

## Jalapeño, cilantro and lime add a fresh twist to this classic dip



Jalapeño-Cilantro Hummus

Photo Susie Iventosch

### By Susie Iventosch

This is a fun twist on hummus, made with fresh-diced jalapeños, cilantro and lime juice to give it a “south of the border” flair. We added 1.5 jalapeños, but you can add as much or as little as you like to suit your personal tastes. The fresh cilantro gives this hummus a pretty green color, which is fun and different than most hummus and looks pretty

for spring and summer dips, especially if you can find watermelon radishes to serve with it. They are tasty with this hummus and add so much color to your plate.

Besides the new additions, we make our usual hummus with garbanzo beans, tahini, garlic, olive oil and sea salt. We love to serve this as a dip with pita and veggies, or as a condiment to accompany grilled fish or meats, too!

#### INGREDIENTS

1.5 jalapeños diced  
1 cup loosely packed, cilantro leaves  
1 clove garlic, minced  
1 15.5-oz. can garbanzo beans (they come packed 14, 15, 15.5 or 16 oz. depending upon the manufacturers, and any of these are fine)  
1 tablespoon garbanzo bean brine or water  
2 tablespoons tahini  
Juice of 1 lime  
1/2 teaspoon salt

#### DIRECTIONS

Drain garbanzo beans, but reserve the packing brine to use in the hummus. Separate out about 15 garbanzo beans to use as the garnish on top. Set all aside.

Remove stem, ribs and seeds from the jalapeños, and coarsely dice. Place diced jalapeños in the bowl of your food processor. Process until finely chopped.

Add cilantro leaves and process until smooth. Mince garlic into this mixture and continue to process.

Add garbanzo beans along with 1 tablespoon of the brine (or cold water) and purée until smooth.

Add 2 tablespoons tahini, lime juice and salt and puree until smooth. If the hummus is too thick, add a little more of the brine, (or cold water), 1 tablespoon at a time until desired consistency. We found that 1 tablespoon was perfect, but each can of garbanzo beans can vary in both size and moisture content.

To serve, garnish with fried garbanzo beans, (recipe just below), thinly sliced jalapeño, lime wedges, a sprig of cilantro and drizzle extra olive oil over the top!

#### Fried Garbanzo Beans for Garnish:

Heat 1 tablespoon olive oil in a skillet. Add garbanzo beans and sauté over medium heat until crispy. Season with a dash of sea salt.

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[www.lamorindaweekly.com](http://www.lamorindaweekly.com) If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>



## Moraga author brings Viet culture to America through young adult fantasy



Local author Giao Chi Phan

Photos provided

### Submitted by Meera Phadnis

Writing a novel, for many, is a difficult endeavor. But try writing one (or two) in your native language, and having it translated into English when names and cultural differences don't always compute.

“Translating ‘The Girl Who Kept Winter’ was challenging because it was originally written for [the] Vietnamese market,” said Moraga

author Giao Chi (Annie) Phan, “so there were puns, poems, and cultural jokes that didn't translate.” The book was also written in a genre Vietnamese are familiar with, so Phan said she didn't need to do as much world-building or establishing character archetypes, but English readers might find this too fast-paced.

“The Girl Who Kept Winter” is an English translation of “Tuyet Den” – a Vietnamese bestseller published in 2007

that is described as “an adventure in the fantasy martial art world of swordplays, air bending, wind walking and superpower.”

An exciting young adult love story set in a fantasy world similar to ancient Asia, the protagonist, Luu Dong Tu, becomes entangled in a dangerous love affair with Obsidian, the King of Poison. The first three chapters of the book were written on Phan's blog for her friends who were in their 20s. “It got picked up by a weekly magazine for middle school/high schoolers so that changed the tone, numbers of words per chapter, and the style of the story significantly from chapter 4 to 10,” Phan said. The same publisher later decided to publish it as a book.

“‘Tuyet Den’ has a very large fan base over the decade so when I mentioned the idea of translating it into English, many of the readers volunteered to help,” said Phan, who was a published mangaka (comic book/graphic novel) scriptwriter for over a



decade in Vietnam before writing her novel. “Without the encouragement and the help, I wouldn't have been able to do it myself in such a short time.”

The Viet version of the se-

quel to “Tuyet Den” – “Liet Than” – was published in Vietnam in 2020. The English version of the sequel to “The Girl Who Kept Winter” – “Frigid” – is available on Amazon.

## We have one week to find Mom a care setting!

### By Linda Fodrini-Johnson

“My mother fell, went to the hospital and had her hip replaced and her shoulder stabilized, and then she was sent to a Skilled Rehab center just a week ago and they say she will be discharged next week!” Jane exclaimed over the phone. “Yikes! She can't go home – she has lots of stairs, her memory is challenged as is her eye sight and she is still grieving the loss of our father that was just nine months ago.” This is a common call and a challenge most families are not prepared for.

Most adult children or older adults are aware at some time in the journey of life they might need a different level of care in the home or in a retirement setting. But, in reality, most families have not done any homework nor have older adults – even those of you who might have attended my “Aging with Eyes Wide Open” classes. Something about human nature that we don't want to plan for something we have no desire to do and subconsciously we don't act, which leaves reacting during a crisis or even leaving the decision up to family members or friends who might not have a clue let alone legal powers that might be needed.

Just in case you are curious, there are three levels of

care that you should be familiar with: Skilled Nursing, sometimes called Rehabilitation settings, are most often covered by Medicare and co-insurances. Then there are many levels of assisted living – such as small six-room care homes, medium to large size assisted living that differentiate between totally independent to memory care or diabetic care. The third level of care takes a little more pre-planning and that is “Continuing Care Retirement Communities (CCRCs)” – these you buy into and they have three levels of care and most don't take residents with a progressive diagnosis – again that is up to each community.

Let's go back to Jane and her call to me about mom needing a small residential care home because at this point she can't transfer herself, she is wheel chair dependent, even though the therapist thinks with more work she might be able to use a walker. The daughter and her sister will have to choose a home and have a short time to do the research and the paperwork necessary to make that happen.

What steps should you take?

**1) Work with an expert** who might know the small homes in the area – look for a non-Biased Professional Geriatric Care Manager (GCM) and avoid the placement agencies

that are free to you but receive very large commissions for placing your family member. A private GCM has an hourly fee, similar to a therapist, but they have a code of ethics that prohibits commissions and fees for referrals. If you must use a “free” agency be sure to have received a referral from a health care professional. [www.AgingLife-Care.org](http://www.AgingLife-Care.org)

**2) See if the Care Manager** can buy you more time with the skilled nursing center because there “is not a safe plan” for her to return to her home. If you are not working with a care manager – tell the discharge planner that you need more time and if you need more advocacy you can call a HICPP counselor – see monthly resources. If a patient refuses therapy or is not making progress skilled nursing will de-certify the patient and try to discharge quickly. If you see your family member improving, you need to advocate for more days. <https://www.shiptacenter.org/>

**3) You need to be sure you** have authority to sign your parent into a care community – is your legal paper work up to date? Can one of you get access to mom's funds to pay for the care she needs? Be sure you have an “Advanced Health Care Directive” that tells you what mom desires and allows you to make decisions for her.

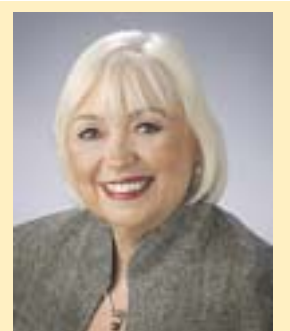
**4) Depending on the care** situation – especially in small care homes – be sure they have awake caregivers that can check on your family member and assist them to the bathroom during the evening hours. This might not be important to all situations – but in Jane's case it was. Also, what does your parent enjoy – is there a garden to sit in, pets in the home, can someone walk mom, activities, what about special diets – ask good questions based on mom's values.

There are some small board and care homes that take Medi-Cal clients and you can often get a list of those homes from the Ombudsman or the Office on Aging in your community (waiting lists exist for these homes). However, most private homes and assisted living start around \$4,500 – some can be less but in the San Francisco Bay Area the fees are more around \$5,000-\$7,000 a month.

Do your best with some expert direction and know if it doesn't work out you can always move mom or dad later – the first home gives you a longer window to find a better match for the longer journey when necessary. Most families tell me they only want to make one move – and that is the goal. However, needs change, staff change, residents change and that will mean bringing back the expert and

looking for another community of care.

I will be doing a free zoom class at 11 a.m. April 9 called “Dementia: From Home Care to Placement” which will cover how to choose home care, the different options and the emotional stumbling blocks to bringing in care. Also, we will cover costs and how to make these hard decisions when there is resistance or family conflict. To register, visit: [www.LindaFodrini-Johnson.com](http://www.LindaFodrini-Johnson.com) and look under classes.



Linda Fodrini-Johnson, MA, MFT, CMC, is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management since 1984. Linda founded Eldercare Services, a full-service care management and home care company in 1989. Eldercare Services is now a division of Home Care Assistance and continues to provide Bay Area families with care management, advocacy, counseling, support groups and education.