THE BABBLING BROOK

A newsletter for the residents of Country Brook – JANUARY 2019

HAPPY NEW YEAR!

It's time to take a deep breath and relax a bit after a very hectic December! Time to make plans for the new year which might include taking a special trip or enrolling in a class you have always wanted to take or even searching for a new job. A new year holds so many possibilities for changes that will make life more exciting and rewarding.

At Country Brook we will strive to provide effective and thoughtful service to all of our residents in the new year. The door to the Leasing Office is always open to any resident who would like to ask a question, offer a suggestion, enter a concern or even just to chat. Our mission is to provide you with a safe and comfortable home that you are delighted to return to everyday.

Our office will be closed for the Holiday on Tuesday, January 1st and Monday, January 21st in observation of the holidays. As always, please call the 24-hour answering service with any maintenance emergencies.

Diane Peters, Property Manager

EARLY BIRD WINNERS

Congratulations to Dylan Hardy & Hannah McCourt of 68 Hemingway Drive and Karen & Walter Walker of 94 Hemingway Drive who were are Early Bird winners for December. They enjoyed a $25.00 gift card to Hannaford Supermarkets.

HAPPY BIRTHDAY
HAPPY ANNIVERSARY

TO ALL RESIDENTS CELEBRATING IN THE MONTH OF JANUARY!

ACH REMINDER

We want to remind residents of the convenient automated rent payment system in place here at Country Brook Apartments. We have been very successful in the new system for an automatic withdrawal out of a checking or savings account for monthly rental payments, a.k.a., an ACH transaction.

We have several residents that have been using this method of payment and find it very helpful. The process is easy and there are benefits. In fact, your account will not be debited until the fifth (5th) of each month, or the next business day if the 5th falls on a weekend. No writing out a check, trying to remember to pay the rent in a timely manner and if you are out of town you do not have to worry about mailing a payment.

We hope that you take advantage of ACH transaction by contacting our office for an authorization form. For those of you that are already signed up for ACH transaction, we thank you for making the rent collection process smoother!

LEARN TO SKI MONTH

Many New Hampshire ski areas are celebrating Learn to Ski & Snowboard month this January by offering a $39 lift, lesson and rentals beginner package for downhill skiing and riding and a $19 trail pass, lesson and rentals beginner package at cross-country ski areas.

Taking a lesson your first time on skis or a snowboard can make all the difference in the world in terms of having a great experience and the Learn to Ski & Snowboard Month special is a great and affordable way to try a new sport. Visit www.skinh.com for a list of participating locations and more details.

YOUR HEALTH

We all look forward to a good night's sleep. Sleep allows our body to rest and to restore its energy levels. Without enough restful sleep, not only can we become grumpy and irritable, but also inattentive and more prone to accidents. Like food and water, adequate sleep is essential to good health and quality of life.

There are two types of sleep: non-rapid eye movement or NREM sleep and rapid eye movement or REM sleep. NREM includes four stages, ranging from light to deep sleep. Then we go into REM sleep, the most active stage of sleep when dreaming often occurs. During REM sleep, the eyes move back and forth beneath the eyelids and muscles become immobile. We cycle through the NREM-REM stages of sleep

approximately every 90 minutes.

Researchers believe that two body systems, the sleep-wake process and our circadian biologic clock regulate our sleep. They program our bodies to feel sleepy at night and awake during the day.

Sleep needs change over a person's lifetime. Children and adolescents need more sleep than adults. Interestingly, older adults need about the same amount of sleep as younger adults, seven to nine hours of sleep per night.

Unfortunately, many older adults often get less sleep than they need. One reason is they often have trouble falling asleep. Or, they often sleep less deeply and wake up more often throughout the night, which may be why they nap more often during the daytime. Also, older adults tend to get sleepier earlier in the evening and awaken earlier in the morning.

There are many possible explanations for these changes which may include your body not producing enough melatonin or being more sensitive to things like noise. Also, medical and psychiatric problems can affect nighttime sleep.

Older adults who have poor nighttime sleep are more likely to have depressed mood, attention and memory problems, and have more nighttime falls.

Many people believe that poor sleep is a normal part of aging, but it is not. In fact, many healthy older adults report few or no sleep problems. If you are having trouble sleeping, see your doctor. There are ways to help!

Winters Farmers Market

Local food from local farms joins Cole Gardens on Saturdays throughout winter. There will be live music, many products for sale including dairy, seafood, various meats, jams, jellies, dog treats, maple syrup and much more. The market runs each Saturday from 10:30am-1:30pm at 430 Loudon Road, Concord, NH. Visit www.concordwintermarket.com for more information.

KING PINE SKI AREA

The Rochester Recreation Department and King Pine Ski Area have partnered up for great discounts on lift tickets, rentals and lessons. Rental forms are available in the Recreation Department office. For more information call the Rec Dept at (603) 335-7573 or stop in at 150 Wakefield Street, Suite 1 in Rochester.

ROCHESTER RECREATION DEPARTMENT

The Rochester Recreation Department has activities for everyone! Head to the Rochester Recreation Departments website and check out their Winter Newsletter, filled with activities for January, February and March! You can find them at https://www.rochesternh.net/recreation-arena.

Chicken Divan

Prep Time: 10 min, Cook Time: 40 min
Servings: 6 - 8

INGREDIENTS:

* 2 (10-ounce) packages frozen broccoli, chopped
* 6 cups shredded chicken, cooked
* 2 (10 ¾ ounce) cans condensed cream of mushroom soup
* 1 cup mayonnaise
* 1 cup sour cream
* 1 cup grated sharp Cheddar
* 1 tablespoon fresh lemon juice
* 1 teaspoon curry powder
* Salt & pepper
* ½ cup dry white wine
* ½ cup freshly grated Parmesan
* ½ cup soft bread crumbs
* 2 tablespoons butter, melted

DIRECTIONS:

1. Preheat oven to 350 degrees F.

2. Remove the outer wrappers from the boxes of broccoli. Open 1 end of each box. Microwave on full power for 2 minutes, until thawed. Drain the broccoli and put into casserole dish. Add the shredded chicken.

3. In a medium bowl, combine the soup, mayonnaise, sour cream, Cheddar, lemon juice, curry powder, salt and pepper, to taste, and wine. Whisk together to make a sauce. Pour the sauce over the broccoli and chicken. Mix well with a spatula.

4. Place the mixture into an 11 by 7-inch casserole dish or 2 (9-inch) square disposable aluminum foil pans that have been sprayed with vegetable oil cooking spray. Pat down evenly and smooth with a spatula. Combine the Parmesan, bread crumbs and butter and sprinkle over the top.

5. Bake for about 30-45 minutes.