

Spreading Holiday Cheer

Winter 2021

What Winter Slump?

Keep yourself busy with fun holiday activities:

1. **Winter at Dilworth Park:** embrace holiday cheer with a cup of hot chocolate, ice skating, and shopping
2. **LumiNature at the Philadelphia Zoo:** Bundle up and take a stroll to see the zoo animals under holiday lights
3. **A Longwood Christmas:** Take a step outside of the city to see Longwood Gardens transform into a winter wonderland.

Things to keep in mind:

With the colder weather approaching, it can be hard to maintain certain aspects of self-care, we want to remind you to:

1. **Keep moving:** physical activity not only warms up your body, but it can lift your mood.
2. **Make time for group activities:** Whether it be via zoom or meeting up in person, social interactions are proven to decrease anxiety/depression, and improve quality of life.
3. **Give yourself permission** to do less decorating or holiday chores.
4. **Do not beat yourself up** for things outside of your control.
5. **Arrange caregiving help early;** reach out to others when possible to ensure you can relax and recharge.

Reminder: Practice selfcare



As the temperature dips, go from stovetop to tabletop with this warming and healthy [Creamy Chicken, Brussels Sprouts & Mushrooms One-Pot Pasta.](#)



Ingredients:

- 8 ounces whole-wheat linguine or spaghetti
- 1 lb boneless, skinless chicken thighs
- 4 cups sliced mushrooms
- 2 cups sliced Brussels sprouts
- 1 medium onion, chopped
- 4 cloves garlic, thinly sliced
- 2 tablespoons Boursin cheese
- 1 ¼ teaspoons dried thyme
- ¾ teaspoon dried rosemary
- ¾ teaspoon salt
- 4 cups water
- 2 tablespoons chopped fresh chives

Instructions:

1. Combine pasta, chicken, mushrooms, brussels sprouts, onion, garlic, boursin cheese, thyme, rosemary, and salt in a large pot. Stir in water.
2. Bring to a boil over high heat. Boil, stirring frequently, until the pasta is cooked, and the water has almost evaporated.
3. Cook for 10 to 12 minutes.
4. Remove from heat and let stand, stirring occasionally, for 5 minutes.
5. Serve sprinkled with chives.

Nutrition: Calories: 353 | Protein: 27g | Sodium: 460.9g

Reminder: Please keep your project Samsung Tablet plugged in to charge and case open to receive updates that might need to occur.

Tips for caregivers

Check out the articles below to learn some ways to make your holiday season more enjoyable for you and loved ones!

[Caregiving and the holidays: from stress to success!](#)

[Caregiving During the Holidays: Have a Realistic, Positive Approach](#)

[3 Ways To Reduce Caregiver Holiday Stress And Enjoy The Season](#)

Winter Weather Tips for Caregivers:

1. **Know what's coming:** Routinely check the forecast or the news to help you stay ahead of winter weather.
2. **Stock up:** Get ahead of the grocery store madness and stock up on key essentials.
3. **Plan for power:** Always make sure to have electronics charged and have candles/flashlights easily accessible.



Holiday Dessert Recipe: [Golden Rum Cake](#)

Servings: 12; Yield: 1, 10in. Bundt pan

Ingredients

- Cooking spray
- 1 large egg
- 1 large egg white
- 1 cup fat-free milk
- 2 tablespoons brown sugar blend
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves or allspice
- 6 slices light, whole-grain bread, cubed
- 3 medium apples (cored, cut into 1/2-inch cubes)
- 1/2 cup of any one of the following: raisins, unsweetened dried cranberries, fresh or unsweetened dried blueberries, chopped walnuts, pecans, or almonds (optional)

Directions

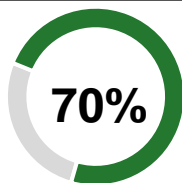
1. Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 10 inch Bundt pan. Sprinkle chopped nuts evenly over the bottom of the pan.
2. In a large bowl, combine cake mix and pudding mix. Mix in the eggs, 1/2 cup water, oil and 1/2 cup rum. Blend well. Pour batter over chopped nuts in the pan.
3. Bake in the preheated oven for 60 minutes, or until a toothpick inserted into the cake comes out clean. Let sit for 10 minutes in the pan, then turn out onto serving plate. Brush glaze over top and sides. Allow cake to absorb glaze and repeat until all glaze is used.
4. To make the glaze: in a saucepan, combine butter, 1/4 cup water and 1 cup sugar. Bring to a boil over medium heat and continue to boil for 5 minutes, stirring constantly. Remove from heat and stir in 1/2 cup rum.

Nutrition: Calories: 562 | Protein: 5.6g | Sodium

Project Updates

Enrollment Goal: 250

Currently Enrolled: 174



**YOU CAN'T TAKE CARE
OF ANYONE ELSE
UNLESS YOU FIRST
TAKE OF YOURSELF.**

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Wishing you a happy
and healthy 2022.

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