

◆ APPLE CORE ◆

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NUTRITION & SERVICES FOR SENIORS

December 2018

CHRISTMAS COMICS



Q. What do Santa's elves learn in school?

A. The Elfabet.



Q. What is Claustrophobia?

A. A fear of Santa Claus.



Q. What breakfast cereal does Frosty the Snowman eat?

A. Snowflakes.



Q. What do you call a cat sitting on the beach on Christmas Eve?

A. Sandy Claws.



Q. What type of cars do elves drive?

A. Toy-otas.



Q. What do cats and dogs call Santa Clause?

A. Santa Paws!!!



Q. What is a parent's favorite Christmas carol?

A. Silent Night!



Q. Which reindeer likes to clean?

A. Comet



WE WISH YOU A Merry Christmas!

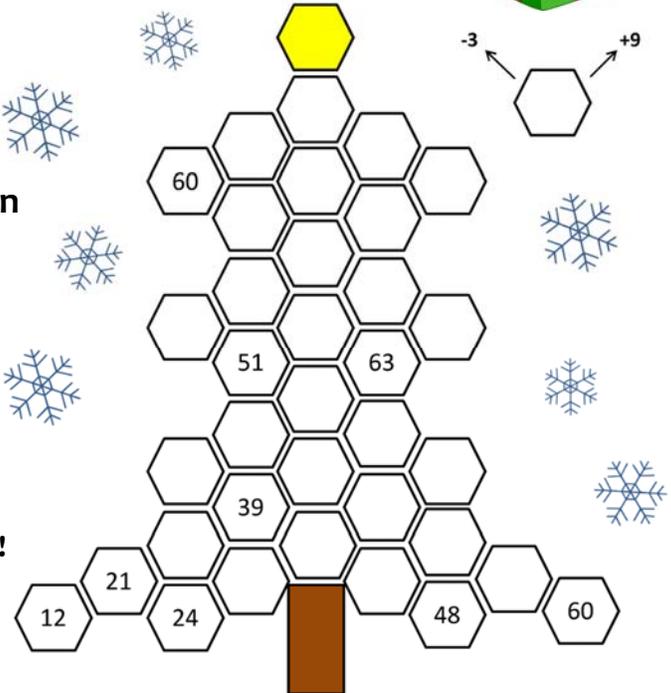


Christmas Tree Addition & Subtraction

◆ Work out the missing numbers in this Christmas tree.

◆ Can you work out what the number at the top will be?

◆ **HAVE FUN & HAVE A VERY MERRY CHRISTMAS!**



Fire Safety Tips for the Holiday Season

Did you know? Seniors are more at risk for house fires than any other age group. This is especially true during the holidays, so it's important that everyone takes extra precautions regarding fire safety for seniors at this time of year.

Here's what to watch for as the holidays approach.

1. Decorations

Avoid any decorations that are flammable materials, including tissue paper, tinsel and cotton. Stick with flame-resistant decorations and you'll reduce the risk of fire significantly.

2. Access and Walkways

Blocked pathways in the home are another concern. In case there is a fire, there should be several wide, obstacle-free escape paths out of the house. That means not blocking them with presents, decorative arrangements, or relocated furniture.

3. Cooking

Many seniors like to cook for their families during the holidays. It's a wonderful tradition, but cooking is also the number one cause of house fires this time of year. Food that's being cooked should never be left unattended. And having a fire extinguisher in the kitchen - just in case - is a must.

4. Electrical Safety

Electrical issues are another fire hazard to consider. If you hang holiday lights or use illuminated decorations, you're bound to have extra cords running throughout the house. First, make sure that all of these decorations are in good working conditions. This means high-quality lights and no frayed wires or broken bulbs. You should also make sure the extra yardage on cords is stowed safely. Keep cords out of walkways and, finally, make sure not to overload the outlets with too many extension cords.

5. Planning

Last but not least, always have an escape plan in place in case there's a fire. Create an exit strategy that everyone in the family is able to navigate easily. Take extra care to ensure that it's doable by anyone who may have mobility concerns. Practice your escape plan several times a year.

Christmas Inspiration



“Gifts of time and love are surely the basic ingredients of a truly merry Christmas.”
-Peg Bracket



“We are better throughout the year for having, in spirit, become a child again at Christmas time.” -Laura Ingalls Wilder



“He who has not Christmas in his heart will never find it under a tree.” -Roy L. Smith



“Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.”
-Norman Vincent Peale



“My idea of Christmas, whether old-fashioned or modern, is very simple: loving others.” -Bob Hope



“Christmas is a necessity. There has to be at least one day of the year to remind us that we’re here for something else besides ourselves.” -Eric Sevareid



Ingredients

Crockpot Spinach Dip

- 10 oz. frozen chopped Spinach (1 package) thawed
- 14 slices chopped bacon, cooked until crispy
- 2 cups shredded Pepper Jack Cheese
- 1 cup shredded Parmesan Cheese
- 8 oz. Philadelphia Cream Cheese, softened to room temperature and cubed
- 1/2 cup Sour Cream
- 1/2 cup Mayo
- 1/4 tsp Garlic Powder
- 1/3 tsp Salt
- Pinch of pepper
- Pita Chips - or - Tortilla Chips - or - Sliced Baguette (Your choice!)
- Nonstick cooking spray



Instructions

1. Combine all ingredients in mixing bowl, and stir.
2. Spray crockpot with nonstick cooking spray
3. Transfer mixture to crockpot and cook 1 hour on HIGH, or until done (stirring occasionally).
4. Serve with: Pita Chips, Tortilla Chips or Fresh Sliced Baguette



HOLIDAY SHOPPING TIPS FOR SENIORS

- > **Don't try to take it all on at once.** A one-stop shopping trip for every single family member will wear you out and leave you exhausted. Don't try to do it all on the same day.
- > **Start early.** The last thing you need is to be the last person buying a gift for that hard-to-shop-for member of the family. Instead, start early and get the easiest gift for everyone on the list.
- > **Take company.** Make a day of shopping with a friend or family member. It's a great idea to have someone along to help carry bags, keep you company, and provide a supporting hand if you feel a little wobbly.
- > **Shop early in the day.** After work, many stores become overcrowded - especially during the busy holiday season. Try shopping earlier in the day when the stores will be more peaceful.

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