



7400 Sugar Bend Drive • Orlando, FL 32819

America Recycles Day is Nov. 15

The Keep America Beautiful organization believes that each of us has an obligation to preserve and protect our environment. Through our everyday choices and actions, we have a huge impact on our world. The organization sponsors America Recycles Day to promote recycling and buying recycled products.

- Save a tree by recycling paper. Gather newspapers and discarded printer paper and recycle them.
- Recycle steel cans that held pet food, coffee, and vegetables, for example. No need to remove labels.
- Recycle magazines, slick inserts, and catalogs.
- Recycle electronics. Don't just put these in the trash: old cellphones, computers and monitors. All electronics can be recycled.
- Recycle corrugated boxes, the shipping containers products come in.
- Recycle glass bottles and jars, like those that contain pickles, spaghetti sauce and wine. Before sending to the center, remove the caps. They are made from different materials
- Recycle plastics. Milk bottles are always accepted, as are most other plastic bottles. If you don't have space for all recyclables, pick two or three you can handle. You will still help.

Visit www.americarecyclesday.org for more tips and information.

Give Peace a Chance

Observe World Peace Day this November by keeping the peace right here at home. Your neighbors will appreciate your courtesy as you walk softly on stairs, keep voices down in hallways/breezeways, turn volumes to low on television/stereos and quiet barking dogs. "Let peace begin with me." Thank you!

Stuff Your Turkey, Not Your Disposal!

With holiday cooking, comes a lot of leftover food. Please be careful of what you place in your garbage disposal. Celery, corn husks, potato peels and other fibrous food items will cause your disposal to clog. If this happens, please contact our Maintenance Department.

A Salute to Our Veterans

Veterans Day is a very important holiday in our country for it honors all of those, living and dead, who served with the U.S. armed forces in times of war. This day was formerly known as Armistice Day, and was first proclaimed by President Woodrow Wilson on November 11, 1919, to mark the one year anniversary of the ending of World War I. In 1954, following World War II and the Korean Conflict, Armistice Day became known as Veterans Day. This commemorative day is observed each year on November 11th. In reality, the day to honor our veterans should be every day, for we owe so much to the brave men and women who have fought for freedom around the world.

It's Time to Fall Back in the Fall!

Daylight Saving Time ends at 2 am on Sunday, November 7th. Be sure to set your clocks back one hour before going to bed on Saturday night and enjoy the extra hour of sleep!



November/December 2021

Inside this issue

Avoid Thanksgiving stress
Clutter-free wardrobe tips
Credit report advice and more.

Lifestyle

YOUR COMMUNITY TEAM

Lori Coolidge

Community Association Manager

Ruth Gibson

Assistant Community Manager

Enrique (Ricky) Kook

Maintenance Team

Eddie Quiroz

Maintenance Team

Rolando Santos Rodriguez

Maintenance Team

Neal Morrin

Parking Enforcement/Courtesy Officer

OFFICE HOURS

Saturday

Closed

Sunday

Closed

HOW TO REACH US

Management Office

(407) 352-7623

Maintenance Requests

am@sanctuaryatbayhill.com

Courtesy Patrol

(407) 335-3449

Office E-mail

manager@sanctuaryatbayhill.com

Community Website

www.sanctuaryatbayhill.com





Avoid Thanksgiving stress with this advice



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 bird should be submerged in cold water. Allow 30 minutes per pound. USDA recommends changing the water every 30 minutes.

■ 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.

■ 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.

Thanksgiving is a time for family togetherness. Of course, sometimes too much togetherness breeds tension, stress, arguments, and the occasional blowup. Whether you're hosting the dinner or just visiting, remember these tips for staying calm and sane:

■ **Plan early.** Start thinking about Thanksgiving well before the big day so you don't have to rush to get everything done at the last minute. Check in with guests, or your host, a few days ahead of time to confirm everyone's plans.

■ **Get people involved.** Don't try to do all the work yourself. Invite guests to bring dishes (if you're a guest, volunteer). Recruit your kids to set the table and clear away the dishes. A team effort will make the day more fun for everyone.

■ **Mix up the guest list.** Most families behave a little better if outsiders are present. Include a few neighbors or friends; ask if you can bring a co-worker. A "buffer" will encourage people to be on their best behavior.

■ **Get out of the house.** No rule says you have to hold Thanksgiving at someone's house. A public setting like a restaurant or hotel can defuse tensions and take the load off. If you are at home, encourage guests to take walks or play outside while waiting for dinner to start.

■ **Take time to relax.** Don't over-schedule yourself. Build some extra time into your day so you can talk to family and friends, enjoy your meal, and genuinely give thanks for being together.



What's in a name? Plenty if it could potentially harm your credit.

- **INCLUDE YOUR COMPLETE NAME ON APPLICATIONS.** The more complete your name, the better your chances that it won't get mixed up with another person with a similar name. Be sure to use the Jr. or Sr. designation, if applicable.
- **USE YOUR NAME CONSISTENTLY.** All your credit cards should have the same exact name. If one has Jane Davis, another has Jane J. Davis, and yet another J.J. Davis, mistakes can easily creep in.
- **WRITE CLEARLY ON ALL DOCUMENTS.** If you're hasty, your "J" initial can look like an "I" to a busy application processor.
- **CORRECT ERRORS RIGHT AWAY.** Contact creditors directly and be persistent. The last thing you want to do is argue with a collection agency over a bill that isn't yours.



Reduce clutter with a capsule wardrobe

It's an annual ritual that most people don't enjoy -- digging through closets and sorting through clothing to pick out the things you don't want. Is there a better way?

The solution is a capsule wardrobe -- a smaller selection of versatile, high-quality garments that you love to wear. According to Who What Wear (whowhatwear.com), capsule wardrobes save money by discouraging frivolous shopping, free up your time to focus on things other than clothes and reduce stressful clutter in your life.

According to the lifestyle site unfancy.com, the first step is to pare your clothes down to 37 items at the beginning of each season, including any new items

you choose to purchase. The focus is on quality and wearability, not quantity -- pick items you know you love and can wear in a variety of ways, like perfect black pants or a blazer you can dress up with accessories or wear with jeans for a casual look. This should include tops, bottoms, dresses, outerwear and shoes. Accessories, workout gear, swimwear, loungewear, undergarments and beat-up old gardening clothes don't count toward your 37 items. Unfancy recommends a breakdown of nine pairs of shoes, nine bottoms, 15 tops, two dresses and two jackets or coats.

Once you've selected your 37 items, wear only those items for the season, or three months. During that time, don't go

shopping for new clothes unless you really can't avoid it. Instead, enjoy what you have, save your money and be creative with accessories.

At the end of the season, take a couple of weeks to plan for your next season's clothes and shop as needed. The point of a capsule wardrobe is to invest in better clothing that you actually wear and skip the fast fashion, so this is the time to pick a few high-quality items to rotate in. It's up to you how much you buy, but if you consistently buy good clothes, you might find that over time, you don't need to buy very much at all.

6 foods that can make you more hungry

Some foods can actually leave you hungry after consuming them. According to Aurora Health, these foods can cause a rapid drop in blood sugar, which can lead to hunger.

- **Fruit juice:** The fiber is stripped out in processing. So with no fat or protein, but lots of sugar, juice causes a quick rise in blood sugar then a quick drop leading to hunger.
- **Yogurt:** Some types are high in sugar and all types require very little chewing. Chewing helps make people feel full. Greek yogurt is better because it is higher in protein, promoting more satisfaction. Add fresh fruit to provide fiber.
- **White pasta:** Low in fiber and high in carbohydrates, pasta provides few vitamins while increasing blood sugar.
- **Chips/pretzels:** These high-sodium snacks lead to dehydration. People make feel hungry later, but they may really be really thirsty.
- **Muffins:** Sound healthy? Like pies and donuts, muffins break down quickly into sugar, which signals the body to release insulin, which lowers blood sugar. Then you feel hungry.
- **Alcohol:** Lowers your inhibitions and makes you crave carbs.



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 THURSDAY
AUTUMN TOM TURKEY
CORNUCOPIA
FAMILY
HARVEST
MAYFLOWER
NOVEMBER
PILGRIMS
POTATO
PUMPKIN
SETTLERS

ANSWER:



	monday	tuesday	wednesday	thursday	friday	saturday
1	World Vegan Day	2 November is Native American Heritage Month	3 Stress Awareness Day	4 BUDGET MEETING FOR OWNERS ONLY	5 November is Peanut Butter Lovers' Month	6 Saxophone Day
7 sunday Daylight Saving Time	8 Don't Forget to "Fall Back" One Hour	9 Dunces Day	10 World Freedom Day	11 Veterans Day ANNUAL MEETING AND ELECTION FOR OWNERS ONLY	12 Chicken Soup for the Soul Day	13 World Kindness Day
14	15 Tongue Twister Day	16 Clean Out Your Refrigerator Day	17 November is Pomegranate Month	18 Take A Hike Day	19 Use Less Stuff Day	20 Play Monopoly Day
21	22 World Hello Day	23 November is Military Family Appreciation Month	24 National Espresso Day	25 Thanksgiving OFFICE CLOSED	26 OFFICE CLOSED	27 Slinky Day
28	29 November is Aviation History Month	30 Cyber Monday	Stay Home Because You're Well Day	November		