

## Savory summer market salads

By Susie Iventosch



Barbecued corn-chicken salad

Photo Susie Iventosch



Jalapeño peach salad

My husband and I just completed a magical, 99-mile whitewater rafting trip down the Middle Fork of the Salmon River in Idaho. We journeyed through the Frank Church-River of No Return Wilderness for seven days with our three adult children and nine of their best friends, including their Uncle Kirk, who came all the way from North Carolina

for the adventure. Since we are retired, and all of the kids have busy schedules and demanding jobs, we did all of the planning and cooking. (So, you might say that we actually do work!) Needless to say, at the end of such a trip, and after so much cooking, I was at a loss for a new food column idea after already preparing seven days of our favorite break-

fasts, lunches and dinners for 14 people.

But, it never fails. When you want to make something delicious and timely, simply stop at your local produce market and you will find inspiration. For some reason, the jalapeño peppers sitting right next to the fresh, ripe peaches gave me an idea for a peach-jalapeño salad. The next aisle was chock-full of fresh corn and gorgeous locally-grown tomatoes, and voila! I had not only one, but two ideas. You can adapt these any way that you like, by adding protein or changing the dressing, but we were very pleased with the tastes of these two salads. As soon as Uncle Kirk finished eating the corn salad, he asked me to please send the recipe to his wife. That's a pretty good indication that Mother Nature and locally-grown produce have ways of providing.



Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [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.

## Do your legal documents need a tune up? Or do mom or dad's?

By Linda Fodrini-Johnson

As we plan for the "what ifs" of life, most of us have a Living Trust, Advance Health Care Directives and sometimes a Durable Power of Attorney for Finances. You may even have the newer POLST form (Physicians Orders for Life-Sustaining Treatment).

That is all good. Or is it?

My experience over these past 30-plus years working with older individuals (as well as adult children who become the advocate for a parent that has lost capacity) is that these documents were often not activated properly.

In other cases, the person who will take over has not been asked or notified of their responsibility. Documents are often unclear. Frequently, they are too specific or not specific at all – leaving the individual who has to make decisions in a dilemma.

Another common error many individuals or couples make is that they don't have a meeting to discuss the options with those they have named to take over. They need to discuss the care and how they want life to play out if they lose capacity (the ability to make sound decisions).

Life, families, health, finances and communities change over time, impacting your legal documents. Do you review your documents annually? Is everything the same? What has changed? Have there been divorces, deaths or births of new grandchildren? Is that non-profit you want to bequeath to still in operation, or have you changed your mind about them or want to add another wonderful organization to your list?

I recommend reviewing annually on the month of your birthday or the wedding anniversary for couples. Also, I highly recommend calling your attorney with changes in your life. Check in to see if there have been changes in laws or processes that might affect your legal documents.

Just like our medications, bodies and environment, our legal documents need "tweaking" about every five years or so to assure us that our wishes have been made clear.

Those of us who are reasonably healthy have a difficult time seeing ourselves as having lost capacity. However, on this journey, most of us don't just die — we have a period of dependence before death that can last for many years. At any time, we might not have the capacity or energy to manage our affairs. Dementia, such as Alzheimer's disease, affects about 50 percent of us over the age of 80. Do you have a specific plan for that illness? I do — because I had the honor of working with so many successful individuals who have weathered that journey. My family knows exactly what I want and don't want. It is in writing.

I also feel strongly about my family finding a professional advocate, someone like me or one of our professional care managers to guide them. I had my attorney put the precise language into my Advanced Health Care Directive and my Power of Attorney for Finances as well.

Each of us has desires and wishes to be followed. We need those details integrated into our legal documents. We also need to have meetings with our family or advocates so they understand what we would like to see if we do lose capacity.

I had a client several years ago with four children, all successful professionals (as was their mother). Before our family meeting, I met with my client privately and she told me her desire was for one of her children to inherit and live in her home, which was designed by a famous architect.

She had never mentioned this to them, and I was permitted to bring up the subject at our family meeting. Two of the children were interested and agreed to flip a coin to

see who would be the one to inherit that asset. The details were worked out in their legal documents. Everyone understood, and my client was delighted.

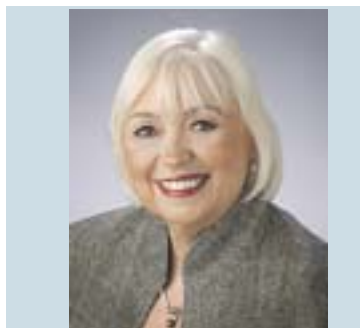
If you are struggling to find the language you need to implant in your documents, a consultation with a professional geriatric care manager can assist you in getting the right words so you can have life your way to the very end.

On Nov. 16, I will be discussing health care directives with a local elder law attorney at Eldercare Services. It is a free workshop but we do ask that you register.

The goals are:

- Learn how to maintain your independence on your terms, for as long as possible;
- Learn how to properly draft a Trust that outlines what you would like done in the event of incapacity; and
- Control how your assets are used for your care.

If you would like to attend, RSVP at (925) 937-2018. Have life your way!



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, which now employs over 200 caring people. Eldercare Services has been providing Bay Area families with care management, home care services (caregiving), advocacy, counseling, support groups and education for 29 years.

## Barbecued corn-chicken salad

(Serves 4-5 as a main lunch dish and 8 as a side dish)

### INGREDIENTS

#### Salad

Corn Preparation:

- 6 ears corn (precooked on the grill and cooled)
- 2 tablespoons canola oil
- 3 teaspoons cajun spice
- 1 teaspoon lemon pepper
- ¼ teaspoon cayenne pepper

Remaining salad ingredients:

- 4 large tomatoes, cut into bite-sized pieces
- ¼ cup minced parsley or cilantro
- 2 chicken breasts, grilled and cut into bite-sized pieces
- 2 slices bacon, chopped
- 2 avocados, cut into bite-sized pieces
- ½ cup grated sharp white or yellow cheddar
- 1 teaspoon Tajin spice\*

Garnishes: tomato wedges, avocado slices, extra grated cheddar and sprigs of parsley.

\*<http://www.tajin.com/products>

### Dressing

In a jar with a tight-fitting lid combine and shake well:

- 1/3 cup red wine vinegar
- 1/3 cup salsa
- 2 teaspoons of your favorite hot sauce
- Juice of 1/2 lime
- 2/3 cup olive oil

### DIRECTIONS

Brush corn with canola oil and season with cajun spice, lemon pepper and cayenne. Barbecue corn over medium heat for approximately eight minutes, rotating four times to grill each side of the corn. Cool completely and then cut corn off the cobs. Set aside. Can be done a few days ahead of time.

When ready to make salad, combine corn with remaining salad ingredients. Season with Tajin and toss with dressing. Garnish with extra tomato wedges, avocado slices, cheese and a sprig of parsley.

## Jalapeño peach salad

### INGREDIENTS

- 2 tablespoons olive oil
- 1 small red onion, thinly sliced
- 1 jalapeño, stem removed, seeded and finely chopped
- 1 head butter lettuce, cleaned and torn
- 2 peaches, pitted and sliced
- 2 slices bacon, cooked and chopped (I almost always use turkey bacon)
- ½ cup crumbled blue cheese
- 1 avocado, cut into bite-sized pieces

### Lime Vinaigrette Dressing:

- Combine all of the following and shake well.
- 2 tablespoons fresh lime juice (more or less to taste)
- 2 tablespoons rice vinegar
- ½ cup olive oil
- Salt and pepper to taste

### DIRECTIONS

In a skillet, heat olive oil, add onions and cook until beginning to caramelize. Add jalapeños and continue cooking for a couple of minutes longer. Set aside.

Place butter lettuce in a salad bowl and add peaches, cooled onions and jalapeños, bacon, blue cheese and avocado.

Toss with lime vinaigrette and serve with a little garnish of cilantro and a lime wedge.

## Silverfoote honors UC-Davis teammate's legacy

By John T. Miller



Honoring the memory of his former college roommate at University of California, Davis keeps longtime Moraga resident John Silverfoote busy after his recent retirement as a stock trader for an investment management firm in Menlo Park.

As president of the board of directors of the Phil Wells Memorial Scholarship fund, Silverfoote has helped to organize the third annual golf tournament at Diablo Country Club, which will take place next Monday, Sept. 10.

Both Silverfoote and Wells played football at Davis during the early years of the Aggies' reign as perennial champions of the Far Western Conference, forging a strong friendship that lasted until Wells passed away from Non-Hodgkin's Lymphoma in 2015 at the age of 63.

According to Bob Dunning, a sportswriter for the Davis Enterprise, "Wells was one of the Aggies' all-time best athletes, fondly remembered by his UC Davis teammates and the thousands of Aggie fans who followed his career."

In his senior year, Wells, a defensive end, was a Little All-American, FWC Player-of-the-Year, All-League, a team captain, and winner of the Babe Slater award for best male athlete at Davis.

Wells tried out with the San Diego Chargers, but after being cut he returned to Davis where he lived with Silverfoote, who was in his senior year.

"When Wells passed away, we immediately got together and decided to do an endowment fund," says Silverfoote. "He was a real loved guy. We thought it was a worthwhile endeavor, but it wasn't easy getting it to fly."

The first hurdle they faced was raising \$25,000 in order to qualify in the UC Foundation system. Silverfoote is hopeful that the endowment will reach nearly \$135,000 after next week's tournament.

Last year they gave their first \$10,000 grant to Wes Preece, a tight end out of Rocklin.

For information on the tourney or the endowment, contact Silverfoote at [Foot24@comcast.net](mailto:Foot24@comcast.net).