



ONEgeneration

March 2023 Caregiver Newsletter

Spring is the season for change and cleaning out old habits to welcome in new ones. A great way to start spring off in a new fresh way is to “clean out” some old habits that don’t serve you anymore. Here are some ideas of areas of change that you can focus on this month:

1. A morning routine to start a stress-free day
2. Using meditation to ease anxiety
3. Consuming foods that boost your metabolism
4. At-home exercise
5. Journaling to release fear and anxiety
6. Breathing exercises to keep you calm and grounded
7. Intentionally plan fun things to do with loved ones

Important Dates:
March 12th: Daylight Saving Time Begins – don’t forget to set your clocks one hour ahead!
March 17th: St. Patrick’s Day
March 22nd: Ramadan begins

Cooking Activity - Chocolate Pistachio Pinwheel Cookies

Ingredients:

- 1 tube refrigerated sugar cookie dough
- 3 TBSP instant pistachio pudding
- 2 TBSP finely chopped pistachios
- 6 drops green food coloring
- ¼ cup unsweetened cocoa powder
- 2 TBSP light brown sugar

Instructions

1. Divide cookie dough in half. With one half, mix in pistachio pudding, chopping pistachio nuts, and green food coloring. Shape dough into small rectangle, wrap in plastic, refrigerate for 1 hour.
2. With other half, mix in cocoa powder and brown sugar into remaining dough. Shape into small rectangle and refrigerate for 1 hour.
3. Roll out pistachio dough between two sheets of waxed paper to a 12 x 8-inch rectangle, repeat with chocolate dough. Remove top sheet of waxed paper from the chocolate dough. Remove top sheet of waxed paper from the pistachio dough and place it on top of the chocolate dough. Roll doughs together lightly.
4. Peel off top sheet of waxed paper. Starting with long side, roll up doughs, jelly-roll fashion, using the bottom waxed paper as a guide.
5. Wrap in the excess paper and refrigerate for two hours
6. Heat oven to 350 degrees F, using a long, thin knife, slice the dough into ¼ inch-thick slices. Place on ungreased baking sheets and bake at 350 degrees F for 11 to 12 minutes.

