

Staying Connected... Team ALS Keeps it Simple



What We Do Know...

The ALS Group team has been working virtual again for the last 4 weeks and we continue to stay connected as we work a bit further apart.

COVID cases are rising again but death percentages due to the pandemic continue to stay a bit lower as the reporting changes day to day.

Smaller indoor gatherings are the smarter decision to keep the virus from spreading at a more rapid rate.

What We Do not Know...

If the COVID cases will continue to rise in the NJ area and it is a bit unknown what that will do for added restrictions.- Certain zones are changing which means some areas will have different restrictions than other areas- be smart with the choices you make and stay cautious.

When we will return back to the office setting again. - look out in upcoming weeks for any updates on this.

Resources for the team:

Use your procedure put in place by The ALS leadership team if you need to go into the office either by yourself OR with someone else. Being compliant with guidelines the state has implemented for in person working will be extremely necessary as we move forward in the COVID Era.

Jessica Aviles is your in house "people" resource if you have any questions or concerns.

Gift Giving – Holiday 2020

The ALS Team has participated in driving support to families in need this holiday season by sponsoring 3 families through an organization called Bridges of Hope! The families are all local to the NY area and are looking for practical items and a few toy desired by the children.

We are so excited to make this holiday special for these families – finding a way we can get this done together is amazing!

In addition The ALS Group also gave back to an organization called Midnight Mission at the end of November where homeless or near homeless children are given gifts to ensure the joy of this holiday season is brought to the surface.



Giving Back during the Holiday Season

A few of the top methods for giving back during the holidays include:

- Volunteer your time
- Sponsor a family
- Donate your spare change
- Join a giving circle
- Help the homeless
- Clean out your closets

Ingredients: 1 lemon, 1 cup sugar, 16oz fresh or frozen cranberries (thaw frozen), 1 cup pitted prunes coarsely chopped, 1 tbsp. brandy, ¼ tsp. salt and add a little extra for taste, 3 tbsp. mustard powder, 2 tbsp mustard seeds, 1 tbsp red wine vinegar, 1 tbsp plus ½ cup extra virgin olive oil- add more for serving, 3 lb Brussel sprouts and fresh ground black pepper. **Instructions:** Using a vegetable peeler, remove zest from lemon in 3"-long strips. Shave off any white pith and set zest aside. Cut any remaining white pith from lemon, then cut along sides of membranes to release segments onto a cutting board; remove seeds. Coarsely chop segments; place in a medium bowl. Pulse reserved lemon zest and sugar in a food processor until lemon zest is finely chopped, about 1 minute. Mix into lemon segments. Place cranberries and prunes in food processor (no need to wash out) and pulse until coarsely chopped; add to lemon mixture. Mix in brandy and ¼ tsp. salt. Transfer cranberry mixture to an airtight container, cover, and let sit at room temperature 12 hours. Mix mustard powder, mustard seeds, vinegar, and 1 Tbsp. oil into cranberry mixture.

Brussel Sprouts w/ Cranberry Mostarda

Makes 8-10 servings and is festive in color!



Preheat oven to 450 degrees, Toss sprouts and ½ cup olive oil and season with salt & pepper- roast for 25-30 mins. Add 1 cup mostarda to Brussel sprouts, toss and combine- transfer to large serving bowl, drizzle more olive oil & serve

Ingredients: 1 roll of 16.5oz Pillsbury refrigerated chocolate chip cookies, 1 cup graham cracker crumbs, 1 jar (7oz) marshmallow crème.

Instructions: Heat oven to 350 degrees, spray 8 inch square pan with cooking spray. In large bowl break up cookie dough, knead in graham cracker crumbs until blended well- save some crumbs for later 😊, Press half of the mixed dough on the bottom of pan and bake for 13 minutes. Spoon marshmallow crème evenly over partially baked dough- sprinkle with remaining graham cracker (approx. ¼ cup) and crumble some remaining cookie dough on top. Bake for 20-25 minutes and let cool for 30 minutes before cutting into squares.

Can be served cool or warm!



S'Mores Bars!

A Holiday dessert your family will love!

Hosting during the Holiday in 2020?

What to consider!

- Keep your circle small;
- Consider outdoor- (investing in a heater for your yard will make all your guests happy);
- Create a way for there to be less sharing of meals (A BYOD-Bring your own dish is fun!);
- Keep disposable towels available to dry hands, plastic cups and paper plates for guests (yes, there are festive ones you can use!);
- Social Distance and wipe frequently touched surfaces;
- Be smart, Be safe & Be creative but most of all, Be with the ones you love and find joy this holiday season!