# LIFESTYLE

December Issue Lifestyle@Home

# FirstService

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# A Message From

### Michael Mendillo President, FirstService Residential

The holidays can be stressful, even more so this year with the challenges our communities and residents face during these unprecedented times. We want you to know that we are here for each and every one of our board members, trustees and residents and remain committed to providing you with resources and solutions that are so needed right now. This issue of Lifestyle Living offers excellent resources and articles you and your family can use to celebrate the holidays safely. We are so thankful for your ongoing support and wish you all a happy and healthy holiday season!



The 12 Days of Fit-Mas

### **Staying Motivated Through the Holidays**

With the holidays approaching, we often don't make time for ourselves. Here's a fun way to enjoy the 12 days of "fit-mas" with 12 holiday challenges.

### **12. FIND YOUR INNER PEACE:**

Calming the mind can provide some of the most significant benefits for any holiday season. Find a quiet place without disruption and sit quietly or lie down for 12 minutes. Find your "happy place" by focusing on what brings you joy and be specific in your thoughts.



### **11. TAKE A DANCE BREAK:**

Who cares if someone is watching? Crank up your favorite tunes, whether it's disco from the 80's or The Twist from the 60's, break out in dance for a minimum of 11 minutes. Dancing releases endorphins like no other exercise.



### 10. LIFT 10 HEAVY OBJECTS:

Even if you don't have weights at home, you can find some heavy items around the house and lift 10 different items, 10 times each.

### 9. MIX UP YOUR CARDIO WITH PUSHUPS:

Run, bike, stair climb, dance or do your favorite cardio for 9 minutes. Follow by doing 1 minute of pushups (can be wall, modified or full pushups). Repeat this 3 times for a great workout that will improve your upper body strength and cardio at the same time!

### 8. COMPLETE 8 SETS OF THE FOLLOWING:

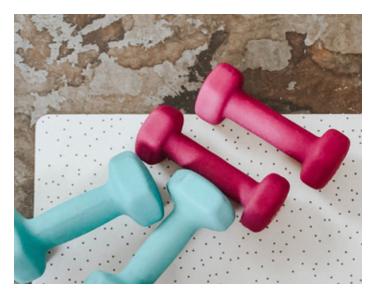
2 minutes of your favorite cardio activity followed by 2 minutes of squats. Add variety to your squats by doing mini squats, sumo squats, wall squats or 1-legged squats. At the end of this routine, you'll have exercised for 32 minutes!

### 7. BUILD A PYRAMID OF EXERCISE:

Write down 7 different workouts on 7 different pieces of paper and toss them into a hat. Pick them out one-by-one. The first exercise, you must do for 7 minutes, the second exercise for 6 minutes and so forth until you reach your last workout of 1 minute.

### 6. SEEK THE OUTDOORS:

This is both a mind and body exercise. At either 6 a.m. or 6 p.m., exercise somewhere outdoors where you can enjoy the serenity of the sun, the stars, the trees and fresh air.



### 5. CREATE A CIRCUIT-STYLE CLASS:

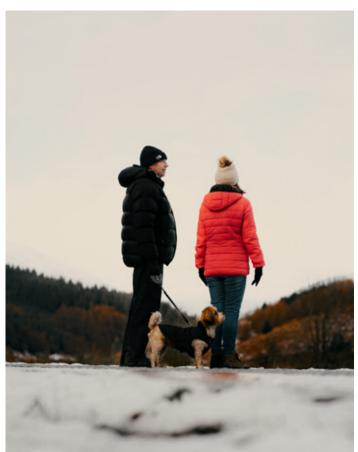
Alternate 5 minutes of your favorite cardio activity with 5 minutes of any combination of exercises for the upper body, lower body or core. Repeat this 5 times for a 50-minute total body workout!

### 4. RAISE YOUR HEART RATE:

Improve your heart health with bouts of intensity followed by periods of rest. Do your favorite cardio activity for 4 minutes, followed by a rest period of easy walking for 4 minutes. Repeat this 4 times for a 32-minute exercise with heart-boosting goodness!

### **3. STRETCH YOUR MUSCLES:**

Most of us don't stretch long enough, so with this exercise, you'll learn to hold a stretch and elongate your muscles. Pick three separate stretches and hold each one for 3 minutes. Don't forget to stretch both your left and right sides!



### 2. WORKOUT WITH A BUDDY:

Don't forget that working out with a friend helps both you and your partner. You'll be physically active and have the added benefit of being social and keeping each other motivated. You can even bring a 4-legged friend along with you!

### **1. PUT YOURSELF FIRST:**

At times, we tend to think of others before ourselves. But that can take a toll on your health. If you're not at your best, it's hard to give to others. Take the time to make yourself a priority!

by Kathy O'Toole, Assistant Executive Director, Sun City Huntley





# Christmas Side Trio

Home Chef<sup>™</sup> delivers fresh pre-portioned ingredients directly to your door with easyto-follow instructions that fit your lifestyle. Weekly recipe rotations for all skill levels means that there's always something new and exciting to cook! All FirstService Residential residents qualify for \$35 off the first box and an additional \$10 off the second box, for a total savings of \$45! Learn more here.

### Ingredients

2 fl. oz. Liquid Egg
1 oz. Dried Cranberries
4 fl. oz. Heavy Whipping Cream
14 oz. Sweet Potato
4 fl. oz. Orange Juice
1/2 oz. Pecans
1 Rosemary Sprig
1 Baguette
1 oz. Goat Cheese Crumbles
1 oz. Butter
6 oz. Brussels Sprouts

### Instructions

### Step1: Begin the Bread Pudding

Preheat your oven to 425 degrees. Stem and coarsely chop rosemary. Add cranberries and ¼ cup hot tap water to a medium mixing bowl. Allow cranberries to sit for 5 minutes. Cut the baguette into ½" dice. Add cream, liquid egg, half of the rosemary (reserve remaining for Brussels sprouts) and goat cheese (reserve 1 tsp. for garnish) to the bowl containing cranberries. Add ¼ tsp. salt and a pinch of pepper.

### Step 2: Bake the Bread Pudding

Add diced bread to cream-egg mixture. Stir together and set aside to absorb and soften, 5 minutes. Pour bread pudding mixture into prepared small casserole dish. Cover with foil and bake until firm but still slightly jiggly, 20-25 minutes. Remove foil and bake until golden brown, 5-7 minutes. Remove from oven, sprinkle on remaining goat cheese and let rest 5 minutes. While bread pudding bakes, make the sweet potato.

### Step 3: Mash the Sweet Potato

Peel and cut the sweet potato into ½" dice. Add ½ the butter to a medium pot and melt over medium-high heat. Add sweet potato and cook until lightly browned, 2-4 minutes. Add orange juice and ½ cup water and bring to a boil. Boil for 5 minutes, then reduce heat to medium. Cover and cook until sweet potato is tender and ¼ cup liquid or less remains, 7-10 minutes. Remove from burner and using potato masher or fork, mash sweet potato until mostly smooth. Add water 1 Tbsp. at a time if sweet potatoes are too firm. Season with a pinch of salt and pepper. While sweet potato cooks, make the brown butter. down. Cook undisturbed until golden brown, 3-5 minutes. Continue cooking, stirring occasionally, until Brussels sprouts are browned and tender, 4-6 minutes. Toss with remaining rosemary, ¼ tsp. salt and a pinch of pepper. Remove from burner.

### Step 6: Plate the Dish

Place rosemary Brussels sprouts into a serving dish. Add sweet potatoes to a serving dish and spoon brown butter and pecans on top. Serve bread pudding in the casserole dish it was baked in.

### Learn more at HomeChef.com



### Step 4: Make the Brown Butter Pecans

Trim bottoms off Brussels sprouts and halve vertically (quarter if larger than ping pong balls). Add the remaining butter and pecans to a medium pan over medium heat and cook, stirring occasionally, until butter begins to smell "nutty," turn golden and brown flecks appear, 5-6 minutes. Remove brown butter and pecans from the pan, wipe pan clean and reserve.

### Step 5: Cook the Brussels Sprouts

Return the pan used to cook brown butter pecans to medium heat. Add 1 tsp. olive oil and Brussels sprouts to a hot pan, cut side





## Holiday Morning Biscuit Bar

### Ingredients

### 2 oz. Butter

- 12 oz. Buttermilk Biscuit Mix
- 12 oz. Applesauce
- 4 tsp. Sugar
- 1 1/2 oz. Cherry Jam
- 2 Red Onions
- 1 oz. Shredded Asiago Cheese
- 1/2 tsp. Ground Cinnamon
- 2 fl. oz. Balsamic Vinegar

### Instructions

### Step1: Prepare Ingredients and Mix Biscuits

Halve and peel onions. Slice halves into thin strips. Place biscuit mix and shredded Asiago in a medium mixing bowl. Measure out ¾ cup water. Add half the water to the biscuit mix and mix with a wooden spoon until a sticky dough that just holds together forms. Add more water 1 Tbsp. at a time if too crumbly.

### Step 2: Make the Biscuits

Use a ¼ cup measure or large spoon and divide biscuit mixture on the prepared baking sheet into 12-14 mounds, slightly smaller than ping pong balls. Brush tops lightly with olive oil and bake until golden brown, 14-16 minutes. While biscuits bake, start apple-cinnamon butter.

### Step 3: Make the Apple-Cinnamon Butter

In a small pot, combine the applesauce and cinnamon. Place over medium heat and bring to a simmer. Reduce heat to medium-low and cook, stirring occasionally, until reduced to a thick spread, 18-20 minutes. While applecinnamon butter simmers, start onion jam.

### Step 4: Make the Onion Jam

Heat 1 tsp. olive oil in a medium non-stick pan over medium heat. Add onions to a hot pan and cover. Cook, stirring occasionally until onions are fully softened, 10-12 minutes. Uncover and add sugar and balsamic vinegar. Cook, stirring frequently until liquid is mostly reduced and onions are sticky and jam-like, 6-8 minutes. Season with ¼ tsp. salt, stir and set aside.

### Step 5: Make the Cherry Butter

In a small bowl, stir the softened butter and cherry jam with a whisk or wooden spoon until combined.

### Step 6: Plate the Dish

Serve biscuits in a bowl or on a plate with apple-cinnamon butter, onion jam and cherry butter on the side.

### Learn more at HomeChef.com

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# 10 Easy DIY Gift Ideas for the Holidays

Looking for a unique gift that won't break the bank but is sure to get a smile? This year, skip the same-old, store-bought stocking stuffers and spread some holiday cheer with a homemade present your friends and family will love. With a little time and effort, you can give friends, family and neighbors something from the heart.

Ready to get started? Grab your hot glue gun and a little bit of creativity because you're sure to find the perfect gift for everyone on your list. Here are our top 10 suggestions for easy DIY gifts that show you genuinely care.

### **#1: PEPPERMINT SUGAR SCRUB**

A festive red-and-white jar of sugar scrub is sure to impress your holiday hostess. This relaxing peppermint scrub — made of sugar, coconut oil and peppermint essential oil — is a gift that looks great in any guest bathroom or seasonal gift basket. Easily double or triple the recipe to make multiple gifts. <u>Check out the tutorial here!</u>

### **#2: HOMEMADE SALSA**

Salsa may not seem like a holiday treat, but it's perfect for parties or impromptu holiday get-togethers — not to mention it comes in pretty holiday hues of red and green. Make a batch of <u>homemade salsa</u>, tie on a <u>printable holiday tag</u> and deliver jars to all your deserving friends!

### **#3: PEPPERMINT BARK POPCORN**

There is nothing more appreciated than a yummy holiday treat. <u>This recipe from</u> <u>iheartnaptime.com</u> is super easy with just the right amount of festive flair. Pack a cup or two of peppermint popcorn in individual clear or holiday bags and tie with ribbon and a gift tag. Personalize the gift tags with special notes or a handwritten holiday card.

### **#4: WINTER SURVIVAL KITS**

Winter survival kits are another creative gift idea. You can fill them with winter essentials such as chicken soup packets, hand sanitizer, lip balm, hot cocoa, cough drops, chocolate and more. Or for neighborhood moms, there's the <u>snow day survival kit</u>, which you can fill with cookie mix, hot cocoa, a bottle of wine for mom and coloring books for the kids. Pack a simple basket or mason jar with the treats, <u>print and affix a label</u> and tie with a holiday ribbon.

### **#5: CLAMSHELL ANGEL ORNAMENT**

This build-your-own ornament will give any Christmas tree a personal touch while also adding coastal style. Get the step-by-step instructions <u>here</u>.

### **#6: CARAMELIZED GINGER PEAR APPETIZERS**

Provide much-needed support for the busy holiday hostess by giving a premade appetizer. Pair a jar of these <u>Caramelized Ginger Pears</u> with a round of Brie. Add a festive plate and cheese knife and all there's left to do is serve and enjoy!

### **#7: CHRISTMAS TEA TREE**

Proof that even if your budget is under \$5, you can DIY a picture-worthy gift. Tea lovers will even appreciate how functional it is. <u>Get the tutorial here!</u>

### **#8: SALTED-CARAMEL CRACKER CANDY**

Your family and friends will never know that this sweet-and-salty dessert only requires a microwave and 15 minutes of cooling time. <u>Get the recipe here.</u>

### **#9: PERSONALIZED CANDLES**

Everyone loves the smell of a holiday candle! So why not personalize it in just a few short steps. Personalized candles are a great gift idea for kids to give grandparents and are simple enough that kids can do it on their own! Learn more here.

### **#10: SOUP MIX ORNAMENTS**

Soup mix ornaments are the perfect holiday gift idea to give to friends and family! These are great gifts to make for co-workers, teachers and for secret Santa recipients as well! <u>Learn more here.</u>



T H R E E S A G E S

# Restorative Wellness:

### The Key to Physical and Mental Well-Being

Recovery is often associated with a quick stretch or post-workout shake. But as we find ourselves in this "always-on" lifestyle with high stress, the concept is evolving into a much broader category with more and more significance in our daily lives.

### WHAT IS RESTORATIVE WELLNESS?

Physical regeneration is only one part of the restoration process. Nutrition, sleep and mental health all play a role in how we cope daily.

When we engage in physical activity of any kind, this causes fatigue. To reduce the common side effects of physical activity — soreness, tightness, inflammation and fatigue, we need to restore to ensure we don't overexert ourselves, which could lead to injury.

The same goes for your mind. Hours of daily Zoom calls, running after kids and taking care of your family 24/7 lead to mental fatigue and stress. This mental strain comes from various factors — financial stress, work pressure, relationships, increasingly polarized worldview, an overload of technology and social media, the list goes on. Now more than ever, you need to pause for a moment every day to create some headspace so you can simmer down that mental hyperactivity.

Another crucial part of our daily recovery routine that millions of Americans take for granted is sleep. Sleep is the most potent recovery tool known to science. When you sleep, your body repairs the damage you've done during the day, so make sleep your number one priority.

### 6 RESTORATIVE PRACTICES TO CONSIDER YOGA

Yoga, an ancient practice, has become increasingly popular in today's busy society. For millions of people, yoga provides a retreat from their chaotic lives. A practice that can be done anywhere with no equipment other than a mat offers many mental and physical benefits.

### STRETCHING

Not only runners and gymnasts should be stretching. We all need to stretch to ensure we maintain or improve our mobility and physical independence. Stretching should be a part of your daily routine to maximize its restorative benefits. Stretching keeps the muscles flexible, strong and healthy.

### SELF-MYOFASCIAL RELEASE

This form of self-massage is done using small tools like tennis balls and foam rollers to help relieve specific areas of stiffness and pain. By rolling on a muscle with a massage device in places where you feel tight, you can relax and restore the muscles.

### **MEDITATION**

Mediation is a simple and fast way to reduce stress and restore yourself by bringing inner peace. Practiced for thousands of years, meditation is now more commonly used for relaxation and stress reduction. Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and overall health.

### BREATHWORK

Conscious breathing is one of the best ways to combat daily stress. By engaging in regular breathwork practice, you can significantly lower your levels of the stress hormone cortisol. If you are not focusing on breathing to calm your nervous system, you won't get into that relaxed state. Breathwork can help lower blood pressure, sharpen your focus, stress relief and even reduce symptoms of depression.

### SLEEP

Paving the way for better sleep can easily be achieved through adjusting our habits. How you gradually unwind at nighttime before bed is the difference between deep sleep or a restless night. Here are the key ingredients for healthy sleep habits: being consistent with your schedule, create a relaxing bedtime routine, keep your room cool and comfortable, switch off tech an hour before bed, steer clear of stimulants like caffeine and alcohol late in the day and if you nap, keep it short (under 25 minutes).

### WHERE CAN I FIND RELIABLE RESOURCES?

There are thousands of apps and online resources that can help guide you through various recovery strategies. But bouncing between all these options can be confusing and intimidating.

To make it easier for you, FirstService Residential has partnered with Three Sages, a wellness company based out of Santa Barbara, California, which focuses primarily on restorative wellness. Three Sages is offering all FirstService Residential residents free 30-day access to their newly launched app coming soon! Watch for details in the next edition of Lifestyle Living.





Pour assembler le menu, lis les explications ci-dessous e suis les illustrations :

> vile-la sur le ventre. ve (AT) en papier cartonné fie-la à l'arrière du corps

> > petit ou le grand point

# *Tun Ways to Connect* with Family During the Holidays

Staying connected to out-of-state family is fun and very healthy when it comes to maintaining our relationships with one another. With the holidays approaching, celebrating with family is more than likely on the top of your to-do list. In fact, recent studies from Oxford University and Boston College associate close family bonds with increased life expectancy, better overall health, less stress, fewer chronic medical conditions, lower blood pressure and heart disease and overall feelings of wellness. They also found that children with close relationships with grandparents and similar relatives have greater self-confidence and social skills.

Despite living far away from your family, there are plenty of ways you can celebrate and connect with them.

### SHARED "ONE THING" MOMENTS

Regular shared interactions or "moments" are great ways to connect with other members of your family. For example, each week or month, plan to share one thing with family members (over email, text or phone) that can bring you closer together.

• **One Photo:** Share a photo that has meaning to you. Whether it's inspiring, surprising,

funny or wacky. As long as the picture moves you in some way, it's great to share with your family.

- One Sentence: Share a sentence by text or email, expressing something that happened this week that was great, funny or unexpected.
- **One Quote:** Share a quote with your family that resonates with you. There are tons of great quotes online to choose from!
- **One Song:** Share a song you listened to that you enjoyed.
- One Phrase: Share a phrase your child or grandchild said that made you laugh or smile.

### SHARED "ONE THING" MOMENTS FOR KIDS

Each of these "things" are great ways for grown-ups to bond with kids. Choose things likely to excite kids that would illicit them to respond. Here are a few examples.

- A Wacky Selfie: Exchange selfies making a face, wearing a crazy piece of clothing or a disguise and ask, "Guess who I am?"
- A Kooky Message: Ask a question that begs

for a response. Here's an example: "Guess How Many Potato Chips You Could Fit on the Surface of Mars? Hint: Way More than a Million!"

• An Audio Message: Share an audio message in a funny voice or ask a crazy question. Ask for a reply by audio, too. (Audio messaging is easy on any smartphone.)

### **MAIL FUN**

There's nothing like receiving "old school" mail... that's not a bill or junk mail. Sending and exchanging regular messages are fun and meaningful.

Here are some great ways to use mail as a way to connect with children and grandchildren.

- Mail a Sticker or Temporary Tattoo: Kids love them! Ask them to take and share a selfie wearing them!
- Mail a Colored Pencil: Nurture creativity and share a suggestion to write or draw something and share it with you. Either by mailing it back or sending a digital photo.
- Mail a Joke: Mailing a joke is a great way to connect with children and loved ones. You can even mail a funny question or factoid to switch things up!
- Mail a "Chain" or "Response" Letter: Write down an incomplete sentence or thought and ask the child to complete it on the same card or paper and mail it back. Here's an example: "Don't tell anyone, but I really hate broccoli and what I wish I could eat every day is \_\_\_\_\_\_."

Another fun way to connect with your loved ones is through <u>KIDVELOPE</u>, a collaborative mission adventure game designed specifically to bring faraway families together through shared creative and educational hands-on activities, digital games, phone conversations and mail. KIDVELOPE starts with kids receiving a themed mission activity kit — the first, Space Rescue — loaded with fun, creative goodies. Kids and their grown-up partners complete mission activities together, online and offline regularly communicating, sharing, creating and learning new things about each other.



If you'd like to try KIDVELOPE, and bring kids and faraway family together in fun, creative ways, FirstService Residential-managed community residents can now order it — for 50% off the regular price. Only \$10.95 — for the Space Rescue adventure game kit and all online and offline activities — including free shipping! What a great way to bring the family together this holiday season. Visit our Lifestyle@Home page to get started!

# Spotlights

# Lake Barrington Shores Haunted Hike

Lake Barrington Shores, located in Lake Barrington, Illinois about an hour outside of Chicago, is a multi-generational community comprised of 1,317 condominiums and townhomes. The community boasts a scenic walking trail around its impressive lake and includes watercrafts such as: kayaks, pontoons, sailboats, paddleboards, rowboats and more for residents to enjoy. The recently renovated "Lodge at The Shores" is the community's social hub and includes 2 pools, a fitness center, multi-purpose rooms and a ballroom for private events. Also, the sports complex consists of clay and asphalt tennis courts, a playground, bocce ball, pickleball and platform tennis (a favorite during Midwest winters!) The community also features a private golf course, as well as an onsite restaurant.

As a result of the COVID-19 pandemic, the Lake Barrington Shores community brainstormed several ideas to save their regular fall events and thought outside the box for a way to have safe fall festivities. Enter the Haunted Hike!

Over the summer, a group of Lake Barrington Shores residents spent countless hours onsite at the forest preserve to create additional trails for all residents to enjoy. With the help of LBS Landscape Manager Bill Metzler and contractors for the association, the Trail Blazer group added many chipped trails throughout the forest preserve. Various volunteers from the community came together to transform a quarter-mile stretch of the new paths into a spooky forest! A witch's coven, zombie hideout and a creepy, circus-themed area were just some of the stops along the way. Additionally, various scarecrows lined the trails and all attendees had the opportunity to vote for their favorite!

Lake Barrington Shores partnered with a local State Farm branch in town and the LBS Veterans charter club to sponsor the event. Both were on site to hand out goodies to all who attended. Over 200 residents came through the event with their friends and families. The event was such a success that the Lake Barrington Shores lifestyle team is hoping to make the Haunted Hike an annual tradition!



# Sun City Carolina Lakes "Operation Gratitude"

A vibrant Lifestyle program comes with the territory at Sun City Carolina Lakes! This 55+ active adult Lifestyle community, located roughly 20 minutes South of Charlotte in Indian Land, South Carolina, is comprised of 3,160 homes and approximately 5,500 residents. At Sun City Carolina Lakes, everyone is encouraged to enjoy a healthy, active lifestyle with various recreational and social activities at their fingertips. With 200+ clubs and interest groups available, there is something to perk a variety of interests and passions.



Despite challenges for residents caused by the pandemic, the community has done an excellent job of discovering new ways for residents to safely engage in social activities. The Lifestyle team has introduced activities such as: scavenger hunts, capture the flag, walking challenges, as well as virtual options like "how-to" classes, lunch and learns and online entertainment.

But perhaps the most impactful initiative, introduced by the new Lifestyle Manager, Angela Lucia, was the "Pay-it-Forward Project." As the daughter of a retired marine, Lucia thought November would be the perfect time to honor Veterans Day and Thanksgiving by empowering the community to give back.

With the full support of FirstService Residential General Manager Melissa Ramsey, each of the full-time FirstService Residential associates provided the name(s) of one or two residents who have been supportive of them throughout the year. After compiling the list of names and addresses, to kick-off the movement they mapped out a route and delivered a token of gratitude to each of them on the morning of November 3. The gift consisted of items with their community logo, a coffee cup, a package of hand sanitizing wipes, a small flashlight, a door opener with a stylus key and 2 face masks each gift also came with a personalized "Thank You" note. The note came with instructions about how they can pay it forward by choosing 2 friends and asking them to do the same.

Additionally, every gratitude recipient was invited to a private event at the end of the month. Operation Gratitude touched hundreds of residents at a time when it was needed the most!



# Community Jeedback

At FirstService Residential, our associates make a difference every day and are dedicated to providing exceptional service to our valued residents. We are so fortunate to receive such positive feedback from the communities we manage and are so grateful to serve you every day.

### Check out some of the amazing feedback we have received from residents, below:

### Missy Rigsby, Regatta on James Island, Charleston, SC

I just wanted to drop you a quick note regarding my interactions with Melissa Rigsby at the Regatta. My family and I recently relocated from Connecticut and Missy has been a fantastic contact. She's patient and helpful and is nearly instantaneous with her responses to my questions. She's a gem and I just wanted to let you know. Have a wonderful day. – *Ira and Shelly K.* 

### Amy Kaplow, Cheval Condominium, Bethesda, MD

I want to thank you and the staff for taking steps to protect the Cheval residents at a time of great vulnerability. The front office staff and maintenance crew are to be complimented for their friendliness and hard work. As an early arrival to Cheval (May 2018) I have seen great improvements since you and your crew took over the management responsibilities of the building. Thanks for creating a safe, well-maintained and welcoming environment. – *Birgitta Z.* 

### Michael, Hagewood, The Rhythm at Music Row, Nashville, TN

Michael, thank you for assisting with this. As always, I am impressed by you and the FirstService Residential team you have assembled at Rhythm in doing your best to keep the residents healthy during this pandemic and in a clean and safe environment as possible. I also continue to be impressed with how you and the team stay on top of maintenance and keeping Rhythm looking so new. I know that is a challenge. Well done! – Ken K.

### Rachel Rutman, Society Hill at Somerset II, Franklin Park, NJ

Hi Rachel. Would you please forward this to your boss... I just wanted to let you know how exceptional Rachel is. We couldn't have asked for a better replacement. She always goes above and beyond. She accomplishes everything and anything. And she is always super helpful and accommodating. I am very grateful for her, and I wanted her hard work to be noted and acknowledged! Thanks so much! I mean it, you're the best! – Cherie M.

### Danica Rebich, Metroclub, Philadelphia, PA

Danica: I finally received the check and I wanted to reach out to you and thank you again. I truly appreciate your effort; you went way beyond what was required. Thank you for being diligent, but more importantly, for showing compassion and kindness. Best wishes! – Gary L.

### Amy Nutter, Laureen Ballard, Ilana Maimon, Edgewater Place Condominium, Quincy, MA

Laureen, thank you for your support on the corporate side and we appreciate your continued support with the upcoming project. Ilana, needless to say you were missed last night at the meeting but I think it is safe to say that without your \*behind the scenes\* work, we would never have gotten the meeting to go as great as it did, or at all for that matter. Amy, what can I say, but once again, a great job of organizing the meeting and being the ringmaster of that 3-ring circus. Again, my sincere thanks to all for all that you do for EPC. - Jack C.

