



Newsletter



Issue 1 August 2010

Top 10 Secrets to Being Happy

By Dr. Philip Humbert

Abraham Lincoln once said, "Most people are about as happy as they make up their minds to be."

- 1) Decide to be a happy person.
- 2) Watch and Read less news.
- 3) Practice the Attitude of Gratitude.
- 4) Take Time.
- 5) Laugh Everyday.
- 6) Love Well.
- 7) Work hard.
- 8) Learn something new, everyday.
- 9) Use your body as it was designed.
- 10) Avoid toxins.

See website for further details

What's New at ACHC?

- Some of the office staff has changed, we would like to welcome Carla (Medical Records/Receptionist) and Angela (Human Resources/ Administrative Assistant) to our team! We look forward to working with these nice ladies.
- ACHC has officially received our provider licensure to extend our service area to South Carolina! Please let us know if you plan to move out of state or know someone in need of care who may be in South Carolina. We are very excited about this expansion.



Dear Client.

I would like to take this time to thank you for choosing Atlantic Coast Home Care Agency for your Home Care needs. We look forward to serving you and please don't hesitate to contact us to let us know how to better serve you.

Dr. Carlton Thornton
Agency Director

Resources:

- [www.http://superperformance.com/behappy.html](http://superperformance.com/behappy.html)
- <http://www.entourages.com/barbs/august.htm>
- <http://allrecipes.com/Recipe/Summer-Chicken-Burgers/Detail.aspx>

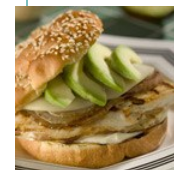
Facts about August

August is the height of the summer time in the temperate zone of the Northern Hemisphere. The birds are already planning to fly south for the winter. The insects are more noisier and numerous than in any other month. This is perhaps the busiest month for businesses, since most people take their vacations in August.

The longest days of the year have passed, but the hot days remain. In the northern regions and mountains, cool nights and early frosts let one know that the summer is about to come to an end. In the Southern Hemisphere, August means the winter will soon be over.

Summer Chicken Burgers

- 1 ripe avocado, sliced
- 1 tablespoon lemon juice
- 1 tablespoon butter
- 1 large Vidalia onions, sliced into rings
- 4 boneless, skinless chicken breast halves
- salt and pepper to taste
- 4 hamburger buns
- 4 tablespoons mayonnaise
- 4 slices provolone cheese



1. In a small bowl, combine sliced avocado and lemon juice. Add water to cover; set aside.

- Preheat an outdoor grill for high heat and lightly oil grate.
2. Heat butter in a large heavy skillet over medium-high heat. Sauté the onions until browned and caramelized; set aside.
3. Season the chicken with salt and pepper. Place on grill, and cook until no longer pink and juices run clear, about 5 minutes on each side. Place buns on grill just long enough to toast them.
4. Spread buns with mayonnaise to taste, then layer with chicken, caramelized onion, provolone and avocado.