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The Holiday season is here and the best gift is having such a remarkable team making a difference in the lives of our clients each and every day! Cheers to you and blessings to your families during this holiday season.

-Jayne Kelleher



Free Home Care Training-
 Self paced On-line course offered
 here- Spread the word- Become a
 certified Homemaker and companion.

Chocolate Crackle Cookies

- | | |
|---------------|---|
| 1/2 cup | All-purpose flour |
| 1/4 cup | Unsweetened Ground Cocoa |
| 1 tablespoon | Instant espresso |
| 1 teaspoon | Baking powder |
| 1/8 teaspoon | Salt |
| 4 tablespoons | Butter, unsalted |
| 2/3 cup | Dark-brown sugar, packed |
| 1 | Egg, large |
| 4 ounces | Chocolate Baking Chips, melted and cooled |
| 1 tablespoon | Milk |
| 1/2 cup | Confectioners' sugar, for coating |



Directions

1. Stir together flour, Ghirardelli Unsweetened Cocoa, espresso, baking powder, and salt in a medium bowl.
2. Beat butter and brown sugar with a mixer until light and fluffy, about 3 minutes. Beat in egg until well combined; mix in cooled Ghirardelli 60% Cacao Bittersweet Chocolate. Reduce speed to low, and gradually add flour mixture; beat in milk until just combined.
3. Cover dough with plastic wrap. Freeze until firm, about 45 minutes.
4. Preheat oven to 350°F. Line 2 baking sheets with parchment.
5. Shape dough into 1/2-inch balls (exactly 1 teaspoon each).
6. Pour confectioners' sugar into a medium bowl; working in batches, roll balls in sugar 2 times, letting them sit in sugar between coatings.
7. Place on baking sheets, spacing each 2 inches apart.
8. Bake until cookies have spread and coating is cracked, 10 to 12 minutes; cookies will still be soft to the touch. Let cookies cool on a wire rack.

5 Ways to Prevent Falls

Consider these simple steps to help reduce your risk of a fall.

- 1 Begin an exercise program to improve your leg strength and balance
- 2 Follow your prescribed rehabilitation and wellness plan
- 3 Ask your doctor or pharmacist to review your medicines with you
- 4 Get your annual eye exam and update your eyeglass prescription
- 5 Follow an Americans with Disabilities Act (ADA) home safety checklist

ADA Home Safety Checklist	
<input type="checkbox"/>	Remove clutter and tripping hazards
<input type="checkbox"/>	Provide railings on all stairs
<input type="checkbox"/>	Equip tubs and showers with strong hand rails
<input type="checkbox"/>	Provide non-slip surface to tub basin
<input type="checkbox"/>	Provide adequate lighting to all stairs and hallways
<input type="checkbox"/>	Furniture is placed to allow free passage
<input type="checkbox"/>	Rugs are fastened or laid on nonskid pads
<input type="checkbox"/>	Light switch or lamp is within reach from bed
<input type="checkbox"/>	Lights are turned on before reading medication labels

Contact the therapy clinic for more information.

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