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Between FRIENDS

Are your holiday gatherings feeling a bit cramped these days as your guest list grows each year? Call me—I'll help you find the perfect new home!



Thinking of selling your home? As an experienced real estate professional, I would like to point out the benefits of adding an Old Republic Home Warranty to your transaction. While your home is on the market, Seller's Coverage provides repair and replacement of your home's major systems and appliances. It keeps the home showing well during the listing period, which may result in a faster sale at a higher price. At close, the Buyer's Plan seamlessly takes effect, protecting the home buyer against potential, unknown after-sale problems. Last but not least, the home warranty provides budget protection from the high cost of home repairs and peace of mind for both the home seller and buyer.

OLD REPUBLIC HOME PROTECTION



Protect your budget against the high cost to repair or replace home systems and appliances.

People Helping People™



Visit www.orhp.com or talk to your real estate professional to learn more.

Know someone who is thinking about buying or selling a home but doesn't know where to begin? Call me today and I'll happily explain the fundamentals so they can act with confidence.



Health & Safety

Holiday Home Security

The holidays are fast approaching and it's the season for visiting family and friends. Here are a few home security tips to offer you peace of mind while you're away.

Surveillance: Install an internet-connected camera pointed at the front porch. Use a smartphone app to monitor who comes to the door at any time, wherever you happen to be.

Doors and windows: Remember to lock every door and window before you leave. Don't forget garage and pet doors! Check your locks and consider replacing them with high-quality deadbolts.

Security systems: Activate your security system before you leave. This may seem like common sense, but an activated alarm is an incredibly effective deterrent. 60% of thieves are discouraged by the presence of an alarm.

Is anybody home? Put your lights and televisions on timers set to turn on and off intermittently. Also, park a car in the driveway while you're away (ask a neighbor to park there periodically if your family plans to drive to grandma's). Nearly 60% of would-be criminals avoid a home if it looks like someone might be inside and 51% check for a car in the driveway before committing their crime.



Helpful Hints

Give Thanks Every Day

It's that time of year that inspires us to reflect on the things we're thankful for. But giving thanks is more than just a seasonal obligation: it can transform your mood, outlook, and health!

Research shows that gratitude journaling is one of the best ways to improve well-being. Here are some tips to get started:

Write often. You don't have to write every day; experts say once or twice a week is enough to increase happiness.

Write without judgment. Don't worry about grammar or spelling, just get your thoughts on paper. No one else will see your journal unless you want them to.

Be specific and keep it fresh. Gratitude journaling changes the way we perceive situations by adjusting our focus. Just writing "I'm grateful for my family" week after week doesn't help you focus on fresh reasons for gratitude. Try writing why you're thankful *specifically*.

Practicing gratitude daily can help you boost your happiness, improve your health, and become a nicer person overall.



6 cups turkey stock
1 large white or yellow onion, chopped
2 cups carrots, diced
2 cups celery stalks, diced
3 cloves garlic, minced
1 Tbsp salt
1/2 tsp ground black pepper
1 bay leaf
1/2 tsp dried sage
1/2 tsp dried thyme
1/2 tsp dried rosemary
1/2 tsp celery salt
1/4 cup fresh parsley, chopped
3 oz egg noodles
2-3 cups cooked turkey, shredded

Bring turkey stock to a boil and add onion, carrot, celery, garlic, salt, pepper, bay leaf, sage, thyme, rosemary, and celery salt.

Lower heat and simmer 10-15 minutes to soften vegetables.

Add fresh parsley, noodles, and turkey.

Cook about 5 minutes, or until egg noodles are cooked through, but still firm.

Remove bay leaf and serve.



Household Tips Sick Day Survival Tips

Waking up under the weather can happen to the best of us, and it isn't easy to take a sick day when you're busy running your business. The following tips will help you get better quickly so you can get back to living your life!

1. It may sound cliché, but get some rest! Put on your coziest PJs and queue up something binge-worthy on Netflix. Take it from the late Dr. Henry S. Lodge, former professor of medicine at Columbia University: you really do need more sleep when you're sick because rest helps your immune system fight off infections.
2. Stay hydrated. Dr. Lodge recommends drinking two quarts of fluids a day. Water, decaf tea, and clear broth are some of the best ways to hydrate your body when you're not feeling well. Avoid coffee, caffeinated soda or tea, and alcohol—they are dehydrating and won't help your body fight off sickness.
3. Keep your stomach full. Foods rich in probiotics and antioxidants, like yogurt and berries, are good sustenance choices when ill. Spicy foods like hot sauce and garlic can help ease congestion. Don't feel like eating? Sip warm broth to replenish fluids and calories.

