

Newsletter

Fall 2012

5 HEALTHIER GAME-TIME SNACKS

Traditional football eats are loaded with saturated fat, calories and added salt, which really should come with a screaming health warning. Too many sports fans are helpless against the unlimited supply of chicken wings and cheese-covered treats that pop up during game-day. Resisting the temptation can be a real challenge. But you don't have to make such tough choices.

All it takes is a little bit of creativity and a few healthy substitutions and you can serve up game-day snacks that are sure to help keep the pounds off.

- 1 Serve whole wheat pitas with hummus, salsa or dips prepared with non-fat yogurt or reduced-fat sour cream.
- 2 Instead of those dreaded chicken wings, try grilled chicken tenderloins or shrimp skewers with hot sauce and low-calorie blue-cheese dressing.
- 3 Have crunchy carrot sticks, celery slices, bell pepper strips, sliced cucumbers with fat-free or low-fat dressings, salsa or yogurt dips.
- 4 Feature cold shrimp with cocktail sauce, healthy with a touch of class!
- 5 Nibble on fresh fruit platters.



COLUMBUS DAY TRIVIA

- In most Latin American countries, Columbus Day is known as Da de la Raza.
- Colorado was the first U.S. state to adopt Columbus Day as an official state holiday.
- To counter Columbus Day, some Native American groups created their own holiday called Indigenous People's Day or Native American Day.
- The Knights of Columbus (a religious organization) was named after the famous Italian explorer.

ARE YOU READY TO VOTE?

The 57th United States presidential election will be held on Tuesday, November 6, 2012. Voting provides a way for citizens to support the democratic structure. No matter who you support, this is the time to make your vote count.



THANKSGIVING COOKING

On November 22nd, kitchens will be filled with the smells of home-cooking, the sounds of families laughing and preparations for this year's holiday season will be underway! Whether you are continuing a long-standing family tradition or starting a new unconventional idea with friends, we wish you the most heart-warming Thanksgiving. This year, we are thankful for all the families we've touched and shared moments with in the past. We value your decision to trust us with the celebration of your loved ones, and are here for you if you need us in the future.



TALKING ABOUT LOSS WITH CHILDREN

The death of a loved one is never easy, but for children it can be especially confusing. Don't be afraid to talk to them about their loss. Children do not benefit from "putting it out of their minds."

Invite children to talk about feelings they have regarding the event or death. Then you can let them take the lead as to when, how long, and how much this is discussed. During these conversations, try to understand what the children think about death. Do they have a view of afterlife? What do they think has happened to their loved one? The more you understand about how the children think about death, the easier it will be for you to talk about it in a meaningful way.



PREPLANNING AS A GIFT FOR YOUR FAMILY

If planning your own funeral or that of a loved one today seems difficult to think about, imagine how hard it will be for your loved ones to plan for it at the time of need.

Save your family from that added burden at a time of great emotional stress by taking the time this holiday season to make some very important decisions.

By preplanning your funeral, you'll not only relieve your family of painful tasks, you'll gain peace of mind in knowing your wishes will be carried out. You can also prepay, which will lock in today's prices. Call us, and one of our specialists can help!

