Community Crossroads
GUIDANCE. SUPPORT. ADVOCACY.

A COMMUNITY OF WELLNESS

NEWSLETTER 20
COLBY DUDAL

DSP RECOGNITION WEEK

Direct Support Professional/Home Care Provider Recognition week will take place from September 13-19. Throughout the week, we will be highlighting some of the dedicated workers who work each day with those we serve. These workers help create a more inclusive environment for those with disabilities and give them the care they need. If you would like to nominate a DSP/Home Care Provider to be recognized, submit your nomination here by August 21.

Direct Support Professional
RECOGNITION WEEK

ANCOR RELIAS

#CC2020Golf

Did you know that August is National Golf Month? That means today is the perfect day to register HERE for our Virtual Golf Event that is taking place throughout the entire summer. By registering, you will be entered into a drawing to win some great prizes including four rounds of golf at a course of your choosing (up to $200.00). Then, the next time you golf, take a picture and post it on your social media pages. When posting, use the #ccgolf OR #cc2020virtualgolf hashtag and tag us @community_crossroads.



BAKED ZUCCHINI



Throughout the summer at the Dudal household, we have been eating vegetables from our garden. A favorite of ours has been zucchini and we decided to get creative recently and make baked zucchini. Here is how you can make it too!

Ingredients: 1 or 2 zucchinis (depending on the size and number of people eating), 2 eggs, 2 cups of seasoned bread crumbs

Instructions:
1. Trim the end off the zucchini and cut into ½" slices.
2. Put egg in a bowl and beat with fork.
3. Put bread crumbs in a separate bowl.
4. Dredge zucchini in the egg on both sides.
5. Dip in bread crumbs on both sides.
6. Bake for 8 minutes on each side.
7. Enjoy your zucchini!!

MACARONI SALAD

Ingredients: 2 cups dry elbow macaroni (cooked, rinsed and drained), ⅓ cup diced celery, ¼ cup minced red onion (soaked in cold water for 5 minutes, drained), 1 tablespoon minced flat-leaf parsley, ½ cup diced tomato, ½ cup mayonnaise, ¾ cup dry mustard, 1 and ½ teaspoons sugar, 1 and ½ teaspoons cider vinegar, 3 tablespoons sour cream, ½ teaspoon kosher salt, ground pepper



In a large bowl, combine the macaroni, celery, onion, parsley and tomato, if using. In a small bowl, whisk together the mayonnaise, mustard, sugar, vinegar, sour cream and salt. Pour the dressing over the salad and stir to combine. Season with salt and pepper to taste. Serve. Store covered in the refrigerator, for up to 3 days.
Note: Vegetables from your garden or even those you have bought at the store such as cucumbers or peppers would be good in this dish.
From FoodNetwork.com

CUCUMBER SALAD



Ingredients: 3 large seedless cucumbers, 1 and ½ teaspoon of salt, ¼ cup white vinegar, ½ cup sugar, 1 tablespoon fresh chives

Step 1: Peel the cucumbers and cut them in half lengthwise. Using a small spoon or a melon baller, scoop out the seeds and watery center from each half and, forming a shallow groove down the center.

Step 2: Using a mandolin, slice the cucumbers crosswise as thin as possible, ideally about ⅛ inch thick.

Step 3: Place cucumbers in a colander and sprinkle with salt. Using clean hands, toss to combine the cucumbers to the salt. Set the colander over a bowl and refrigerate for at least one hour and up to two hours.

Step 4: Using clean hands, squeeze handfuls of cucumber slices to release any excess liquid, and transfer the cucumbers to a medium nonreactive bowl.

Step 5: In another bowl, combine the white vinegar and sugar. Stir until sugar has completely dissolved. Pour the vinegar mixture over cucumbers, add chopped chives and stir throughout. Serve immediately, or refrigerate for up to 12 hours or overnight and serve cold.

SEND IN YOUR MASK PICTURES

These days, everyone is wearing a mask wherever they go. Masks can reflect who you are and your interests. Send in a photo to cdudal@communitycrossroadsnh.org of you wearing your favorite mask for the next newsletter. Go Red Sox!



CREATIVITY CORNER

This activity will get families outside and using their creativity!

Step 1: Collect rocks

Step 2: Get some non-toxic paint, glue and stick-on eyes.

Step 3: Select a rock for each person who wants to paint one.

Step 4: Paint your rocks.

Step 5: Add eyes and get creative!

Found on Pinterest



CHECK OUT OUR WEBSITE AND SOCIAL MEDIA

2020 Policy Partners Virtual Graduation

Follow us on social media!

Facebook

Instagram

Twitter

Follow us today for upcoming events, posts that recognize members of the community, feature stories and lots of photos!

WHAT I CAN CONTROL:

by mellow doodles



How much news I read & watch



How much time I spend on social media



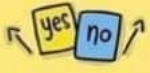
Where I direct my energy



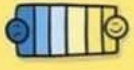
How I speak to & treat other people



How I choose to self soothe



The decisions I make



How I handle my own feelings



How I look after myself

WHAT I CAN'T CONTROL:



How other people behave



How other people feel



Other people's thoughts & ideas



Other people's decisions