

life at home

WITH NICOLE MIRANDA

Embracing unexpected opportunities in unprecedented times.

ISSUE NO. 3 | APRIL 3, 2020

"We care about people" is another one of our core values at Action. This means: 1) We show genuine interest in individuals' quality of life, 2) We master the art of celebration, 3) We create opportunities, 4) We keep promises, and 5) We are respectful. In times of constant, negative messaging, we need to remember these values. Keep a positive attitude and march forward with determination and hope. Let's be deliberate in activities that are positive, heartwarming, stress-reducing and laughter-inducing! Together, we'll get through this.

A Virtual Vacation!!!

Who says you have to put your vacation on hold!? Thanks to technology, you can take that dream vacation you always wanted in the comfort of your own home and, better yet, no passport required! This is also a great way to explore different places, so when this is all over, you can plan that next vacation. According to Trip Savvy, these are 12 of the best virtual vacations (<https://tinyurl.com/virtualvacations>).

What is on everyone's reading list these days?

The Outsider by Stephen King has spent 18 weeks on the New York Times Best Sellers list. A detective investigates a seemingly wholesome member of the community when an 11-year old boy's body is found. This is now a miniseries on HBO which premiered back in January.

Our strategy statement at Action is "to attract and retain the best talent in the industry and to equip that talent with the best resources that can be flexibly applied in any situation." Great teams are essential for our strategy to be successful and are essential for the success in any organization. To have great teams, you need great team players. In our Action library, team members can find the book, *The Ideal Team Player*. The book explains how to identify and cultivate the 3 essential virtues of the ideal team player – *Humble, Hungry and Smart*.

See 10, Do 10 Challenge!

No matter how you're getting your workout in, doing some at-home exercises can be a great way to stay active. This challenge is as simple as it sounds: Do 10 pushups, then tag as many friends as you'd like on social media and challenge them to do the same. If you get tagged yourself, keep the trend going and have some fun with the exercise!

Pushups are beneficial for building upper body strength. They work the triceps, pectoral muscles and shoulders. When done with proper form, they can also strengthen the lower back and core by engaging the abdominal muscles.

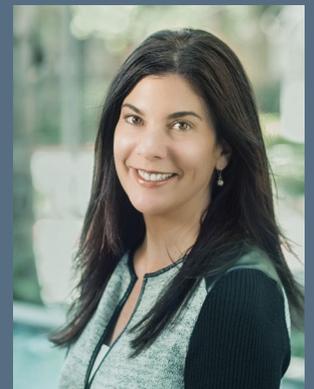
Virtual play dates for the kids!

Our Vice President in LA shared a great idea for kids who are stuck at home these days. Set up a virtual "play date." His daughter set up a FaceTime play date with her best friend that included a picnic in the family room and some much needed

(continued on page 2)

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.



(continued from page 1)

bonding time with her bestie!

Another idea for the kids is to set up a scavenger hunt in the house. This will keep them busy!

You Will Need:

- Scavenger hunt list (example: find something orange, find something with the letter E on it)
- Pen or pencil
- Clipboard (optional)
- Bag or box to collect items in
- Prize

Preparation Time:

- 5 minutes to print lists and gather materials
- Or 15-20 minutes to brainstorm and create your own list, print it and gather materials
- Add 10-15 minutes if you need to “plant” some items for the players to find

Activity Time:

Varies—they're usually over in 15 minutes

Puzzles Puzzles and More Puzzles

Living in Minnesota for 7 years and trying to find ways to stay busy during those -30 degree winters was not always easy. Jigsaw Puzzles quickly became my new favorite hobby! Now that we are stuck in the house, for very different reasons, I quickly searched for that box of puzzles. I couldn't believe I had over 20! This should definitely keep me busy for a while. Crosswords and Sudoku are another favorite. Included at the end of this newsletter are a couple of crossword puzzles (one easy and one hard) if you would like to print and enjoy. You can also find online games like Sudoku, Solitaire and Mahjong: <https://sudoku.game>



Oldies But Goodies

According to IMDb, the list below identifies some of the best movies of all time. With today's technology, these films have been digitally enhanced to improve the quality. Fun Fact: Scenes in the movie *Vertigo* (just missed making the list) were filmed on location at one of our associations in San Francisco. It was a sanatorium back when the movie was filmed in 1958 and was converted to condominiums in 1986.

1. **The Godfather (1972)** - The aging patriarch of an organized crime dynasty transfers control of his clandestine empire to his reluctant son. (Available on Amazon Prime for \$2.99)
2. **The Shawshank Redemption (1994)** - Two Imprisoned men bond over a number of years, finding solace and eventual redemption through acts of common decency. (Available on Netflix)
3. **Schindler's List (1993)** - In German-Occupied Poland during World War II, industrialist Oskar Schindler gradually becomes concerned for his Jewish workforce after witnessing their persecution by the Nazis. (Available on Amazon Prime for \$2.99)
4. **Raging Bull (1980)** - The life of boxer Jake LaMotta, whose violence and temper that led him to the top in the ring destroyed his life outside it. (Available on Netflix)
5. **Casablanca (1942)** - Here's looking at you kid! A cynical American expatriate struggles to decide whether or not he should help his former lover and her fugitive husband escape French Morocco. (Available on Amazon Prime for \$2.99)
6. **Citizen Kane (1941)** - Following the death of publishing tycoon Charles Foster Kane, reporters scramble to uncover the meaning of his final utterance, 'Rosebud.' (Available on Amazon Prime for \$2.99)
7. **Gone with the Wind (1939)** - A manipulative woman and a roguish man conduct a turbulent romance during the American Civil War and Reconstruction periods. (Available on Amazon Prime for \$2.99)
8. **The Wizard of Oz (1939)** - Dorothy Gale is swept away from a farm in Kansas to the magical land of Oz in a tornado and embarks on a quest with her new friends to see the Wizard who can help her return home to Kansas and help her friends as well. (Available on Amazon Prime for \$2.99)
9. **One Flew Over the Cuckoo's Nest (1975)** - A criminal pleads insanity and is admitted to a mental institution, where he rebels against the oppressive nurse and rallies up the scared patients. (Available on Amazon Prime for \$2.99)
10. **Lawrence of Arabia (1962)** - The story of T.E. Lawrence, the English officer who successfully united and led the diverse, often warring, Arab tribes during World War I in order to fight the Turks. (Available on Amazon Prime for \$2.99)

VIDEO OF THE WEEK

Some Good News (<https://tinyurl.com/sgnvideo>)

Actor John Krasinski highlights some good news from around the world, including an interview with Steve Carell to mark the 15th anniversary of THE OFFICE, as well as John's newest hero Coco.



Time for a shout out!

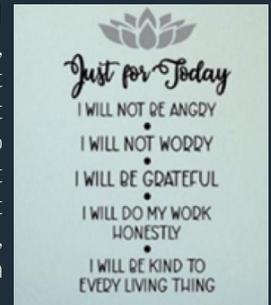
While some of us stay home and self-quarantine during the coronavirus crisis, many others must still go to work every day. One of our homeowners at Arborwalk wanted to give a **Shout Out** to all her neighbors and everyone else who is still working during this time. We loved her idea of writing encouraging notes to those working to show appreciation.

We are so thankful for the doctors, nurses, medical staff, first responders, truckers, delivery drivers, mail carriers, essential retail workers, gas station employees, custodial staff, essential factory workers and so many more, including the Action team members in many of our buildings. They are putting their lives on the line every time they go to work. They are our troops on the front line in our war against this virus. Thank you for all you do!

Positive Mind Set

We probably all have moments, now more than ever, where we are anxious and prone to worry. It is important to keep a positive mindset and to remember that there is light at the

end of this tunnel. Years ago, when I was going through a worrisome time, my good friend said to me "be present in the moment and don't worry about what we can't control." Getting into that positive mindset is so important. It is not always easy in the beginning, but just like exercise, if you make it routine, you will see results! This picture is of a saying that I say every day, to myself. You can find more tips for staying positive at <https://tinyurl.com/tipsforpositivity>.



Thank you again for your feedback from last week's issue and sharing your ideas for this week's edition. Until next week.



RECIPE OF THE WEEK

Juicy Roasted Chicken

[Recipe Courtesy of Allrecipes](#)

Another trick when preparing dinners is to make something that can be versatile. My children are not big fans of leftovers unless it's pizza, so I have to get very creative! A very easy dish has always been roast chicken. It is hearty, rich and delicious. And it's super easy to make! Some great side dishes to a roast chicken dinner are roasted brussels sprouts, butternut squash gratin, or maybe a fig and arugula salad (*my favorite!*). The best part: with the leftover chicken, you can make a chicken tortilla soup, stir fry, or a delicious chicken salad sandwich/wrap. For chicken salad, just mix the chicken with a little mayonnaise, Dijon mustard and add grapes, raisins, pecans and some salt and pepper to taste.

INGREDIENTS:

- 1 (3 pound) whole chicken, giblets removed
- salt and black pepper to taste
- 1 tablespoon onion powder, or to taste
- ½ cup margarine, divided
- 1 stalk celery, leaves removed

DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a roasting pan and season generously inside and out with salt and pepper. Sprinkle inside and out with onion powder. Place 3 tablespoons margarine in the chicken cavity. Arrange dollops of the remaining margarine around the chicken's exterior. Cut the celery into 3 or 4 pieces, and place in the chicken cavity.

Bake uncovered 1 hour and 15 minutes in the preheated oven, to a minimum internal temperature of 180 degrees F (82 degrees C). Remove from heat, and baste with melted margarine and drippings. Cover with aluminum foil and allow to rest about 30 minutes before serving.

EASY

Free Printable Crossword Puzzle #4

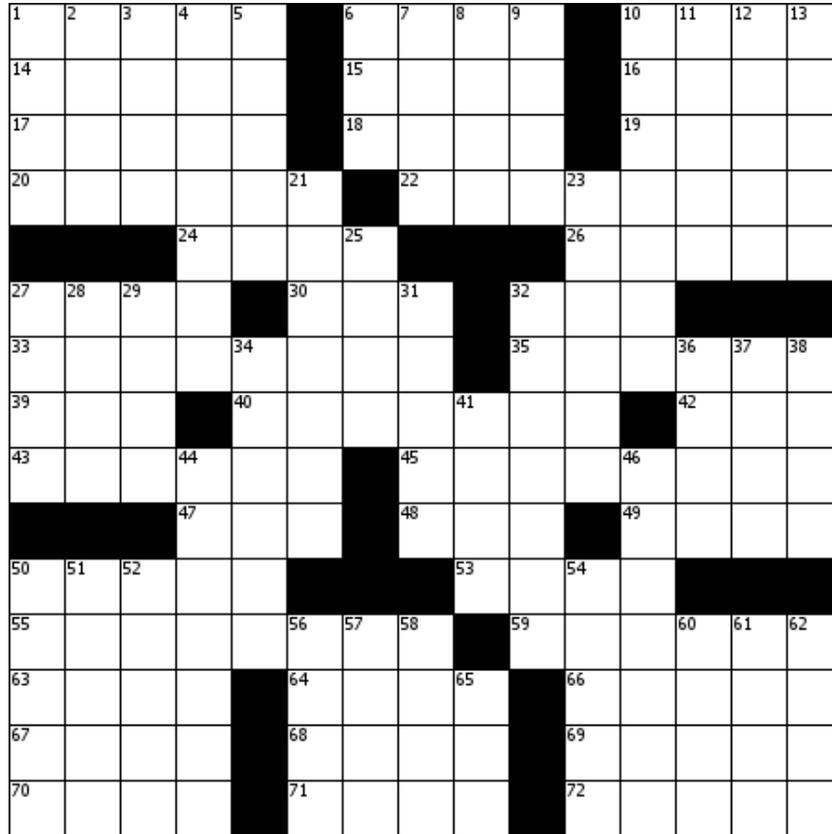
This is the Daily Crossword Puzzle #4 for Apr 1, 2020

Find the solution at

<http://onlinecrosswords.net/73070>

Across

1. Hues
6. Mets' bygone home
10. Adam's garden
14. Add to the family
15. Burn
16. Aspect
17. "Star Wars", e.g.
18. Learned
19. Enclosure
20. Pencil rubber
22. Used logic
24. Spanish cheers
26. Ringlet
27. Went quickly
30. Blouse
32. Museum offering
33. Hidden
35. School assignment
39. Trumpeter ____ Severinsen
40. Newspaper story
42. Hullabaloo
43. Orb
45. Intensified
47. Neckline style
48. Manchester's country (abbr.)
49. Untidy condition
50. Double curves
53. Snare
55. Camera opening
59. Wagner works
63. Fork feature
64. ____ and void
66. Moved upward
67. Concludes
68. Man or Wight
69. Comic ____ O'Donnell
70. Robin's home
71. Bangkok native
72. Staircase part



Down

1. Domesticated
2. Aroma
3. ____ Scotia
4. TV series installment
5. Stainless ____
6. Compass pt.
7. Will beneficiary
8. Soften
9. Range
10. Accompanies
11. Journalist ____ Sawyer
12. Margins
13. Necessities
21. Person on a pension
23. Actress Meryl ____
25. Chimney dirt
27. Foam
28. Falling sound
29. Engrave with acid
31. Vanity
32. Quick tempo
34. Least common
36. Of sound mind
37. Certain poems
38. Indicates assent
41. Lincoln's coin
44. Highest mountain
46. Monarch
50. Corroded
51. Backbone
52. Transmits
54. Separate
56. Platoon
57. Make haste
58. Jazz great ____ Fitzgerald
60. Thorny bloom
61. Tibet's continent
62. Sow
65. Luau souvenir

DIFFICULT

Free Printable Crossword Puzzle #4

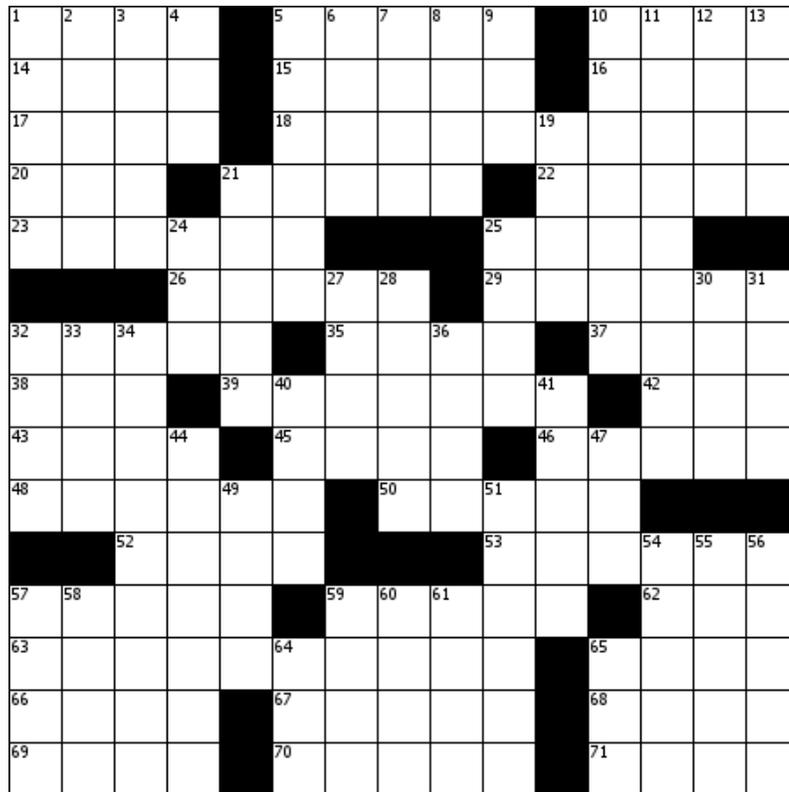
This is the Daily Crossword Puzzle #4 for Mar 30, 2020

Find the solution at

<http://onlinecrosswords.net/54119>

Across

1. Between
5. Decorate
10. Industrious insects
14. Nevada resort
15. Scoundrel
16. Glance
17. Keats poems
18. Meat-filled pasta
20. Tourist's aid
21. Grows weary
22. Curved letters
23. Church features
25. Spot
26. Croc's kin
29. Sacred songs
32. Selected
35. Apollo agcy.
37. Gather crops
38. Belonging to us
39. Instruct
42. Bus terminal (abbr.)
43. Earnest request
45. Consumer
46. Endures
48. Scanty
50. Melees
52. Pepper's mate
53. Tile picture
57. ____ diver
59. Actress ____ Hayes
62. GI's hangout
63. ____ vision
65. Not working
66. Inspiration
67. Martini garnish
68. Told fibs
69. Gull's kin
70. Skirt fold
71. Oodles



Down

- | | | |
|------------------------|----------------------------|-----------------------|
| 1. Fragrance | 21. Vocation | 47. Pack animal |
| 2. Military award | 24. Become old | 49. Hit |
| 3. Awkward | 25. Petty quarrel | 51. Brunch dish |
| 4. Roberto's "two" | 27. Burden | 54. Sound |
| 5. Rembrandt, e.g. | 28. Professional speedster | 55. Small landmass |
| 6. Revolving ____ | 30. Actor ____ Dillon | 56. College women |
| 7. Bogeyman | 31. Resorts | 57. Rotisserie rod |
| 8. Grooves | 32. Klutz's exclamation | 58. Admit defeat |
| 9. Formerly named | 33. Orange juice solids | 59. Hades |
| 10. Sports VIP (hyph.) | 34. Financial officer | 60. Pennsylvania city |
| 11. Silent | 36. Eastern garment | 61. Liquid rock |
| 12. Hue | 40. Music for two | 64. Bunny's motion |
| 13. Snow runners | 41. Musician ____ John | 65. Not healthy |
| 19. Hawaiian garlands | 44. Horse breed | |