

# Life at Home

WITH NICOLE MIRANDA

Embracing unexpected opportunities in unprecedented times.

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One of our Action values is "We are a team"! That means that we make collaboration and open communication routine, we build relationships based on trust and respect, we value contributions of every team member, we always assume the best in others, and we share responsibility. During this time of the unknowns and uncertainties, there is one thing that you can rely on—we are here for you! We care about you and we will get through this!

For those who either are working from home or are stuck at home, we thought it would be fun to share some ideas each week to keep you and your loved ones busy.

Every dark cloud has a  
**SILVER LINING**  
and this is our chance  
to thicken that lining  
and take charge so that  
we come out of this  
experience stronger.

it explains what we should know about the people we don't know. It looks at the ways we do harm by failing to understand one another.

## Are field trips your thing?

Try taking a **virtual tour of museums** both locally and around the world. How cool is that? From Amsterdam's Van Gogh Museum to Seoul's National Museum of Modern and Contemporary Art to Mexico City's National Museum of

## What is everyone reading these days?

*Little Fires Everywhere* seems to be the popular book right now! Maybe look into joining an online book club. We have our own online Action Library where we recommend books to our team members. *Talking to Strangers* by Malcolm Gladwell is one of the recommended books and

it explains what we should know about the people we don't know. It looks at the ways we do harm by failing to understand one another.

Anthropology, more than 500 museums and galleries teamed up with Google Arts & Culture to offer a peek inside their doors: [Virtual Museums](#)

## Are you a clean freak? What is in those closets?

This is a great opportunity to take stock of what is in your home... I just recently moved and we did a major purge, and boy, I came across SO many boxes of items that I had not seen in YEARS! Found the Rock Band my kids were looking for, and we broke it out, dusted it off, and had a jam session with them this past weekend! Great bonding time, not so great vocals.

## Are movies your thing?

There are some iconic movies from the 80's to binge on. From the adventurous **Raiders of the Lost Ark** to the comical **Caddyshack**, and for you horror movie lovers, check out **The Shining**, a psychological thriller starring Jack Nicholson.

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## MEET NICOLE

Nicole Miranda is a long-time Action team member who loves her job, her co-workers, sharks, and finding ways to make people happy. She is the jack-of-all-trades at Action, juggling many balls and always looking to make life better for everyone.



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Couple of interesting facts from The Shining –

1. The hotel The Shining is based on is actually said to be haunted!
2. Jack Nicholson achieved his character's anger by only eating cheese sandwiches!
3. The snow in the maze was actually 900 tons of salt and crushed styrofoam!

## Is working out your passion? De-stress with an in-home workout.

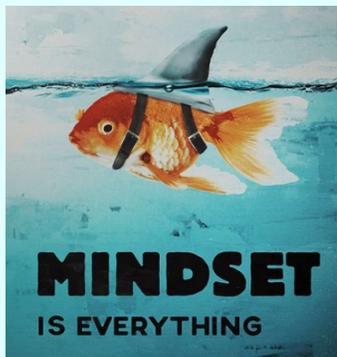
If social isolation has you feeling down, try exercise, a proven mood-booster. With doors closed, local studios are starting to stream classes online. Check out YouTube, offering a wealth of kickboxing, yoga, HIIT, and other video-streamed routines. Blogilates and SaraBeth Yoga are really popular. Remember, stick to the basics! Lunges, push-ups, squats work wonders!

## IN-HOME EXERCISE OF THE WEEK

### Lunges

Challenging your balance is an essential part of a well-rounded exercise routine. Lunges do just that, promoting functional movement, while also increasing strength in your legs and glutes.

1. Start by standing with your feet shoulder-width apart and arms down at your sides.
2. Take a step forward with your right leg and bend your right knee as you do so, stopping when your thigh is parallel to the ground. Ensure that your right knee doesn't extend past your right foot.
3. Push up off your right foot and return to the starting position. Repeat with your left leg. This is one rep.
4. Complete 10 reps for 3 sets.



This is a picture I keep on my wall in my office, and during times like this, it speaks volumes.

Until next week!

Nicole

## VIDEO OF THE WEEK

Maybe a fun assignment for your kids?

[The Lemonade Machine](#)

## ARTICLE OF THE WEEK

Does the current economic environment create opportunities? Check out this article that highlights one economic opportunity for all homeowners and homebuyers: [How Coronavirus Concerns are Changing Mortgage Rates](#), from U.S. News and World Report, March 12, 2020.

Here is a summary of the article:

- According to Freddie Mac, fixed-rate mortgage rates are at a record low for the last 50 years and are down more than 1 percentage point from the same time last year.
- This may be an ideal time to consider mortgage options that might have long term benefits.
- Refinancing can free up cash to increase your savings to pay down other high-interest debt.
- However, re-financing applications have increased over 400% compared to same time last year. Lenders are getting overwhelmed. So, expect long wait-times on the phone or online.
- "If you've been planning to buy a home and are financially prepared, now would be a great time to apply for a mortgage and lock in a low interest rate."
- "Already, the wave of mortgage and refinance applications has led many lenders to raise interest rates at least somewhat, although they remain low overall. Lenders can't sustain their businesses at historically low rates. 'It's not natural for banks to loan 30-year mortgages at 2.99%.'"
- However, the general consensus is that rates will stay below 4%, even when economic instability settles down.
- "Compared with the stock market, real estate is an industry of slow-moving assets. In other words, you don't see the same daily peaks and dips that you do with stock trading, which makes the real estate market more stable during an otherwise volatile time."

### What's in those kitchen cupboards?

You might just try out for Chopped or Top Chef when this is all over. If nothing else, you will think twice before you say there is nothing to eat in the house. I have been getting very creative in the kitchen these days. From Spam fried rice to Star Wars pancakes...and best of all, the kids loved it!

## RECIPE OF THE WEEK

### Spam Fried Rice

[Recipe Courtesy of Chungah Rhee](#)

#### INGREDIENTS:

- 2 tablespoons vegetable oil, divided
- 2 large eggs, beaten
- 2 cloves garlic, minced
- 6 ounces Spam, diced
- 1/2 cup frozen corn
- 1/2 cup frozen peas
- 1/2 cup frozen diced carrots
- 3 cups cooked rice
- 1 1/2 tablespoons soy sauce
- 1/2 tablespoon fish sauce
- 1/4 teaspoon sesame oil
- 1/4 teaspoon white pepper
- 2 green onions, sliced
- Sriracha, for serving

#### DIRECTIONS:

1. Heat 1 tablespoon vegetable oil in a large skillet over low heat. Add eggs and cook until cooked through, about 2-3 minutes per side, flipping only once. Let cool before dicing into small pieces.
2. Heat remaining 1 tablespoon vegetable oil in the skillet over medium high heat. Add garlic and Spam, and cook, stirring often, until light golden brown, about 3-4 minutes.
3. Add corn, peas and carrots. Cook, stirring constantly, until vegetables are tender, about 1-2 minutes.
4. Add rice and gently toss to combine.
5. Add soy sauce, fish sauce, sesame oil and white pepper. Cook, stirring constantly, until heated through, about 1-2 minutes.
6. Stir in green onions and eggs.
7. Serve immediately, drizzled with Sriracha, if desired.