



FEBRUARY NEWSLETTER

PIKES PEAK RESPITE SERVICES

2019

DON'T FORGET

Check out the website

www.pikespeakrespiteservices.com

and Facebook Page, they are being updated constantly!

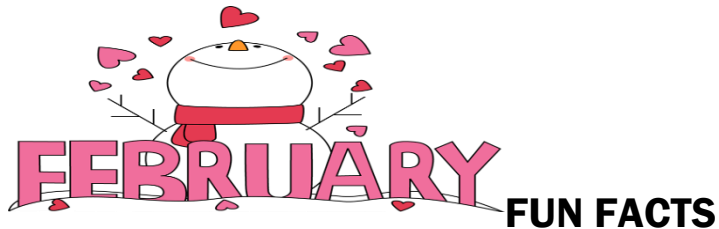
Don't forget your visit notes must accompany your timesheet on Wednesdays.

APPRECIATION

The third Friday in February is National Caregivers Day!

We appreciate everything you do!

Be on the lookout for a few special gifts at monitorings and visits this month!



Groundhog Day, celebrated on February 2, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last for another six weeks. If there was no shadow, spring would come early!

How much is really spent at Valentines Day?

Jewelry is the most popular Valentine's Day gift: **20 percent** of consumers are expected to buy jewelry, spending a total of **\$4.3 billion**.

Loved ones are also expected to spend **\$2 billion** on flowers, according to the NRF. The most popular Valentine's Day flowers are, naturally, roses; **250 million** roses are produced for the holiday.

Don't forget chocolate and candy -- **\$1.7 billion** is spent on candy alone.

TRAINING

RSVP for Live Challenging Behaviors Training with Aimee.

February 14th, 10:00 am at the East Library call or text to RSVP 719-494-6155



Cynthia C	2-20
Tracie E	2-28
Lauren H	2-9
Meosha H	2-5
Michael D	2-17
Laura D	2-6
Larry R	2-16
Madeline S	2-26
Luis V	2-10
Louise W	2-4

Happy Anniversary

Kayla T	1 year
Tessa V	1 year

Fun February Recipe – Garbage Bread

Courtesy of Food Network

INGREDIENTS

2 pounds ground beef chuck
12 ounces American cheese slices (about 30 slices)
All-purpose flour, for dusting
1 1/2 pounds store-bought pizza dough, at room temperature (see Cook's Note)
5 tablespoons ketchup
2 tablespoons yellow mustard
1 medium red onion, finely chopped
12 strips cooked bacon, broken in half

One 32-ounce jar dill pickle chips (35 to 40 chips)
Sesame seeds, for garnish
1/2 cup mayonnaise
1 teaspoon dried onion flakes
1 teaspoon sugar

Kosher salt and freshly ground black pepper

DIRECTIONS



1. Preheat the oven to 400 degrees F and line a baking sheet with parchment paper.
2. Heat a large skillet over medium heat. Add the beef and cook, stirring to break it up into small crumbles, until cooked through, 8 to 10 minutes. Meanwhile, roughly chop half of the cheese, leaving other half as slices. Set aside.
3. Using a slotted spoon, remove the beef from the skillet and transfer to a large bowl; discard the fat and liquid in the pan. Let the beef cool completely in the bowl, then stir in the chopped cheese.
4. On a lightly floured work surface, roll the dough into a 20-by-14-inch rectangle. Arrange the beef and cheese mixture evenly on one half of the dough, starting on the shorter end and leaving a 1-inch border on the sides. Drizzle 2 tablespoons ketchup evenly over the beef mixture and the uncovered half of the dough; repeat with all the mustard, and then the red onion. Lay down the remaining cheese slices evenly over the half of the dough with no beef mixture, leaving a 1-inch border on the sides. Arrange the bacon pieces and 24 dill pickle chips just over the beef mixture.
5. Working from the short side with the beef mixture, tightly roll up the dough into a log, jelly-roll style. Pinch the open ends together to seal, then tuck them underneath the log. Transfer the log, seam side-down, to the prepared baking sheet, brush all over with water and sprinkle with sesame seeds. Bake, rotating the pan halfway through, until the bread is golden brown, about 40 minutes.
6. While the bread bakes, whisk together the mayonnaise, onion flakes, sugar, a pinch of salt and pepper and the remaining 3 tablespoons ketchup, 2 tablespoons finely chopped dill pickle chips and 1 teaspoon pickle brine in a small bowl. Taste, and season the special sauce with additional salt if needed. Let the bread cool for 10 minutes. Slice into 8 pieces and serve warm with the special sauce.

COOK'S NOTE

To make rolling and shaping the dough easy, keep the dough refrigerated until 10 to 15 minutes before you are ready to use it.