



“WHOOO” DO YOU KNOW?

Your Referrals are pumpkin spice and everything nice! Over the past 36 years I found the main source of my business has come from word of mouth, or referrals. My philosophy about my business is that 100% of my efforts are focused on delivering the most competent, and compassionate, service I can. Many of you have worked with me in the past and know the type of service I provide. If you have any friends, or family, who would value my professional and trustworthy services, I would appreciate you referring them to me. My top priority is to help make dreams come true, yours and theirs. I am grateful for and appreciate your business. Your referrals will be in “good hands”.



HELLO FROM SUE ~

Hello from Sue-
Hello Autumn! A season that brings new colors, weather, and outdoor activities.

Hopefully your summer was filled with fun vacations and plenty of time outdoors. The warm weather and long days are one of my favorite times of the year.

On a personal note, I want to share with you that on April 23rd, we sadly lost our 29-year-old daughter in a car accident. This tragedy placed a huge “pause” on our lives in every aspect. Jenna was a beautiful and creative gal. She was a retail “diva”, a talented decorator and designer (see her artwork below), and loved caring for her plant collection and her cat “Tiger”. She was also an outstanding aunt to her niece and nephew, whom she loved to spend time with. They were her #1 fan.

October marks 6 months of our loss and we miss her dearly, every day. On a brighter side, we are content knowing that she is in a happy place, and at peace, and is with us spiritually. I found staying focused on my work has been a grief-release for me. Jenna was a hard worker and I know she wouldn’t want me to stop my life for her. I thank all my friends, family, clients, and co-workers for all the love and support that they’ve shown my family and me during this time. Dave and I feel we are blessed by all those who have reached out to show their concern. We couldn’t be more grateful!

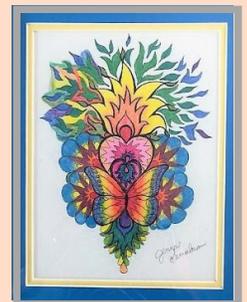
As the seasons move forward, so do I. I’ve learned that my job and business is a good source of positive energy for me. I am grateful that I am passionate about my business as it keeps me focused and moving forward. And I’ve learned to keep space open for Jenna too. While life threw us an unexpected change, our faith and supportive community gives me strength. Know that I am still working and available to be your supporter too. I’m open for business and happy to assist any of you, your friends, family and co-workers, I’m here for you! Thanks for letting me share my story and hopefully I’ll get the chance to share my passion with you sometime soon.

~ Sue

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SMART HEART COOKING

What is a pumpkin dream bar? A creamy, custardy, cheesecake-like pumpkin dessert everyone will swoon over. In this recipe, they used crushed Cheerios for the crust to accommodate the gluten-free friends. But feel free to sub in graham crackers or Nilla Wafers if you prefer.

Pumpkin Dream Bars ~

We promise—they don't taste healthy!

INGREDIENTS

CRUST

- Cooking spray, for pan
- 2 1/2 c. Gluten Free Honey Nut Cheerios cereal
- 3 tbsp. granulated sugar
- 1/3 c. butter, melted
- Pinch kosher salt

FILLING

- 2 eggs
- 1/2 c. packed brown sugar
- 1 (15-oz.) can pumpkin
- 1 (12-oz.) can evaporated milk
- 1 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- 1 tsp. pure vanilla extract
- 1/2 tsp. kosher salt
- Powdered sugar, for dusting

Directions:

1. Make crust: Preheat oven to 350° and grease a 9"-x-9" square baking pan.
2. Add cereal to a large resealable plastic bag and use a rolling pin to crush the cereal into fine crumbs. (Alternatively, pulse the cereal into fine crumbs with a food processor.)
3. In a large bowl, combine Cheerios crumbs, melted butter, sugar, and salt and stir until combined. Press crumb mixture into the bottom of the greased baking pan.
4. Bake until beginning to turn golden, about 7 to 8 minutes. Let cool while you make filling.
5. Turn the oven temperature up to 425°.
6. Make filling. In a large bowl using a hand mixer, beat all filling ingredients together until smooth. (The mixture will be quite loose!)
7. Pour filling over baked crust and bake at 425° for 15 minutes, then reduce oven temperature to 350°.
8. Bake at 350° for about 35 minutes longer or until toothpick inserted in center comes out clean. Let cool to room temperature then refrigerate until chilled.
9. Sift powdered sugar over sliced squares before serving.

PS: Don't forget to SHARE!

~ SMART MOVES NEWS ~

Be Happy, Be Healthy & Be Walking! Ready to take your first step?

Did you know that just 30 minutes a day of exercise can boost your mood? And just getting your body moving increases your happiness, along with other benefits too!

One of my favorite past-times and hobbies is walking. I make it a point to walk 3-4 times a week (2-3 miles/walk) all year round, and found the benefits to be amazing. My biggest take-away from this activity is the fresh air that "clears" my head. Not only do I feel rebooted but also re-energized. It's an easy way for me to get my heart rate up and keeps me both cognitively and physically fit. Yes, there are "old age" pains associated with it, but they seem to disappear once the journey is started.

Take a look at these top 10 benefits walking can provide:

- Builds stronger muscles
- Lifts your spirits & boosts your mood
- Improves circulation & can help lower your blood sugar
- Boosts your metabolism and immune function
- Helps you sleep better
- Strengthens your bones & eases joint pain
- Keeps you mentally sharp
- Adds years to your life
- Builds creative thinking
- Burns calories and assists with weight control

What would inspire you to get up and get out the door? If not having a walking partner is holding you back, give me a call. I'm always looking for walking buddies and happy to be your inspiration!

Coaching: Unique seasons. Unique services.

Just as there are 4 unique seasons that we transition in and out of, there are also seasons to our life that we go through. Some are unexpected, some are planned but often we get blindsided by them and we need to adjust and adapt.

Change is something that we have no control over. Transition to change is how we respond to change and this is in our control. How well do you transition to change? Do you fight change? Do you ignore change? Do you deny change? If you're not sure, think about the biggest change that we've all faced recently with COVID. How did you handle it? What did you do?

If you feel you struggle with change and transition, this is where professional coaching can help. I specialize in transition coaching, focusing on housing and lifestyle changes. If you're curious to learn more, contact me for a free coaching session at www.smartcoachingwithsue.com or call me at (717) 475-4300.

