



*A Room with a View.*

## NOVEMBER 2023



## NOTES & NEWS

### Thanksgiving Walk

Feeling stuffed after the feast is part of what Thanksgiving is all about! But before you settle on the couch to watch football or take a nap, go for a quick walk. Even a stroll as short as 15 minutes will regulate blood sugar levels and help you digest that heavy meal. And the healthy group activity provides more opportunities to bond—it could be your new holiday tradition!

### A Kind Face in the Crowd

Some of the busiest travel days are during the week of Thanksgiving. In fact, the TSA had their highest-ever passenger screening—almost 2.9 million people!—the Sunday after Thanksgiving in 2019. So if you're out and about for the holiday, remember to be patient, courteous and kind to those around you.

### Odd Socks Sure Rock

Celebrate your uniqueness with Odd Socks Day on Nov. 13. Whether hidden inside your shoe or on display loud and proud, throw on the silliest socks you have and feel the freedom they provide.

## HIGHLIGHTS

### Self-Care Corner:

#### Swap 'Sorry' for 'Thank You'

Sincere apologies are important for good relationships and communication. But saying "I'm sorry" too often, especially when there's really nothing to apologize for, can do more harm than good. Chronic over-apologizers may begin to feel guilty all the time and appear less confident to others. Furthermore, unnecessary apologies usually don't make either party feel better. Psychologists recommend saying "thank you" instead—for example, rather than "Sorry I'm late!" or "Sorry for talking your ear off," say "Thank you for waiting" or "Thanks for being such a good listener." These expressions of gratitude create positive feelings during an interaction while giving more meaning to honest apologies.

### Citrus Greetings

Dried orange slices are fun to use in holiday decorating. Moreover, they're easy to make! You'll need to have several hours available for this project, but you won't mind a bit, as your home will fill with a festive fragrance! First, cut two navel oranges into 1/8-inch slices. Place them on a baking sheet lined with parchment paper and bake them at 200° F for 5 to 6 hours. Once they're cooled, you can string the slices on a garland, arrange them in a bowl or attach them to wrapped gifts.

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# TRIVIA WHIZ



## America's Trees

Trees are an important part of our ecosystem—they absorb carbon dioxide, release oxygen, filter groundwater, provide cool shade in the summer and put on a colorful show in the autumn. The United States is home to hundreds of native trees, with branches full of fun facts!

- The most common tree in North America is the red maple. Praised for its yellow and red leaves in the fall and similarly colored flowers in the winter, this hardy tree is found in both urban and rural areas.
- After a nationwide vote in 2004, the oak tree was declared America's national tree! The oak's nuts, better known as acorns, are enjoyed by many animals, such as badgers, squirrels, mice and opossums.
- Loblolly pines are mostly found in lowlands and swamps. Important to the American economy, they are often used to make paper, mulch and lumber.
- The soft, short needles of the Douglas fir adorn the tree year-round. This beloved evergreen is traditionally brought indoors and decorated in December.
- Several states—including New York, West Virginia, Wisconsin and Vermont—claim the sugar maple as their official tree.
- Gray-brown scaly bark and white, red or pink blossoms make the flowering dogwood one of the most spectacular trees of North America.
- The American elm is tall with arching branches that provide plenty of shade. These trees are important for eagles, barred owls and other wild critters that use them as habitats.

## Delightful Fall Films

A chilly breeze, warm cup of cocoa, cinnamon scents and colorful foliage—there's just something about autumn that makes a cozy night in with a blanket and a movie sound extra appealing. So settle in and queue up one of these fall films:

*"Knives Out."* This 2019 flick brings out all the fall vibes with rainy weather, falling leaves and sweaters galore.

This whodunit stars Chris Evans, Daniel Craig and Jamie Lee Curtis. Can you weave through the twisted family ties to find the guilty party?

*"Remember the Titans."* For sports fans, fall equals football. Released in 2000 and based on true events from 1971, this movie tells the story of a newly integrated high school football team. You don't need to be a sports lover to enjoy this family film featuring Denzel Washington.

*"Coco."* Grab a box of tissues for this heartfelt animated musical from

2017. A 12-year-old boy named Miguel celebrates the Mexican holiday *Día de los Muertos*, or Day of the Dead, by embarking on a magical journey to meet his ancestors and fulfill his dream of becoming a musician.

*"Planes, Trains and Automobiles."*

A rushed road trip never runs smoothly, especially if you have two days to get from New York to Chicago amidst snowy storms. Tag along with Neal (Steve Martin) and Del (John Candy) in this 1987 comedy to see if they can make it home in time for Thanksgiving dinner.



## No-Cook Thanksgiving Help

At the heart of most Thanksgiving celebrations is a lavish feast shared with family and friends. Fortunately, you don't need to be a master chef—or even cook at all—to contribute to the gathering.

*Hosting.* Offer your home or the use of your kitchen, but leave the cooking up to other guests.

*Cleaning.* Whether you're hosting or not, put your energy toward making the space look spiffy by picking up clutter, dusting and vacuuming.

*Shopping.* Give the gift of time and/

or money by picking up some of the ingredients needed for the meal.

*Decorating.* While cooking is an art, some people are creative in other areas; try designing a centerpiece or arranging place settings.

*Driving.* If guests are coming from out of town, volunteer to pick them up from the airport or train station. People who live closer may also need or appreciate a ride.

*Entertaining.* Spread joy with music by making playlists for cooking, cleanup and hanging out after the meal. Bring games or movies that you know are crowd-pleasers. If kids are at your gathering, play with them while their parents are busy.

*Cleaning ... again.* After the feast, put the food away, wash and dry dishes, and wipe down surfaces.

*Making memories.* Be the event photographer and take pictures throughout the celebration, making sure to get some group shots.





## Stack Your Way to Success

Most of us enjoy tips and tricks that make our lives healthier and more efficient. What if there were an easy way to make your chores less of a hassle and your habits more productive?

There is! It's called habit stacking. Our brains function using a strong network of connected neurons. Daily habits, such as waking up to brew coffee, taking a shower in the morning or watching an episode of your favorite show with supper, are solidified in your schedule and brain. To give yourself the best chance at creating new habits, build off these already existing ones.

Keep your home clean by wiping down the bathroom sink after you wash your face or doing the dishes directly after a meal. Spend less money on takeout by prepping your lunch while your coffee brews. Or improve your health by putting on workout clothes as soon as you get home from work or saying something you're grateful for when you get into bed at night. One helpful formula to begin habit stacking is: "After/before (*current habit*), I will (*new habit*)."

Forming new habits can take time, so be kind to yourself. Monitor your progress, and don't be afraid to adjust your goals if you're struggling to make them stick. Be specific, yet simple, so you are more likely to settle into new routines.

## What's Cooking



### Savory Cheese Balls

Impress holiday guests with these easy and elegant appetizers.

#### Ingredients:

- 2 8-ounce packages cream cheese
- 2 tablespoons caraway seeds
- 1 teaspoon poppy seeds
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 2 teaspoons fresh thyme, chopped
- 1 teaspoon fresh rosemary, chopped
- 1/4 cup dried cranberries, chopped
- 2 tablespoons pecans, chopped

#### Directions:

Cut each cream cheese block into three sections. Roll each portion into a ball.

In a small bowl, combine caraway seeds, poppy seeds and half of the minced garlic.

In a second bowl, combine parsley, thyme, rosemary and remaining garlic.

In a third bowl, combine cranberries and pecans.

Roll two cheese balls in the seed mixture, another two in the herb mixture, and the last two in the cranberry mixture.

Serve cheese balls with crackers or fresh vegetables.

*Find more recipes at  
Culinary.net.*



"I don't spend time wondering what might be next; I just focus on trying to savor every day."

—**Trisha Yearwood**

"Savor the moments that are warm and special and giggly."

—**Sammy Davis Jr.**

"Turn the preparing of food into a communal affair ... When the cooking is finished, eat together 'round the table with the electronic gadgets switched off so you can savor the food and let the conversation flow."

—**Carl Honoré**

"Sometimes we need the salt of tears to remind us how to savor the sweetness of life."

—**Lysa TerKeurst**

"Photography is about savoring life at 1/100th of a second."

—**Marc Riboud**

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."

—**Charlotte Rae**

"The way to develop the habit of savoring is to pause when something is beautiful and good ... then totally immerse in the experience of savoring it."

—**Tara Brach**

"One can never truly savor success until first tasting adversity."

—**Ralph Waldo Emerson**

"The bonds we create in the household are the most important and lasting. Savor them; they're sacred."

—**Rainn Wilson**



# November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Pest Control by Request	2	3	4
5 	6	7	8 Pest Control by Request	9	10 Veterans Day (Observed)	11 Veterans Day
12	13 	14	15 Pest Control by Request	16	17	18
19	20	21	22 Pest Control by Request	23 Thanksgiving	24 	25
26	27 	28	29 Pest Control by Request	30		

## “This Month In History”

### NOVEMBER

**1929:** Movie star turned Princess of Monaco, Grace Patricia Kelly is born on Nov. 12. She was an iconic actress during the Golden Age of Hollywood and an advocate for children in the arts.

**1930:** The Bank of Italy in San Francisco changes its name to the Bank of America. Currently, the financial company is the second-largest banking institution in the United States.

**1942:** In the midst of World War II, the minimum age for the U.S. military draft is dropped from 21 to 18. This

quickly brought out supporters of lowering the legal voting age, too, with the phrase “Old enough to fight, old enough to vote.”

**1960:** John F. Kennedy becomes the youngest person to be elected U.S. president.

**1989:** The fall of the Berlin Wall occurs on Nov. 9. With the literal destruction of the wall, the figurative “Iron Curtain” between the U.S. and the Soviet Union was dissolved as well, ending the Cold War.

**1994:** Returning to the ring after a 10-year retirement, George Foreman wins the world heavyweight boxing championship—the oldest ever to earn the title, at age 45. “Big George” still holds the record.

**2011:** The creative video game Minecraft is released. It has since become the bestselling video game in history, with 140 million active players.

**2022:** The global population reaches a new high of 8 billion people.