

## Happy Holidays!

*Whose woods these are I think I know. His house is in the village, though; He will not see me stopping here To watch his woods fill up with snow.*

*My little horse must think it queer To stop without a farmhouse near Between the woods and frozen lake The darkest evening of the year.*

*He gives his harness bells a shake To ask if there is some mistake. The only other sound's the sweep Of easy wind and downy flake.*

*The woods are lovely, dark, and deep, But I have promises to keep, And miles to go before I sleep, And miles to go before I sleep. -Robert Frost*

This year we festively share Holiday Tips, as easy to remember as spelling, 'HOLIDAYS'.

**H**ope – make and share a meal with a friend who is having a hard time or who doesn't leave their home often.

**O**verspending - avoid it by setting a holiday budget and sticking to it. Remember, it's the thought that counts, and there are countless ways to let our loved ones know we care. Make and bake a delicious holiday treat (see our recipe on page two for inspiration) and include a handwritten note. Coloring books are inexpensive and very popular right now-for young and older grandkids including the new adult styles. Add brightly colored pencils tied with a ribbon~

**L**ove – another way to share your love through the holiday season is to give back. Do you have some

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older items to donate to a clothing or book drive? Is there a charitable cause close to your heart that you can include in your holiday budget this year?

**I**dea for wonderful keepsakes: remember to capture pictures with family and friends this year and order prints (black and white adds a whimsical touch). Order extras to send to the others who are in the pics~

**D**on't fall for schemes – older people are often targets of fraud and scams-which become more prevalent during the holidays. Review basic do's & don't when it comes to your financial information and how you can share it securely. If something seems too good to be true, it probably is!

**A**sk for help – there are small things people can do that will keep you safer. Let someone else clear your walkway of snow and ice, or ask a family member to help with some of your Christmas errands.

**Y**ou – do something for YOU! Treat yourself to a soothing pedicure. Invite your daughter or a friend to join you as your gift to one another, and enjoy a lovely ladies' lunch after!

**S**afety first – shop during the day with a group. Don't carry a lot of cash.

**HAPPY HOLIDAYS** from our family to yours~

### **Brain Booster #1:**

**Q: What five letter word becomes shorter when you add two letters to it?**

### **Brain Booster #2:**

**Without it, I'm dead. If I'm not, then then I'm behind. What am I?**

## What's in Season?

In December, try Beets, Broccoli, Carrots, Pomegranates and Potatoes

**We love sharing some of the ways Cooperative Home Care employees are giving back this season!** One of our nurses, Holly G., always commits her personal time, efforts and resources to distribute 100 Thanksgiving meals, including all of the delicious trimmings, to caregivers and clients in need.

**Cooperative Home Care offices will collect spare change from employees, caregivers and visitors through December 31st.** Inspired by the folk story *Stone Soup*, we're encouraging everyone to consider a small donation, to collectively make something great. Look for more information at our collection sites; next month we'll share our results and how we used the money to help others.

### December Birthdays

Walt Disney 12-5-1901 (1966)

Frank Sinatra 12-12-1915 (1998)

Stan Lee 12-28-1922

*Happy Birthday to You!*



### Delicious and Easy Homemade Muffins

Make these muffins your own by adding bananas, berries or even bacon in the batter! Pre-heat your oven to 400 degrees. Stir 2 cups flour, 3 tsp baking powder, 1/2 tsp salt and 3/4 cup sugar in a large bowl. In a small bowl, beat 1 egg with a fork; stir in 1 cup milk and 1/4 cup oil. Pour all at once into the flour mixture. Mix quickly and lightly with a fork (the batter will be lumpy). Fold in your additions, pour into muffin cups and bake for 25 minutes. Lovely!

### Brain Booster #1 Answer:

What five letter word becomes shorter when you add two letters to it? **Short! (Add 'er' = 'Shorter')**

### Brain Booster #2 Answer:

Without it, I'm dead. If I'm not, then then I'm behind. What am I? **Ahead!**