

DeVille

Apartment & Builders Inc.



November 2024

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Happening in November...

National Native American Heritage Month. Established to commemorate America's first people, this month offers Native Americans an opportunity to share their culture, traditions, music, and philosophy of life.

National Alzheimer's Disease Month. Signed into law by President Ronald Reagan in 1983, National Alzheimer's Disease Month recognizes the efforts to treat and cure Alzheimer's while supporting individuals and families struggling with the disease.

Military Family Appreciation Month. In this month-long celebration of those who support the men and women serving in America's armed forces, the Department of Defense, and the nation, honors the commitment and sacrifices made by the families of U.S. service members.

Veterans Day, Nov. 11. Honoring the men and women who have served in the U.S. armed forces, observed on the date of the conclusion of World War I.

National Games and Puzzles Week, Nov. 20-26. Encouraging families and friends to spend more time together playing games, doing puzzles, challenging their brains, and having fun.

It's Time to Fall Back in the Fall!

Daylight Saving Time ends at 2 am on Sunday, November 3rd. Be sure to set your clocks back one hour before going to bed on Saturday night and enjoy the extra hour of sleep!

Easy on the Brrrrrakes!

It's cold out there! Use caution when driving, especially throughout the community where there might be icy patches left under cars or shaded areas. Take it slow when parking and remember to lightly pump your brakes. Never lock up the wheels when conditions are icy. Thanks for using common sense this winter.

Holiday Travel Wisdom

If you'll be traveling by auto this holiday season, be sure to consider these safety tips:

- Have the car serviced and checked out well before starting. Tell others where you will be and when to expect your return.
- Don't forget the cellphone charger.
- Carry jumper cables or a battery charger, a big flashlight and some hand tools. Have an empty one-gallon gas can, paper towels and disposable ponchos in your vehicle. Bring water and snacks for yourself and your passengers.
- In a cold climate, have blankets and extra clothes available. Have a small shovel in case you get stuck in snow.
- When parking, put valuables away.

We're Thankful for You!

November is the month we all pause to reflect on all our blessings and to give thanks for all we have. At DeVille Apartments & Builders Inc., we value each and every one of our residents. If you've recently joined our community, thank you for choosing DeVille Apartments & Builders Inc.! If you've been with us a while, thank you for your continued residency! It takes great people like you to make our community a great place to call home!

YOUR COMMUNITY STAFF

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Follow these habits for a long life



Easy appetizer: Stuffed Medjool Dates

- 40 medjool dates
- 1 cup mascarpone cheese
- ½ cup Shelled Roasted & Salted Pistachios, chopped
- ⅔ cup pomegranate arils
- Zest from 1 large orange
- Juice from ½ large orange

Make a lengthwise slit in each date, then squeeze the ends toward each other to open the fruit and remove the pit.

Stuff each date with 1 tsp mascarpone cheese. Press 6 to 10 pomegranate arils into mascarpone cheese. Press a pinch of chopped pistachios into the mascarpone cheese in each date. Sprinkle orange zest over top of dates. Drizzle juice from ½ orange over filled dates. Chill and serve. Makes 40 stuffed dates.

Chef's tip: If you are short on time, you can make these the night before, up through adding the pomegranate arils and pistachios. Cover and refrigerate. Zest and squeeze juice from the orange just before serving.

All of us want to live a long and healthy life. Fortunately, it's not just a matter of genetics and luck. CNN suggests taking these steps for safeguarding your health and happiness for a long time to come:

▪ **See your doctor regularly.** Get screenings for prediabetes and other health conditions so you can take action before a problem becomes serious. Consistent visits help you and your doctor get to know each other, building trust and allowing your doctor to spot potential problems early.

▪ **Exercise consistently.** Regular physical activity can reduce your risk of high blood pressure, heart disease, stroke, and other complications as you grow older. Try to get about two and a half hours of moderate to vigorous exercise a week to stay fit.

▪ **Eat right.** Limit your consumption of processed foods and eat more fruits, vegetables, legumes, whole grains, and nuts. Your plate should be at least half fruits and/or vegetables

at mealtimes. A plant-based diet supplies more antioxidants, which relieve stress and fight the buildup of plaque in your arteries.

▪ **Pay attention to mental health.** Stress, anxiety, depression, and other mental health issues can have a negative impact on sleep, digestion, and your overall physical health. Practice meditation and other relaxation techniques. See a therapist to deal with underlying issues.

▪ **Get enough sleep.** Lack of sleep can lead to higher levels of stress hormones, blood sugar, and blood pressure. Get at least seven hours of sleep every night. Regular exercise and a consistent sleep routine can help.

▪ **Cut down on alcohol and cigarettes.** Heavy alcohol use can cause weight gain, high blood sugar, heart disease and more. Tobacco use increases your risk of different types of cancers. Limit or eliminate your use of both substances to extend your lifespan.

Simple food safety tips for Thanksgiving



- The best way to thaw a turkey is in a refrigerator, according to USDA recommendations. Allow 24 hours for each four to five pounds, in a refrigerator cooled to 40 degrees or below. Be sure to let the turkey thaw in a container so juices will not drip onto other foods.
- If you must thaw a turkey in cold water, be sure it is in a leak-proof bag. The turkey should be submerged in cold water. Allow 30 minutes per pound. Change the water frequently. USDA recommends every 30 minutes. Cook immediately when thawed.
- Cook turkey to 165 degrees in thickest part of the breast, inner thigh, and inner wing.
- Wash hands with soap and water for at least 20 seconds before touching any food.
- Do not store stuffing inside a turkey. Refrigerate it separately.
- Don't wash the turkey. According to the USDA, loosely attached bacteria can contaminate the kitchen when you wash meat or poultry. Studies have found bacteria cling to sinks, sponges and towels. Bacteria is effectively killed in the oven. The best idea is to take the turkey out of the package and put it straight into the pan.



Turkey 101: Carving the bird

Thanksgiving dinner is usually about the turkey. You don't have to be a surgeon to carve one correctly, but proper carving and slicing techniques will ensure you get the most meat from your bird and enable you to present an attractive meal to your friends and family. Follow these easy techniques for successfully carving your holiday turkey:

- Let your 10-pound-or-bigger turkey stand at room temperature for 10 to 20 minutes after cooking and before slicing. This allows the juices to distribute evenly throughout the turkey. Netting and cooking bags are also easier to remove after waiting.

- Slice or carve the turkey on a sanitized cutting surface. Knives, pans, and covers should be sanitized, too.

Resanitize boards and knives every 30 minutes. Wear disposable food-handling gloves while carving or frequently wash your hands thoroughly.

- Immediately after the 10 to 20 minutes holding time, carve the turkey into major sections (i.e., breasts, thighs, drumsticks, and wings).

- To serve turkey hot, place sections in pans. Cover with foil or plastic film to retain heat and moisture and to minimize the possibility of contamination. Your turkey should be at least 140° F when placed in the holding pans. A maximum holding time of 20 to 30 minutes is recommended.

- Slice the sections into serving pieces, arrange them on a plate, and add garnish. Enjoy!

A meatless Thanksgiving?

A vegetarian Thanksgiving isn't a contradiction of terms. The traditional turkey may be a favorite, but you've got other options available that don't force you to compromise your principles or your enjoyment. Consider these meatless alternatives:

- **Butternut squash with stuffing.**

Take four medium-size butternut squash, $\frac{3}{4}$ cup of raw wild rice, a cup of chopped red onion, and other spices and ingredients. Find the recipe on vegkitchen.com for a dish that serves eight people.

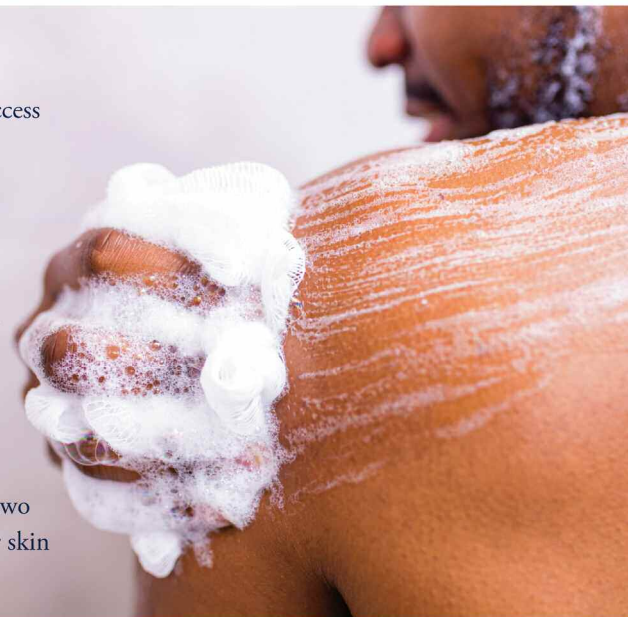
- **Lasagna.** A good, filling entrée that can be prepared with all kinds of vegetables and meat substitutes (like tofu). Spinach, zucchini, and mushrooms are popular ingredients.

- **Winter squash risotto.** Risotto calls for patience and lots of careful stirring, but can result in a satisfying and delicious meal. One medium butternut squash, or 2 to 3 delicata squash, can be used in a risotto recipes found on Veggie Table's site at theveggietable.com.

Take a cold shower—for better health

Showers keep you clean, but a cold shower can be good for your health. An article on the Success website spells out the benefits of taking cold showers:

- **Immunity.** Scientists believe there's a correlation between cold showers and increased production of an amino acid called glutathione, which boosts the immune system, gets rid of toxins, and eases stress.
- **Better skin health.** A hot shower removes important oils from the skin, making it dry and itchy. Cold showers reduce skin inflammation. They also prevent your hair from becoming brittle.
- **Muscle recovery.** There's a reason why athletes soak in ice baths after a tough game. The cold water helps speed their recovery time and relieve soreness quicker.
- **Better moods.** Cold showers may prevent depression, according to researchers at Virginia Commonwealth University. Decreasing the temperature of your water and then spending two or three minutes under cold water sends a lot of electrical impulses from the nerves in your skin up to your brain, which could have an anti-depressive effect.



Happy Thanksgiving Word Search



This is a zigzag word search puzzle. Words go left, right, up, down, not diagonally, and can bend at a right angle. There are no unused letters in the grid, every letter is used only once.

A	P	P	L	T	O	M	T	N	A
E	I	P	E	H	A	R	U	M	U
C	A	T	H	U	R	V	R	U	T
O	I	Y	A	D	S	E	K	E	Y
R	P	F	A	M	T	S	P	U	M
N	O	Y	L	I	R	N	I	K	P
U	C	N	R	M	E	P	I	L	G
P	O	O	E	A	W	S	M	I	R
O	T	V	B	Y	O	S	R	E	L
T	A	E	M	F	L	S	E	T	T

Find all the words from the word list (ignore spaces and dashes, if any):

- APPLE PIE
- AUTUMN
- CORNUCOPIA
- ~~FAMILY~~
- HARVEST
- MAYFLOWER
- NOVEMBER
- PILGRIMS
- POTATO
- PUMPKIN
- SETTLERS
- THURSDAY
- TOM TURKEY

ANSWER:

A	P	P	L	T	O	M	T	N	A
E	I	P	E	H	A	R	U	M	U
C	A	T	H	U	R	V	R	U	T
O	I	Y	A	D	S	E	K	E	Y
R	P	F	A	M	T	S	P	U	M
N	O	Y	L	I	R	N	I	K	P
U	C	N	R	M	E	P	I	L	G
P	O	O	E	A	W	S	M	I	R
O	T	V	B	Y	O	S	R	E	L
T	A	E	M	F	L	S	E	T	T

November '24

					friday	saturday
					1 Rent Due	2 National Deviled Egg Day
sunday	monday	tuesday	wednesday	thursday		
3 Daylight Saving Ends National Sandwich Day	4 Use Your Common Sense Day	5 Election Day Don't Forget to Cast Your Ballot!	6 National Nachos Day	7 National Men Make Dinner Day	8 National Cappuccino Day	9 World Freedom Day
10 US Marine Corps Birthday	11 Veterans Day We Salute Our Veterans. Thank You for Your Service!	12 Chicken Soup for the Soul Day	13 World Kindness Day	14 Loosen Up Lighten Up Day	15 Clean Out Your Refrigerator Day	16 Guinness World Records Day
17 National Hiking Day	18 Odd Socks Day	19 November's Birthstone is Topaz	20 Name Your PC Day	21 Great American Smokeout	22 November's Birth Flower is Chrysanthemum	23 National Espresso Day
24 Celebrate Your Unique Talent Day	25 Shopping Reminder Day	26 National Cake Day	27 National Jukebox Day	28 Thanksgiving Have a Happy and Blessed Thanksgiving!	29 November is National Gratitude Month	30 November is National Native American Heritage Month