey: Defrosting in the microwave or in cold water in the sink, can effect the taste and texture of the roasted turkey at mealtime, and most importantly, improperly defrosting a turkey can create conditions inside the bird that cause dangerous bacteria to grow. The safest method when defrosting your turkey is in the refrigerator. It is suggested that you allow 1 day for every 4lbs of turkey, so a 20lb turkey would need to thaw in your refrigerator for 5 days before Thanksgiving. Don't forget to buy fresh or get your frozen turkey early and start the defrosting process in plenty of time.

☺ Remember ☺

Daylight Saving Time will fall back to standard time again on Sunday, November 6th.

How Do You Say November In:

Spanish: De noviembre
Italian: Novembre
French: Novembre
German: November
Polish: Listopada
Latin: November
Russian: Ноябрь

November Fun Facts To Celebrate:

- Child Safety Protection Month
- Native American Heritage Month
- Peanut Butter Lovers Month
- 11/3 Sandwich Day
- 11/8 Cook Something Bold Day
- 11/11 Veteran's Day
- 11/12 Chicken Soup for the Soul Day
- 11/13 World Kindness Day
- 11/14 Operating Room Nurse Day
- 11/16 Button Day
- 11/17 Homemade Bread Day
- 11/17 World Peace Day
- 11/24 Thanksgiving - Eat, drink, and be thankful.
- 11/25 Black Friday
- 11/25 You're Welcome Day - the day after Thanksgiving

Black Friday Shopping News:

- **Walmart** announced a Christmas Price Guarantee. If you buy an eligible product between 11/1 and 12/25 and then later find it cheaper somewhere else, Walmart will give you a gift card for the difference.
- **Best Buy** announced this morning that they will offer free shipping on everything at bestbuy.com. The free standard shipping offer is good from 11/1 to 12/27 with no minimum purchase required.
- **At Toys R Us** If you're a loyalty rewards member, you receive 10% back in R Us dollars on holiday purchases. Members can earn a 2012 Super Savers Pass when they spend more than \$200 during a specified time frame, which unlocks more than \$100 in savings including exclusive monthly coupons. Layaway purchases do qualify for rewards points, though all layaway orders must be paid off by 12/4.
- **Bath & Body Works** is once again offering their Black Friday VIP bag, valued at over \$100, which will arrive in stores on November 25th. They haven't announced pricing yet, but we're expecting it to be similar to last year's pricing, which was \$20 with any \$40 purchase.

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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