CARRIAGE HILL

A Room with a View.

November 2026

Charity Accountability

Before donating during this season of giving, try an online charity rating system, which measures individual charity effectiveness. According to the Better Business Bureau Wise Giving Alliance, charitable commitments — the percent of a charity's total expense that goes directly to its charitable purpose — should be 65% or higher.

Easy Budgeting

For folks who hate budgeting, these nontraditional personal finance planning strategies may be just what the accountant ordered:

Value-based budgeting. Start with what matters most to you and then budget your needs and lesser wants around your main value.

80/20 budgeting. Immediately save or invest 20% of your income and then spend the rest without minutely tracking the dollars of the remaining 80%.

Attitude of Gratitude

"Be present in all things and thankful for all things." —Maya Angelou

Virtual Volunteering

Volunteers help both themselves and others when they give back. Studies show that folks who donate their time serving others are more likely to feel optimistic and purposeful, as well as have an overall reduced risk of mortality. To volunteer virtually, consider opportunities like card- or letter-writing programs, sewing or crocheting blankets for children in need or digitizing books and historical records. Simply search online for specific opportunities.

On Nov. 11 ...

Be sure to thank a veteran.

A Good Start for Gut Health

According to medical experts, anxiety can trigger a physiological response that breaks down gut lining, and then poor gut health can trigger chronic stress. Here's a breakfast of champions to help keep your body and mind calm from the start: oatmeal with blueberries. Packed with stress-regulating magnesium, the oatmeal also contains tryptophan, which helps produce serotonin, a chemical that regulates mood, sleep and digestion. Blueberries can reduce the stress hormone cortisol and are rich in fiber, which supports good gut bacteria.

Carriage Hill

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Professionally Managed by Cathcart Property Management

Office Hours

Monday	10 AM - 6 PM
Tuesday	10 AM - 6 PM
Wednesday	10 AM - 6 PM
Thursday	10 AM - 6 PM
Friday	10 AM - 6 PM
Saturday	9 AM - 2 PM
Sunday	9 AM - 12 PM

Unwinding With a Weighted Blanket

Weighted blankets use deep pressure stimulation to encourage the whole body to relax. Experts recommend blankets that weigh about 10% of the user's body weight and checking with individual health care providers first.

Wit & Wisdom

"How important it is for us to recognize and celebrate our heroes and she-roes!"
—Maya Angelou

"True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost."
—Arthur Ashe

"On this Veterans Day, let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our veterans and their families who have sacrificed so much so that we can live free."
—Dan Lipinski

"Your determination, selflessness and courage have brought the freedom struggle towards its fulfillment."
—Gerry Adams

"A hero is someone who has given his or her life to something bigger than oneself."
—Joseph Campbell

"The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude."
—Jeff Miller

"Honor to the soldier, and sailor everywhere, who bravely bears his country's cause."
—Abraham Lincoln

Heroes Big and Small

"Heroism doesn't always happen in a burst of glory. Sometimes small triumphs and large hearts change the course of history." —Mary Roach

Fresh Takes on Holiday Feasts

These themed twists on traditional holiday feasts can add excitement and ease to gatherings of all sizes.

Food truck feasting. Street food fare is quick to cook and easy to eat, making it a perfect theme for a potluck or a simple but satisfying dinner. To nod to a traditional Thanksgiving meal, try skewers loaded with cooked turkey and bite-sized sides like sweet potatoes and Brussels sprouts. Street food staples like sliders, tacos and more can be easily customized to include traditional feasting foods.

Global gratitude. "Variety is the spice of life," wrote poet William Cowper, and folks can bring the spice of life and different countries to the table. Encourage company to bring favorite dishes from different cultures, as well as the recipes and stories behind the food. Sharing new foods and old memories can help acquaintances and dear friends alike learn something new about each other and the world.

Meatless meal. If your party is interested in pardoning another turkey, try a plant-based potluck. Vegetarian pot pies and harvest bowls are hearty options for main dishes, and side dishes like sweet potato casseroles, soups, salads and roasted root vegetables get their chance to shine.

Stress-Free Celebrations

More than 40% of adults in the U.S. experience more stress during the holiday season than at other times of the year, according to a poll by the American Psychological Association. Keep the holidays more happy than harried with these practical tips.

Think ahead. Avoid last-minute grocery runs by stocking up on baking ingredients such as flour, sugar and butter. Replenish your gift wrap stash, too, as well as bags, tags, bows and tape. Shop for presents early in the season, and wrap them as you buy them. Consider picking up a few extra items to cover last-minute invitations or guests.

Divide and conquer. Don't be shy about asking for help. Delegate cleaning, cooking and shopping tasks. For holiday dinners and parties, be open to buying baked goods, side dishes or even the main course instead of feeling obligated to make everything from scratch.

Take care of yourself. Get plenty of rest, eat well and carve out time for yourself. Before your schedule fills up, pencil in a few personal hours. Solidify the plans by buying advance tickets to an afternoon movie or making a spa appointment.

Focus on fun. As you spend time with friends and family, focus on the fellowship and don't worry about what's still on your to-do list.

Life on the Road

Route 66 is celebrating its 100th birthday! From 1926 to the last half of the 20th century, “The Mother Road” was the favored way to traverse the western half of the United States.

The nation’s first paved highway spanned 2,448 miles from Chicago, Ill., to Los Angeles, Calif. Towns and businesses along the highway grew and prospered with the boom of tourists. The Bobby Troup song “Route 66” advised folks to “Get your kicks on Route 66.”

The Federal Aid Highway Act of 1956 prompted the construction and upgrade of roads across the country. By the 1970s, Route 66 was mostly replaced by five interstate highways, and it was fully decommissioned by 1985. Businesses along the highway closed as traffic dwindled.

There have been efforts, however, to preserve historic sites along the route, and travelers can still get their nostalgic “kicks” navigating about 85% of the original Route 66. Cities along the famous route are celebrating the centennial with parades, festivals and, of course, car shows.

‘Route 66’

“... Now you go through St. Louis
Joplin, Missouri
And Oklahoma City looks mighty pretty
You’ll see Amarillo
Gallup, New Mexico
Flagstaff, Arizona
Don’t forget Winona
Kingman, Barstow, San Bernardino ...”

—Bobby Troup, “Route 66”

Easy Pumpkin Soup

Pumpkin is a classic fall flavor, and you can satisfy your craving for the comfort food with this simple soup.

Cook time: 10 minutes
Servings: 4

Ingredients:

- 1 can (15 ounces) pure pumpkin
- 1/2 cup coconut cream
- 1 cup vegetable stock
- 1 tablespoon garlic paste or 1 teaspoon garlic powder
- 1 tablespoon ginger paste or 1 teaspoon ground ginger
- salt, to taste
- pepper, to taste
- coconut rice, for serving (optional)
- bread, for serving (optional)

Directions:

- In saucepan over medium heat, combine pumpkin, coconut cream, vegetable stock, garlic, ginger and salt and pepper, to taste.
- Stir until well incorporated.
- Cook 10 minutes.
- Serve over coconut rice or with bread, if desired.

Leftovers can be refrigerated up to 3 days or frozen up to 3 months. Thaw frozen coconut ginger pumpkin soup in fridge then reheat in microwave or saucepan on stovetop.

Notes: For an elegant garnish, top with toasted pepitas, pumpkin seeds or swirl of coconut milk.

For more recipes, visit GreenGiantVegetables.com.

ATTENTION!

Pets:

Please be a good neighbor and clean up accidents inside and outside! Pet stations can be found around the exterior of the community.

Trash Butler:

Our Trash Butler service offers convenient doorstep waste collection for our residents. To ensure efficient pickup, please place all bagged trash inside and in the provided bin between 5:00 PM and 7:00 PM. Collection begins promptly at 7:00 PM. Kindly retrieve your empty bin by 9:00 AM the following morning. Thank you for your cooperation in maintaining a clean and pleasant community.

TRASH BUTLER
Our Butlers Make the Difference

GOBBLE
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GOBBLE

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Coffee & Conversation 10am	4 Pest Control 1230	5	6	7
8	9	10 Coffee & Conversation 10am	**Veterans Day** 11 Pest Control 1240	12	13	14
15	16	17 Coffee & Conversation 10am	18 Pest Control 1250	19	20	21
22	23	24 Coffee & Conversation 10am	25 Pest Control 1260	**Thanksgiving** 26 Office Closed	27	28
29	30					

"This Month In History"

NOVEMBER

1917: Made up of five Canadian teams, the National Hockey League is created in Montreal.

1926: U.S. Route 66 is officially established. The roughly 2,400-mile two-lane highway from Chicago to Los Angeles became a legendary east-west link.

1931: Homemaker Irma Rombauer self-publishes her favorite recipes in "The Joy of Cooking." The classic cookbook has since sold over 20 million copies.

1941: President Franklin D. Roosevelt signs a bill proclaiming the fourth Thursday in November as the official Thanksgiving holiday.

1954: The U.S. Marine Corps Memorial is dedicated in Arlington, Va. The monument depicts the raising of the American flag at the 1945 Battle of Iwo Jima.

1967: With a cover price of 25 cents, the first issue of Rolling Stone magazine goes on sale in San Francisco.

1984: Fred Rogers, of the children's TV series "Mister Rogers' Neighborhood," presents one of his sweaters to the Smithsonian's National Museum of American History.

1997: Disney's "The Lion King" opens as a Broadway musical.

2010: A groundbreaking ceremony is held for George W. Bush's presidential library in University Park, Texas.

2018: NASA's Voyager 2 probe leaves the solar system for interstellar space exploration.

2020: Whitney Houston is inducted into the Rock and Roll Hall of Fame.

2022: The world population officially reaches 8 billion people, according to the United Nations.

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