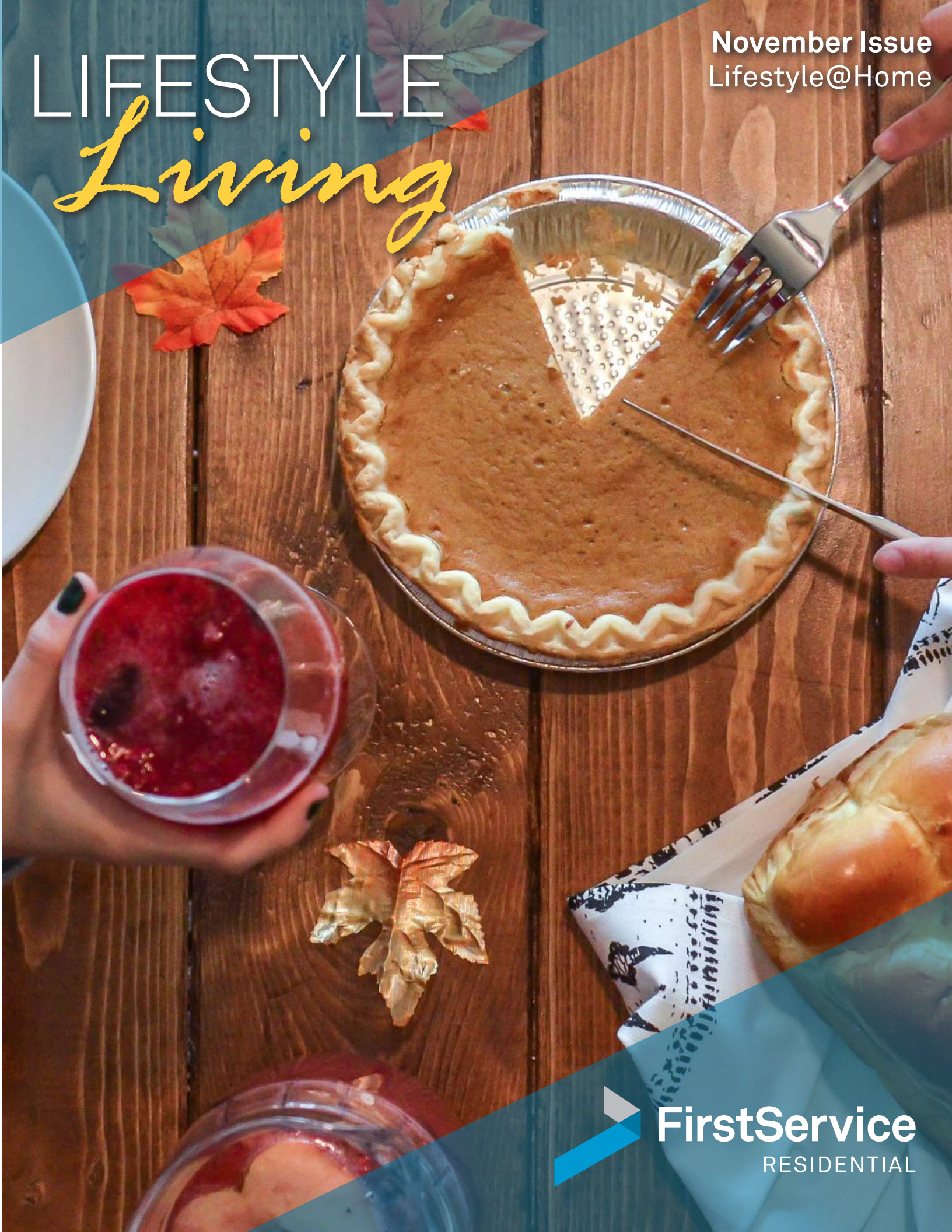


LIFESTYLE *Living*

November Issue
Lifestyle@Home





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A portrait of Michael Mendillo, a middle-aged man with dark hair, smiling. He is wearing a dark suit jacket over a light blue shirt. The background is a soft-focus indoor setting. A large blue diagonal graphic element is on the left side of the page, containing the text.

A Message From

Michael Mendillo

President, FirstService Residential

Since the start of the COVID-19 pandemic and the subsequent challenges our communities face, FirstService Residential has — and continues to — proactively provide solutions you need most. We understand the importance of continuing to deliver these helpful resources and remain committed to helping you navigate these challenges. In this issue of Lifestyle Living, we share some helpful articles and great resources so your family, neighbors and community can safely enjoy holiday festivities. As always, we are sincerely grateful for your continued support and wish you all a happy and healthy Thanksgiving.



Healthy Living

Giving Thanks

Can Make You Happier

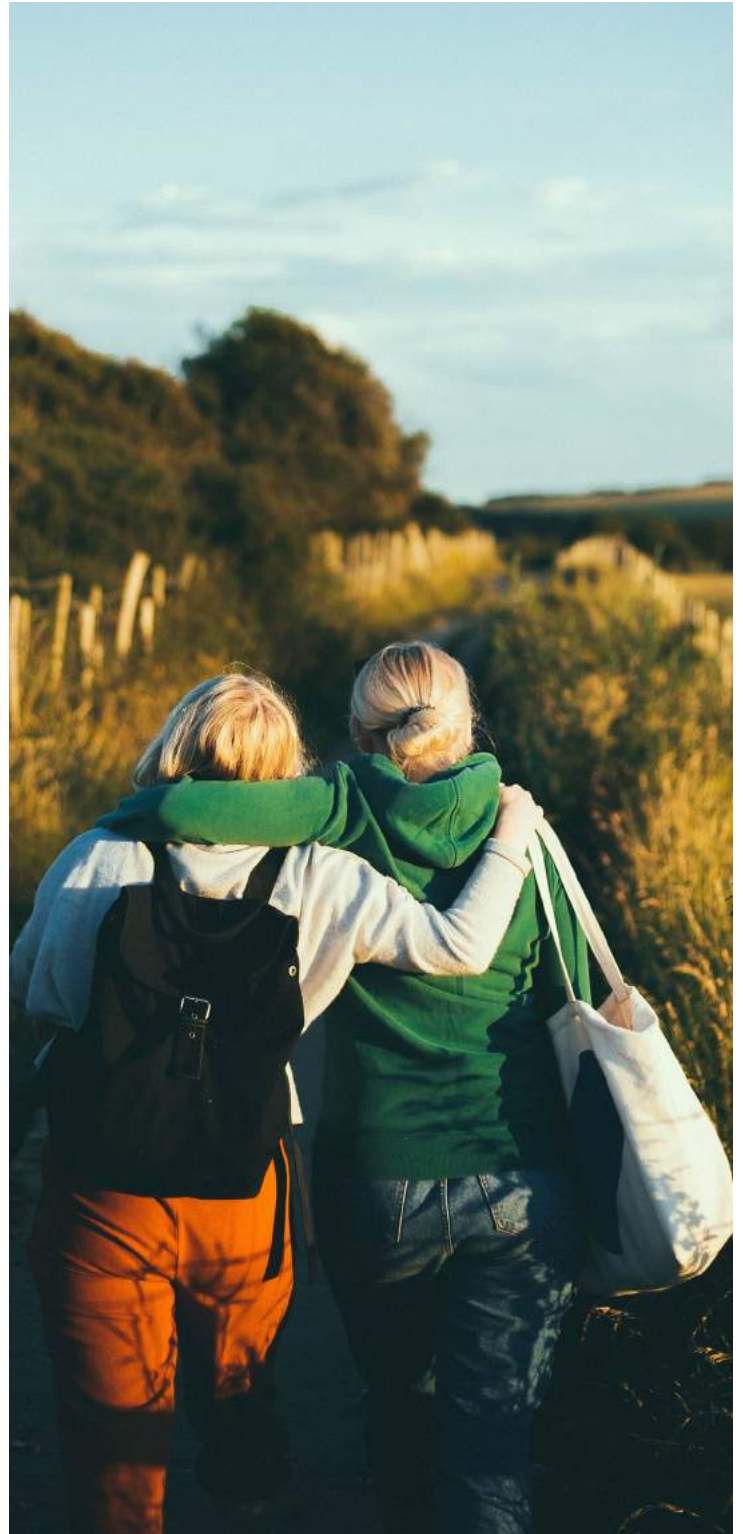
November kicks off the holiday season with high expectations for a festive time of year. Research suggests that one aspect of the Thanksgiving season can lift the spirits and it's built right into the holiday — expressing gratitude.

The word gratitude is derived from the Latin word “gratia,” which means grace, graciousness or gratefulness. In some ways, gratitude encompasses all of these meanings and is an appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. Gratitude is consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships.

People feel and express gratitude in many ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes) and the future (maintaining a hopeful and optimistic attitude).

WAYS TO CULTIVATE GRATITUDE

Gratitude is a way for people to appreciate what they have instead of always reaching for something more in the hopes it will make them happier. It helps people refocus on what they have instead of what they lack.



Here are some ways to cultivate *gratitude regularly*

- **Write a thank-you note.** You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your appreciation of their impact on your life. Send it, or better yet, deliver and read it in person if possible.
- **Keep a gratitude journal.** Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.
- **Count your blessings.** Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.
- **Pray.** People can use prayer to cultivate gratitude.
- **Meditate.** Mindful meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as “peace”), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).





Fitness Tips

Fall in Love *with Change*

The seasons are changing. The leaves light up the sky as they change from green to various hues of yellows, oranges and reds. The cooler weather brings with it a certain crispness that feels clean and fresh.

Changing your fitness routine is a lot like the changing of the seasons. Take some time this fall to reflect on where you are today and more importantly, where you want to go. Everyone has a starting point. We call this your “baseline” in health and fitness terms and it may include such measurements as weight, blood pressure, body fat and inches. More subjective measurements include mood, happiness and body image. It is helpful to write these down in a journal or online program to track your desired change.

So, where do you want to go? Much like a drive in the country, you have a destination in mind. Perhaps you want to lose weight, gain more muscle or decrease your blood pressure. Write those down, too, because those are the basis of



your goals. Your next step is to figure out what you must do to achieve those goals. Personal trainers are at the forefront of helping you achieve specific health and fitness goals. With your background and goals in hand, they help create the plan to help you on your journey to success. Joining a gym is another significant step towards health and fitness. Finally, the fitness industry is booming with apps and websites to help you along every step of the way.

It is essential to recognize that taking ownership of your health and fitness is the most powerful tool in your fitness toolbox. Positive change brings continual reinforcement and these results continue to fuel even more results. A certain feeling is derived from success, much like the crisp fall air, that provides enjoyment in the journey to better health and fitness.

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



Home Cooking



HOME CHEF



Thanksgiving Cranberry Crumble

Home Chef delivers fresh pre-portioned ingredients directly to your door with easy-to-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

- 4 oz. Mirepoix Blend (onions, celery and carrots)
- 1 oz. Dried Cranberries
- 1 oz. Pecans
- 6 tsp. Chicken Broth Concentrate
- ½ oz. Butter
- 1 Sage Sprig
- 3 Ciabattas

Instructions

Step 1: Prepare the Ingredients

Mince sage. Coarsely chop the pecans. Cut ciabattas into ½" pieces. Combine ciabatta and cranberries in a large mixing bowl.

Step 2: Make the Stuffing

Place a medium non-stick pan over medium heat. Add butter to the hot pan and let melt. Once butter melts, add mirepoix blend and occasionally stir until tender, 3-4 minutes. Stir in 1½ cups water, chicken broth, sage, ½ tsp. salt and a pinch of pepper. Bring it to a simmer. Once simmering, remove from burner. Pour mixture over ciabatta-cranberry mixture and combine thoroughly.



Step 3: Bake Stuffing and Finish Dish

Transfer the ciabatta-mirepoix mixture to the prepared casserole dish and top with pecans. Cover with foil and bake in a hot oven, 15 minutes. Uncover and bake until golden brown, 10-15 minutes. Carefully remove from the oven. Bon appétit!

[Learn more at HomeChef.com](#)

A young girl with dark hair, wearing an orange shirt and patterned pants, is reaching up with her right hand towards a large red balloon floating in the air. She has a joyful expression on her face. The background shows a grassy park area with trees and other people in the distance, slightly out of focus. A blue diagonal graphic element is overlaid on the bottom right of the image.

Community Tips



Born To Move

Turning Child's Play into Lifelong Habits

With the global obesity epidemic showing no signs of abating, one potential solution lies in ensuring children view physical activity favorably from an early age to motivate them and set them up for future success.

Children are born to move. Just watch them – they don't walk anywhere, they run; they are balls of energy; sitting still is not at the top of their to-do list. Left to do what comes naturally, the news for children should be all good. But when it comes to obesity in general and childhood obesity in particular, the news isn't good.

According to a significant British analysis of data from 196 million people in 186 countries, the number of people classified as obese has leaped from 105 million in 1975 to 641 million in 2014. Childhood obesity rates have skyrocketed in that time. About a fifth of those people live in the rich, English-speaking countries (Australia, New Zealand, the UK, Canada and the US), so it's hardly surprising that in all of these places, there is a debate underway about how best to tackle the epidemic and the looming health funding crisis it is creating. The World Health Organization has set an ambitious target of reducing obesity rates to 2010 levels by 2025

— but given the way the graph is heading — this will be a daunting task. However, there are glimmers of hope already.

One such program showing real potential is BORN TO MOVE™, the Les Mills movement-based classes for kids. A recent pilot study in UK primary schools has shown to be measurably effective in both children's physical performance and motivation levels.

"The key finding here was the level of intrinsic motivation that improved in the kids as a result of doing BORN TO MOVE, as opposed to carrying on with their normal gym classes," says Les Mills Head of Research Bryce Hastings.

Notably, children participated in significantly more moderate-intensity physical activity than the children in the comparison schools did in their regular gym lessons. While the study found the children's physical abilities also improved over the 6 weeks of participation, it increased their enjoyment of exercise that offered the most significant cause for optimism.

"Because the program is designed to maximize the group effect," Bryce explains. "It keeps the kids engaged and gives them a variety of



“It means they are more likely to come back and do it again,” says Bryce. “The big metric for kids is what is called ‘moderate to vigorous physical activity’ – MVPA – and ideally, they should be involved in an hour of that every day.”

Les Mills has now partnered with British-based not-for-profit organization ukactive to explore the feasibility of BORN TO MOVE being introduced into schools. Bryce stresses that this would only be part of a broader solution to the big problems around children’s physical activity and motivation, the instructors’ expertise and research-based programs offered by Les Mills might at least be “an answer to part of the puzzle.”

Try BORN TO MOVE at home with Les Mills with a 30-day free offer by visiting our [Lifestyle@Home landing page](#). With many of our families learning virtually this year, this could be an excellent option for physical activity for the kids!

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- *Trends in adult body-mass index in 200 countries from 1975 to 2014, *The Lancet*, Vol 387, April 2 2016.
- *Pilot Evaluation of BORN TO MOVE in UK Primary Schools, Edge Hill University, 2015.
- *<http://www.ukactive.com>
- *[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(16\)30054-X/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)30054-X/abstract)

movement patterns that everyone can tap into. Their self-efficacy scores are higher, too, which means the kids are more confident in their abilities.”

BORN TO MOVE employs a variety of activity and age/gender-targeted levels of engagement to capture all children, even those who might ordinarily be left out of traditional physical education classes due to their lack of confidence or ability in specific activities.

LesMILLS





Community Spotlights



Regency *at Monroe*

Regency at Monroe is a premier golf and tennis resort and active-adult community in Monroe Township, New Jersey. Located just 50 miles outside of New York City, nestled on 480 acres, this community, at full completion, will have close to 1,300 homes. It features numerous on-site amenities such as: a 40,000-square-foot community clubhouse including a fitness center, indoor and outdoor swimming pools, a United States Golf Association (USGA) 9-hole executive golf course designed by Arnold Palmer and a 2,000-square-foot tennis pavilion featuring 6 lighted US Open tennis courts with a state-of-the-art cushioned surface.

Regency at Monroe holds 2 trivia nights inside their clubhouse annually, with questions cleverly crafted by the entertainment committee. These events draw in 300+ residents. The staff discussed how they could bring this popular event to the residents with the current social distancing guidelines in place and as a result, the concept of a “parking lot trivia night” was born! To bring this idea to life, the entire staff had to work collaboratively to re-create the same experience of trivia night in the community’s parking lot, hosting over 140 residents at the first show! As a result of the staff’s innovative thinking, the event was a huge success!





Tidewater by Del Webb

At Tidewater by Del Webb – a small, vibrant, active adult community located in Estero, Florida – residents have been busy supporting each other and also helping those in need outside of their community.



The first opportunity came out of a simple act of kindness received by Lifestyle Director, Karan Ilowite: a resident sending a complimentary letter about the first virtual event the community hosted. After working with Dan Chiodo, a certified executive coach, who teaches courses in leadership development, communication and time management, with a focus on hands-on learning tactics, the lifestyle team came up with an idea. The lifestyle team and Chiodo decided to host a Zoom event entitled “Moving Forward,” a no-pressure and judgment-free session focused on giving residents the opportunity to discuss how the era of social distancing had affected their personal lives and gave them the chance to share how they were preparing to move forward.

Throughout the virtual event, residents could hear their neighbors’ feelings and learn what others had discovered about themselves during the pandemic. The event led to a thought-provoking and insightful discussion, offering helpful stories and informative stories of hope.

The same can be said about resident and board member, Jim Brunco, who serves as a volunteer at Interfaith Charities of South Lee County. Despite being quarantined, the Tidewater by Del Webb community wanted to help their neighbors, so they orchestrated a food drive to help those in need living in South Lee County. His solution was to have residents drop off food or financial gifts to his home in Tidewater. He graciously ran a “makeshift” food drive out of his garage, enabling residents to make much-needed donations. As a result of his efforts, Brunco and the community were able to amass approximately 675 lbs. of food and \$590 from 40 households throughout the community!





Homestead *at Mansfield*



Homestead at Mansfield is an active adult community located in Columbus, New Jersey. This gated community, open to adults aged 55 and better, has a “park-like” feel with attractive landscaping, tranquil water features and various walking trails. It is home to approximately 1,000 single-family residences and offers various scheduled events, social clubs and amenities.

Homestead at Mansfield residents took an innovative and creative approach as they competed against each other in the inaugural “Homestead Resident Scarecrow-Making Contest.” Entrants registered as a household, group of friends or as part of an association-chartered committee, club or group. Scarecrows were then strategically displayed around the Amenity Center from mid-October through Halloween, allowing residents to walk around and cast their votes! Residents submitted their votes to the management office and the winning entrant will receive a \$75 visa gift card when it is announced the first week in November.

Providing residents with an exciting activity such as this is a great way to bring the community together during challenging times, plus a little fun competition is never a bad thing either!



Community Feedback

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:

Jason Colonna, Vanderhorst Association, Charleston, SC

Hi Jason, I just wanted to tell you that I have dealt with many HOAs and you are by far the best of the best. You answer emails promptly (before 7:30 on Monday morning? Who does that?) and you get out in front of every issue. You resolve issues promptly, usually within an hour, if not, the same day. I am always wowed by your responses. Kudos to you. – Tracy E.

Jim Felekos, The Harbors at Haverstraw, Haverstraw, NY

Hi Jimmy, thank you so much for your help with this. You have been doing such an incredible job at Harbors. I love the emails and how you keep everyone informed about current events and hot topics. You have made everyone at The Harbors really feels like one big family. Stay safe and healthy. – Eileen L.

Cory Garcia, Brandermill Community Association, Midlothian, VA

Hi Cory, you are doing a FABULOUS job with this newsletter and the events you plan for our community are outstanding! I think you are wonderful; what you come up with is creative, fun and so fitting for all of Brandermill and the residents who live here. Thank you for all of the effort you put into the things you do for us. It is so inspirational and so very much appreciated. You are inspiring and always come up with ideas that are interesting, fun and so fitting for our community and residents. You have managed to find activities to keep residents of all ages entertained and active during this unprecedented quarantine and always includes information that is informative, entertaining and uplifting. I am so impressed with the talent and the inspiration you bring to the table! – Daniella K.

Tony Impemba, Arsenal Waterhouse, Cambridge, MA

Hi Alison, I want to thank you for your responsiveness. Tony, Dean and Rick are the backbone of our apartment management and have always gone above and beyond in their service to the tenants. I have no idea what we would do without them; Tony is a gem. – Linda M.

Gina Donovan, Diane Pyfer, Jamie Angela, Arts Condominium, Philadelphia, PA

Hi Gina, I just wanted to extend my gratitude to you for supporting our board and our owners. I know it's been a challenging year to say the least, but as weird as it sounds, I actually get energized after our Arts board meetings. They are so productive and no matter what the challenge is, we always get to the right answer. Jamie and Diane are amazing and, while I don't want to speak for the whole board, I'm sure they will agree that they are amazing at what they do and make our lives very easy in this regard. And with everything going on, that means a lot. Anyway, I just wanted to say thanks and let you know that I appreciate you and the FirstService Residential team supporting Arts! – Cynthia R.

Meghan Dirkes, Renaissance at Monroe, Monroe Township, NJ

Hello, now that this phase of the project has is complete, I wanted to take the opportunity to tell you what a great job Meghan has done. Throughout, she was extremely responsive and she provided exactly what I needed every time I asked. I totaled up the number of individual messages I sent to her over the past 4 1/2 weeks. Those totaled more than 100, each of which was responded to promptly, generally in under 2 hours. I found her to have a great attitude and a willingness to go out of her way to help this project succeed. This project would've taken a great deal longer had it not been for Meghan's support. I wanted to make sure that wasn't lost now that the heavy lifting portion of the project is done. – Gary B.

Reena Vohra, Jennifer Lainez, Ashmore at Germantown, Germantown, MD

Hi Reena and Jenn: First, let me say it's been an absolute pleasure working with you both – Ashmore's very blessed to have you. Over the past months, the results have marked an obvious change in how our property has pivoted toward operational and management success. Again, all the best to you both and happy trails! – Dan and Eva S.

