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Between FRIENDS

Fall is just around the corner, and so is your dream home! Give me a call today if you're considering buying or selling a home.



Do you know the difference between a home warranty and homeowner's insurance?

A **home warranty** is a service contract that covers the costs associated with common home system and appliance failures that occur due to normal wear and use. **Homeowner's insurance** covers loss and damage to your home or belongings caused by certain perils such as fire or flood. Both products offer different types of protection designed to help safeguard your home. For example, if a covered water heater leaks under normal use and floods the home, the home warranty will repair or replace the water heater, while homeowner's insurance may cover the water damage.

OLD REPUBLIC HOME PROTECTION

No home purchase is complete without a home warranty



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People Helping People

If you're happy with the service you've received from me, refer your friends and family! I'm happy to ensure that they also have a smooth, stress-free real estate transaction.



Health & Safety Calisthenics and Finding Your Inner Strength

Looking for ways to strengthen your core without the use of equipment? We have you covered! Calisthenics is a form of strength training using bodyweight resistance. Here are a few equipment-free exercises guaranteed to get your heart pumping.

Pushups: While developing the perfect form may take practice, the pushup is worth it. Depending on your ability, you can modify the position by placing your knees on the ground or standing up and pushing against a wall.

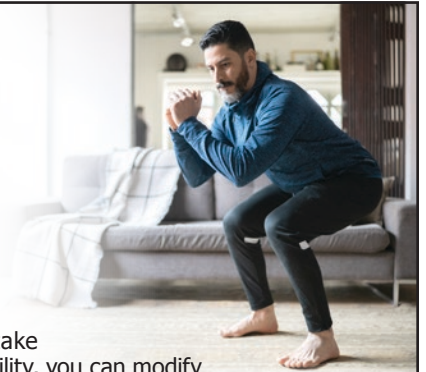
Tricep dips: All you need is a chair or a bench to pull off this arm-strengthening exercise.

Crunches: Crunches work wonders for your core strength. It's easy to keep it fun with a variety of different ab crunches to practice.

Burpees: Burpees are a great way to target your legs, arms, and core. Perform burpees fast enough and you'll get a cardio workout too!

Squats: Put your thighs, glutes, hips, and calves to work with some deep squats. Having trouble squatting low? Sit in a chair and get up from there.

Because calisthenics don't involve equipment, you can do them virtually anytime and anywhere. So the next time you're feeling motivated, give it a try! Of course, always consult with your physician before trying a new workout routine.



Helpful Hints

The Key to Work/Life Balance

Does the stress from work ever spill into other parts of your life? Check out these keys to finding harmony while balancing your personal life and professional career.

- Take control of your day by setting goals and prioritizing tasks. If you're procrastinating on something, do that task first. Save the easy and low-priority tasks for the end of the day.
- Take a break and allow your brain to focus on something else for a moment. Spend a few minutes outside or go for a short walk.
- When you're off work, unplug and disconnect. Avoid taking work home or working when you should be relaxing instead.
- Make yourself a priority. Exercising regularly and maintaining a healthy diet can reduce stress. Bonus: You'll also be less likely to get sick when you take care of yourself!
- Know when to seek help. There are many mental health resources available to navigate you through tough times.
- Go on a vacation! Give your body, mind, and soul a much-needed break from the daily grind.



Savor the Flavor

Stuffed Baby Bellas

16 cremini mushrooms, stems removed and chopped
1 lb. ground chicken or turkey
1 tsp. fennel seed
3 garlic cloves, finely chopped or grated
Zest of one lemon
1 small onion, finely chopped
1 c. shredded Asiago cheese
½ c. breadcrumbs
1 10-oz. box frozen chopped spinach, defrosted and water drained
Salt & pepper
2 tbsp extra-virgin olive oil
¼ c. pine nuts or chopped almonds

Preheat oven to 400°F. Prepare the mushrooms by washing, then removing and chopping the stems. Lightly brush the olive oil over the mushroom caps. In a large mixing bowl, combine all ingredients except ½ cup cheese and nuts. Spoon mixture inside the mushroom caps.

Position the mushroom caps evenly on a lined baking sheet. Top with nuts and remaining cheese. Bake until filling is cooked through, approximately 25 minutes.



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Household Tips: Indoor Fall To-Do List

While spring is a great time to deep clean your home and tackle maintenance tasks, don't forget to do the same in the fall! Prepare for the change of seasons with this indoor fall to-do list.

- ☐ Inventory your pantry and toss expired items. Dust off, wipe down, and reorganize the shelves so your pantry looks neat and clean.
- ☐ Thoroughly vacuum your upholstered furniture. Get all sides, including underneath the cushions. You'll be surprised how much dust and dander accumulates over time.
- ☐ Change the batteries in your smoke and carbon monoxide detectors—vacuum detectors with a brush attachment and test each one.
- ☐ Shampoo your carpets and clean any rugs in the home. Call in a professional to assist or rent a carpet cleaner at a local store.
- ☐ Flip or rotate your mattress. If you cannot flip your mattress, rotate it 180° to avoid sunken spots that build over time.
- ☐ Home system and appliance maintenance: Replace the air filters in your HVAC system. Replace the water filter and vacuum the condenser coils on your refrigerator. Clean your dryer's vent ducts.

