

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

May your blessings out number. The shamrocks that grow, and may trouble avoid you wherever you go.
~Irish Blessing



RECIPE OF THE MONTH
Shortbread Cookies

Ingredients:
1 cup white sugar
2 cups butter, softened
3 1/2 cups all-purpose flour
1 cup white rice flour
2 tablespoons white sugar

Directions:
1. Preheat oven to 350 degrees.
2. In a medium bowl, cream butter and 1 cup of sugar until very fluffy. Gradually add the flour and rice flour. As the dough gets stiffer, turn it out onto a well floured surface, and knead it until smooth.
3. Press dough into a 10x15 inch jellyroll pan, score into bars and prick with a fork. Sprinkle remaining sugar over the top, and bake for 30 to 35 minutes in the preheated oven, until golden brown. Cut along scored lines into bars while still warm. Cool before serving.

"If we had no winter, the spring would not be so pleasant." -Anne Bradstreet

Optimists enjoy better health, find more success, feel less stressed during stressful times, and tend to have more supportive networks and resources! **Celebrate Optimism Month:** Act like an optimist! Use "upbeat" words instead of "upset" words. Focus on problem solving not problem identification. Avoid pessimists and emotional leeches. Be grateful. 😊

Workplace Exercise For Your Eyes:
Rub your hands together and cup them over each eye and let the warmth from your hands help relieve tension while shielding your eyes from the light.

Tips for Better Nutrition:
1. Begin the day w/ a good breakfast.
2. Eat fewer, smaller nutritious meals.
3. Go heavy on fruits and veggies (at least 5 a day).
4. Go light on fast food. When you do eat take out, make smart choices and eat small portions.

Rearrange Your Fridge. It sounds simple, but just taking your good stuff out of the crisper, cutting it up so it's ready to go and putting it on a more visible shelf can aid in your effort to eat better. *(And it doesn't hurt to move the fattening stuff out of sight.)* **You'll be more likely to reach for a healthy snack if it's front and center!**

Natural Tips to Prevent a Cold by webmd.com

- #1 Wash Your Hands**
- #2 Don't Cover Your Sneezes and Coughs With Your Hands**
Because germs and viruses cling to your bare hands, muffling coughs and sneezes with your hands results in passing along your germs to others. When you feel a sneeze or cough coming, use a tissue, then throw it away immediately. If you don't have a tissue, cough or sneeze into the inside of your elbow.
- #3 Don't Touch Your Face**
Cold and flu viruses enter your body through the eyes, nose, or mouth. Touching their faces is the major way children catch colds, and a key way they pass colds on to their parents.
- #4 Drink Plenty of Fluids**
- #5 Eat Foods Containing Phytochemicals**
"Phyto" means plants, and the natural chemicals in plants give the vitamins in food a supercharged boost. So put away the vitamin pill, and eat dark green, red, and yellow vegetables and fruits.

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