

Lifestyle Living

July Issue
Lifestyle@Home

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A Message From

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President, FirstService Residential

FirstService Residential understands that this summer is very different than those we have enjoyed with our friends and families in the past. In this issue of Lifestyle Living, our team will share some information and tips that will help your community enjoy the “Summer of Social Distancing,” so that you can stay healthy and active while still taking part in the summer activities you are accustomed to in a safe manner. As always, we want to extend our deepest gratitude for allowing us to serve your community. Our associates welcome your feedback to ensure we are providing consistent, attentive service, to you, our valued client.





DIY: Homemade Luxury Bath Products are the Bomb!

Balanced Living

There's nothing like sinking into a fragrant tub or stepping into a shower scented with all your favorite things to make you feel pampered. But sometimes it's tricky to find that right fragrance for your mood or the moment, or maybe you have sensitive skin and can't use a lot of commercially available bath bombs, bath salts, sugar/salt scrubs or bubble baths. That's when DIY bath products come to the rescue! You have complete control over the ingredients, the fragrances, colors and amounts you make.

Besides the level of control, DIY bath products have another fantastic benefit: they cost pennies on the dollar compared to those sold in stores. You can make your own for a fraction of the cost, even with the cost of reusable molds. Read on for instructions on how to make your own.

Many companies sell blends that are specific to relaxation, energizing, fighting congestion, soothing skin and more.

But if you want to play mixologist try these:

- Orange, lemon, rosemary - energizing and uplifting
- Lavender, vanilla and frankincense - relaxing, helps with sleep
- Eucalyptus, peppermint, tea tree - helps clear congestion
- Cedarwood, wild orange, ylang ylang, patchouli - calming
- Rose, sandalwood, ylang ylang - romantic

Bath or Shower Bombs

Bath bombs fizz when they hit the water, thanks to a combination of citric acid and baking soda. Their lovely fragrances, often meant to relax, soothe or energize, can be created from basic essential oils. They're also extremely easy to make in your own home. You can buy kits online that may be as simple as a few

sizes of reusable molds to ones that include dyes, shaped molds (hearts, seashells) and more.

What's in a bath bomb? Most basic recipes include baking soda, citric acid and cornstarch, plus essential oils for fragrance and water to dampen the mixture so you can shape it. Citric acid is the hardest ingredient to obtain – not all grocery stores carry it. If they do, it is likely to be in the canning section. If your store doesn't carry it, there are tons of online options, including Amazon.

Here's the basic recipe – it's very easy to multiply as needed:

- 1 cup baking soda
- ½ cup cornstarch
- ½ cup citric acid
- 2 teaspoons oil: olive, coconut or sweet almond
- Food coloring (optional)
- Essential Oils

Mix baking soda, citric acid and cornstarch. Drop essential oils (8-10 drops total), oil and a few drops of food coloring in to the dry ingredients and stir well to distribute evenly.

Spray the mixture with water and stir. Repeat until the dry ingredients look like wet sand and clump together easily. Pack tightly into molds. Let dry for a couple of hours. Pop out and let dry up to 3 hours. You can store them in zippered plastic bags or decorative jars. For shower bombs, pack the mix into flat silicone molds or cupcake liners in a cupcake tin and let dry completely in the mold.

Some directions for shower bombs say to bake them. The directions are a bit different when baking – you'll want to apply the essential oils after baking because the heat will destroy them. You can store them plain and add whichever oil suits your fancy before your shower.



Balanced Living

DIY: Homemade Luxury Bath Products are the Bomb! (Cont'd)

Bath Salts

There's nothing easier than making your own scented bath salts. Just get a large glass or stainless-steel bowl (don't use plastic - it will absorb your oils) and combine the following:

- 3 cups Epsom salt
- ½ cup cornstarch
- ½ cup citric acid
- 2 teaspoons oil: olive, coconut or sweet almond

Mix the salts first, then add the oil and mix again. Finally, mix in the baking soda. Use a metal spoon if possible. Store in glass jars – plastic will absorb the fragrance! Add in a few drops of food coloring with the salt if you'd like (before the oil) and mix well to distribute the color evenly. Start with a few drops, you can always add more and it's harder to deal with too much color.

Bubble Bath

There are two secrets to getting long-lasting bubbles in your homemade bubble bath: either egg white or glycerin. The egg white versions need to be made fresh for each bath – they won't keep. The glycerin version will store well because there's nothing perishable in it. Both versions use mild liquid soap of some kind. If you choose a liquid soap that is free of dyes and perfumes, you can scent and tint it to your liking.

Sugar or Salt Scrub

Both sugar and salt are great natural exfoliants. Mixed with oil and essential oils, they make excellent scrubs that moisturize while removing dry skin. Make sure to clean your tub or shower after using! It's important to note that sugar scrubs are likely better for people with sensitive skin and on delicate skin like the face and lips.

Coconut oil is a great ingredient for scrubs and has so many benefits for your skin. Some coconut oils have a stronger, more natural fragrance than others, so check carefully if you plan to scent it yourself. Almond oil and olive oil are also popular for homemade scrubs.

For a very easy sugar scrub that will have you wanting to eat it (and you can!) combine equal parts coconut oil and brown sugar and add vanilla to your liking. This is great for flaky skin – massage in and leave it for a few minutes before rinsing off in warm water. If you make scrubs to store, make sure to stir before each use. The salt and sugar can settle to the bottom of your storage container.

We all love a nice spa experience without having to leave home. Making your own scented bath products provides that for a tiny fraction of the cost and lets you customize your blends and get as creative as you want. Get mixing and then let the fragrance take you away!



Home Living

DIY: Five Fun DIY Science Experiments

Check out these 5 fun experiments you can do with your kids, using regular household items:

Rainbow In A Jar

Teach your kids about the science of density by showing them first-hand how various liquids have different weights. With just a few household ingredients, including corn syrup, dish soap and olive oil, you can create a rainbow of liquids in a jar!

Before starting, explain the concept of density using marbles. Fill two containers with marbles, one with only a few and one with a lot. The one with a lot of marbles is heavier (or denser). Explain that each marble represents a molecule. The liquids with more molecules are heavier and stay at the bottom of the rainbow jar, where as the ones with less molecules are able to float on top.

Supply List

- A tall Mason Jar
- Rubbing alcohol
- Honey
- Water
- Light corn syrup
- Food coloring
- Dish soap
- A dropper
- Olive oil

Directions

1) Pour the honey into the Mason jar, making sure to pour in the middle of the container, careful not to touch the sides.

2) Color your corn syrup with purple food coloring, and pour it into the center of the jar, again avoiding the sides.

3) Pour your dish soap in on top of the corn syrup without touching the sides.

4) Dye your water with either blue or green food coloring (use a color that is different from your dish soap). Pour in the middle of the jar avoiding the sides.

5) Next, pour in your olive oil, again being careful not to touch the sides. You will want a thick layer of the olive oil.

6) Color your rubbing alcohol red. Using the dropper, add the rubbing alcohol by dropping it around the sides of the jar on top of the oil. Be careful not to break the layer of oil, or the rubbing alcohol will mix with the colored water below it.

7) Admire your rainbow! The honey at the bottom is the densest, and the alcohol on the top is the least dense. Make sure not to shake it, as that could cause the layers to break and the liquids to mix together.

Fun With Flubber

Remember Flubber? The Robin Williams movie may have seemed fantastical, but you can create your own Flubber at home! Depending on how it's made, you will get something that's solid like putty or stringy and slimy. Creating your own Flubber is also a great visual for introducing your children to the properties of polymers, or large strands of molecules. Common polymers include plastic, Jell-O and glue. Show how a polymer has the properties of both a solid and a liquid by comparing your Flubber to a piece of chocolate. When you snap a piece of chocolate in half, you get a clean break, but the same isn't true for the Flubber. To see how it's also a liquid, slowly pull the Flubber apart and watch it stretch... you can't do that with chocolate!

Supply List

- $\frac{3}{4}$ cup cold water
- 1 cup Elmer's glue or other white non-toxic glue
- Liquid food coloring
- $\frac{1}{2}$ cup hot water
- 1 tsp. borax



DIY: Five Fun DIY Science Experiments (Cont'd)

Directions

- 1) In a medium-sized bowl, mix together the cold water, glue and food coloring. Set aside.
- 2) In a separate medium-sized bowl, mix together the hot water and borax, until the borax is completely dissolved.
- 3) Slowly add the glue mixture into the borax mixture. Mix well and pour off any excess water.
- 4) Enjoy your gooey creation.

The Science of Magic Milk

Teach your kids about the science of density by showing them first-hand how various liquids have different weights. With just a few household ingredients, including corn syrup, dish soap and olive oil, you can create a rainbow of liquids in a jar!

Supply List

- A plate with a rim
- ½ cup – 1 cup of milk (you can also try different fat percentages and see if they have different results)
- 1 drop of dishwashing liquid
- Food coloring, multiple colors

Directions

- 1) Pour the milk onto the plate, making sure there is enough to cover the plate.
- 2) Add drops of different food coloring randomly around the milk, but do not stir.
- 3) Carefully add one drop of dishwashing liquid to the middle of the milk. Watch as the colors begin to spread away from the soap, mixing with each other in the process.
- 4) For extra fun, take a toothpick and swirl it around, watching how the colors mix around each other.

A Science Experiment That Rocks

If you're looking for a science experiment that's also a delicious treat, crystalized rock candy is perfect. It's a great way for your kids to learn about precipitation and evaporation, too. As the dissolved sugar starts to cool, it will separate from the water and form a precipitate on the stick, much like how rain droplets separate from clouds and fall out of the sky. As more time passes, the water in the jar will slowly start to evaporate, leaving more and more crystals on the stick. Add food coloring to the sugar-water mixture to create a variety of rock candy colors.

Supply List

- 2-3 cups of sugar
- 1 cup water
- Skewers/candy sticks
- Glass jars
- A large saucepan
- Clothespins
- Food coloring (optional)
- Candy flavoring (optional)



Home Living

DIY: Five Fun DIY Science Experiments (Cont'd)

Directions

- 1) Combine 1 cup of sugar and 1 cup of water in a saucepan and heat until all of the sugar is dissolved. Slowly add the rest of the sugar in small amounts until it will no longer dissolve in the water, leaving the water looking a little cloudy.
- 2) Add candy flavoring and continue to heat until it comes to a simmer. Remove from heat and allow to cool.
- 3) While the sugar-water is cooling, prepare your sticks. Cut the sticks so they fit properly in your jar. Dip the sticks in water and then roll them in sugar. Allow the sticks to dry completely.
- 4) Once your sugar-water is cool, pour into jars and add food coloring.
- 5) Place the sugar sticks in the jars. Attach a clothespin to the top of the stick and rest it over the top of the jars (make sure your sticks do not touch the bottom or the side of the jar).
- 6) Observe the changes over the next week, and watch as more and more crystals form every day. After about a week, your rock candy should be ready to eat.

Make Your Own Vinegar Volcano

Volcanoes are formed when magma from within the Earth works its way to the surface. As hot lava and gas escape from the Earth's core, a chemical reaction occurs, releasing carbon dioxide. The carbon dioxide causes pressure to build up, forcing the lava to flow. Arguably one of the most classic school science experiments, creating your own volcano at home is fun and easy to do. When creating your home volcano, combine baking soda and vinegar. This releases carbon dioxide, making your homemade experiment overflow like a real volcano.

Supply List

- 1 tbsp. baking soda
- ½ tsp. salt
- Dish washing liquid
- Orange or red food coloring
- Vinegar
- Scissors
- Party hat
- Small glass jar
- Newspapers

Directions

- 1) Lay newspapers down on the table.
- 2) Take the party hat and cut the tip off. Cut zig-zags in the top with scissors.
- 3) In a jar about the same height as (or a bit shorter than) your party hat, add the baking soda, salt, and food coloring. Mix well.
- 4) Add a squirt or two of the dishwashing liquid to the top of the mixture. Put the party hat on top of the jar and pour in the vinegar. Bubbles and gasses will flow from the top and ooze on to the table, just like a real volcano.

Once you've rediscovered the fun that can be found in science, you'll want to find out more ways to play.





When is the Best Time to Exercise?

Fitness Tips

Do you wake up in the morning, throw on your fitness clothes and head outdoors for your run or bike ride? Or maybe you work out in the basement or garage? Perhaps you are a “shower-in-the-morning-take-a-walk-at-lunch-and-back-to-work” kind of person? Or a “wake-up-shower-get-to-work-and-workout-in-the-evening-if-I-feel-like-it” kind of person?

There’s something to be said for your natural biorhythms. Some people are not ready to exercise in the morning. Some people may be simply too exhausted at the end of the day to exercise. So, what does science say about when you should exercise?

Exercise in the morning

Many people enjoy the morning workout because it tends to set the tone for the rest of the day. Certainly, many people joke that it is better to work out before they are practically awake, otherwise, they probably wouldn’t do it. Whatever your reason, here is what the science says about morning workouts:

- **Better routine:** Working out first thing in the morning can help you establish a routine or habit. Remember, habits begin to form after 30 days and become more established after 60 days.
- **More energy:** Morning workouts are one of the best ways to feel energized and prepared for your day. You will feel more prepared to attack the day’s challenges with a positive attitude and clear mind.
- **Better mood:** Workouts in the morning bring a positive mindset and more creative thinking to your daily tasks, due to the endorphins released during exercise.
- **Improved sleep:** Exercising in the morning daylight actually helps kick-start the brain similar to when you expose yourself to bright light early in the morning; this helps the body release melatonin earlier in the evening, helping you to fall asleep.

Exercise in the middle of the day

Some people need to take some time to wake up, answer emails, get the kids dressed and into their learning or school activities. Midday, they find an afternoon break works for them. Here are the benefits to an afternoon workout:

- **Midday energy:** Midday breaks such as walking,

provide circulation which keeps the body’s muscles and brain functioning properly throughout the day.

- **Muscle stretch:** A midday exercise routine can help open muscles tightened from sitting at a desk for several hours. Yoga is an excellent midday workout to change up the posture.
- **Less stress:** A midday workout means you don’t have to wake up early or go to bed later. It simply gets done over a lunch break. Additionally, a midday workout can provide a “real personal break” from family, kids or work.
- **Fewer junk food cravings:** Studies show that a midday workout helps you manage your cravings throughout the day and can lead to healthier eating habits long-term.
- **Efficiency:** A midday workout tends to be very efficient, since it’s often done over a lunch break, when there’s a limited amount of time.

Exercise in the evening

Some people can only work out when the day’s tasks are done. There are benefits to evening exercise too:

- **Increased performance:** Science reports that you’re more likely to workout 20% longer and at a higher intensity. You are also more likely to build muscle mass in the evening since muscular activity peaks toward the end of the day. This is due in part because your body is warmed up by regular gentle movement throughout the day, and because your body has been fueled properly.
- **Destress from the day:** Working out at night is a great way to alleviate the stress from work, family and other life events.
- **Eat less:** Studies show that most people are less hungry and choose to eat less after an evening workout.

Experts agree that no matter when you work out, the number one rule is to just get it done. Don’t fight what isn’t natural to you. If you’re not a morning person, it’s best to accept that fact and create a routine that allows you to get the workout in another time. If you absolutely must get an early start to your workday and morning workouts aren’t feasible, then make it a point to create a routine that works with your schedule. Remember, sometimes routines need to change. Take some time to rethink your schedule and make exercise a priority today.

Healthy Kitchen

Strawberry Spinach Salad with Lemon Poppy Seed Dressing

Nothing feels more like summer than fresh strawberries and when our standard, go-to dinner switches to big bowls of filling, flavor-packed salads. And we can't forget all of those lovely Meyer lemons that can also be turned into a bright lemon poppy seed dressing. Of course, for a truly filling salad, you're going to want to add some chickpeas and chopped pistachios to lend a nice dose of healthy fat and a nice crunch to every bite. The end result? A huge bowl of healthy and delicious salad packed with strawberries, asparagus, sugar snap peas, pea shoots and pistachios dressed in sweet and tangy lemon poppy seed dressing!

Strawberry Spinach Salad with Lemon Poppy Seed Dressing:

Ingredients for the Salad

- 1 large bunch of spinach, stems removed, roughly chopped 1 1/2 cups
- 2 cups snap peas, stems trimmed
- 1 1/2 cups chopped strawberries
- 1 handful of pea shoots
- 8-10 asparagus spears
- olive oil spray
- salt and pepper to taste
- 1/4 cup roughly chopped pistachios



Ingredients for the Lemon Poppy Seed Dressing

- 1/4 cup fresh lemon juice
- 2 1/2 tbsp. coconut nectar
- 2 tbsp. apple cider vinegar
- 1 tbsp. grapeseed oil (or other mildly flavored oil)
- 1 tsp. Dijon mustard
- pinch of salt
- 1 tbsp. poppy seeds

Directions

Step 1:

Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

Step 2:

Chop the asparagus into quarters and spread the asparagus spears out on the baking sheet and lightly spray with olive oil. Add salt and pepper to taste. Roast in preheated oven for 10 minutes, turning them once halfway through to ensure even cooking. Remove from oven and let rest until it is cool to the touch.

Step 3:

While the asparagus is in the oven, make your dressing. Use a whisk to thoroughly mix together all ingredients except poppy seeds. Once the dressing is thoroughly mixed, add the poppy seeds. Cover and chill until ready to serve.

Step 4:

In a large bowl, combine the spinach, pea shoots, strawberries, snap peas, chickpeas, and slightly cooled asparagus. Add about 1/2 of the dressing. Toss to combine. Divide amongst the bowls. Top with chopped pistachios. Serve immediately and enjoy!

Healthy Kitchen

Double-Dipped Chocolate Covered Bananas

For a truly delectable summer treat, try double-dipping a banana in chocolate, spreading it with a peanut butter dip and then dipping it in chocolate again. You can also cut the bananas in half to make smaller portions. You can also coat these treats with chopped nuts, pretzel bits or cacao nibs.

Double-Dipped Chocolate Covered Bananas:

Ingredients

- 6 wooden skewers
- 3 ripe bananas
- ½ cup creamy peanut butter
- ½ cup plain coconut yogurt (or other non-dairy yogurt)
- 2 packets of stevia, separated (or two ½ tsp. of vegan sugar)
- 1 cup vegan chocolate chips/chunks
- 1 teaspoon coconut oil
- ¼ cup chopped nut of choice
- ¼ cup crushed pretzels
- ¼ cup cacao nibs



Directions

Step 1:

Peel the bananas. Trim the ends and cut in half to make 6 mostly straight segments. Stick short skewers into one end of each banana. Line a baking sheet with wax or parchment paper. Lay the bananas on the baking sheet and freeze for at least one hour.

Step 2:

Meanwhile, mix together the peanut butter, yogurt and one packet of stevia in a shallow bowl.

Step 3:

Once the bananas are frozen, remove them from the freezer. Roll each banana segment in the peanut butter mixture and return to the baking sheet. You may have to use a spoon or butter knife to help spread the peanut butter dip on the banana. Once all bananas have been coated, return to the freezer and freeze for another 30-60 minutes, until the peanut butter coating is hard.

Step 4:

Mix the chopped nuts, pretzel bits, cacao nibs and the other packet of stevia together on a plate or shallow bowl. Set aside.

Step 5:

Melt the chocolate and coconut oil in a double broiler (or in a glass bowl sitting on top of a small pot of boiling water). Remove the bananas from the freezer. One by one, dip each banana into the chocolate, coating it as evenly as possible. Hold the banana over the plate with the toppings and sprinkle toppings onto the banana until all sides are coated. Lightly place the coated banana on the baking sheet. Once all are done, return the bananas to the freezer. Freeze until set, about 10-20 minutes, or store in an airtight container to save for later. Serve and enjoy!



How to Plan the Perfect Summer “Staycation”

Community Tips

Vacationing can get expensive. In fact, 8 out of 10 Americans dip into their savings to take that special trip. With restricted travel due to COVID-19 – and if you don’t feel like committing to that road trip you’ve been thinking about taking – a staycation might be the ideal way to spend your time off this summer. This idea was born during the Great Recession, when many people found they just couldn’t afford a big summer trip with the family. Instead, they began exploring fun things to do and see closer to home.

There are several advantages to a staycation. You’ll have a chance to unwind and reconnect with friends and neighbors outside while maintaining social distancing. Most of us are far too busy to enjoy what’s right in front of us and that can include relationships, as well as the best features of our hometowns. Instead of looking to get away from it all, a staycation helps you embrace the simple, good things that you already have in your life.

Ready to get started? Here are some fun ways for you to relax and enjoy your hometown.

Planning Your Staycation

Follow these steps to make the most of your vacation time without leaving your own backyard:

- 1) Schedule Time Off:** The trickiest part of making a staycation work is actually taking the time off. Schedule time away from your desk, mark your calendar and limit work during your vacation days. At the very least, you can set up an auto-reply for your email and change your outgoing voice mail message so people know you’re unavailable. They don’t need to know you didn’t actually leave town!
- 2) Clean and Declutter:** You would never putter around a hotel room dusting and sweeping, so why do household chores during your staycation? A few weeks before your “trip,” spend a little extra time cleaning up clutter and getting your living space squared away so you won’t be distracted during your time off. Consider adding some sweet extras like scented candles or spa-worthy soaps and shampoos to make your home feel a little more special, too.
- 3) Plan Your Meals:** If you don’t want to cook during your staycation, that’s fine! It’s great if your budget allows you to explore all the dining options in your town. For easy but frugal meals, you can head to a local bakery for breakfast pastries or buy prepared sandwiches and snack trays at your local grocery store. This will also help support your local eateries that have been hit hard by the impacts of COVID-19.





“Summer Staycation”

(Cont'd)

Community Tips

4) Research Your Entertainment Choices: The real beauty of a staycation is exploring the hidden gems of your community. Check out what a travel guide like *Lonely Planet* has to say about your area and make a list of sights to see. Think about historical sites and outdoor fun like hiking trails and state parks as you plan your days. If your town is too small to be featured in a local guide, look for nearby day trips or check out your local chamber of commerce website for ideas even closer to home.

Fun Staycation Ideas for Families

Still not sure how to spend your time during your staycation? Try these activities to make the most of your time off at home.

Eat Around the World: Try exploring a different cuisine each night of your staycation. You could visit local Italian and Mexican restaurants and look up recipes for Indian curries and South American arepas to fill in the gaps. This is especially fun for kids if they can take turns choosing and learning about different countries.

Al Fresco Living: Arrange your backyard to function as your living room and dining room during the week. You can grill and eat your meals outside for a refreshing change of pace, of course, but there's much more you can do on your patio. Break out the citronella candles and the fire pit to enjoy card games, s'mores and conversation well into the evening — no smartphones or screens required!

Dive into History: You know all those historical markers you drive past but never stop to read? Now's your chance! Take a walk or drive one afternoon and pull over to read every one you see. Your town may have a website dedicated to them so you can plan your route and not miss any.

Change Your Pace: For most of the year, we zoom from place to place in the car. Shake things up on your staycation by slowing down. Vow to walk or bike to get places during your break. You'll be amazed at what you notice in your neighborhood when you cruise through it at a lower speed!

Window Shop: Most of us fall into a rut when it comes to running errands and you could be missing out on lots of local businesses and their wares. Take a day to pop in and out of local shops and flea markets. Looking around is fun, and if you buy, you're giving a boost to your local business economy.

Get in Touch with Nature: Find an open space in a nearby park, pack a picnic and start walking. This free activity in the fresh air is good for both body and soul. A little online research before you set out will help you tailor your hike to your interests, whether bird watching or stargazing. Consider purchasing an annual pass to your state's recreation areas to keep the good times going after your staycation ends.

With a little planning and the right frame of mind, you can enjoy a relaxing escape from the hustle and bustle of daily life without leaving town. Who knows? A staycation could become your wonderful new family tradition.



Community

Spotlight: Cresswind Charleston & the Ponds Holiday Parade!



Cresswind Charleston and the Ponds are located near Charleston, South Carolina. These properties offer new homes designed for Lifestyle homeowners and are conveniently located approximately 30 minutes from downtown Charleston.

These communities typically have a big "4th Fest" held the Saturday before the 4th of July with vendors, activities and fireworks. This year due to the pandemic, the community pivoted to host a fantastic (and socially distanced) parade! On June 27, the Dorchester County Police Department led the parade with sirens ringing for all the bystanders and parade watchers to enjoy. The parade hosted 60 decorated golf carts and residents even arrived decked out in their best 4th of July attire. Children rode their decorated bikes in the parade alongside family members and classic cars. The Ponds Fire Department's Fire Truck closed the parade. It was such a fun event filled with lots of participation, patriotism and smiles from the residents of both communities!





Community

Spotlight: “Mutt Strutt” at the Four Seasons at the Great Notch

Four Seasons at Great Notch (FSGN) is a lifestyle community located in Woodland Park, New Jersey, about 12 miles from New York City. With 811 units and approximately 1,400 residents age 55+, about 50% of the homeowners still work full- or part-time. With its proximity to the “Big Apple,” professional sports and entertainment venues and major universities, FSGN is an ideal location for residents to access the countless social, educational and cultural opportunities the area has to offer.

To celebrate Independence Day, the Lifestyle team organized a “Mutt Strutt.” Residents were invited to dress their canine companions and themselves in red, white, and blue and take part in a 1-mile walk through the community. The goal was to engage residents in a social activity that promoted fitness and fun. No dog? No problem! Non-dog owners were invited to participate as well!





Based on the fantastic feedback we have received, including the quotes below, our services are not only making a difference to help slow the spread of COVID-19, but also are positively impacting the well-being of the residents whose lives we touch day in and day out.

Loretta Caddell, Briar Chapel Community Association, Chapel Hill, NC

Loretta, thank you so much for helping me. Please keep my contact information for your personal use. I have dealt with HOA management companies before and have never had such an amazing response. Even when you say no, it is reasonable, and you have helped me make my plans better. You are awesome! Carol E.

Lizzy Delorme, Retreat at Riverland, Charleston, SC

Krista, often times we take exceptional service for granted with a high level of expectation and only write to complain or point out shortcomings. I am a property owner at the Retreat which your company provides property management services through the day to day watchful eye of Lizzy Delorme. As Ms. Delorme offices on our property you don't get to witness the professional service she provides daily. I am writing to let you know that with the many interactions I have had with her each encounter has been met with a high level of professionalism and expertise. She is extremely "customer-focused," a great listener, very responsive and provides exemplary service and guidance. Although I am retired at this time in my life, I have had 30 + years of business experience hiring and managing people in a service-oriented industry and would not have hesitated to hire Ms. Delorme. I sense her presence and positive example strengthens your organization daily. Jamie P.

Rebecca Sarnese, Liseter Community, Newtown Square, PA

Rebecca, I hope you and your family had a nice and relaxing 4th of July weekend. My family and I are following the guidelines and trying to stay safe. I just wanted to take a moment to let you know that you have been doing such an amazing job. You have been working nonstop since the beginning of the pandemic, keeping us informed and safe at Liseter Community. I personally would like to thank you. I appreciate all of your work and effort. Knowing you are dealing with so many of us and some may not recognize and appreciate how you have been on top of everything. This is a very difficult task and I am sure it has added more stress to your daily routine. Thanks again, please stay safe. Roomy S.

Julie Stratton, Stoney Beach Condominium, Curtis Bay, MD

I've lived here 17 years and, to my knowledge, our mail boxes have NEVER been cleaned. You're an amazing property manager to think of this and follow through with it. Thank you! Susan M.

Sandra Lobo, Barcroft Hills Condominium, Falls Church, VA

Rick, this is the owner at Barcroft Hills Condo, writing to give you a review about Sandra. Sandra has been a great asset to Barcroft Hills Condominium. She has done so much for the community and for the residents here. She always looks out for everyone and takes care of everyone's needs. We are really happy to have her in our lives. Even during this pandemic, she is here every day, taking care of everything. I just wanted to reach out to you to let you know Sandra has been great! Thank you! Himani P.

If you are a board member of a community we proudly serve and have questions, please reach out to your manager.

www.fsresidential.com