

FULL CUP OF JUSTICE

HOLLIDAY KARATINOS LAW FIRM

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Specific Ways You Can Help a Caregiver

Here are some specific ways you might offer help and comfort to the caregiver in your's, a family member's, or friend's life:

(1) Help with the kids.

Kids keep even the most organized parent busy. If your caregiver has kids at home, he will appreciate any help you can offer. Here are a few ideas:

- Leave a box of school-lunch staples – e.g., bread, lunchmeat, cheese, chips, apples, cookies – by the door on Sunday night.
- Reach out to the caregiver:
 - Does Jack need anything for the camping trip? We have a sleeping bag



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he can borrow.

- I know Sarah has a game Tuesday night. I would be happy to stay with [your loved one] while you go to the game.
- I'll bring the boys home from practice this week.
- I made extra cookies for the bake sale, so you can check that off your list.
- I picked up some extra poster-board and markers for the class project that is due on

Friday. I left them by the door.

(2) Make dinner.

Feeding a family, or just feeding oneself, can be too much for a caregiver at the end of a long day. You can help. Try something like this: "Joe is making lasagna for dinner. Can we put an extra tray in the oven for you? I can drop it off this afternoon." If you want to help in this way, be mindful of the following:

- Ask before you cook. Your caregiver-friend might already have more

casseroles than she has room for in her freezer. If so, wait a few weeks and then offer again.

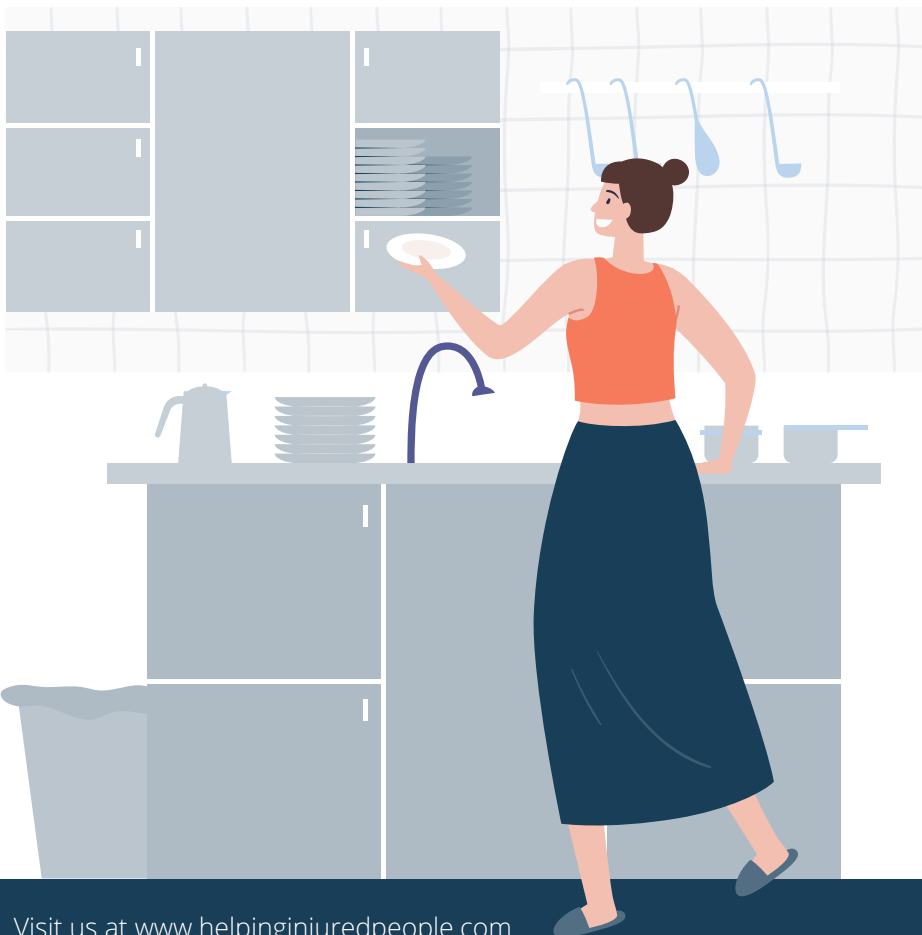
- Always ask about food allergies or intolerances and other dietary restrictions.
- Consider sending paper goods (plates, bowls, napkins) along with your meal, to make clean-up easy for the caregiver.

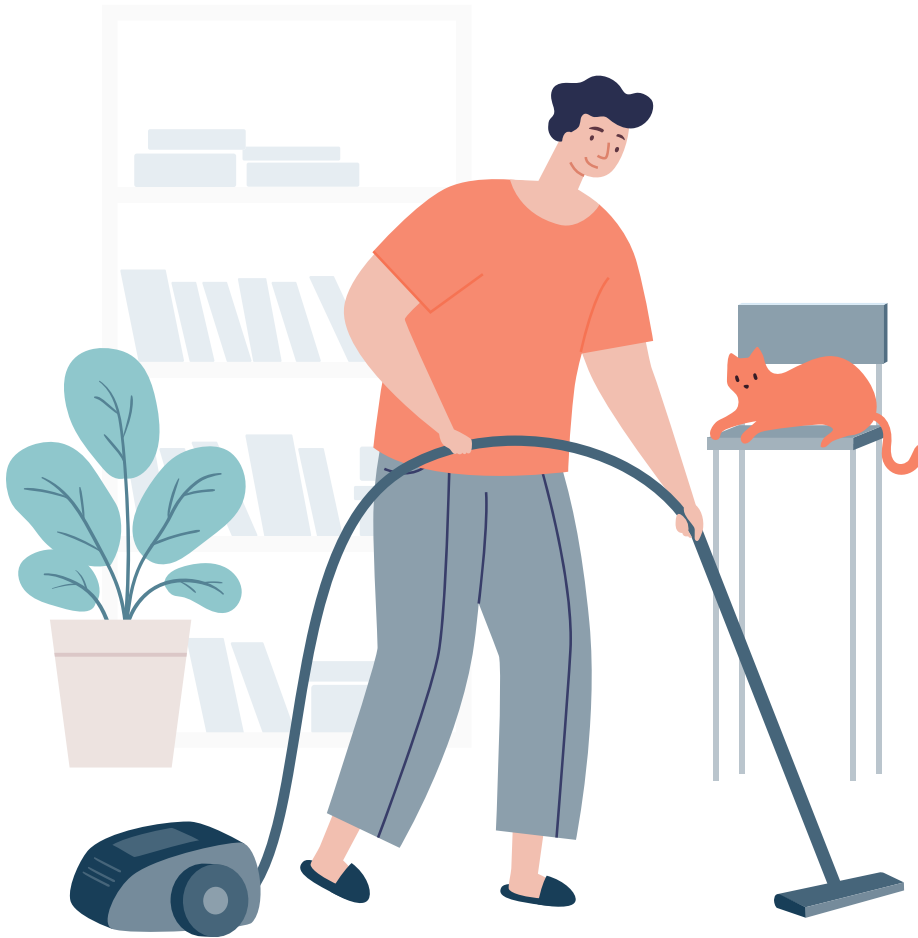
(3) Tackle outside-the-house projects.

A good rule of thumb is: If there are chores to do around your house, those same chores probably need to be done around the caregiver's house too. This might include:

- Mowing the lawn;
- Trimming the hedges;
- Pulling weeds;
- Cleaning the gutters;
- Shoveling snow;
- Putting up holiday lights and decorations;
- Taking down holiday lights and decorations;
- Taking the garbage cans to and from the curb; or
- Washing the car.

For bigger projects, organize a work crew.





(4) Tackle the housecleaning and the laundry.

Cleaning the house and doing the laundry are unending, ever-present chores that can weigh heavily on a caregiver. However, in order to offer meaningful help with these tasks, you have to know the caregiver fairly well.

Consider these examples: One caregiver might genuinely appreciate it if you came over on Saturday and did the laundry; another

caregiver might be mortified at the thought of you seeing the family's dirty laundry – literally and figuratively. Likewise, one caregiver might genuinely appreciate it if you and a few friends spent the morning cleaning the house, but another caregiver might be so embarrassed by the state of her home that she can no longer look you in the eye (and resents your intrusion). That same caregiver, though, might shed tears of joy if you gave her a gift certificate for a cleaning service.

Bottom line: If you don't know the caregiver well enough to gauge her comfort level with having people in her home, then ask someone who does, before you take any action.

(5) Pick up groceries.

Send a text: "I'm going to the grocery store this morning [or, I'm at the grocery store now]. What can I get for you?"

(6) Help with pets.

Dogs, especially, need attention. You could offer to:

- Take the dog on walk or to the dog-park;
- Take the dog to the vet or pick up medication; and/or
- Pick up food or treats or toys from the pet store.

Because many dog owners enjoy walking their dog, and many caregivers would benefit from the fresh air, exercise and solitude afforded by walking their dog, consider offering your time: "I know how much you enjoy walking Spot. I'd like to come over Saturday morning and stay with [your loved one], so

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Thanksgiving

How to Host a Sustainable Thanksgiving

Thanksgiving: family, food, sharing, warmth and, above all, gratitude.

While the soft glow of this holiday in our collective memories may produce an undeniable feeling of comfort, the by-products of some of the aforementioned things, in their fun excess, can create one very insidious thing: waste.

This season, celebrate Thanksgiving by showing gratitude to the planet and making your holiday gathering more environmentally friendly.

Hit the farmer's market for your Thanksgiving dinner ingredients.

Your food doesn't need to be

transported from truck to truck across countless miles and with maximum emissions—this time of year, farmer's markets are rife with interesting seasonal delights that have that special touch of homemade, holiday goodness!

Use outdoor foliage to decorate.

Dried leaves, branches, and flowers that you picked and arranged yourself not only look more authentic in wreaths and on your table, but you can also make foraging for decorations a fun new holiday tradition. Not to mention, a pre-Thanksgiving walk or hike might be a good idea before stuffing yourself!

Consider replacing the turkey.

While turkey is lower on the food chain (and therefore one of the more sustainable meat options), consider substituting the turkey with “Tofurkey” or any of the other meat-free turkey alternatives on the market. Conversely, if this feathered staple has a special place in your heart, you may be able to pick up a locally-raised turkey on your farmer’s market trip.

Use reusable dishes and napkins.

If you’re hosting a large gathering, it can be tempting to whip out the paper plates and disposable napkins, but consider weighing how much waste one large family dinner

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Thanksgiving Your Sugar Substitution Guide for The Holidays

Sugary treats, while one of the main hallmarks of the holiday season, contain that one ingredient we all know, love, and sometimes hate.

The dangers of refined sugar have been studied and documented for decades, but it’s only recently that people

have begun to really pay attention. In 2016, it was discovered that in the 1960s, the sugar industry actually paid off three Harvard scientists to publish research dismissing sugar’s role in heart disease (and instead blaming fat).

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Today, we know that in addition to heart disease, the health issues related to consuming too much sugar include:

- Diabetes
- Obesity
- Increased risk of cancer
- Inflammation

Knowing this, you might be trying to cut back on sugar. The good news? You don't have to curb your sweet tooth! While navigating the powdered cookies and peppermint cakes at holiday parties might be a struggle, there are other options you can use at home in your own holiday baking. This holiday season, treat yourself to these alternatives:

Stevia

Surprisingly, Stevia not only comes from plants and has a low glycemic index, but it actually tastes sweeter than sugar!

Xylitol

Xylitol occurs naturally in birch wood and other plants. Not only is this alternative sweetener delicious, but it



also won't raise your blood sugar or insulin.

Agave Nectar

Taken from the agave plant, this nectar won't raise your blood sugar as much as refined sugar.

Coconut sugar

Derived from the coconut palm tree, coconut sugar is still technically sugar, but has a much lower glycemic index than refined sugar.

Honey

We all know where honey comes from, but did you know that raw honey has tons of nutrients and antioxidants? It's important to note that this alternative is still quite sugary, albeit much less bad for you.

Maple syrup

That's right—the stuff you pour on your pancakes! But, as most mainstream grocery brands contain corn syrup, only true maple syrup can serve as a sugar substitute.

Molasses

Made from sugar cane, goeey molasses still contains some sugar, but can also serve as a healthier substitute to its granular brethren.

Next time you wake up from dreams of sugar plums in your head, try this recipe for sugary holiday cookies made with Stevia instead: <https://cutt.ly/5epOB71>

Happy holidays! 📌

Illustrations by pikisuperstar

you can do that. Would that be okay?"

(7) Keep the caregiver in the loop.

Include the caregiver in your usual group activities. For example, if she was in your book club, get her a copy the book; arrange for someone to stay with her loved one; and take her to and from the meeting. If you are making plans for the weekend, invite the caregiver. With advanced notice and some planning on your part, he might be able to join you.

For example: Jenny and I are going [to see that new movie everyone is talking about] [to the museum] [on a hike] on Saturday. Would you like to come with us? We won't be gone long, and Joe can stay with [your loved one] while we're out.

Expect your invitation to be declined more often than not, but don't stop asking. Let some time go by and then reach out again. 📌

Illustrations by pikisuperstar



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produces against a bit of extra cleaning effort. You can make it fun by turning cleanup into a holiday game where everyone pitches in. And, if you have a dishwasher, you can even save water by simply scraping the food residue and loading your dishes—no rinsing necessary!

Don't throw away any leftovers.

Tired of eating that leftover stuffing? You can either compost your leftovers or take them to a local shelter in need.

Don't participate in Black Friday.

Wasteful packaging on special deals, tons of vehicles on the road all vying to make that same left turn as you—Black Friday is a recipe for disaster. This season, don't add your vehicle to the mix, and avoid buying items you may not really need.

Adopting sustainable practices is a great way to show you're thankful for your friends, family, and above all, the planet. Happy Thanksgiving! 📌

Illustrations by pikisuperstar

Healthy Sous Vide Garlic Mashed Cauliflower

Prep 10 mins | Cook 1 hour | Yield 4 servings

INGREDIENTS

- 1 medium head cauliflower or 2 pounds bagged cauliflower florets or riced cauliflower
- 2 T butter
- Kosher salt and pepper to taste
- 1/4 t cayenne pepper
- 1 - 2 heads fresh garlic
- 1 T olive oil
- 1/3 to 1/2 cup chicken stock, vegetable stock, cream or water

INSTRUCTIONS

Heat your sous vide bath to 190 degrees. You can shorten the preheating by starting with hot water from the tap. Heat your oven to 400 degrees.

Remove the cauliflower leaves and slice into 1/2" slices. Chop the slices into 1/2" pieces. Place the cauliflower in a 1 gallon Ziploc freezer bag with the butter and seasoning. Vacuum seal the bag by using the air displacement method. Alternatively, use a vacuum seal machine to remove the air and seal the bag.

Add the bag to the 190 degree sous vide bath and cook for one hour.

While the cauliflower is in the sous vide, prepare and roast your garlic. Slice off about 3/4" off the pointy top of a head of garlic. Drizzle a little olive oil over the cut, replace the portion you cut off and wrap the entire head in tin foil. Roast in the oven for 40-50 minutes until the garlic is soft. Remove and set aside.

If making the cauliflower mash for a later time, remove the cauliflower bag from the bath and plunge it into a bowl of ice water for 10 minutes before transferring to the fridge. The sous vide cauliflower will last for 5 days in the fridge or longer in the freezer. When ready to finish the cauliflower mash you can return it to a 150 degree sous vide for 20 to 30 minutes.

If preparing the cauliflower mash directly from the sous vide dump the contents into a blender or food processor. Squeeze out the soft roasted garlic into the blender and add 1/4 cup of a liquid of your choice: stock, cream or water. Blend until smooth adding more liquid if needed. Taste and adjust seasonings.

