

life at home

WITH NICOLE MIRANDA

Embracing unexpected opportunities in unprecedented times.

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Previously, we discussed one of Action's core values. Today I would like to discuss our value "We embrace innovation and creativity!" This means: 1) We believe there is a better way, 2) We pursue continuous improvement, 3) We make things happen quickly, 4) We aspire to inspire, and 5) We need to be flexible. During this time more than ever, these values need to be applied and we are doing everything to make sure our residents and team members have the resources and information that will help all of us weather these difficult times.

Who is feeling bored?

Most parents in California (and in the majority of the United States) are only a few days into the shelter in place orders that keep their kids home from school due to coronavirus-related closures. In this short period of time, the number of times they've heard "I'm bored!" may make it feel like years as opposed to a short week.

If you are following the latest guidelines by practicing social distancing, avoiding gatherings of more than 10 people, and avoiding going out into public places as much as possible, we've got you covered by supplying you with craft projects, science experiments and creative play ideas that will help keep kids busy.

Chances are, you've got the materials around your house already to do most of them, so you won't need to find an open craft store, or order supplies online. To learn more click here: [Entertain kids at home](#)

A night at the opera!

Thank you to one of our residents at Cove in Marina del Rey for writing in and recommending an online opera. For those of you who love opera, each night for the duration of the Met's closure, the Met will stream encore presentations from the

award-winning Live in HD series of cinema transmissions on the company website for free. To learn more click [HERE](#).

What is on everyone's reading list these days?

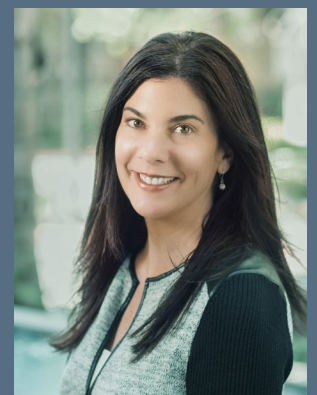
Where the Crawdads Sing by Delia Owens has spent 79 weeks on the New York Times Best Sellers list. The book is part bildungsroman and part crime drama, centered around Kya, a wild and unkempt girl. The book follows the ups and downs of her life. She lives a lonely life, but her story is also a hopeful one. With a little help, she's able to survive and even learn to read.

Another book in our Action Library is *The One Thing*. This book gives you a very simple approach to productivity. Based around a single question, the book helps you reduce clutter, distractions and stress, and increase focus, energy and success. Much of what we do at Action is based on principles in this book to help focus on what is most important. That could not be more relevant than now.

I would love to hear your book recommendations.

MEET NICOLE

Nicole Miranda is a long-time Action team member who loves her job, her co-workers, sharks, and finding ways to make people happy. She is the jack-of-all-trades at Action, juggling many balls and always looking to make life better for everyone.



Virtual Happy Hour

Wednesday night is couples night out in our house and we were not about to let this shelter in place put a damper on it. Thanks to *WhatsApp* we were able to FaceTime with our friends and have a fun happy hour. We did another one over the weekend with family and played *Charades* and *Name that Tune*. Next week we are going to try a Wine & Paint night! There are several apps you can download that will allow you to do this. *WhatsApp* is great because it allows both Android and iPhones to call in.

Now is a great time to binge watch TV shows!

There are so many great series to watch on TV right now. If you have Netflix and haven't watched *Tiger King* yet, you are missing out. This is probably the worst, craziest, most bizarre documentary I have watched in decades. Pure entertainment!

According to Rotten Tomatoes, these are some of the best Netflix shows to be watching:

"Cheer" – A six-part series that follows the nationally ranked 40-member Navarro College Bulldogs Cheer Team.

"You" – What would you do for love? For a brilliant male bookstore manager who crosses paths with an aspiring female writer, this question is put to the test. (2 Seasons)

"Ozark" – When things go awry, Marty (Jason Bateman) must uproot his family from the skyscrapers of Chicago and relocate to the lazy lake region of the Missouri Ozarks (3 seasons)

"Stranger Things" – A love letter to the '80s classics that captivated a generation, *Stranger Things* is set in 1983 Indiana, where a young boy vanishes into thin air. (3 Seasons)

Spring cleaning!

Now that spring is here and we are stuck at home, it is a great time to clean out the cupboards and get organized. Take inventory of all over the counter medicines and see what has expired.

ARTICLE OF THE WEEK

[Protect Yourself Financially from the Impact of the Coronavirus](#), Consumer Financial Protection Bureau, March 16, 2020.

Right now, the topic of finance and the economy has been on the forefront of everyone's mind amidst the coronavirus. The threat of COVID-19 has resulted in the temporary closure of businesses, schools and other facilities that has left many people feeling worried and financially uncertain. Many of us have extra time during the pandemic. Maybe we should use this time to take a closer look at our finances and become better prepared for the future. Here are some basic guidelines to help you:

1. Know that the federal, state and local governments are working hard to respond to the financial impact of the coronavirus pandemic. If you or loved ones have been financially affected by the current situation, there is help available. See our [article of the week](#) from the Consumer Financial Protection Bureau for helpful tools and resources.
2. Try to cut back on unnecessary spending and become an active saver. Redirect the money you would normally spend eating out or on your pre-coronavirus habits towards your savings.
3. Stay informed on the current COVID-19 pandemic as it continues to unfold and how it's affecting our national economy to establish effective budgeting strategies for the future.





Working from home?

Working from home can be an adjustment and it is important to set up guidelines to stay productive. Here are some tips -

1. Maintain regular hours

Set a schedule, and stick to it... most of the time. Having clear guidelines for when to work and when to call it a day helps remote workers maintain a work-life balance. That said, one of the benefits of remote work is flexibility, and sometimes you need to extend your day or start early to accommodate someone else's time zone. When you do, be sure to wrap up earlier than usual or sleep in a bit the next morning to make up for it.

Automatic time-tracking apps, such as [RescueTime](#), let you check in on whether you're sticking to your schedule. They can also help you figure out what times of day you're most productive versus when you slack off. You can use that information to your advantage by reserving your hours of high focus for your most important tasks.

2. Create a morning routine

Deciding you'll sit down at your desk and start work at a certain time is one thing. Creating a routine that guides you into the chair is another. What in your morning routine indicates you're about to start work? It might be making a cup of coffee. It might be returning home after a jog. It might be getting dressed (wearing pajama pants to work is a perk for some, but a bad strategy for others). A routine can be more powerful than a clock at helping you get started each day.

I say "morning," but not everyone who works from home follows a nine-to-five schedule. Yours might be a "getting started" routine at another time of day.

VIDEO OF THE WEEK

Watch this hilarious retelling of the cult classic, *The Princess Bride*.

[The Princess Bride \(as told by kids\)](#)

3. Set ground rules with the people in your space

Set ground rules with other people in your home or who share your space when you work to limit distractions and remain on-task.

4. Schedule breaks and take them in their entirety

Know your company's policy on break times and take them. If you're self-employed, give yourself adequate time during the day to walk away from the computer screen and phone. A lunch hour and two 15-minute breaks seems to be the standard for full-time US employees. Don't short-change yourself during breaks, especially your lunch hour. You can use an app, such as [TimeOut for Mac](#) and [Smart Break for Windows](#), to lock yourself out of your computer for 60 minutes. Or you can just launch a simple clock or timer on the screen when you take a break. If you return to your desk after only 40 minutes, walk away for another 20. Take this time to stretch, practice breath work for stress relief, disconnect from technology and reenergize!

Thank you so much for your feedback from last week's issue and sharing your ideas for this week's edition.

Until next week.

Nicole

EXERCISE OF THE WEEK

Planks

Work on your strength and try a 30-Day Plank challenge! We are on day 2 in our house!

- Start on a mat in the push-up position
- Lower your forearms to the ground so both elbows and palms are flat to the ground
- Curl your toes and engage your abs by tilting your pelvis under and pulling your belly button toward your spine
- Straighten your body but keep your neck and spine neutral (imagine you are a plank of wood)
- Flex your abs and squeeze your glutes
- Hold this position (known as a 'plank') for 20 seconds the first two days and increase time by 30 seconds every two days resting on days 6, 13, 19 and 26. On the last day, hold plank position for as long as you can!

Benefits of the "plank": reduces back pain, increases metabolism, enhances bone and joint health, corrects your posture and strengthens your core!

RECIPE OF THE WEEK

Apple Spinach Salad

[Recipe Courtesy of Gimme Some Oven](#)

It is so easy to stick to comfort food these days, but thanks to the internet I found this healthy recipe, and it was a big hit with the kids! Especially now, the importance of nutrition to strengthen your immune system and fuel your body is more necessary than ever! This Apple Spinach Salad is made with a delicious mix of sweet and savory ingredients; it's tossed with a tangy champagne vinaigrette. Feel free to sub in whatever greens, nuts, or soft cheese that you have on hand and add grilled chicken, salmon, or steak for a heartier meal.

INGREDIENTS:

Apple Spinach Salad

- 10 ounces baby spinach
- 2 large apples, any will do, cored and thinly-sliced
- half a small red onion, peeled and thinly-sliced
- 1 cup walnut halves, toasted (or pecans)
- 2/3 cup dried cranberries
- 5 ounces goat cheese, crumbled (or feta cheese, or blue cheese)
- 1 batch apple cider vinaigrette (see below)

Champagne Vinaigrette

- 1/3 cup extra virgin olive oil
- 1/4 cup champagne vinegar (or apple cider vinegar)
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 garlic clove, peeled and minced
- a generous pinch of salt and black pepper
- (optional) 1 tablespoon honey or maple syrup, to sweeten

DIRECTIONS:

Add spinach, apples, red onion, walnuts, dried cranberries, and half of the goat cheese to a large bowl. Drizzle with the vinaigrette, and toss to combine.

Serve immediately, garnished with the remaining goat cheese.

To make the vinaigrette:

Add all ingredients together in a bowl and whisk to combine. Or, add all ingredients to a mason jar, cover, and shake to combine.