Happy Halloween Treat
Visit the office on Friday, October 30th between the hours of 2:00 pm and 4:00 pm to get a special treat!

Routine Maintenance
All routine maintenance costs for your apartment are included in your rent. As soon as you notice that something needs to be repaired, don’t wait. Don’t let routine maintenance issues become significant damage at your expense. Alert the office immediately, so that we can schedule a visit from our maintenance crew.

Let’s Go Leaf Peeping!
All around the country, autumn leaves are falling, nature is calling, and you must go! Leaf peeping has become a cherished annual event, and a short road trip to check out fall’s changing colors is a relaxing way to enjoy the season. Plan ahead by checking out foliage maps for the areas you’ll be visiting. Experts say the early hours are the best times for viewing trees, since factors such as the rising sun and morning dew add to the already beautiful scenery.

Not–So–Scary Side Effects
Settling in with a blanket, a bowl of popcorn and a spooky movie is a fun October tradition—and it can have startling health benefits! The adrenaline rush and emotional response associated with an onscreen thriller may help you cope with worries and anxiety in your real life. Along with releasing the body’s “feel–good” chemicals dopamine and serotonin, the brain becomes more alert and active while watching a suspense flick.

Boost Your Immune System
Doctors say you can take simple steps to boost your immunity and protect yourself from illness.
Get enough sleep. Adults and teens need between 7 and 9 hours of sleep to be well–rested and ready to fight off infections. Depending on their age, younger children need 10 to 14 hours.
Eat healthy foods. Fruits and vegetables contain multiple nutrients that strengthen your immune system. Choose lean sources of protein, such as chicken, fish and nuts, and avoid excess sugar.
Stay active. Moderate exercise, such as a daily walk, can keep your body strong.
Reduce stress. Meditation, journaling and yoga are all ways to help manage stress in your life. Reach out to loved ones with texts, phone calls and video chats when you can’t see them in person.

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Harvest the Benefits of Hygge

It's the lifestyle trend from Denmark that's become a worldwide phenomenon: hygge, the sense of comfort and satisfaction from cherishing the simple things in life. Hygge is reflected in seasonal habits such as wearing comfy sweaters and sipping steaming beverages. But there's much more to hygge than making yourself and your home warm and cozy. Take it from the Danes, who are consistently rated among the happiest people in the world, hygge is good for you!

First, the basics: Hygge is pronounced “hoo-ga” or “hue-ga,” and while there's no direct translation in English, “cozy” is the closest synonym.

Hygge is strongly linked to mindfulness, the meditative practice of experiencing moments as they happen by focusing on sensory elements such as scent and touch. Mindfulness helps form a positive mental outlook, since it can help calm anxious thoughts and encourage you to acknowledge your emotions without judgment.

Setting up a comfortable space is a key aspect of hygge, because it's easier to be mindful of your surroundings when you're in a relaxing environment. Start by tidying up clutter, arranging soft blankets and pillows on your sofa or bed, and using oil diffusers or wax warmers to scent your space with a favorite fragrance.

Another central element of hygge is enjoying the simple things. Chilly toes? Slip on a pair of thick, fuzzy socks and relish the feeling of the fabric on your feet. Brewing a cup of coffee or tea? While the drink's main purpose may be to warm or wake you up, take time to savor the flavor as you sip it. Instead of spending your evening at home staring at your phone, set your device aside and work on a craft, play a board game, bake a dessert, or take a soothing bath.

Ultimately, hygge is a mindset that revolves around self-care and happiness, and can be put into action year-round. Why not start now during this season of coziness and warmth?

Recipe: Pumpkin Spice Latte

This coffee shop favorite is easy to make at home!

Ingredients:
- 1 cup milk (dairy or nondairy)
- 2 tablespoons canned pumpkin puree
- 1 tablespoon sugar (or artificial sweetener)
- 1/4 teaspoon pumpkin pie spice, plus more for garnish
- 1/4 teaspoon vanilla extract
- 1/4 cup hot, strong-brewed coffee
- Whipped cream

Directions:
In a microwave-safe bowl, combine milk, pumpkin, sugar, pumpkin pie spice, and vanilla.

Cover the bowl with plastic wrap and use a fork to poke several holes in the surface. Microwave 1 to 2 minutes, until the milk is hot but not boiling.

Rapidly whisk the mixture until foamy, about 30 seconds. Pour the coffee in a large mug, then add the foamed milk mixture. Top with whipped cream and a sprinkle of pumpkin pie spice.

Trivia: Something To Crow About

1. What is the popular term for a group of crows?
2. Who played the Scarecrow in the 1939 movie “The Wizard of Oz”?
3. Crow T. Robot is a character in what sci-fi comedy TV series?
4. According to folklore, a crow flying alone is a sign of what?
5. What fantasy book series includes the title “A Feast for Crows”?

Think you know the answers?
Email your answers with “Trivia: Something To Crow About” in the subject line to triviamaster@residentnewsonline.com for your chance to win cool stuff! Deadline for entry is October 31, 2020. Five winners will be selected by November 15, 2020, and notified via email.
Crossword Puzzle Fun

ACROSS
1. Piece of clothing
6. Night sight
10. Calculating experts, for short
14. Needing no encouragement
15. Sandwich variety
16. Rough, grating sound
17. Run and wed
18. Lunches
19. This: Sp.
20. Less familiar
22. Tantalizer
24. Discontinue
25. Crazy
26. _ oil
29. Do a grammatical task
30. Booth’s victim
31.adamant refusal
33. Commerce
37. Peruse
39. Peso spender
41. Strike
42. Fudd or Gantry
44. Grandmas
46. “_ You Lonesome Tonight?”
47. Bigwig
49. Woman’s clothing size
51. Makes
54. Editor’s notation
55. Skate blade
56. Rhythmic flows
60. Footless creature
61. Manhandle
63. Big name in the Big Apple
64. Soccer great
65. 4840 square yards
66. Teach
67. Scorch
68. Suffix for dry or shy
69. Exchanges for cash

DOWN
1. Notices
2. Sentry’s cry
3. Mr. Stravinsky
4. Meal
5. Capital city
6. Wool bearers
7. Sign of joy or sorrow
8. Museum display
9. List
10. Folders
11. Old hat
12. Fall bloom
13. Brief flash of light
21. Tipper and others
23. Once, once
25. Nobleman
26. _ for; tend
27. Guy with a mean brother
28. Stitched joining
29. Word with code or colony
32. One of the planets
34. _ Mountains; Kirghiz range
35. Game piece
36. Fencer’s prop
38. Insistent one
40. Violated
43. By _; from memory
45. Picks
48. European language
50. Teacher’s status
51. Vegas activity
52. Foreign money
53. “_ Gay”; WWII plane
54. Valleys
56. Unpedigreed pups
57. Ember
58. Actor Jannings
59. Heirs
62. Big heart

Word Search: Things in a Kitchen

Answer Keys

BOWL  COUNTER  CUP  FAUCET  FORK  KNIFE  LADLE
MICROWAVE  MIXER  OVEN  PAN  PLATE  PLATTER  POT
REFRIGERATOR  SAUCER  SINK  SPOON  STOVE  TOASTER