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## News from Babette

**IMPORTANT REMINDER:** Daylight savings time begins this weekend! Remember to set your clocks back one hour before bed on Saturday night.

Holiday traditions play an important part in making a place feel like home. When I was a new staff member at Pathlight HOME, it was my pleasure to be part of starting our Pathlight HOME Thanksgiving holiday tradition.

In 2008, the first year we held a Thanksgiving dinner, employees cooked two or three turkeys and a few side dishes. Several residents joined in and helped to plan the menu and make the sides for our meal. Our staff and residents paused for a moment to give thanks and enjoy dinner together. It was a beautiful time of community and the tradition has continued every year since.

We have a lot to be thankful for at Pathlight HOME. In 2009, our friends at Insperty (called Administaff at the time) started joining us to serve dinner and provide desserts, which they still do to this day. Then, in 2013, we started the tradition of having our chef cook the Thanksgiving feast with the students in our incredible Pathlight Kitchen facilities!

Our Thanksgiving dinner makes everyone – both staff and residents -- feel like part of a community. I am so thankful for each and every person who makes Pathlight HOME a special place to live and work.

Our Thanksgiving dinner tradition continues on November 26th at 11am for Maxwell Terrace residents and 2pm for Maxwell Garden residents. We can't wait to see you and celebrate this wonderful holiday together as a community.

## Terrace News

Maxwell Terrace is getting a facelift! This month the property is being painted. We will also be installing a new lift station in the upcoming months.

Our Phase 1 building will be getting new windows and A/C units installed in the coming months.

Lastly, join us in welcoming Miquade to the Pathlight family! Miquade joined our maintenance team in June.

## Garden News

Have you noticed the new pool furniture recently? We want to thank Lowes Home Improvement for their generous donation!

Community Services Case Manager Syr has a new office located in the lobby of Maxwell Garden. Syr joined Pathlight HOME in December 2018 and has been working at both locations. She is currently at Maxwell Garden on Mondays and Tuesdays and at Maxwell Terrace on Wednesdays, Thursdays, and Fridays.

Syr is available to residents who are not members of Homes for New Beginnings and Safe Haven. Her hours are 9am-5pm (closed 12pm-1pm for lunch). She can be reached at 407-294-0123 ext. 146.



## Get Healthy with Audrey

Thanksgiving is this month and while it's great to have a large feast, it's good to know the health benefits of what you'll be eating.

Pumpkins are a member of the squash family and can be used for more than just carving and decorating your home during Halloween.

Did you know that pumpkin is a fruit? One cup of cooked pumpkin is 49 calories and only contains 12 grams of carbs!

Pumpkins are high in Vitamin A (245% of your daily need) and contain Vitamin C, Vitamin E, lutein, and zeaxanthin. This delicious fruit also contains a lot of antioxidants, which can help lower the risk of cancer in your body. Other benefits of eating pumpkin include helping to prevent Alzheimer's disease and promoting of healthy skin through its high levels of beta-carotene.

Audrey served delicious Pumpkin Smoothies recently. What's your favorite way to eat pumpkin?

## Recreation and Employment Ideas

If you've made the big decision to look for a new job, congratulations! There are lots of great opportunities out there for you.

No matter what kind of work you are looking for, your first step to put yourself in the job market is writing an updated resumé.

Here are some tips from resumé writing experts:

- Keep your resumé to 1 page, front-facing. You shouldn't print any information on the back. Everything should fit onto the front page.
- Keep your job and education history in reverse chronological order. Your most recent work history should be at the top of this list. Your work experience should be listed first, with your education listed second.
- You do not need to provide the dates of your education history. You only need to list your most recent education.
- Make sure that your contact information is placed in an area that a hiring manager can see it; preferably at the top of your resumé.
- Have a section dedicated to skills that you've learned through various jobs and education.
- If you worked at a job for less than a month, it's not necessary for you to include it.
- You don't need a section for references on your resumé. You'll be able to add these when filling out your job application.

A good rule to follow is to use spellcheck to look for spelling mistakes in your resumé before you print it. You'll also want to have at least one other person take a look at your resumé before you submit it for a job opening.

If you don't have access to a computer to create your resumé, visit your local library or visit the Goodwill Jobs Center on-site at Maxwell Terrace, where you can also get help with your job search and even take computer skills classes.

## Meals in Under 10 Minutes

Chef Esteban is always preparing delicious meals with the culinary students at Pathlight Kitchen. Today he's passing along a quick recipe that you can make in under 10 minutes!

### Microwave Macaroni & Cheese

#### Ingredients

½ cup elbow macaroni  
½ cup water  
3 tablespoons milk  
Salt & pepper (to taste)  
¼ cup shredded cheddar cheese

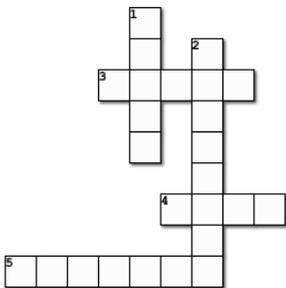
#### Instructions

1. Mix macaroni, water, and salt in microwavable mug or bowl.
2. Microwave 2-3 minutes. Remove and stir.
3. Add milk, cheese, salt, & pepper. Stir once again.
4. Microwave 30 seconds. Remove and stir.
5. Enjoy!

(Source: Tasty)

## Home Sweet Home

The answers to this puzzle are all things that should NOT be flushed down a toilet.



#### Down

1. You use this to clean the tight spots between your teeth
2. You take this in order to feel better when you're sick

#### Across

3. You use me to dry off after a shower
4. This pet likes to swim around in a bowl
5. You use me to cover a cut on your finger

Did you know there are several everyday items we use that should NOT be flushed down your toilet? These items include feminine products, cooking grease, sanitary wipes, dental floss, q-tips & cotton balls, medication, paper towels, cigarette butts, condoms, cat litter, hair, gum, bleach, contact lenses, bandages, clothes, towels, washcloths, mop heads, and small animals (fish, hamsters, gerbils).

Many of these items can be thrown away in your regular garbage can. However, cooking grease should be stored in a bottle before disposal into the garbage. Small animals should be buried.

Flushing these products can lead to clogs in your toilet. Refrain from flushing any of the items on this list to ensure that you don't incur plumbing issues!

## Upcoming Events

### November 26<sup>th</sup>

Resident Thanksgiving Dinner  
Maxwell Terrace at 11am  
Maxwell Garden at 2pm

### December 13<sup>th</sup>

Hot Cocoa & Cookies  
Maxwell Terrace at 10am  
Maxwell Garden at 1pm

## Pathlight Celebrations

Happy Birthday to all of our staff and residents who are celebrating a birthday in the month of November!