



# THE RESERVE

at Daleville

25 Daleville Lane • Daleville, VA 24083

## SEPTEMBER 2022



## HIGHLIGHTS

### A Sunny Snack

A scoop of sunflower seeds is a healthy solution for hunger cravings between meals. A 1/4-cup serving contains 5 to 7 grams of protein, which helps you feel full.

### Coffee Ice Cubes

When you've had your fill of morning coffee but there's still some left in the pot, pour the excess into an ice cube tray and freeze for a few hours. Store the frozen coffee cubes in an airtight bag and use them to make iced coffee without diluting your drink. Other uses for the cubes include smoothies, milkshakes, desserts and even some savory recipes, such as baked beans or roast beef gravy.

### Self-Care Corner:

#### Defense for Decision Fatigue

If you ever have trouble making decisions, no matter how large or small, you may have experienced decision fatigue. Mental health experts say this kind of fatigue can be a result of facing several difficult or significant choices, or simply lots of different decisions. We can't avoid making decisions, but we can streamline certain tasks so we devote less brainpower to them and have more energy for the big stuff. Examples include picking out your outfit the night before, planning lunches for the week, and setting bills on autopay.

## BULLETIN BOARD

## NOTES & NEWS

### Go for Your Goals

"If you care about what you do and work hard at it, there isn't anything you can't do if you want to." —Jim Henson

### Eye on Street Safety

Whether you're on foot or on a bike, make eye contact with any approaching traffic when you're about to cross the street. Even if you're confident that you have the right of way, eye contact is the best way to make sure other pedestrians and drivers see you.

### Farewell to Summer

Observed on the first Monday in September, Labor Day recognizes the achievements of American workers. Many people consider Labor Day the end of the summer season and organize cookouts and other outdoor events. The week of Labor Day also marks the start of the National Football League's regular season.

### Bag-Carrying Hack

Carry all the grocery bags inside in a single trip? Challenge accepted—and made easier with the help of a large carabiner. The handy clip can hold several bags at once while taking the pressure off your fingers, so make sure you take one with you when you go to pick up groceries.

### IT Professionals Day

They pick us up when we crash, they're always putting in extra shifts ... basically, we just couldn't hack it without them! Give extra appreciation to everyone working in information technology on the third Tuesday in September, IT Professionals Day.

### Office Hours

Monday - Friday ..... 10am to 6pm  
Saturday ..... 10am to 3pm  
Sunday ..... Closed  
Labor Day Hours ..... 9am to 1pm

## TRIVIA WHIZ



### Stay Sharp With These Pencil Facts

From doodling and drawing, to writing a story or list, to filling in test answers—the humble pencil has been a part of all of our lives. Jot down a few points about pencils:

- The part of the pencil that leaves a mark on paper is commonly called lead, but it's actually graphite, a form of carbon. When graphite was first discovered, it was believed to be lead, the heavy metal.
- The earliest reference to writing with "lead" is from the first century B.C., but the modern wooden pencil wasn't invented until 1565.
- Why are so many pencils yellow? In the early days of manufacturing, the best graphite came from China, where yellow represents royalty and respect. Painting their pencils yellow was a way for companies to show that the writing utensils were high quality.
- Students are usually encouraged to bring a No. 2 pencil to class. This refers to the HB Graphite Scale, which measures how hard and black the pencil's marks are.
- Author Henry David Thoreau's father owned a pencil factory, and the family is credited with many pencil innovations that are still standard today.
- Many other writers, including Ernest Hemingway, John Steinbeck and Judy Blume, preferred writing with a pencil.
- In theory, one pencil can write 45,000 words or draw a line that's 35 miles long.
- You can use a pencil to write underwater.
- Even in today's digital age, over 14 billion pencils are made annually.



### Save Money by Reducing Food Waste

Did you know that nearly one-third of all food in the world is thrown out every year? Not only does this waste global resources, such as water, soil and energy, but it's also harmful on an individual level: Tossing food in the trash is essentially throwing money away.

To help both the planet and your budget, try these tips to reduce the amount of food wasted in your home:

**Make a plan.** Meal planning is a major money-saving tip for many

households. Note the ingredients you already have, and then decide what to eat for the next several days. Write a grocery list and stick to it, only buying what you will use for your planned meals.

**Store food correctly.** Many people throw out food that has gone bad too quickly. You can minimize early spoilage by researching which foods need to be refrigerated and what can be stored on the counter or in a cabinet. Use clear containers so you can see what's inside and airtight lids to keep food fresh.

**Repurpose items.** Most fresh fruits and vegetables can be pickled, canned or frozen to prolong their life. Scraps and peels can be simmered into tasty and healthy vegetable stock.

**Use leftovers.** Label leftovers so you don't forget to eat them in a timely manner. Or, focus instead on reducing the amount of food you cook or order from a restaurant.

### The Perks of Good Posture

Don't slouch on the importance of posture—the age-old advice from parents and teachers to "stand up straight!" can benefit your health and well-being.

Posture refers to the position your body is in at any given time, whether you're standing, sitting, sleeping or moving. Proper posture places the least strain on your muscles, bones and joints and keeps organs in their correct place. On the flip side, consistently having poor posture can lead to chronic aches and pains, as well as problems with breathing or digestion.

When sitting, adjust your posture by scooting all the way back in the seat, keeping your knees bent at a right angle and your feet flat on the floor. Straighten up with your shoulders back and your head facing forward. The optimal position while standing or walking is similar: Head up, shoulders

back and abdomen engaged.

You may notice that practicing good posture makes you look and feel more confident, which can affect your interactions with others as well as your own mental outlook. Posture is also linked to improved balance and flexibility, helping you feel steadier on your feet and protecting you from injury.

Maintaining correct posture becomes easier the more you do it, and activities such as yoga and core-strengthening exercises also help.





## WIT & WISDOM



### Speaking for Your Mind

Foreign language classes have long been staples at school settings, but recent years have seen an increase in lessons outside of the classroom. When you look at the benefits of being bilingual, it's no wonder that learning a second language is becoming increasingly popular.

Physically, those who speak more than one language typically have a higher density of gray matter in the brain, which is where most of its synapses and neurons live. These physical changes can translate to cognitive benefits: People who can speak a second language often have improved memory and executive functioning. Being bilingual may also delay the development of dementia by as much as five years, and the more languages you speak, the larger that delay grows.

Knowing another language can help you socially and professionally as well. Fluency in a foreign language is a highly sought-after career skill. Mastering just basic phrases in a second language can lead to friendships with people from a different culture. You may even be able to help in an emergency.

Fortunately, learning a second—or third!—language is easier than ever. Smartphone apps put dozens of languages at your fingertips, and many of those apps offer free lessons. Paid language programs are also available, and if you have a library card, you may be able to access these courses at no cost.

### Chicken Apple Enchiladas

These enchiladas are bursting with fresh flavor!

#### Ingredients:

- 1/2 sweet onion, diced
- 1 jalapeno, diced, plus more for garnish (optional)
- 1 Envy or Jazz apple, diced
- 2 cups cooked shredded chicken
- 8 flour tortillas
- 8 ounces shredded Mexican blend cheese, divided
- 1 can red enchilada sauce
- Fresh cilantro (optional)

#### Directions:

Heat oven to 350° F.

In skillet, cook onions until translucent. Add jalapeno and apple; saute 2 to 3 minutes.

Add cooked chicken and mix well. Remove from heat.

Lay out tortillas. Set aside 2 ounces cheese and divide remaining 6 ounces among the tortillas. Add chicken mixture to each tortilla and roll them up. Place rolled tortillas seam-side down in baking dish and cover with enchilada sauce.

Bake 20 minutes or until heated throughout. Remove from oven and sprinkle with remaining 2 ounces cheese. Return to oven for 5 minutes or until cheese is melted.

Serve with fresh cilantro and additional jalapeno slices, if desired.

Find more recipes at [HealthyFamilyProject.com](http://HealthyFamilyProject.com).



"Hope is the only bee that makes honey without flowers."

—Robert Green Ingersoll

"A day without a friend is like a pot without a single drop of honey left inside."

—A.A. Milne

"Handle a book as a bee does a flower, extract its sweetness but do not damage it."

—John Muir

"To be forgiven is such sweetness that honey is tasteless in comparison with it. But yet there is one thing sweeter still, and that is to forgive."

—Charles Spurgeon

"The words of kindness are more healing to a drooping heart than balm or honey."

—Sarah Fielding

"I admire people who are suited to the contemplative life. They can sit inside themselves like honey in a jar and just be. It's wonderful to have someone like that around, you always feel you can count on them."

—Elizabeth Janeway

"The sweetness of life lies in usefulness, like honey deep in the heart of a clover bloom."

—Laura Ingalls Wilder

"Any land will flow with milk and honey if it is worked with honest hands."

—Rudolfo Anaya

"If life is a cup of tea, gratitude is the honey that makes it sweet."

—Natasha Potter



## September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September				1	2	3
4	<b>Labor Day</b> Office Hours 9am To 1pm	6	7 Coffee and Conversation: 1:00pm In the Great Room	8	9 Beaver Dam Sunflower Festival Starts Today and Ends 9/18.	10 
11 Patriot Day-Honor and Remember Those Who We Lost on This Day 21 Years Ago.	12 We Would Be "Muffin" Without You! Stop by the Great Room on Your Way Out and Grab a Muffin Starting at 7am.	13	14 	15	16	17
18	19 	20	21	22 Happy Fall, Y'all!!!	23 End of Season Pool Party! Join Us at the Pool for Food and Festivities! 5pm To 7pm	24
25	26	27 	28	29	30 Dog Days of Summer Event at the Dog Park-Details to Come. Last Day Pool Is Open.	Coming in Oct: 10/5 Coffee and Conversation 10/11 Wine and Cheese Book Club 10/12 RAD Potluck Dinner

# "This Month In History"

## SEPTEMBER

**1927:** Baseball great Babe Ruth hits his 60th home run in a single MLB season, setting a record that would stand for the next 34 years.

**1961:** The Peace Corps becomes a permanent government agency. Since then, more than 240,000 Americans have volunteered with the program to serve in developing countries.

**1964:** "Grapes of Wrath" author John Steinbeck is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

**1977:** Wearing water skis, the "Happy Days" character Fonzie jumps over a shark in an episode of the popular sitcom. The phrase "jumping the shark" is now used to describe the moment when an entertainment franchise dips in quality.

**1982:** With the motto "The Nation's Newspaper," USA Today publishes its first issue. Today, it is the most-read newspaper in the United States.

**1993:** The truth is out there! Sci-fi drama series "The X-Files" premieres on television.

**2016:** California's Yosemite National Park adds Ackerson Meadow to its protected boundary, expanding the park by 400 acres.

**2020:** Supreme Court justice Ruth Bader Ginsburg becomes the first woman to lie in state in the U.S. Capitol in Washington, D.C.