

Chili Tortilla Chips

Salsa is almost always a low-fat condiment, but the chips you dip into the salsa are often fried. Why not try this recipe from the **Food Network** in which you bake your own chips in order to cut back some of the sodium and fat?

Ingredients

- Twelve 6-inch corn tortillas
- 2 tablespoons vegetable oil
- 1 tablespoon chili powder
- 1/2 teaspoon salt
- cayenne pepper (optional)

Instructions

Cut the **corn tortillas** into 6 wedges each. Toss the wedges with **vegetable oil, chili powder, salt** and a pinch of **cayenne**.

Working in batches, spread on 2 baking sheets; bake at 350 degrees until golden, about 20 to 25 minutes.

Per serving (6 chips): Calories 80; Fat 3 g (Saturated 0 g); Cholesterol 0 mg; Sodium 106 mg; Carbohydrate 13 g; Fiber 2 g; Protein 2 g

**For an even healthier benefit, swap out the corn tortillas for whole wheat tortillas, and consider leaving out the salt.*

Memory Care Matters at The Villas and in Our Community



Caring for a loved one can be rewarding, as well as challenging. It can be even more demanding when that family member or friend is suffering from dementia or Alzheimer's. According to the Alzheimer's Association, more than 5 million Americans have Alzheimer's. It also estimates that nearly 15 million Americans serve as unpaid caregivers.

Here at The Villas at La Canada, we are dedicated to administering exceptional memory care for our residents, but we also feel a responsibility to offer community support for the families providing care in their own homes. Last year, under the guidance of our Memory Care Consultant, **Eileen**

Lawless, MSW, a free seminar series was offered to the public. This series covered the stages of dementia,

communication approaches, and more. Due to the popularity of the seminar series, The Villas at La Canada will host another series starting **Tuesday, February 21st**. The goal of the new series is to provide information about available resources that both personal and professional caregivers can use to assist their aging loved ones, making life more manageable and enjoyable.

Applying the practices we learn is an important part of our daily routine. Our monthly calendar includes activities which utilize brain motor skills. These mental challenges are extremely significant because research suggests that an active and challenged mind over a lifetime may lower a person's risk for Alzheimer's. That is why trivia and memory games appear often on our calendar. Also, we support our residents who value their independence, and encourage them to take an active lead with responsibilities around our neighborhood.

To learn more about memory care, visit our website at www.villasatlacanda.com or call 520-531-0086. If you would like to learn about our upcoming seminar series, contact Eileen Lawless at elawless@innovativeseniorliving.com or call 520-271-1918. Also look for information in the Arizona Daily Star.



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