

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

During the Winter months, remember to continue to eat healthy. Fresh fruits, vegetables, and home-made soups will boost the immune system.

I don't feel old. I don't feel anything till noon. That's when it's time for my nap. - Bob Hope



**RECIPE OF THE MONTH
CHICKEN POT PIE**

INGREDIENTS

- 1-2 c. cooked, cubed chicken
- 1 can condensed cream of chicken soup, undiluted
- 1 can condensed cream of mushroom soup, undiluted
- 1 1/2 Tbsp. ground rosemary
- 4 c. frozen, mixed vegetables
- 1 can Crescent rolls

DIRECTIONS :

1. Cook vegetables in saucepan as directed on package until hot. Drain.
2. In large bowl, mix vegetables, both soups, chicken and rosemary.
3. Place mixture into a large casserole dish.
4. Roll out crescent rolls. Gently pinch perforations closed. Cut into 1/2 inch wide strips.
5. Place strips on chicken mixture in a lattice pattern. Trip to fit the casserole dish.
6. Bake uncovered at 350 degrees for 1 to 1 1/2 hours or until dough is cooked
7. Let stand few minutes before serving completely.



Remember To Get Your Flu Shot.

Flu shots are provided by your Primary Care Physician or your local Pharmacy free of charge or for a small fee. Most physicians recommend that all infants and Elderly be vaccinated and those who work with them.



Staying Healthy During the Holiday Seasons:

- Get plenty of rest and sleep.
- Avoid Stressful situations
- Take multivitamins
- Eat breakfast and try to avoid fast food.
- Try not to over commit yourself during this busy time.
- Exercise regularly
- Drink Lots of water.

Wardrobe for Winter:

- ◇ Your winter coat that flatters your personality and keeps you warm.
- ◇ Remember your scarf that you can wrap around multiple times to keep warm, and don't forget your gloves.
- ◇ Use cardigans because layers are in, this can be worn under a wrap or over a blouse with a belt.
- ◇ Don't forget a marvelous pair of boots!!

◆◆ STAY WARM ◆◆

Monthly Safety Tip: Let's face it ANYONE can fall, but the risk of falling becomes greater with age! One in three of *American Seniors* will fall at least once. However, there are simple precautions that you can take in and around your home to prevent unnecessary trips to the ER.

- ▶ Bathroom tips: Install grab bars by the toilet and bath, Use a bath seat in the shower and a raised toilet seat, spills and moisture must be wiped right away, Use a rubber mat in the tub and shower.
- ▶ Kitchen tips: Store pots and pans in easy-to-reach areas, plug in nightlights, heavy items go in lower cupboards, non-skid floor wax, use a stable stool with a safety rail for reaching high places, get a cordless phone.
- ▶ Stairwell tips: Well lit, handrails on both sides, remove reading glasses, don't rush!

Things to Do This Month in Sacramento:

- *Holiday Events: <http://www.hellosacramento.com/Events.cfm>
- <http://culturemob.com/sacramento/events/holiday>
- <http://sacramento.about.com/od/calendarofevents/a/saccedec07.htm>
- *Thunder Valley Holiday Concert Series: www.ThunderValleyResort.com;
- *Free Things to Do with Kids in December: <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