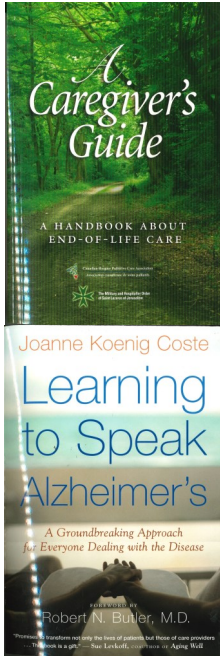


# Dawson Creek Better at Home e-Newsletter

September 2017

## New Resources Available to You!



We recently received two new books for our Resource Library. "Learning to Speak Alzheimer's" and "A Caregiver's Guide". These books are available to be borrowed from the Better at Home office.

We also received a wide range of information sheets on topics concerning Dementia; many of which are aimed at caregivers of people with dementia. These info sheets are also available at the office to anyone who may benefit from them. Just stop in and ask to see the binder and choose which sheets you want copies of.



## Office Hours for September 2017

9:00 am to 1:00 pm  
Monday to Friday

## Carrot Waldorf Salad

### Ingredients

- 1 medium apple, peeled, cored & diced
- 2 medium carrots, grated
- ¼ cup seedless raisins
- ¼ cup chopped walnuts
- 1½ TBSP salad dressing
- 1 TBSP lemon juice
- 1 TBSP light (10%) cream
- ½ tsp sugar



### Instructions:

- ◇ Combine apples, carrots, raisins, and walnuts in a bowl.
- ◇ In another bowl combine remaining ingredients.
- ◇ Mix well, pour over salad and toss gently.

Enjoy more great recipes like this! The 'Good Things' Cookbook is on sale now at Better at Home for only \$10

Better at Home is located in the Dawson Co-op Mall - 250-782-2341 - [www.dcbetterathome.org](http://www.dcbetterathome.org) - [lstudley@spcrs.ca](mailto:lstudley@spcrs.ca)



Better at Home is funded by the Government of British Columbia.



South Peace Community Resources Society