



11425 McCormick Rd • Jacksonville, FL 32225 • (904) 641-7089

## NOV/DEC 2023



## NOTES & NEWS

### Thanksgiving Walk

Feeling stuffed after the feast is part of what Thanksgiving is all about! But before you settle on the couch to watch football or take a nap, go for a quick walk. Even a stroll as short as 15 minutes will regulate blood sugar levels and help you digest that heavy meal. And the healthy group activity provides more opportunities to bond—it could be your new holiday tradition!

### A Kind Face in the Crowd

Some of the busiest travel days are during the week of Thanksgiving. In fact, the TSA had their highest-ever passenger screening—almost 2.9 million people!—the Sunday after Thanksgiving in 2019. So if you're out and about for the holiday, remember to be patient, courteous and kind to those around you.

### Odd Socks Sure Rock

Celebrate your uniqueness with Odd Socks Day on Nov. 13. Whether hidden inside your shoe or on display loud and proud, throw on the silliest socks you have and feel the freedom they provide.

## HIGHLIGHTS

### Self-Care Corner:

#### Swap 'Sorry' for 'Thank You'

Sincere apologies are important for good relationships and communication. But saying "I'm sorry" too often, especially when there's really nothing to apologize for, can do more harm than good. Chronic over-apologizers may begin to feel guilty all the time and appear less confident to others. Furthermore, unnecessary apologies usually don't make either party feel better. Psychologists recommend saying "thank you" instead—for example, rather than "Sorry I'm late!" or "Sorry for talking your ear off," say "Thank you for waiting" or "Thanks for being such a good listener." These expressions of gratitude create positive feelings during an interaction while giving more meaning to honest apologies.

### New Employees

Please, take the time to Welcome our 2 new employees to our Community. Yumi Ortiz is our new Leasing Agent, she comes with great customer service and you can't replace that smile.

Lindsey Chaney is our new Maintenance Tech. He has years of property management and maintenance experience.

We hope you all have a fun and safe holiday.

### THE DUNES STAFF

Jessica Salas ..... Property Manager  
Yumi Ortiz ..... Leasing Specialist  
Robert Clark ..... Maintenance Supervisor  
Lindsey Chaney ..... Maintenance Tech  
Tom Patton ..... Grounds/Porter

### IMPORTANT NUMBERS

Office ..... (904) 641-7089  
E-mail ..... dunesapt@comcast.net  
Website: ..... www.thedunesjax.com



## BULLETIN BOARD

### EMERGENCY MAINTENANCE

Emergency Maintenance Cell Phone

(904) 627-4962

After Hours Only

### OFFICE HOURS

#### HOURS

Monday–Friday

8:30 a.m.–5:30 p.m.

Saturday

CLOSED

Sunday

CLOSED



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# WIT & WISDOM



## Stack Your Way to Success

Most of us enjoy tips and tricks that make our lives healthier and more efficient. What if there were an easy way to make your chores less of a hassle and your habits more productive?

There is! It's called habit stacking. Our brains function using a strong network of connected neurons. Daily habits, such as waking up to brew coffee, taking a shower in the morning or watching an episode of your favorite show with supper, are solidified in your schedule and brain. To give yourself the best chance at creating new habits, build off these already existing ones.

Keep your home clean by wiping down the bathroom sink after you wash your face or doing the dishes directly after a meal. Spend less money on takeout by prepping your lunch while your coffee brews. Or improve your health by putting on workout clothes as soon as you get home from work or saying something you're grateful for when you get into bed at night. One helpful formula to begin habit stacking is: "After/before (*current habit*), I will (*new habit*)."

Forming new habits can take time, so be kind to yourself. Monitor your progress, and don't be afraid to adjust your goals if you're struggling to make them stick. Be specific, yet simple, so you are more likely to settle into new routines.

# What's Cooking

## Savory Cheese Balls

Impress holiday guests with these easy and elegant appetizers.

### Ingredients:

- 2 8-ounce packages cream cheese
- 2 tablespoons caraway seeds
- 1 teaspoon poppy seeds
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 2 teaspoons fresh thyme, chopped
- 1 teaspoon fresh rosemary, chopped
- 1/4 cup dried cranberries, chopped
- 2 tablespoons pecans, chopped

### Directions:

Cut each cream cheese block into three sections. Roll each portion into a ball.

In a small bowl, combine caraway seeds, poppy seeds and half of the minced garlic.

In a second bowl, combine parsley, thyme, rosemary and remaining garlic.

In a third bowl, combine cranberries and pecans.

Roll two cheese balls in the seed mixture, another two in the herb mixture, and the last two in the cranberry mixture.

Serve cheese balls with crackers or fresh vegetables.

Find more recipes at [Culinary.net](http://Culinary.net).



"I don't spend time wondering what might be next; I just focus on trying to savor every day."  
—*Trisha Yearwood*

"Savor the moments that are warm and special and giggly."  
—*Sammy Davis Jr.*

"Turn the preparing of food into a communal affair ... When the cooking is finished, eat together 'round the table with the electronic gadgets switched off so you can savor the food and let the conversation flow."  
—*Carl Honoré*

"Sometimes we need the salt of tears to remind us how to savor the sweetness of life."  
—*Lysa TerKeurst*

"Photography is about savoring life at 1/100th of a second."  
—*Marc Riboud*

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."  
—*Charlotte Rae*

"The way to develop the habit of savoring is to pause when something is beautiful and good ... then totally immerse in the experience of savoring it."  
—*Tara Brach*

"One can never truly savor success until first tasting adversity."  
—*Ralph Waldo Emerson*

"The bonds we create in the household are the most important and lasting. Savor them; they're sacred."  
—*Rainn Wilson*