



The Good News

November Volume 7/ Issue 2

JC Family Home Association

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Please add our phone numbers to your contacts so you know who is calling you.

November is . . .

National Food Days

- Deviled Egg Day - Tuesday, November 2, 2021
- Sandwich Day - Wednesday, November 3, 2021
- World Diabetes Day - Sunday, November 14, 2021
- Spicy Guacamole Day - Sunday, November 14, 2021
- Clean Out Your Refrigerator Day - Monday, November 15, 2021
- Homemade Bread Day - Wednesday, November 17, 2021
- Take a Hike Day - Wednesday, November 17, 2021
- Eat a Cranberry Day - Tuesday, November 23, 2021
- Parfait Day - Thursday, November 25, 2021
- Thanksgiving - Thursday, November 25, 2021 (4th Thursday in November)*
- Throw Out Your Leftovers Day - Monday, November 29, 2021

National Food Months

- American Diabetes Month
- Peanut Butter Lovers Month
- Sweet Potato Awareness Month

November [Food Calendar \(unl.edu\)](http://FoodCalendar.unl.edu)

Reimbursement table to include dates for when all supporting documents are due to the office.

Claim Month	All Supporting Documents* Due Date	Payment Date
October	November 15, 2021	November 23, 2021
November	December 17, 2021	December 31, 2021

- **Supporting documents** include, but not limited to: Cover sheet, Menus, Meal Attendance, Daily Attendance, Enrollments, and Meal Modification forms.



JC Family Home Association is an equal opportunity provider, employer, and lender.

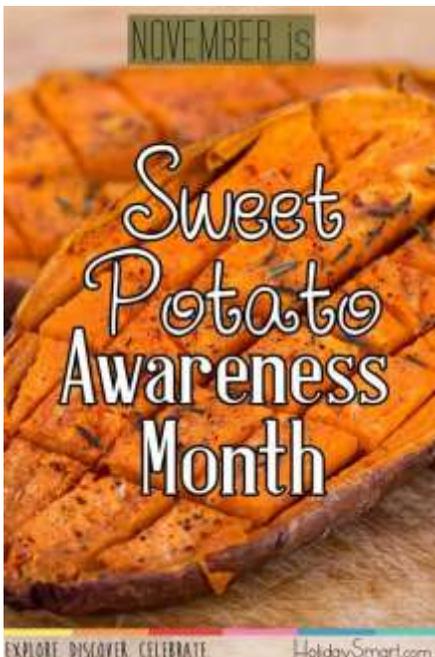
Important information.

- **Home Visits:** We've noticed that Facebook messenger is a great way to do the facetime and send the pictures of menus to us. Christine could call anyone in November. Keep your paperwork up-to-date! In order to prepare for the visit please "friend" us on Facebook at Jcfamilyhome Dozier, so we can use Facebook messenger to contact you. Google Duo works most of the time, but we have found that sometimes it is not working.
- I need to know if you would be interested in training on Knife skills? The state office has put together training and with a little practice, I think I could pull it off. (LOL) This is basic Knife skills so if one of you are comfortable sharing your knowledge with me, we could collaborate or something. Call, Email, Text and let Janet know.
- We are mailing paperwork to you as you request either during the home visit or by marking it on the claim. Chris mails out paperwork at the end of the month when she finishes up the home visits and we mail out the paperwork marked needed on the claim mid-month. If you need paperwork sooner please text, call or email us and let us know you need it right away. Thanks.

Where has this year gone? It is escaping me! I just don't seem to be able to keep on top of things. Thinking about Halloween, Thanksgiving, Christmas, year over, can be overwhelming sometimes. Please take care of you, do something wild and book a massage for the afternoon, take a day off! Your mental health is as important as your physical health. You need to ask yourself, "self" what have I done for you lately? Warning: The following quote is a bit strange, please read it more than once.

"It may be hard for an egg to turn into a bird: it would be a jolly sight harder for a bird to learn to fly while remaining an egg. We are like eggs at present. And you cannot go on indefinitely being just an ordinary, decent egg. We must be hatched or go bad." C.S. Lewis

When I read this I thought, good gracious, hopefully no one as old as me would still be an egg? But, I think perhaps, a part of me might be and it's time to hatch and let that part fly. Just a thought, no jumping off of buildings!



The Benefits of Sweet Potatoes

This great vegetable is delicious, packed with nutrients and is easy to prepare in a wide variety of recipes. They are full of beta-carotene. They help fight heart disease, cancer, rheumatoid arthritis, and asthma. Sweet potatoes are high in vitamin A, vitamin B6, vitamin C, fiber, thiamine, niacin, and potassium.

For National Sweet Potato Month, try eating sweet potatoes fried, baked, stuffed in a pie, or baked in a casserole. Yum!