

# November 2020

# The Latest News From Jeffrey and Wade



## How to Celebrate Thanksgiving Safely During COVID-19

Turkey, mashed potatoes, family, and football all bring about the nostalgia of Thanksgiving for many people. However, with the pandemic underway and COVID-19 cases increasing in many areas, it's difficult to imagine this year's celebration like those of the past. Dr. Anthony Fauci, the nation's leading infectious diseases expert, recently told Yahoo News, "I think we need to realize things might be different this year, particularly if you want to have people who are going to be flying in from a place that has a lot of infection — you're going to an airport that might be crowded, you're on a plane, and then to come in — unless you absolutely know you're not infected — there are many people who are not going to want to take that risk." Fauci added that his family is making adjustments, too. His three daughters who live in different states won't be visiting him this Thanksgiving. In fact, the Centers for Disease Control and Prevention (CDC) states in its guidelines for Thanksgiving that travel increases the chance of getting and spreading the virus that causes COVID-19. However, if you must travel, consider the risks involved first. "Family gatherings this year may put our loved ones at risk, especially the most vulnerable, such as grandparents. Better to miss one in-person holiday, so all can celebrate together next year," Dr. Mark Jarrett, chief quality officer for Northwell Health in New York, told Healthline. In addition to traveling, the CDC also suggests avoiding the following activities to help prevent the spread of the coronavirus:

- attending large indoor gatherings with people from outside of your household
- participating or being a spectator at a crowded race
- attending crowded parades
- shopping in crowded stores around Thanksgiving
- using alcohol or drugs, which can cloud judgment

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## Alfredo Chicken Lasagna

### Ingredients

- 1 lbs boneless skinless cut up chicken breast and sauteed
- 1 cup sliced fresh mushrooms
- 1/2 cup chopped onion
- 2 cloves garlic minced
- 1 tablespoon olive oil
- 1 lbs cottage cheese, small curd
- 1/2 cup shredded Parmesan cheese, divided
- 1 1/2 cup shredded mozzarella, divided
- 1 egg lightly beaten
- 1 tablespoon fresh chopped basil leaves
- 1/2 teaspoon Italian seasoning
- 9 oz frozen spinach, thawed and water squeezed out
- 6 oz jar of Artichoke Hearts, chopped
- 9 no boil lasagna noodles

### Alfredo Sauce

- 1 cup unsalted butter
- 1 cup heavy cream
- 1 cup Parmesan cheese, shredded (not the kind in a can)
- 1/2 teaspoon garlic powder
- couple pinches ground nutmeg

### Instructions

In a large skillet saute chicken in 1 tablespoon oil until done remove, saute the mushrooms, garlic, and onion in 1 tablespoon oil until the onion is transparent. Gradually stir in Alfredo sauce. Bring to a simmer. Reduce heat; simmer, uncovered, for 5 minutes or until thickened. In a small bowl, combine the cottage cheese, 1/4 cup Parmesan cheese, egg, and herbs. Add a few spoonfuls of the Alfredo mixture to the bottom of a lasagna pan. Put 3 lasagna noodles over the top. Spread 1/2 of the cheese mixture over the top of the lasagna noodles. Sprinkle 1/2 the chicken over that and 1/2 the spinach and artichoke hearts. Spoon about 1/3 of Alfredo that's left over the top. Sprinkle on 1/2 cup of the Mozzarella over the top. Add 3 more lasagna noodles and repeat the layers. Add the last lasagna noodles to the top. Spread with the remaining Alfredo. Sprinkle with the reserved Parmesan and the remaining Mozzarella. Cover with aluminum foil and bake at 350°F for 30 minutes. Uncover and bake for about 10 - 15 more minutes, or until bubbly. Remove from oven. Allow to rest for 10 minutes before cutting.

### Alfredo Sauce

Melt the butter slowly in a saucepan. Don't let it boil up or the sauce will not set up right. Whisk in the cream and simmer for about 3 minutes. Add the garlic and the nutmeg. Remove from heat and stir in the grated Parmesan. Continue to stir until the sauce is smooth and all of the Parmesan is melted.

12 Servings. Serve with Tossed Salad and Bread



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**"Still Your House Hubby Too"**



*Continued from Previous Page*, There's good news, though. There are ways to celebrate Thanksgiving without putting yourself or others at risk. Health experts share a few ideas and their level of risk, according to the CDC.

### 1. Revise your dinner plans (low/moderate risk)

Since eating a grand meal together is the essence of Thanksgiving celebrations, finding an avenue to enjoy food together is one way to keep the vibe of the day alive. Safer alternatives include:

#### **Dine virtually (low risk)**

A virtual dinner party is the safest and best option to connect with those who can't travel to see you. Organize a start time to eat over Skype, Zoom, or Facetime. You can initiate the same traditions virtually as you would in person, such as asking everyone what they're grateful for or to share a favorite memory of the year so far. "Virtual gatherings are an alternative way of assessing how well a friend or relative is. Nonverbal information is important. We can see if someone has lost a lot of weight or appears nervous or unhappy," Krystine Batcho, PhD, professor of psychology at Le Moyne College in New York, told Healthline.

#### **Eat with your housemates (low risk)**

If your gathering is smaller than usual, you can still go all out with those you live with. Make all your traditional dishes and then some. Sharing them with those you are closest to can be comforting during such an intense time. The CDC suggests preparing traditional family recipes for family members or neighbors who don't live with you, especially those at higher risk of severe illness from COVID-19. You can deliver them in a way that doesn't involve contact, such as dropping a pie at their door. "It isn't just fun to interact with other people, it is essential to well-being to maintain healthy social connections. During the period of social isolation imposed by the pandemic, indicators of anxiety, depression, and feelings of hopelessness have increased," says Batcho. By prioritizing relationships, she says holidays strengthen prosocial emotions and behaviors, including compassion, empathy, forgiveness, and altruism. "The pandemic has reminded us that we all need one another, and we're all in this together," she adds.

#### **Host a small outdoor dinner (moderate risk)**

If sticking to dining with people in your household isn't going to cut it, the CDC suggests hosting an outdoor meal with a small group of family and friends who live in your community. If you have family or friends who are traveling a distance to join you, Jarrett says to remind them not to let their guard down. "Keep gatherings to... no one with symptoms. Extra precautions can include 10 to 14 days of quarantine [from] visitors before the event. Wear masks, distance, wash hands," he said.

### 2. Visit your favorite fall farm (moderate risk)

To get in the Thanksgiving spirit, research pumpkin patches or orchards where people are expected to wear masks, maintain physical distancing, and use hand sanitizer before touching pumpkins or picking apples. Taking in the experience and enjoying that it's possible during the pandemic may make the adventure all the more worth it. Finding a spot on the farm or orchard to sit and reflect with those you are with can bring meaning to the season. "This year, when gatherings might not be possible or advisable, we can still enjoy the benefits of holidays like Thanksgiving. We can take time to reflect on the value of gratitude and the meaning of our lives," says Batcho.

### 3. Get your TV fix (low/moderate risk)

Getting good TV time is a must for many on Thanksgiving. While it might not be possible to watch football, events, parades, or "A Christmas Story" with a bunch of your favorite people snuggled on the couch as the smell of turkey fills the room, you

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*Continued from Previous Column*, can still do this with those you live with. Batcho suggests sharing TV traditions with those from afar in unique ways. "Feelings of belonging counteract loneliness and provide the advantages of social support. Even from a distance, people can enjoy the sense of community. For example, friends and relatives can watch a favorite film at the same time and exchange comments in real time," she said. If you decide to venture out to a small outdoor sports events with safety precautions in place, the CDC considers this a moderate risk and suggests following these guidelines. Since shopping is such a big part of Thanksgiving and the day after, if you feel like you'll miss out, shop online with those you live with. You can all browse together while eating seconds from Thanksgiving dinner.

### Celebrating in some way is good for your well-being

Part of living during this time means dealing with constant change, which is a double-edged sword, says Batcho. "We love the excitement that prevents us from becoming bored, and we appreciate the benefits advances in science have given us in medicine, health, safety, entertainment, and convenience. But change is inherently stressful as we need to adapt, learn new skills and ways of doing things, and give up some of our old ways of living," she said. Because unexpected or substantial change threatens a sense of being in control, anxiety that stems from the uncertainty of the future is heightened when you no longer feel that you can predict what might come next and whether you'll be able to cope with it. This is where dependable markers in time, such as holidays, alleviate the sense that things might be changing more rapidly than you can or want to keep up with, added Batcho. "Because holidays are predictable, they offer the opportunity to hit 'pause,' and give a bit of stress relief. Grounded in tradition, holidays connect us to the past and ensure the comforting feeling of continuity across time and change," she said. As uncertainty continues to flourish during the pandemic, there is a greater need to strengthen and renew relationships. "Holidays serve as society's agreed upon opportunities to attend to our need to stay socially connected. Get-togethers with family, friends, and co-workers remind us of our importance to others and preserve our sense of meaning and purpose in our lives," Batcho said.

*by Cathy Cassata, 11/2/20, www.healthline.com*



### Current Mortgage Rates

On Thursday, Nov. 5, 2020, the average rate on a 30-year fixed-rate mortgage fell five basis points to 2.896%, the average rate on a 15-year fixed-rate mortgage was unchanged at 2.534% and the average rate on a 5/1 ARM was unchanged at 2.998%, according to a NerdWallet survey of mortgage rates published daily by national lenders. A basis point is one hundredth of one percent. Rates are expressed as annual percentage rate, or APR. The 30-year fixed-rate mortgage is two basis points lower than one week ago and 110 basis points lower than one year ago.

Product	Interest rate	APR
30-year fixed rate	2.793%	2.896%
15-year fixed rate	2.328%	2.534%
5/1 ARM rate	2.833%	2.998%

[www.nerdwallet.com](http://www.nerdwallet.com), 11/5/20



### Looking For:

We are looking for your referrals for various services folks you have used for repairs around your home, like Plumbers, Heating and A/C folks, Gardeners, Painters, etc. We are building on our list of service folks we can refer to others who might need their services. Please email Wade with their contact and your experience with them. Thanks, Wade and Jeffrey

# Quick Glance At Home Prices In The Denver Metro Area

City	Baths	Beds	SF Above	Total SF	Garage	Levels	Yr Blt	Lot SF	DOM	Sold Price
Cherry Hills Village	4	5	2776	3792	2	One	1962	35,893	0	\$ 1,860,000
Golden	5	5	4390	6559	4	Two	2001	41,371	1	\$ 1,642,500
Conifer	4	4	4062	4914	2	Three Or More	1983	1,527,649	8	\$ 1,175,000
Superior	5	5	3105	4710	3	Two	1998	12,754	2	\$ 1,005,000
Denver	3	4	2233	4466	2	One	2005	4,950	5	\$ 890,000
Boulder	1	3	1006	1006	0	One	1957	10,543	15	\$ 859,900
Boulder	3	3	1161	2322	2	One	1964	7,875	21	\$ 810,000
Larkspur	5	7	3012	4982	3	Three Or More	2003	87,120	16	\$ 750,000
Golden	2	3	1985	2497	2	Two	1982	73,181	3	\$ 711,000
Franktown	3	3	2093	3578	2	Two	1986	219,847	44	\$ 680,000
Denver	3	3	1417	2238	0	One	1946	6,350	4	\$ 662,000
Littleton	3	2	1774	3548	2	One	1999	4,954	4	\$ 649,722
Littleton	3	4	1720	3399	2	One	1984	6,950	13	\$ 640,000
Wheat Ridge	3	3	1926	3160	2	One	1957	11,233	40	\$ 620,000
Longmont	3	3	2498	3562	2	Two	2020	6,630	21	\$ 617,702
Lakewood	3	4	2187	2903	2	Multi/Split	1974	7,240	4	\$ 610,000
Denver	2	4	1106	2265	2	One	1947	6,040	2	\$ 608,000
Thornton	3	3	2552	5139	0	One	2017	9,264	170	\$ 580,000
Greenwood Village	3	5	1493	2986	2	One	1961	13,416	26	\$ 570,000
Centennial	4	4	2911	3799	2	Two	1963	10,977	46	\$ 565,267
Parker	5	4	2188	3249	3	Two	1990	19,558	77	\$ 565,000
Edgewater	2	3	1450	1450	0	One	1955	8,746	6	\$ 550,000
Edgewater	1	3	1037	1037	1	One	1952	6,650	5	\$ 526,000
Centennial	4	4	1588	2260	2	Two	1982	8,625	1	\$ 510,000
Centennial	3	4	1759	1759	2	Bi-Level	1969	16,771	5	\$ 509,000
Arvada	2	3	1446	2318	2	Two	1984	4,568	2	\$ 496,000
Arvada	3	3	1869	2516	2	Multi/Split	1977	7,029	11	\$ 485,000
Denver	2	3	1540	1540	2	Two	1905	10,800	29	\$ 480,000
Denver	2	3	1419	1419	2	One	1948	7,240	5	\$ 475,000
Denver	2	3	731	1462	2	One	1947	6,250	23	\$ 462,000
Aurora	3	4	2207	3032	2	Two	1978	7,187	4	\$ 445,000
Broomfield	2	4	1120	2072	1	One	1958	8,668	12	\$ 438,000
Castle Rock	3	3	2315	2315	2	Two	2006	3,615	8	\$ 425,000
Denver	3	3	1675	2288	2	Tri-Level	1966	7,200	10	\$ 425,000
Wheat Ridge	1	3	1424	2281	2	One	1953	11,365	44	\$ 410,000
Denver	2	3	1515	1683	3	One	1939	5,900	5	\$ 405,000
Aurora	3	3	1475	1907	2	Multi/Split	1998	6,316	7	\$ 400,500
Commerce City	2	3	1736	1736	2	One	2020	5,250	62	\$ 399,990
Denver	1	3	1088	1088	0	One	1952	7,420	8	\$ 385,000
Denver	2	3	850	1700	1	One	1957	6,200	5	\$ 380,000
Arvada	1	3	839	839	0	One	1960	6,135	4	\$ 370,000
Littleton	1	1	788	788	2	One	1924	8,059	8	\$ 361,500
Aurora	2	3	1823	1823	1	Bi-Level	1978	6,534	3	\$ 355,000
Denver	2	3	1218	2436	2	One	1966	9,300	4	\$ 327,000
Westminster	1	2	720	720	1	Two	1947	7,500	5	\$ 315,000

**Sampling of Data From The Multiple Listing Service For Single Family Homes Which Closed On 10/20/2020.**

**If you would like more information on one of the homes listed about, please email us or call us with the home information and we would be happy to send you the full MLS data sheet for that home.**

November 2020



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# The Latest News From Your Real Estate Experts



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*If you're currently under contract with another real estate agent, this is not a solicitation for your business.*

**What Our Former Clients Are Saying:**  
I have had the pleasure of having Wade and Jeff help me buy and sell a few properties. They are knowledgeable, professional, flexible to tailor the experience to your needs and efficient. I would not consider using another team and will continue to rely on their expertise. Joe

15396 E. Jarvis Place  
Aurora  
Sold Price \$470,000



**Sold**

1995 Season Dawn Ct.  
Windsor  
Sold Price \$364,000



**Sold**

6924 S. Ulster Circle  
Centennial  
Sold Price \$489,900



**Sold**