

# November

## Happy Thanksgiving!

November brings focus into our lives and gives us time to reflect on the things we are thankful for. November also brings Thanksgiving and family -- which can sometimes be all-consuming and leave you feeling stretched thin. Take some of the pressure off of your holiday planning with the help of [The Fresh Market](#) or [Publix Aprons](#). The Fresh Market and Publix Aprons can be your one stop shop for all things holiday from food, wine, gifts, and more. Remember, this is a holiday to give thanks and enjoy the ones your love.

Are you or anyone you know thinking about a change, maybe upsizing or downsizing or just want to see what is happening in the market? If so, you can [Search Homes](#) using our website at [www.DolanRealEstateGroup.com](http://www.DolanRealEstateGroup.com).

Looking for something to do? Check out [Local Attractions](#) on our website.

From our family to yours, Happy Thanksgiving!

Linda, Carol and Shannon



## Chipotle Chicken Soup

### Ingredients

- 2L Chicken Stock
- 3 C leftover roast chicken or cooked chicken breast, cut into chunks
- 1 Tbs cooking fat of choice (I used bacon fat)
- 1 onion, finely chopped
- 1 clove garlic, finely chopped
- 1 red bell pepper, chopped
- 1 green pepper, chopped
- 2 carrots, chopped
- 1 delicata squash, seeds removed and cut into small chunks
- 2 tsp adobo sauce (sauce from the canned chipotles)
- 1-2 whole chipotle pepper, finely chopped (depending on how spicy you like it)
- 1 tsp sea salt, to taste
- 1 tsp smoked paprika
- 2 tsp worcestershire sauce



### Thought of the Day:

"Nowhere can man find a quieter or more untroubled retreat than in his own soul."

- Marcus Aurelius

## Combat Cold and Flu Season with These Overlooked Techniques

With winter approaching, cold and flu season is in full swing in most places. The chaos of the upcoming holiday season combined with the stress of selling your home and planning a move can erode your immune system and leave you vulnerable to illness. However, infection may be preventable with early, aggressive action. In addition to the standard advice like getting plenty of sleep and washing your hands frequently, here are a few overlooked strategies for staying healthy this season:



If you are planning to visit your local farmer s market this season, here are a few tips for making the most of the experience:

- Drink hot tea with honey and a squeeze of lemon juice. Inhaling the steam from hot tea will help the cilia or hair follicles in your nose rid the body of germs. Meanwhile, lemon juice is rich in Vitamin C and is believed to decrease the severity of colds and flus, while honey boosts the immune system with its antibacterial properties. Green and black tea are packed with nutrients and may be substituted for your daily cup of coffee, as they both contain caffeine.
- Keep disinfectant wipes handy. Objects that you come into contact with on a daily basis including your phone, doorknobs, shopping carts at the grocery store, and equipment at the gym are crawling with bacteria. Considering that rhinoviruses, or the infectious agents that cause the common cold, can survive on surfaces for up to 48 hours, swiping these items with an antibacterial cloth may help shield you from infection.
- Get a massage. Regular massages may seem self-indulgent, but they actually offer numerous health benefits. By increasing circulation, massage boosts your immune system. It also promotes stress relief, which enables your body to fight illness more effectively. If you visit a spa that has a sauna or steam room, a brief session in either may help your body stave off infection.
- Get moving. Moderate exercise has been linked to higher energy levels, less stress, and changes in the white blood cells that may support your body in its battle against infection. Exercise is also believed to help rid the lungs and airways of bacteria.

- 1 Tbs molasses or honey
- 1/2 C pumpkin seeds
- 1/2 C aged cheddar, grated
- a handful chopped cilantro (for garnish)
- 1 jalapeño, sliced for garnish

**Directions:**

- Heat a skillet or frying pan, add your choice of fat or oil and the onion and garlic, all them to cook until garlic starts to brown.
- Add peppers, squash and carrots and turn heat to high, cook for a few minutes just to give everything a bit of colour. Add to the stock.
- Heat stock with added vegetables, add in the chicken, adobo sauce, chipotle, smoked paprika, worcestershire, molasses and salt to taste. Simmer on low for 30 minutes.
- Heat frying pan or on a tray in your oven gently roast the pumpkin seeds, they only take a few minutes to start turning golden.
- Serve bowls of soup with a sprinkle of roasted pumpkin seeds, cilantro, sliced jalapeño and some aged cheddar.

[Recipe from nakedcuisine.com](http://nakedcuisine.com)

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## Merry Moving! 5 Tips for Surviving a Move During the Holiday Season

The holiday season should be a joyous time, but if you are selling your home and planning a move at this time of year, the process may leave you feeling anything but merry. The normally festive rituals of attending holiday parties, sending cards, and shopping for gifts can cause your stress levels to skyrocket and exacerbate the feelings of melancholy that are common when leaving the familiar behind to move to a new place.

If your home is on the market in the weeks leading up to the holidays, there is a strong chance that you will soon be contending with a move. Here are five tips for making a smooth transition while preserving the joy of the season:



1. Practice some holiday generosity while lightening your load. Moving is a great time to get rid of belongings that you no longer need, and the holidays are perfect for charitable giving. These two goals intersect neatly in a mutually beneficial solution: donating your unwanted items to charities, such as Goodwill or the Salvation Army. As you prepare to begin packing, search each room in your house for items that have outlived their usefulness. This will reduce the number of possessions that you need to pack and move, preemptively cut down on clutter in your new space, and as an added bonus give you a belated holiday present in the form of a tax deduction for charitable contributions when tax season comes to town.
2. As you begin packing, keep decorations, gifts and wrapping materials, and other holiday keepsakes separate from the rest of your belongings. Consider designating a special box for them that you will be able to find easily upon arriving at your new home. This will enable you to keep your current home decorated for as long as possible and, if the holiday season is still underway when you move, allow you to easily enliven your new place with the festive spirit.
3. Combine holiday cards with moving announcements. Friends and family will want to know your new address, so why not give it to them along with your annual season's greeting? Remember to update your address with important businesses, such as your bank and utility companies.
4. Start researching holiday happenings in your new community. For most people, moving is a bittersweet process that combines the

excitement of a fresh beginning with feelings of longing for the familiar. Learning about what your new city has to offer will help to counter any negative sentiments surrounding the move. If you are relocating during the holidays, attending seasonal events can help you maintain a jolly attitude and even begin meeting friends in your new community.

5. Do your best to keep the holiday spirit alive. Despite the stress of selling your home and planning a move, there are simple steps you can take to preserve a festive vibe. For example, play seasonal tunes while packing, take a night off to watch holiday movies with your loved ones, and carry on your favorite traditions as much as possible. Remember that as overwhelming as this time may feel, it will soon be a mere memory. Try to create a positive memory by staying true to whichever traditions make the holidays meaningful to you.



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