



A LIFE WELL FED

Recipes to Remember

Confessions from a Pantry

Volume 4: June 26, 2024

Let's Try This Again! Smithey Cast Iron Giveaway!



In the last newsletter, I announced a giveaway with three ways you can win! If you tried to send an email for “*Guess What’s in My Kitchen*”, you quickly found out the email address provided was incorrect. (As my husband likes to say, “That was a swing and a miss!”)

The correct email address is kathy@ALifeWellFed.org. Please try again and submit your best guess. **And for those who haven’t entered, you can do so at ALifeWellFed.org** to win one of two, Smithey #6 Cast Iron Skillets we are giving away.

Recipe of the Week!



This morning, while perusing the refrigerator, I came across five lonely petite potatoes. Not enough for potato salad or potato soup, but the perfect amount for breakfast. These **Crispy Smashed Potatoes** are a family favorite and equally delicious served up with two eggs and bacon, as they are with your favorite grilled meat. Not to mention, they are a fabulous appetizer when you need something last minute. And while this recipe isn't exactly the latest potato-crazed TikTok video where you put a tomato in the oven and it comes out as a potato, (Just kidding, I doubt there's anything like that,) it's a recipe that reminds us all, sometimes the simplest ingredients make for the most delicious dish! I hope you enjoy these potatoes as much as Pete enjoyed his breakfast today! You can find the recipe at **Crispy Smashed Potatoes**.

Testing for Alzheimer's A Personal Experience

I have a confession. There was a time, in my mid-50s when I was certain that a recent spike in forgetfulness and foginess, combined with the history of dementia in our family, that I was in the early stages of Alzheimer's. After a few conversations with my primary care doctor, she suggested I go through testing, if for no other reason than to put my mind at rest. Fast forward to the end of the story, after a brain scan and three hours of cognitive testing, the results indicated no sign of decline or early onset Alzheimer's. What I did learn from this testing was menopause can cause similar symptoms. Now THAT was something I didn't expect and never thought I would be so happy to hear the word menopause!

Today, I still think about what if "IT" happens to me. There are many things we can do for good brain health. Last week I received this video from a long-time friend. I hope you'll take just a moment to watch it. It's a wonderful reminder that simple everyday actions can have a big impact on brain health and quality of life. [Here's the link](#). I hope you'll take a minute to watch this video.

That's it for now. Thank you for allowing me to share my recipes, stories, and for your continued support. Until next time, I wish you good health, happiness, and a life well-fed.



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