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**Come Home To Comfort Food**

**By News Canada**

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(NC)—As the weather begins to get cooler, familiar and inviting comfort foods can lift our spirits and bring warmth to our beings. Soothing, soul-satisfying comfort foods can bring back special memories and meaningful connections. Steaming chowders, mashed potatoes, hot soup, hearty stews, warm chocolate chip cookies and fresh baked pies are all foods many Canadians associate with comfort. Simple foods that evoke fond memories, and bring joy and comfort to everyday meals.

**Beef Stew with Red Wine and Hoisin**

(Serves 4)

1 1/2 lbs (750 g) stewing beef, cut into cubes

3 tbsp (45 mL) vegetable oil

1 medium onion, chopped

4 cloves garlic, minced

1 cup (250 mL) red wine

2 1/2 cups (625 mL) Knorr Beef Broth

3 tbsp (45 mL) Hoisin sauce\*

2 each: carrots, parsnips, peeled and cut into chunks 1 medium sweet potato, peeled and cut into chunks

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Pat beef dry with paper towel and season with salt and pepper. In a Dutch oven or pot, heat oil over medium–high heat. Brown beef on all sides working in batches, adding more oil as needed. Transfer beef to a bowl.

In the fat remaining in the pot, sauté the onions and garlic until tender. Add red wine, and bring to the boil while scraping any bits stuck to the bottom. Stir in Knorr Beef Broth and Hoisin sauce; bring to the boil. Return beef to pot, bring to a simmer and cook covered for 1 1/2 hours or until beef is tender. Stir in carrots, parsnips and sweet potatoes; cook uncovered for 15–20 minutes or until vegetables tender. Serve over steamed rice.

\*Hoisin Sauce: A thick, reddish–brown sauce that is sweet and spicy, and widely used in Chinese cooking. It can be found in Asian markets and many large supermarkets.

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## **What You Should Look For In A Nursing Home**

**By Jeanette Pollock**

There are a lot of nursing homes operating in the United States today.

Their businesses, fuelled by America's hectic way of life, have prospered and now cater to a lot of people.

However, people still keep looking for nursing homes. Why, you ask? Because people just do not get any younger.

## Come Home To Comfort Food

People get older all the time. That is one fact of life that we cannot deny.

Population keeps growing all the time. That is another fact that we cannot deny.

Put together, these two facts make up another undeniable fact: More people get older all the time.

And so, nursing homes can expect a continual rise in popularity as time goes by.

With the number of nursing homes out there, you can expect that the qualities of these nursing homes also vary.

What should one look for in a good nursing home?

Here are some qualities you need to look at in order to get a good nursing home:

1. Legality –a nursing home should, of course, be licensed to legally operate by the government. This means that the nursing home has passed certain requirements and has fulfilled certain specifications ordered by the government.

Although this may not necessarily assure you of a nursing home's quality, it does assure you that someone has approved of its operation.

2. Administration –of course, the next step is to check out the people who will actually take care of your elderly. No matter how beautiful the premises, if the people are ineffective, your elderly will be miserable.

We have all seen movies of nursing homes with abusive attendants. We know what could go on in dealing with the wrong people. What you need to do is observe the people around you and how they react to the administration.

This observation alone will give you valuable information regarding the administration and the staff.

3. Comfort –after you have examined the nursing home staff, you need to take a look at the premises.

Do you think that your elderly will be comfortable in this nursing home? Do not judge the nursing home based on your experience. Remember that the elderly are much more sensitive to comfort than you

are.

You need to take into every little detail and see if that alters the nursing home's comfort value.

4. Safety –a nursing home should, of course, be safe for the elderly. You should be assured that the nursing home has every precaution against any accident that might happen.

See if proper measures have been taken and precautionary devices installed in order to prevent

accidents or incidents.

After all, you do pay them to take care of your elderly.

5. Food –the basic need of people. The food served in the nursing home should be edible. If you don't like the look of the food, how much more can you trust the nursing home to provide your elderly with the little things that matter?

The food should be edible not only to the elderly but also to you. You need to make sure that the nursing home takes the specific needs of each person in preparing the food.

6. Medical services – the nursing home should contain, or at least have quick access, to emergency medical services.

You need to be assured that should something untoward happen, your elderly will have the best care possible.

Jeanette Pollock is a freelance author and website owner of

. Visit

Jeanette's site to learn more about nursing homes.

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