

S	M	T	W	T	F	S
November	1	2	3			
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

CALENDAR EVENTS

November 6, 13, 20 & 27
GirlTrek Group Walk
Codman Commons
5pm Every Tuesday

November 7, 14, 21 & 28
Workout Wednesdays
80 Southern Avenue
7am Every Wednesday

November 7
Neighborhood Council
Great Hall
7pm

November 14
CSNDC Board Meeting
CSNDC Office
5-7pm

November 27
Talbot Norfolk Triangle
15 Elmhurst Street
6:45pm



DotBiz

Developing Local Businesses and Entrepreneurs

Interested in Starting a Business?

CSNDC introduces **DotBiz**. Codman Square NDC's small business workshop provides you with the skills and resources necessary to develop your concept into a business plan and prepare you to be successful in your venture!

Class topics include:

- Small Business Climate
- Market Analysis
- Calculating Startup Costs
- Legal Entity Types
- Time Management
- Record Keeping
- Cash Flow Analysis
- Business Plan Overview

Graduates will have the opportunity to fine tune their business concept through technical support from Codman Square NDC's Small Business Development Staff.

Interested in the Dotbiz small business course? Please contact Charlie Vlahakis at 617-825-4224 or charles@csndc.com to see when our next session is starting.



The Great American Smokeout

Every year more than 480,000 people die from tobacco use and exposure to secondhand smoke. Don't be one of those statistics! November is the Great American Smokeout - pick this month to QUIT smoking. Quitting is not easy, but there are many helps for you - texting plans, smoke-free apps and smoke-free social media.

If you would like support and resource information on quitting smoking, please do not hesitate to contact Jason Boyd at 617-825-4224, ext. 140, or jason@csndc.com.

Best Ways to Afford the Holidays

Let's face it - sometimes it can be challenging to find money for gift giving and holidays. It can be done and you've got two months to do it.

- Use your skills - cook, sew, build - and give that. Time is one of the best gifts. Sharing memories, reading to a child or watching a teen play video games are all ways to give.
- Make a video chat and send it via email, Facebook or other social media platform instead of sending cards.
- Search thrift stores for gifts for others and holiday decorating items for yourself.
- Gift cards - even \$5 ones - are always welcome.
- What about writing your life story? Even in snippets, it's a great gift to pass on to family members. Or write a personal letter to each family member.

November 2018

CODMAN SQUARE NDC
Owner's Office Hours
Weekdays 8:30am - 5:00pm
702 Washington Street
Dorchester, MA 02124
617-825-4224

Homeownership Classes
Carolyn Moore at ext. 127

Financial Coaching
Reynold Samuel at ext. 130

Business Technical Assistance
Charlie Vlahakis at ext. 120

Building My Future -
Credit Building
Marilyn Forman at ext. 140

Fairmount Jobs Network
Jason Boyd at ext. 140

Computer Learning Center
709 Columbia Road
Dorchester, MA 02121
Price Charles at 617-606-7078

WINN RESIDENTIAL
Management Office Hours
Weekdays 9:00am - 4:00pm

702 Washington Street
Dorchester, MA 02124
617-825-8888

95B Washington Street
Dorchester, MA 02121
617-445-7412

173 Columbia Road
Dorchester, MA 02121
617-267-9680

193 Talbot Avenue
Dorchester, MA 02124
617-265-3200

232 Seaver Street
Dorchester, MA 02121
617-427-4278

Winn Residential

NeighborWorks
CHARTERED MEMBER

United Way
OF DORCHESTER COUNTY



CSNDC Community News

Fall Back

Be sure to set your clocks back one hour on Sunday, November 4 as Daylight Saving Time ends. Our office hours will remain the same as listed on the sidebar at left.

Veterans Day

In 1918, World War I and all its hostilities were formally ended at the 11th hour of the 11th day of the 11th month. November 11 is a day in which we take a moment to honor all those who have bravely served in the armed services. These men and women are looked up to for giving heart, mind, and body to the armed forces to fight for our freedom. CSNDC wants to thank all of you who played a part of this. Our freedom was made possible because of you.

Happy Thanksgiving!

During this season of thanksgiving, as we count our blessings, we are thankful for you - our residents. We know you could choose to live anywhere and we appreciate you calling our community home. We are grateful for your choice. Our team looks forward to the opportunity to provide you with great service all year long so you will be thankful for making a CSNDC community your home. Have a wonderful holiday.

Our office will be closed on **Thursday, November 22 and Friday, November 23** for Thanksgiving, but will reopen on Monday, November 26 for normal business hours. We wish everyone in our community a very Happy Thanksgiving!





HONORING OUR

Veterans

Whether they're far away or home, take time to honor those currently serving or who have served. Here are some easy ways to do that.

- Know someone serving in another country? Organize a care-package party. Check out www.supportourtroops.org/care-packages for practical tips. \$25 gift cards help them get on the satellite for personal communications to home – Visa, Mastercard and American Express – not store cards.
- Volunteer to place flags on gravesites. Contact your local American Legion or VFW organization.
- Invite a service member/family over for a meal – especially during the holidays or celebrations.
- See someone in uniform in a restaurant? Buy their meal.
- Donate your wedding dress! BridesAcrossAmerica.com accepts gowns under three years of age. This helps ease the financial cost of wedding planning.
- Offer childcare to help with deployed families.
- OperationShower.org hosts joyful baby showers for military families.
- Make yourself available to help with jobs around their home.
- YellowRibbonPhotographers.org are committed to providing professional photography to our military at no cost to our nation's servicemen and women.



HAVE A FUN, HAPPY AND STRESSLESS

Thanksgiving!

Just the thought of hosting at Thanksgiving can be a nightmare! Prepare ahead of time to make that day less stressful.

Plan your Thanksgiving menu by the first weekend in November. Assign food dishes/drinks to those who are coming. Make sure you know what everyone is providing and write it down.

Clean out your freezer now for food storage later.

Plan where you're going to seat everyone. Make sure you have enough chairs/table space. Having a kid's table? Buy some kraft paper and crayons for that area.

Prepare your tablescape – dishes, décor, napkins. Start collecting "take home" dishes for guests to take some of the leftovers home.

About a week before Thanksgiving, clean out your refrigerator.

Grocery shop for non-perishable items.

Prepare your guest room – change sheets, clean the bathroom, leave out necessities.

What food can be prepared ahead of time? Can you freeze?



Check out our **Hassle Free Newsletter** pinterest page for helpful pins.



The Hassle Free Newsletter is published by Lewis Letterworks, Inc. For suggestions, comments or information about our services, call (815) 242-6000 or visit us on the web at www.lewisletterworks.com



It's November – time to be thankful! But what if you don't have time to spend writing everything down.

Let's try the 2 minute gratitude journal – electronically (Evernote, Google Keep, OneNote or Simple-note) or if you're writing, choose a journal that appeals to you.

Keep it simple – here's a sample:

- 1) Someone let me in front of them in traffic today – Go Kindness!
- 2) Thankful my kids played great together today.
- 3) My coworker brought flowers to work. They're beautiful to look at and even better to smell.

Got it? Good! Let's try it!



Pumpkin Muffins

- | | | |
|---|--|---|
| 2 c. baking mix | 1/4 c. sugar | 1 apple, peeled and diced into small pieces |
| 1 pkg. orange flavored gelatin (3 oz. size) | 1 c. canned pure pumpkin (not pumpkin pie filling) | 1/2 c. raisins |
| 2 tsp. cinnamon | 1 egg | 1/2 c. chopped nuts – pecans or walnuts |
| 1 tsp. nutmeg | 3/4 c. orange juice | |

Heat oven to 400 degrees. Use a 12 count muffin tin. Spray the cups with cooking spray, or if you prefer, use foil baking cups. Place baking mix, dry gelatin mix, cinnamon, sugar and nutmeg in large bowl. In another bowl, beat egg, then add pumpkin and orange juice, stirring until well mixed. Peel and dice apple. Add apple, nuts and raisins and stir until just moistened together. Spoon into muffin cups. Bake 20 minutes or until done.

SO MUCH TO CELEBRATE IN

November!

- 1 ELECTION DAY
- 11 VETERANS DAY
- 15 WORLD KINDNESS DAY
- 15 GREAT AMERICAN SMOKEOUT
- 22 THANKSGIVING

GETTING YOU IN THE MOOD...

...through some of the best Thanksgiving movies, that is! Here's a short list of some of the movies that might just help you get in the mood for this wonderful holiday.

- AUTUMN IN NEW YORK (2000)
- YOU'VE GOT MAIL (1998)
- THE BLIND SIDE (2009)
- PLANES, TRAINS, AND AUTOMOBILES (1987)
- A CHARLIE BROWN THANKSGIVING (1973)

FOUR DAYS OF SAVINGS

Are you ready to shop? Four days in November will help you save and give!

11-23

BLACK FRIDAY

deals begin even before Thanksgiving Day is over!

11-24

SMALL BUSINESS SATURDAY

whether it's your friend's business or your local brick and mortar store, shop locally.

11-26

CYBER MONDAY

offers all the big deals on the internet! Some of your local stores might match or beat some of those deals so check them out.

11-27

GIVING TUESDAY

is a day to support by giving to your favorite charity or cause.