

ALL EMBRACING HOME CARE

Inside
Look



Welcome
Home

See page 2 for some exciting news!

Lovin' on your loved ones.

JANUARY
2024



Leadership Lowdown

by Dee



Dee Decimus Holmes,
Owner/
Founder

I pray you all had a wonderful Christmas and New Years with friends, family, and the ones you love! I love this time of year, the smells of hot chocolate, cinnamon and fresh Christmas trees. The things I don't like, is when the wind hurts my face when I walk out into our beautiful winter wonderland. There have been a lot of changes at All Embracing Home Care (AEHC) since the last newsletter Oct 2023.

First, I attended and completed the Goldman Sachs 10,000 Small Businesses Program as not only the first ever Rural initiative, but the first ND cohort. I grew so incredibly much, and I learned more than I ever imagined a program could teach a small business owner!

Next, on November 9, 2023, A Week Away, A Home and Community Based Services home opened, and our first individual moved in. It is a three-bedroom home that can be rented out and AEHC can support them 24-7. Our goal is to help people live where they want to live, work where they want to work, participate in community activities when they want to. (see front cover for a sneak peek)

Lastly, I promoted Lisa Loland to CEO of AEHC. Lisa has been with AEHC for 2.5 years as our Office Manager. During her time here she has mastered payroll, billing, invoicing, scheduling, leadership, and being the driver behind the scenes. When I wanted to start stepping away from my desk and spend more time with the individuals we support, it was an easy decision as she knew the processes that make AEHC run. She is an asset to our team and continues to make AEHC the best home health care agency in the Region.

Have a happy and healthy new year!!



We help people of all ages live as independently as possible, without compromising their health and safety.

Leadership Team

LaRae Guzman, <i>HR Generalist</i>	701-330-0159
Amanda Hjelle, <i>Director of Services - Fargo Branch</i>	701-317-8459
Dee Decimus Holmes, <i>Owner</i>	701-330-8373
Lisa Loland, <i>CEO</i>	701-330-8373
Tina Neil, <i>Director Of Education/Marketing</i>	701-739-8338
Kari Situm, <i>Director Of Aging Services</i>	701-330-0329
Lachen Stadstad, <i>Aging Service Coordinator</i>	701-317-8488
Emily Schenk, <i>Program Coordinator</i>	701-317-8277
Angelina Zenon, <i>Scheduler</i>	701-317-2940

Care Manager Team

Sara Alferness	Amanda Gunderson Belgarde	Gina O'Leary
Madison Bergman	LaRae Guzman	Hanson O'Leary
Nikia Bodell	Julie Guzman	Michele Omlid
Samantha Bogardus	Tina Hanson	Mason Plante
Yesenia Bush	Lacey Haskell-Daucsavage	Kari Plantz
Christopher Butler	Chelsea Hehr	Paw Lay Pway
Natasha Compeau	Amanda Hjelle	Marta Rodriguez
Maria Cronquist	Thomas Hjelle	Jodee Rose
Christine Curry	Ella Houska	Tammy Sandbothe
EmmaLee Dahl	Cathy Jarombek	Virginia Schauer
Amber Davidson	Elaine Johnson	Emily Schenk
Deanna Decimus Holmes	Dianne Johnson	Kari Situm
Kimberly DeNault	Sandra Johnson	Ivana Situm
Zaundra Determan	Emily Just	Michelle Smith
Karen Deziel	Kathy Klang	Lachen Stadstad
Jonathan Deziel	Jessica Krongard	Katrina Tjepkema
Terrie Dusek	Makenna Langston	Sarah Vageline
Thea Eklund	Lisa Loland	Ally Verville
Sonia Esquivel	Aisha Mahamud	Brandon Watt
Francisco Figueroa	Kimber Marion	Jean Wellman
Ella Gabel	Donna McMahon	Maisy Ylitalo
Nyemuoch Gatluak	Nicole Miller	Angelina Zenon
Alison Goodfellow	McKenna Myron	
Amber Gray	Hayden O'Leary	

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Meet Your Goals with a Positive Mindset

by Lisa Loland, CEO

As we move into the new year, a positive mindset can help you meet your goals in 2024 rather than feel discouraged after a month or two. Your optimism will give you hope and perseverance despite difficulties or failure. Positive thinking has many benefits. It can help you find calm in stressful situations, feel happier and nurture relationships. Positivity can also foster constructive and creative thinking as a substitute for dwelling on problems.

Cultivating positivity is done with intention and reflection. For example, journaling is a great activity to increase awareness of your thoughts and steer them toward positivity. Mindful meditations also help identify negative thoughts, clear your mind, and allow you to return to those thoughts later if necessary.

A few other practices to grow a positive mindset are:

- Practice gratitude.
- Cultivate mindfulness.
- Surround yourself with positive people.
- See challenges as opportunities.
- Accept your limitations.
- Follow a healthy lifestyle.
- Participate in acts of kindness.
- Enjoy positive activities and feelings.

Positivity expands our awareness, opens possibilities, and helps us grow. These changes are the very things we often look for a New Year to bring us. When our state of mind is more positive, we are better able to handle everyday stress constructively, leading to many health benefits and healthier habits. Becoming a more positive person starts with how you think and leads to purposeful positive actions. Building a positive mindset takes time and intension. Think of the possibilities waiting for you in 2024 as you look at your life through a positive lens.

Congratulations to Dee Decimus Homes, Owner of All Embracing Home Care, on her completion of the Goldman Sachs 10,000 Small Business Program!!

Goldman Sachs 10,000 Small Businesses is designed for business owners who are passionate about taking their business to the next level. This program creates opportunities for business growth through innovation and identifying viable new business concepts.



The past few months Dee went on a journey to work on her business, instead of working in her business. Dee was dedicated and absorbed every ounce of knowledge to take back to improve operations at All Embracing Home Care. She said, "I grew so incredibly much, and I learned more than I ever imagined a program could teach a small business owner!"

Dee and 22 others, graduated in early

"I went on a journey to work on my business and took a little break from working in my business. I joined a ton of zoom calls, homework and late nights, very late nights. I made sacrifices to limit family time and limit time to help my team. I was dedicated to absorb every ounce of knowledge to take back to improve operations."

- Dee Decimus Holmes

December of 2023 from the Goldman Sachs 10,000 Small Business Program. This elite group is not only the first ever Rural initiative, but the first ND cohort! Her class was also surprised to be inducted as Bismarck State College Alumni!

All Embracing Home Care is a small business with big ideas. Stay tuned for business growth and changes that will impact on our community and take home health care to the next level.

We Are A Proud National VA Provider

All Embracing Home Care is proud to serve the veterans in and around the Grand Forks and Fargo/Moorhead communities. Our local Vets have selflessly served our country and we are here to serve them. We have experience providing in-home care services to veterans that allows them to live happy, independent lives in the comfort of home.

The families of veterans often ask, "Does the VA provide home health care? Yes, All Embracing Home provides home health aides and homemaker services for veterans."

To find out more, give us a call today 701-330-8373





Medicare Supplements • Medicare Advantage • Healthcare



BRENT VIK

 **1551 28TH AVE S, STE A
GRAND FORKS, ND**

 **(701)757-5757**



We do not offer every plan available in your area. Currently we represent [10] organizations which offer [54] products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

*Products are not underwritten by Farmers Union Insurance.



COMMUNITY GRAND FORKS Corner

by Emily

Monthly Events

Breakfast at the GF Senior Center Weekdays 8:30am-9:00am

Hot Meal drive-thru & inside at the GF Senior Center Weekdays 11:30am-Noon

*For 60+. Obtain required paperwork and key tags in the Senior Center.
Order frozen meals ahead of time., pick up during the drive-thru or inside.*

Memory Cafe - Every 2nd Tuesday of the month @ Calvary Lutheran Church1-3pm

*An educational event for people living with Dementia/Alzheimer's & their family.
Hosted by Home Therapy Solutions.*

Bingo at the GF Senior Center Every Wed & Thurs. - 1pm

JANUARY

1.....New Years Day

10.....Peer Recovery Support Services at the Campbell Library in East Grand Forks

15.....Grand Forks Parks Blizzard Bash at the ICON Sports Center

19.....High School VEX Robotic Tournament at the East Grand Forks Senior High

20.....Happy Harry's Pork & Brew at the Alerus Center

FEBRUARY

3.....2024 UND VEX Robotic Tournament at the Memorial Union

7.....Jesus Christ Superstar at the Chester Fritz Auditorium

10.....2024 Lego League Championship at the Memorial Union

14.....Valentines Day

16-18.....The Grand Outdoors Show at the Alerus Center

16-17.....Knight for a Princess 2024 Daddy Daughter Dance at the Alerus Center

19.....Presidents' Day

23.....Junkin Market Days at the Alerus Center

23-25.....Jurassic Quest at the Alerus Center

28.....TobyMac at the Alerus Center

MARCH

1-2.....Knight for a Princess 2024 Daddy Daughter Dance at the Alerus Center

2.....Journey Concert at the Alerus Center

8.....NVYO presents: Just Imagin at the Empire Arts Center

10.....Daylight Saving Time

12.....Simon & Garfunkel at the Chester Fritz Auditorium

15-16.....3rd Annual Grand Forks Farm Toy Show at the Alerus Center

17.....St. Patricks Day

23.....Sam Hunt at the Ralph Engelstad Arena

23.....62nd Feast of Nations at the Alerus Center

25.....52nd Annual EGF Ice Show at the EGF Civic Center

31.....Easter Sunday

Emily Schenk Program Coordinator

Hello, my name is Emily Schenk and I am the DD coordinator for All Embracing Home Care. I started working here in September of 2021 as a care manager and just recently took on the coordinator position. I oversee all our DD clients and make sure they are getting the proper cares they need.

I have 7 years of DD experience as a DSP at REM and The Listen Center. I grew up in Thompson and graduated in 2010. I now live in Grand Forks with my 3 daughters. In my spare time I enjoy doing everything & anything with my girls. They are very active in sports and keep this mama busy.

I truly enjoy assisting individuals with disabilities. I've had many different jobs and this field is my favorite. Assisting people in need is very rewarding and the bonds you make is something I'll cherish forever.



Providing optimal childcare and educational opportunities to children ages birth to 5 years old.

CALL TODAY! 701-809-2149

624 North Washington Street - Grand Forks, ND

elwaycccl@gmail.com



COMMUNITY Corner

Fargo/Moorhead
Monthly Events

by Amanda

Amanda Hjelle,
Director of Services -
Fargo Branch

Trollwood Village Month Events

Every Monday **Exercise** - 9:30 am (Rosewood room); **Bingo** - 12:30 pm
Every Tuesday **Grocery Bus** - 1:00 pm; **Dominoes** - 12:30 pm;
Bible Study - 2:30 pm in Library
Every Wednesday **Exercise** - 9:30 am (Rosewood Room); **Whist** - 12:30 pm
Every Thursday **Bingo** - 12:30 pm
Every Friday **Crafts** - 12:30 pm
Wednesday, January 3 **Sanford Foot Care Clinic**, 10:00 am - 2:00 pm
Thursday, January 4 **Sanford Foot Care Clinic**, 10:00 am - 2:00 pm
2nd Tuesday of Every Month **Parkinsons Support Group**, 2:30 pm - 4:00 pm

Memory Cafe

Every Monday...9:00 am - 11:00 am - Coffee and Conversation
Every Monday..... **1:00 pm - 2:30 pm** - Music Therapy,
Education Creative Arts, Games, Puzzles & Socialization,
Bethel Church; 2702 30th Ave. S, Fargo, ND

Caregivers Cafe

4th Wednesday of every Month **1:00 pm - 2:30 pm**
Linger Laugh and Learn Center;
1122 1st Ave. N, Fargo, ND

JANUARY

January 3rd..... **Remote Supervision, Monitoring and Home Safety with Bill Dalman**, 1:00 pm - 2:30 pm
Hope Lutheran Church, South Campus
January 10th **Intergenerational Art with local students and local artist Emily Brooks**, 1:00 pm - 2:30 pm
Hjemkomst Center
January 10th..... **Veterans Coffee Hour at the Fargo Air Museum**, 10:00 am - 12:00 pm
1609 19th Ave N, Fargo, ND
January 11th..... **State of the Cities**, 8:00 am - 10:00 am
Delta by Marriott and livestream- 1635 42nd st S, Fargo, ND
January 13th **Snow Much Fun**, 2:00 pm - 4:00 pm
Stunning ice and snow sculptures, celebrate Frostival!
POW/MIA Plaza West Fargo
January 26-28 **Boat & Marine Products Show**
Fargodome, 1800 University Dr., Fargo, ND
January 17th **Area resources and respite options**
Including those covered by Medicare/Medicaid,
Northland Pace & MN Social Services, 1 - 2:30 pm

FEBRUARY

February 1st **1 Million Cups**, 7:00 pm - 10:00 pm
Fargo Air Museum, 1609 19th Ave. N, Fargo, ND
February 4th **Fargo Hotdish Festival**, 1:00 pm - 4:00 pm
Brehwella, 1702 1st ave N Fargo, ND
February 8th-14th..... **Giving Hearts Days**
February 14th..... **Valentines Day**
February 14th..... **Veterans Coffee Hour**, 10:00 am - 12:00 pm
Fargo Air Museum, 1609 19th ave N Fargo, ND
February 23-25..... **RRV Home & Garden Show**
Fargodome, 1800 University Dr., Fargo, ND
February 29..... **RRV Sportsmans Show**
Fargodome, 1800 University Dr., Fargo, ND

MARCH

March 1-3 **RRV Sportsmans Show**
Fargodome, 1800 University Dr., Fargo, ND
March 7-10 **Disney on Ice**
Fargodome, 1800 University Dr., Fargo, ND
March 13th..... **Veterans Coffee Hour**, 10:00 am - 12:00 pm
Fargo Air Museum, 1609 19th ave N Fargo, ND

Advertise Here!!!

Give us a call today for more details.

701-330-8373



THE EXTRA EMBRACE



Winter's Embrace:

A Poetic Ode to Aging Gracefully

Lachen Stadstad

Program Coordinator

In winter's hush, a seasoned soul,
A tapestry of tales they hold.
Amidst the glow of holiday cheer,
Whispers of memories draw near.

Silver threads in hair so fine,
Each strand a tale, a cherished sign.
Snowflakes dance, a gentle grace,
Upon a face that time does trace.

In crackling fires and candlelight,
Reflections dance, soft and bright.
A lifetime etched in lines so kind,
A symphony of moments, heart and mind.

Gifts unwrapped, not in glittered wrap,
But in stories told, in a tender lap.
The twinkle in those aging eyes,
A constellation of joy that never dies.

Through the ages, they've journeyed far,
A celestial dance, like a distant star.
Yet, in this moment, with love aglow,
They find the warmth of long ago.

Carols sung in a softer key,
Yet, melody holds sweet decree.
In the cadence of a life well lived,
The holiday's embrace, freely given.

So, let the snowflakes gently fall,
In the twilight's soft, enchanting sprawl.
For in the heart of the wintry night,
Aging gracefully, love's pure light.

HAPPY Birthday to these Care Managers

-----January-----

Kari Plantz.....	09
Elaine Johnson.....	14
Sarah Vageline	20
Virginia Schauer.....	20
Thomas Hjelle.....	21
Karen Deziel	26
Amber Gray	31

-----February-----

Zaundra Determan.....	9
Nyemuoch Gatluak.....	10
Yesenia Bush	11
Paw Lay Pway	15
Terrie Dusek	20
Angelina Zenon	23

-----March -----

Amanda Hjelle.....	1
Nicole Miller.....	2
Cathy Jarombek	2
Sandra Johnson	6
Kari Situm.....	13
Tammy Sandbothe.....	14
Francisco Figueroa.....	22
Dianne Johnson.....	29

Enjoy Your
Special Day!!



THE EXTRA EMBRACE

Empowering Therapy

by Kari

Kari Situm,
OTA, Director of Aging Services

The #1 Exercise to Do as You Get Older

If you have time for only one exercise, fitness experts say, try this. Squat!

The squat is the most important exercise for seniors. When you have to go to the bathroom, that's a squat. When you get in the car, that's a squat. Every time you sit down or stand up, that's a squat. If you don't do them well, it affects the way you live.

Squats strengthen all of the muscle groups in your legs, including your calves, quadriceps, hamstrings and glutes, as well as muscles in your lower back and core. Those muscles provide the foundation for most activities of daily living.

Squats are the antidote to soft couch-cushion syndrome — those challenging moments when we struggle to get up from that deep, old sofa. They can also help protect your joints, improve your balance and prevent falls. They strengthen the major muscles of the lower body we need to keep strong and also protect two joints we need help with on a regular basis — our knees and our hips.

Some research even shows a link between strong leg muscles and longevity.

Ready...
Set...

SQUAT!

- 1. Get in position** If you're new to squats, choose a spot where you can hold on to the kitchen counter, a table or another steady surface. Holding on for stability makes it easier to focus on your form without worrying about your balance. Set your feet about shoulder-width apart or a little wider. Toes should face slightly outward.
- 2. Lower into a squat** Keeping your back straight, chest up and heels planted, push your hips back like you are sitting in a chair. Try to keep your weight evenly distributed on both feet as you do the exercise, with your weight mostly on your heels, not your toes.
- 3. Repeat** Aim for two sets of eight to 10, at a tempo of two seconds down, two seconds up. Inhale on the way down and exhale on the way up. For the best results, do the exercise two or three times a week.
- 4. Get your arms in play** As you start to build strength, you can try doing your squats without holding on to anything. For balance, let your arms rise parallel in front of you on the downward part of the squat, then drop them to your sides when you stand up.
- 5. For a greater challenge, add resistance** Once you can do two sets of 15 without feeling any muscle soreness afterward, you're ready to add some weight. The easiest way is to hold a pair of dumbbells. Start with low weights and build up.



Workplace Wellness *by LaRae*

LaRae, Guzman,
Human Resources Generalist



What is self-care & why is it important?

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health.

When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some tips to help you get started with self-care:

- **Get regular exercise.** Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down at night or replay them in your mind.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to your friends or family members who can provide emotional support and practical help.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health. Don't be afraid to reach out to your doctor. Ask questions.

It's your life and you deserve to live happy and healthy.



"Lovin' On Your Loved Ones"

2211 SOUTH WASHINGTON - GRAND FORKS, ND 58201

701.330.8373



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Congratulations to Lisa Loland!



Lisa Loland is a recent Graduate of the Chamber Leadership Class of 2023!

Over the course of 3 months, Lisa attended orientation and seven one-day sessions covering topics from leadership to team building to communications and community history. Each session was held at a different location in the Grand Cities.

We are proud of Lisa for furthering her education and connecting with the community.

Lisa is currently the CEO at All Embracing Home Care. Lisa has 7+ years of office management experience. She says, “working at All Embracing Home Care, LLC has grown her passion for the home health care industry and enjoys meeting all of the amazing people she serves every day.”

Lisa lives in Grand Forks, with her husband Josh and her dog Garth. She loves to read, listen to all kinds of music, and spend time with her family.

Again, congrats to Lisa on this great accomplishment!

Yay!!



Struggling with Transportation?

If you have a driver... we may have a solution.

All Embracing Home Care has an ADA Compliant Van.

PUBLIC ADA VAN RENTAL OPTION:

- Half-day\$75*
 - Full-day \$150*
 - Weekend: (5pm Fri. until 8am Mon.) \$300*
- *Plus mileage. Gas returned at same level it was picked up at.*

Proper training and release form required before rental.

LOVIN ON YOUR LOVED ONES....

Our van is an option for any AEHC employee to use while transporting clients for AEHC purposes. *(Some restrictions do apply.) Proper training and release form required before transporting.*

Family of clients or friends are authorized to drive or ride in our company van with prior approval from AEHC’s owner Dee Decimus Holmes. *Proper training and release form required before transporting.*

Our Office Assistant can answer any questions you have about the van and how we schedule it out for client use. We encourage care managers to reserve this vehicle for our clients, so that they can get out and enjoy life. It’s just another way we continue to keep “lovin on your loved ones.”

Give us a call today and let’s see what we can do for you.
701-330-8373



Introducing Our All Embracing Home Care Foundation

Our Vision...

The vision of our All Embracing Home Care Foundation is to create a future where every individual can experience the highest quality of care, services, and equipment. The All Embracing Home Care Foundation aspires to be a driving force in creating a healthier and more compassionate world. We see a community united in the belief that, “accessible and quality home care is a fundamental right.” Our vision is to serve as a catalyst for positive change by mobilizing resources, fostering partnerships, and inspiring a culture of philanthropy. Through our efforts, we strive to build a sustainable foundation that ensures the continued growth and impact of All Embracing Home Care. Ultimately

leading to a society where the health and well-being of all individuals are prioritized and upheld with dignity and respect.

Our Mission...

It is the mission of the All Embracing Home Care Foundation to be dedicated in supporting and advancing the mission of All Embracing Home Care. Our foundation is committed to raising essential funds to ensure accessible, compassionate, and high-quality home care services for individuals in need. We believe in the transformative power of health and well-being. Our goal is to cultivate a community of generous donors

and partners who share our commitment to improving lives. Through strategic fundraising initiatives, community engagement, and collaboration, we aim to secure the resources necessary to enhance the reach and impact of All Embracing Home Care, ensuring that everyone receives the care they deserve in the comfort of their homes.



Call 701-330-8373 to donate!

Maintaining Professional Boundaries for Caregivers is Essential.

It takes a special kind of person to be a Care Manager. Caregiving is a highly personable job. It's full of compassion, support, and understanding.

Lines between personal and professional can get blurred and easy to overstep it without even noticing. This can often times have a lasting impact on both the caregiver and client.

What are Boundaries?

- Boundaries are limits and rules that you establish to protect your time, energy, and integrity. They help you define your scope of work, your responsibilities, and your expectations from your clients. Setting boundaries is not only beneficial for you, but also for your clients. It shows them that you respect yourself and them and that you care about their progress and goals.

Identifying Boundary Issues

- Boundary issues can arise when a client crosses the line of what is appropriate, respectful, or realistic. For instance, a client may ask you to do tasks that are outside your role, like lending money or providing personal advice. This compromises boundaries.

What Can Happen if Boundaries are Crossed

- Disciplinary action.
- Possible law enforcement involvement.
- Report to licensure body.
- Possible loss of job.
- Possible fines.



Tips to Maintain Professional Boundaries:

Pay attention to communication

- Ask clients about their preferred way of being addressed. Avoid using nicknames like, "sweetie" or "honey."

Body language

- Facial expressions like raising eyebrows or rolling eyes can be interpreted as signs of disapproval or disdain.

Touch

- Touch is a powerful means of communication. It's highly advisable to ask if a person is comfortable with hand touches, hugs and other forms of affection.

Do not give or receive gifts from clients

- Giving/receiving gifts or accepting tips for caregiving services can be considered as a form of financial manipulation and exploitation.

2211 S. WASHINGTON ST. - SUITE A
GRAND FORKS, ND 58201

Now Hiring!!



Family Recipes



Potato Soup

Submitted by
Michele C.

- 2lb Diced Potatoes
- 1 pk of Ranch Mix
- ½ bag of Bacon Bits
- Garlic Powder
- 32 oz. Chicken Broth
- 2 Cans of Cream of Chicken
- 2 C. of Sharp Cheddar Cheese
- 1 Stick of Cream Cheese
- Pepper

Put in crockpot on high for 4 hours & enjoy!

Garden Special

Submitted by
Alverna S.

Ingredients:

- | | | |
|---------------------|-----------------|-------------|
| 4 qts ripe tomatoes | 1 qt celery | 1 qt onions |
| 1 qt water | 6 sweet peppers | 3 T. salt |
| 2 T. Sugar | | |

Directions:

Dice peppers, onion, celery, add water and cook together for 20 minutes. Add tomatoes which have been peeled and cup up, seasonings and after it all comes to a boil, put into hot jars. Process in hot water bath for 30 minutes for quart jars and 25 minutes for pints.

Gingerbread Cake

Submitted by
Beth Friesen

Ingredients:

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon fine sea salt
- 1 1/2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon freshly grated nutmeg
- Heaping 1/4 teaspoon allspice
- Heaping 1/4 teaspoon ground cloves
- 1/2 cup oat milk
- 7 tablespoons sunflower oil
- 2/3 cup packed organic brown sugar.
- 1 teaspoon pure vanilla extract
- 6 tablespoons aquafaba (liquid can of chickpeas)
- 1/3 cup + 1 tablespoon unsulphured molasses (not blackstrap molasses)
- 1/3 cup strongly brewed hot coffee.

Directions:

- Preheat the oven to 350°F. Line a 9x5" loaf pan with parchment paper.
- In a large bowl, combine the flour, baking soda, salt, ginger, cinnamon, nutmeg, allspice, and cloves. Whisk well to ensure the baking soda is evenly mixed in.
- Pour the aquafaba into a small bowl. Whip aquafaba until uniformly foamy.
- Add the whipped aquafaba, oat milk sunflower oil, brown sugar, and vanilla.
- In a separate bowl pour the molasses and hot coffee into the bowl and whisk until well combined and add to mixture.
- Using your electric mixer on low speed, combine the dry and wet ingredients just until combined, do not overmix.
- Pour the cake batter into the pan. Bake in the preheated oven for 50-55 minutes.

Serve with vanilla cream sauce and enjoy.



If you would like to submit a "Family Recipe" for this page, please email your recipe card to Tina at: tinan@allembracinghc.com