

Inside Inselmini Rentals

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WINTER 2017

Stay Healthy—You've heard the tried and true methods of avoiding colds....wash hands, drink plenty of water, etc. Here are some unconventional yet effective ideas you may not have thought to incorporate into your winter routine.

1. **Sip tea** -Drinking tea and breathing in steam stimulates the cilia—the hair follicles in the nose which move out germs more efficiently.
2. **Lose the booze** - Cut down on alcohol consumption. It interferes with sleep and you are much more likely to get sick when sleep-deprived.
3. **Get your protein fix** - Research shows that diets too low in protein can deplete the immune system so make sure to get protein-rich foods throughout the day.
4. **Wipe out**—Gyms are crawling



with sweaty towels, dirty sneakers and other germs. Clean **before** and **after** using each piece of equipment

5. **Sanitize your office space**—Clean everything that gets touched by lots of people such as microwaves, fax machine keys, doorknobs, etc. with a good disinfectant at least once a week.

6. **Breathe out** - Sounds silly but breathe out when walking past another person that's sneezing or coughing. Gently and slowly breathe out until you are beyond the 6- to 10-foot zone around him. This keeps you from inhaling the air he just contaminated.

7. **Live by the pen** - Start carrying your own pen to the bank, grocery store and doctor's office. Use a touch-tip pen when using an ATM or debit machine to avoid picking up germs that others left behind.

8. **Start juicing** – Start your day by making a juice drink. Most people don't get their recommended nine servings of whole fruits and vegetables every day (who does?) and juicing allows you to achieve that goal.

9. **Keep your hands to yourself** - Don't use public water fountains or stair railings. They've accumulated hundreds of germs.

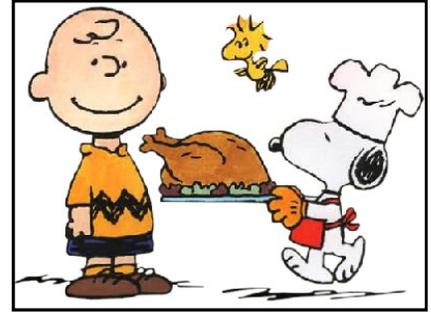
10. **Embrace oil** - A few drops of lavender essential oil is a natural hand sanitizer on the go.

11. **Release bad energy** – Don't harbor anger and stress. Take a few minutes to end each day with deep breathing and/or yoga.

12. **Get what you knead** - Massage is an effective way to increase circulation, which boosts immunity. It's also a great way to relax and de-stress.

13. **Sweat it** – Aerobic exercise can sweat the toxins out of your body. Also try a dry sauna if your gym has one.

14. **Don't talk dirty** – most of us carry our cell phone with us at all times. Cleaning the phone with a sanitizing wipe regularly cuts back on the germs that get near your face and mouth.



We like to think of November as the month of food, when the best of cooks can shine and the best of eaters will surely get their fill!

WHY IS THANKSGIVING CELEBRATED WITH TURKEY?

Turkey has become the traditional Thanksgiving fare because at one time it was a rare treat. During the 1830s, an 8 to 10 lb. bird cost a day's wages. Even though turkeys are affordable today, they still remain a celebratory symbol of bounty.



How do you like the new sign?

Another VERY busy year for Inselmini Rentals...

Welcome new residents:

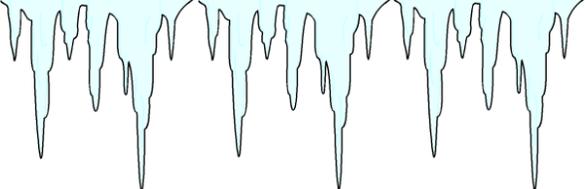
- ◆ Krista Zimmerman
- ◆ Stephanie White & Tim Petro
- ◆ Dorothy (Dot) Margey
- ◆ Elyse Stevens & Tyler Kuzemczak
- ◆ Ryan Stuber
- ◆ James Joseph
- ◆ Kylee Bihon & Jesse Malloy
- ◆ Julie Lopatich
- ◆ Chuck & Billie Joe Fillmore
- ◆ Rodney & Betty Ruby
- ◆ George Wigfield
- ◆ Michaella Mowers
- ◆ Andrew Kessler & Christine Bellono
- ◆ David Gilbert & Brenda Davis



At Christmastime many want to do something charitable but don't always know where to start. Here are a few ideas to get you started. Make a point this holiday season to start a conversation about ways we can all "give back" and make our communities and our world better places for everyone.

- Organize a gift, phone or gas card drive. These can be distributed to charity organizations to give to needy individuals and families. These are practical gifts that can help make or break a needy family during the holidays and its as simple as picking one up during your usual shopping. Let others know you are collecting them and drop them off at any local food bank where people go to ask for assistance with utilities and rent.
- Grab a name off an "Angel Tree" at your local Walmart (or other retailer.)
- Buy cat litter, cat food, and dog food for your local SPCA, volunteer at your local animal shelter, or donate money to a shelter to cover the adoption fees of a family that comes in to get a dog for Christmas.
- Whether it's the elderly couple whose driveway needs shoveling or the single mom who could use a mother's helper, you probably have someone in your circle of influence who could use a hand. Your family may be able to offer the lifeline they need during the holiday season.
- Bake and take Christmas cakes and cookies to nursing and retirement homes. While you're there...sing a few Christmas carols.
- And last, but certainly not least, *the most precious gift* you can offer the needy this time of year is *your time*. Volunteers are always needed and appreciated during the holiday season. Take a few hours out of your week and donate your time to local shelter programs, soup kitchens or other organizations that are overwhelmed with requests for assistance this time of year.

Have a meaningful Christmas and joyous New Year!



Just the FAX :)

The day of the winter solstice is the shortest day of the year, meaning the one in which we experience the least amount of daylight in 24 hours; it is also the time when the Sun reaches its southernmost point in the sky. Although this part of Earth is cooling, its great thermal mass still retains some heat from the summer and fall.

As the gradual cooling process continues over the next two months (January & February), temperatures will continue to fall, and the coldest temperatures will be recorded. The same pattern holds true for the summer solstice in June, as the year's highest temperatures are recorded later, in July and August.



Get ready for
snow
removal season.

In observance of the holidays, Inselmini Rentals will be closed the following days:

Thanksgiving Day—CLOSED Nov 23rd
Christmas Day—CLOSED Dec. 25th
New Year's Day—CLOSED Jan. 1st

HAPPY NEW YEAR