

# NEWSLETTER

NEWS | NEIGHBORS | WHAT'S HAPPENING

## DATES IN DECEMBER

### PETS IN THE NEIGHBORHOOD MEETING, 12/2

Please join the Summerset at Frick Park Board on December 2 at 6:30pm in the community building for a community meeting to discuss the new pet policy.

### HAPPY HANUKKAH

December 6 is the last day of Hanukkah.

### MERRY CHRISTMAS

December 25

### KWANZAA

December 26

Newsletter ideas? Send to [susan@susankoeppen.com](mailto:susan@susankoeppen.com)



## SPEAKER SERIES

**O**n November 15th, Kim O'Brien, Medicare Community Relations, Team Lead for UPMC for Life, visited our community to review what Medicare is and the "A,B, C, Ds" of Medicare.

**S**pecial thanks to our neighbor Donna Almario Doeblner for coordinating Kim's visit and to Jeff Stapinski for taking care of all the logistics (as well as bringing coffee and bagels!).

**I**f you would like to be part of the Summerset Speaker Series or would like to bring an expert for a talk please contact Natalia at [nduarte2020@gmail.com](mailto:nduarte2020@gmail.com)

## Marie's Bourbon Pecan Pie

1 pie shell  
1 cup white sugar  
1 cup dark corn syrup  
1/2 cup butter  
4 eggs, beaten  
1/4 cup bourbon  
1 tsp vanilla extract  
6 ounces of dark chocolate chips 1 cup chopped pecans

### Directions

1. Preheat oven to 325 degrees.
2. In a small saucepan, combine sugar, corn syrup, and butter. Cook slowly over medium heat stirring constantly, until butter and sugar dissolve. Be careful not to burn the mixture, but make sure the sugar granules are fully dissolved. You will see the mixture start to change color when it is ready. Cool slightly.
3. In a large bowl, combine eggs, bourbon, vanilla, and salt. Mix well. Slowly pour the slightly cooled sugar mixture into the egg mixture, whisking constantly so it remains smooth. Stir in chocolate chips and pecans. Pour mixture into shell.
4. Bake in the preheated oven for 55 minutes, or until set and golden (sometimes this requires a few extra minutes). The pie should be somewhat firm when it is cooked through. S
5. Serve either chilled or room temperature with vanilla ice cream.

## IN CASE YOU MISSED IT.....

**H**ere is the video for the first topic of the Summerset Community Speaker Series, “Helping Each Other Repair Our Brains from Excessive Stress,” presented by neighbor Victoria Hanchin. The video is in three parts, addressing 1) how excessive stress damages your brain and functioning, and what it takes to repair from stress; 2) a quick stress scale and Six tools for repairing your brain, that are “socially contagious,” so also benefit others, 3) how to keep accessing your higher brain capacities even during crisis--which makes life more fulfilling-- plus a bonus “emergency” brain tool (offered in response to alarms of tornado warnings!)

You can view the entire video here: <https://wholepersonwholeplanet.com/helping-repair-our-brains-from-stress.html>

Or if you want to view it in shorter segments, see Part 1 here: <https://wholepersonwholeplanet.com/helping-repair-our-brains-from-stress-part1.html>

see Part 2 here: <https://wholepersonwholeplanet.com/helping-repair-our-brains-from-stress-part2.html>

see Part 3 here: <https://wholepersonwholeplanet.com/helping-repair-our-brains-from-stress-part3.html>

The video was produced by Summerset neighbor Pauline Greenlick. Thank you so much, Pauline!! Victoria is grateful to the Summerset community for the opportunity to be your first speaker.



## TRIVIA

HOW MANY REAL CHRISTMAS TREES ARE SOLD IN THE UNITED STATES EACH YEAR?

Answer: 25 to 30 million ( According to the National Christmas Tree Association)