

LIFESTYLE *Living*

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Lifestyle@Home



FirstService
RESIDENTIAL



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President, FirstService Residential

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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 bright, out-of-focus indoor setting. A large blue diagonal graphic element is on the left side of the image.

A Message From

Michael Mendillo

President, FirstService Residential

Our team of dedicated associates realizes the importance of adaptability. As autumn begins, we must continue to adjust and adapt to our ever-changing circumstances to ensure that our friends, families and neighbors are staying safe, healthy and connected. In this issue of Lifestyle Living, we share some great resources and helpful articles so you and your community can continue to adapt in the era of social distancing. As always, it is our mission to provide best-in-class service so your communities can continue to thrive. We thank you for your ongoing support and are grateful to serve you every day.



Healthy Living

The Best Fruits And Vegetables to Grow Indoors This Fall

Just because the weather is getting cooler doesn't mean you can't reap the benefits of home-grown produce – all you need is a sunny window and a little bit of time to create your own indoor garden!

Having control over temperature and the elements can make your fruits and veggies grow stronger. Here's a list of produce you can grow in the comfort of your own home.

CARROTS

Carrots contain high levels of beta-carotene and fiber and are a great source of vitamin A, which improves eyesight. Carrots also contain plenty of other vitamins and minerals while packing a great veggie crunch, making them a great family favorite to grow on your own.

Growing Carrots: Start by buying seeds and placing them in a window box that's about 1.5 feet deep. Fill the box with humus-rich potting mix and water the mix to moisten the soil before planting. Plant the seeds 1 inch apart from each other. When growing your carrots, give them plenty of light and lots of moisture. To keep your carrots extra crunchy, place soaked peat moss on top of the seeds to keep the soil moist.

Harvesting Carrots: You should harvest your carrots once they have grown $\frac{3}{4}$ inch out of the soil. Pull the carrot by its top, rinse and peel before eating.

SPINACH

While spinach may not always be a family favorite, it's an easy plant to grow indoors. Spinach is low in fat and cholesterol and high in protein and fiber. It also contains several vitamins and minerals to keep you healthy, including vitamins A, C, E and K.



Growing Spinach: To grow your own, purchase an 8-inch container for the plant. Plant the seeds 2-4 inches apart in the container. Water them well and store them in a shady place; direct sunlight will make the spinach wilt.

Harvesting Spinach: Harvest your spinach once it's grown 4-7 inches tall. Cut 6-8 leaves at a time and rinse well before serving.

AVOCADO

Whether you enjoy making fresh guacamole or layering it on a piece of toast for breakfast, avocados have increased in popularity as a great source of healthy fat. This superfood packs a bunch of vitamins and is known to reduce the risk of cancer, heart disease and eye degeneration.

Growing Avocados: Look for a plant that yields

either large, green-skinned avocados or the small, black fruits that are popular in grocery stores. Purchase a well-draining pot for your tree. Place sand at the bottom of the pot and cover it with regular potting mix. Make sure to water your tree regularly, but look out for soggy soil: waterlogging your avocado tree could create issues down the line. Place your tree in an area with high ceilings so it has room to flourish.

Harvesting Avocados: Watch the avocado fruit's skin to know when to harvest. If you have a green variety, harvest your avocado fruits when the outer skin turns a slight yellow color. If you're growing black avocados, harvest when the skin is almost black.

MICROGREENS

Microgreens make great salads or decorative additions to any meal. Researchers found that microgreens contain significantly higher levels of vital nutrients than the matured versions of the plants.

Growing Microgreens: Buy a variety of seeds such as radish, kale, Swiss chard, beet, basil and dill seeds to create the best and tastiest combination of microgreens. Take a shallow tray or pot with a draining hole and fill it with potting soil. Moisten the soil with water before sprinkling the seeds evenly in the pot. Cover the containers with a light sheet of plastic to get a higher yield. Place your microgreens on a sunny windowsill, keep the soil between 60-70 degrees Fahrenheit and try to mist the plants every day with a spray bottle. After 3-5 days, start exposing your microgreens to more sunlight, about 12-14 hours a day.

Harvesting Microgreens: Harvest your microgreens by snipping sections with scissors. Wash and have fun spicing up your meals!

STRAWBERRIES

Strawberries thrive in an indoor climate. In addition to being easy to grow, they're very healthy. The low-calorie fruit is a great source of vitamin C and provides a good amount of dietary fiber. When picking your

strawberry plants, choose either June-bearing strawberries, which only produce once a year, or everbearing strawberries, which produce twice a year.

Growing Strawberries: Strawberries can be grown either in pots or in hanging containers. Do not overcrowd strawberries in their container, as they can become vulnerable to mold. Purchase both control-release and standard fertilizer and combine the 2 as a base for your strawberry plant. If you are using a plant rather than seeds, soak the roots for an hour before planting. As the strawberry plant grows, check it daily and water the plant appropriately.

Harvesting Strawberries: Once the strawberry flowers, cut them immediately so the plant puts its energy into fruit production. Switch to soil made up of just standard fertilizer after the flowers bloom and fertilize your plant once every 10 days until harvest. Harvest after 4-6 weeks or once the fruit is a full red color.

When there's a will to grow fruits and veggies indoors, there's always a way to make it work. Now you can enjoy fresh, home-grown produce all year long!





Fitness Tips

Making an Exercise Routine Stick

By Kathy O'Toole, Fitness Manager, FirstService Residential

The most common problem when it comes to exercising is creating a habit that sticks. One month you're "good" and the next month you're "bad." When it comes to sticking with an exercise program, here are some things you can do that will increase your chance of success.

REFRAME YOUR MINDSET

Missing workouts and falling off the exercise bandwagon happens. Accepting that life sometimes gets in the way of your best intentions is the first step in reframing your mind. You're not a failure just because you missed some workouts – you're a success if you move forward and begin again!

MAKE EXERCISE A PRIORITY

When you think of exercise as important, you'll miss fewer workouts. Treat your exercise like a doctor's appointment. Schedule it and build your other appointments and social functions around exercise. You can also make exercise a social function by inviting your friends!

CREATE A ROUTINE

People are more apt to stick to an exercise program if it's at the same time every day. Just like eating breakfast, lunch and dinner, fitting exercise into your routine will help you build strong habits.

VARIETY IS IMPORTANT

Boredom is a leading factor in falling off the "exercise bandwagon." Changing your exercise program frequently helps alleviate boredom and adding variety "wakes up" other muscles, further improving your overall fitness. Change it up by adding frequency, intensity or time to any of your workouts. Try adding a different kind of music to a new activity, like dance or cycling.



CREATE A SUPPORT NETWORK

A strong support network can help keep you exercising regularly. Studies show that people who exercise with a friend or workout partner are 40% more likely to stick with an exercise program. Your support person is your cheerleader, encouraging you when you may feel unmotivated. When you're accountable to your friend, your support network is mutually beneficial.

SET GOALS

Setting a goal is a sure-fire way to stay on track. Make sure your goals are "SMART," which means they are specific, measurable, attainable, realistic and timely. Be sure to change your goals regularly to keep it interesting and challenging.

Remember that one of the biggest benefits of daily exercise is a more positive outlook on life!

A close-up, artistic photograph of a kitchen scene. In the foreground, three brown eggs are scattered on a dark, textured wooden surface. To the right, a small white bowl with a blue rim contains a yellow liquid, likely egg yolk. In the background, a teal bowl holds a white, fluffy substance, possibly whipped cream or meringue, with a wooden spoon resting inside. A blue cloth is draped on the left side of the frame. A diagonal blue banner cuts across the bottom right, containing the text 'Home Cooking'.

Home Cooking



HOME CHEF

Farmhouse Baked Chicken

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

- ¾ oz. Butter
- 4 oz. Light Cream
- 2 Green Onions
- 2 Russet Potatoes
- 6 oz. Canola Oil
- 13 oz. Boneless Skinless Chicken Breasts
- 1 oz. Mayonnaise
- 3 oz. Corn Kernels
- ½ cup Bread Crumbs

Instructions

Step 1: Make the Mashed Potatoes

Cut potatoes into ½ in. pieces. Bring a small pot with potato pieces and enough water to cover it to a boil. Reduce to a simmer and cook until fork-tender, 12-15 minutes. Drain potatoes in a colander and return to pot. Add ½ half of the butter, ¼ the cream (reserve remaining of each for gravy), ½ tsp. olive oil and a pinch of salt. Mash until desired consistency is reached. Cover and set aside. Preheat the oven to 400 degrees.

Step 2: Prepare the Ingredients

While the potatoes cook, trim and thinly slice green onions on an angle. Pat the chicken breasts dry and season both sides with a pinch of pepper. Combine mayonnaise and 2 tsp. water in a mixing bowl. Place bread crumbs in another mixing bowl. Dip the chicken breasts in the mayonnaise-water mixture, one at a time, then coat completely in bread crumbs, shaking off any excess.

Step 3: Bake the Chicken

Cover baking sheet in aluminum foil and coat in a small amount of canola oil. Lay the chicken breasts on the oiled baking pan and bake in oven until golden brown and chicken reaches a minimum internal temperature of 165 degrees, 10-14 minutes. Transfer chicken to a plate. Let rest at least 5 minutes.

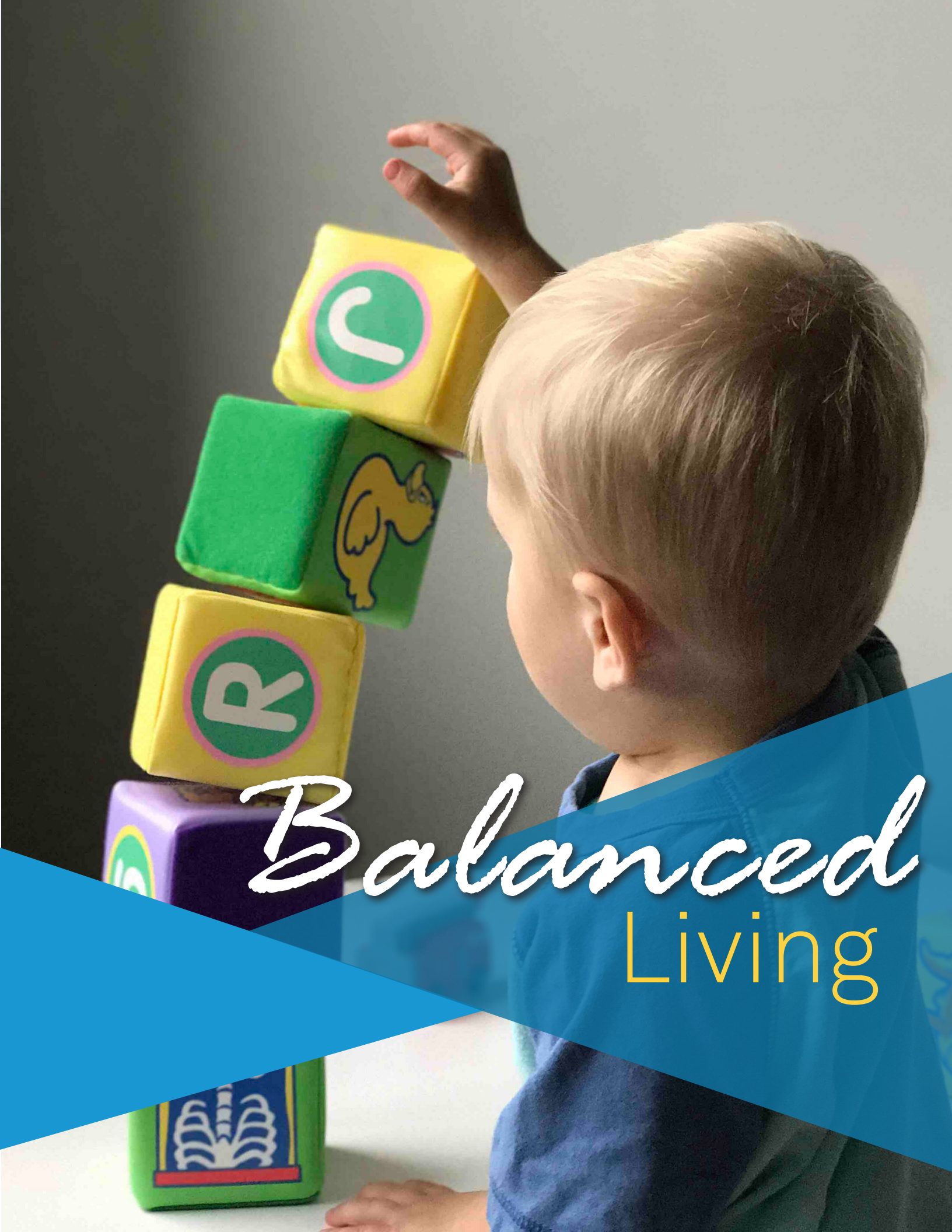
Step 4: Cook the Corn

While the chicken rests, place another small pot over medium heat. Add 1 tsp. olive oil and corn to the pot. Stir occasionally until warmed through, 4-5 minutes. Transfer corn to a plate and season with a pinch of salt and pepper. Wipe pot clean and reserve.

Step 5: Make the Gravy and Finish the Dish

Return the pot to medium heat. Add green onions (reserve a pinch for garnish) and the remaining cream and bring to a simmer. Once simmering, stir often until slightly thickened, 3-5 minutes. Remove from burner and swirl in remaining butter. Season with a pinch of pepper. If desired, slice chicken into ½ in. pieces. Plate dish, pouring gravy over chicken and garnishing potatoes with reserved green onions. Bon appétit!

[Learn more at HomeChef.com](#)



Balanced Living



Tame the Toys!

Storage Hacks for the Organized Parent

If you've got little ones, you're probably familiar with the never-ending toy trail running through the house. There are stuffed animals in one corner, a pile of blocks in another, game pieces under the couch — and there are LEGOs everywhere! It can feel like an overwhelming task to keep it all in one place, especially when your kids are on the move. Just when you pick up one area, toys are certain to spill over into another part of your house.

There are solutions and storage hacks to keep your children's playthings in check, no matter how big or small your living space may be. Some tricks are about simple changes in habits that can make a big difference for your family; others are easy DIY ideas to get the toys off the floor and neatly packed away when not in use.

A PLACE FOR EVERYTHING

Whether you live in a single-family home or a studio apartment, toys belong in a specific location during clean-up time. In a larger house, a spare bedroom makes a great playroom and you can close the door to enjoy some privacy. For smaller spaces or a more minimalist approach, a closet can perform

the same function, especially when you outfit it with drawers, cubbies and shelves to hold your child's prized possessions. For those with limited square footage who simply must keep toys in the living room, you'll need to designate a shelf or other storage unit for toys.

KEEP EVERYTHING WITHIN REACH

As you plan your toy storage, remember that your children need to be able to reach everything on their own. Whether you place them along a wall or in a closet, low bookshelves and cubbies are good choices. Bins are another good option, as they are low to the ground and often come with dividers. They also don't have lids that can crush little fingers; when it comes to your child's storage, think outside the toy box.

USE CLEAR PLASTIC BINS

Once you choose a spot for the toys, it's time to start sorting them by type. Put games in one section, dolls in another, art supplies in a third section, etc. Keep small pieces like blocks and Matchbox cars together in clear bins so your child can find what they're looking for during playtime. It's also a good idea to label bins to help during cleanup. Print

a label in an easy-to-read font or choose a photo of the toy instead for children who are too young to read.

UNIQUE TOY STORAGE HACKS

Some toys are too big for bins or too awkward to keep in an ordinary box. Fortunately, you can re-purpose other storage solutions for toys and other kid stuff to keep things neat:

- **Shoe Organizers:** Whether you choose the cubby kind or the pockets that hang over a door, these are perfect for keeping a collection of dolls or other small items off the floor.
- **Magazine Boxes:** These file boxes keep all those thin, paperback children's books together so that they can stand up on a shelf without falling over.
- **Stuffed Animal Swing:** Save floor space by hanging stuffed animals in an easy-to-reach — and very fun — multi-level swing! You can make this with clothesline and scrap wood.
- **Pegboard Storage:** If you don't have room for a shelf or other storage furniture, turn a wall into modular storage instead. Paint a pegboard in a color that looks great with your decor and add hooks and hanging bins to your walls to hold everything from books to art supplies.

MAKE CLEANING UP A HABIT

Once you have your new toy storage system in place, it's time to teach your kids to clean up. A floor full of toys is just as overwhelming for little ones as it is for you, so try to keep messes small to begin with by cleaning up a few times each day so things don't get out of hand. You can make clean-up a habit by having kids pick up before snacks and meals — food is a noteworthy reward for doing the job and making it part of the routine makes it easy to remember.



TRY SEASONAL TOY ROTATIONS

For families with limited storage area and lots of toys, try adding some heavy-duty bins for deep storage and rotate toys in and out of your child's play area every month or so. Just as you pack away your winter coat during the summer, you can also tuck away a quarter to half of your child's toys at any given time.

DONATE UNUSED TOYS

As your child outgrows or loses interest in old toys, it's time to donate them to others. Some kids find it difficult to let go of old playthings but you can turn purging the toy bin into a teachable moment by having your child accompany you to the donation site and explaining how the toys will help those less fortunate.

LIMIT GIFT-GIVING HOLIDAYS

When well-meaning relatives send presents for minor holidays like Halloween and St. Patrick's Day, it's ok to ask them to stop. Start a new tradition by setting up a special dinner or Zoom session instead. It's also perfectly reasonable to ask that grandparents give only one birthday or holiday gift and divert any additional funds into a college savings plan. When you get the toys organized and help your child learn good habits, you'll enjoy a much neater house in no time!



One Day University: The Beatles, the Sixties and Pop Culture

Jeremy Yudkin, Boston University

FirstService Residential and One Day University (One Day U) have teamed up to provide opportunities for you to learn something new every day! Every weekday, One Day U produces a live talk featuring a professor from one of the country's top universities discussing history, psychology, the arts, politics and more. Each talk is fun, energetic and even has an interactive Q&A session. One Day U is designed for people who think every day is a great day to learn something new. You'll explore new ideas, discover new passions and have a great time doing it.

Today, scholars talk a lot about individual geniuses but there's a recent book titled "The Power of Two," written by Joshua Shenk, that examines how genius is often combined into 2 people rather than 1. He gives examples of Pierre and Marie Curie, as well as Steve Jobs and Steve Wozniak, who worked together at Apple so brilliantly. The actual subtitle of the book is "Finding the Essence of Innovation in Creative Pairs." I truly think that Paul

McCartney and John Lennon were such a pair. When they eventually separated, it was like a divorce — and Paul even referred to John as his former fiancé. The remarkable music of The Beatles — specifically, the songs of Lennon and McCartney — have been described as "single strands twisting into a mutually strengthening double helix."

Between 1962 and 1970, The Beatles released 22 singles, several EPs and 11 albums. Sales records charted more than 50 top 40 hit singles. They were the first British pop group to achieve major success in the United States and they scored 22 number one hits in the United States, alone. It is calculated that the band has now sold over two billion albums and not long ago, we celebrated the 50th anniversary of The Beatles' first appearance in the United States. That evening, the Ed Sullivan Show was watched by 73 million people — over a third of the entire population of the country at that time. And of course, The Beatles produced lots of different kinds of music: folk, rock, country, rockabilly, soul

blues, doo-wop — and they invented new genres like psychedelic. Stringed instruments and baroque trumpets and horns brought their music into the realm of art that 3 generations of fans have now cemented. The Beatles' appearance on the Ed Sullivan show cemented their reputation as the most influential band ever.

The total number of songs in The Beatles Canon is 211. A survey of my students in my Boston University classes reveals that they have huge numbers of The Beatles' songs on their cell phones, in some cases, more than any other group. All this is, of course, discussed a full 50 years after the band broke up. American and English culture of the 1960s is reflected more in the music of The Beatles than in that of any other group. The rise of The Beatles coincided with a vital shift in the relationship between the two countries and a change in the significance, relevance and artistic ambitions of popular music.

And finally, here are my thoughts about the huge amount of new music released by Paul McCartney, post-break-up. I'm a fan, I know not everyone is though. His popularity as a solo artist is matched by only a handful of others in rock history. He topped the charts after The

Beatles broke-up 9 times, a mark surpassed by just a few artists, including, of course, The Beatles.

If you'd like to see a short video clip of this lecture and learn more about One Day, [click here](#).

One Day U allows you to join thousands of other lifelong learners to stream live and pre-recorded events with the most esteemed professors in the country. ONLY \$5.95/month for FirstService Residential-managed communities - 25% off the regular price! As a bonus, you will also be eligible for a FREE year of CuriosityStream, a documentary streaming platform.

At checkout out, please use the code **FirstService3** to receive your discounted rate. To learn more about this incredible offer, [click here](#) to visit our Lifestyle@Home landing page!



One Day University





Holiday Living



Fall Cleaning is the New Spring Cleaning

Spring cleaning has always been a trend. And today, fall cleaning cleans to the same level — but in seasonal climates — the focus may be on buttoning up the house for winter. Many of us spend more time at home in the winter. Between cold temps and gray skies, being home just feels better and having a clean house before the days get too short makes it even nicer.

What's involved in fall cleaning? Many of the same things that are done during spring cleaning, plus a few extras to prepare for the change of season. If you live in a single-family home, make sure to clean your gutters before freezing temperatures set in. Check your humidifier and furnace for maintenance needs like new filters — stock up on filters and water softener salt for the winter now.

WHILE FALL CLEANING, PACK UP UNWANTED CLOTHING FOR CHARITY.

The change of seasons also offers a great opportunity to clean out closets and donate outgrown clothes and toys to charity. If you like to cook or bake, the holidays are always a busy time and a fall cleaning spree provides the

chance to clean out and organize your pantry, spice rack and baking supplies. You don't need that 4-year-old jar of Hungarian paprika or ½ inch of ice wine maple syrup, do you? It will be easier and more efficient to work in a clean, organized space. If you haven't used that spiralizer in 2 years, donate it!

FALL CLEANING IS A GREAT OPPORTUNITY TO DUST AND POLISH YOUR HOME.

When's the last time you thought about cleaning your dishwasher? The drawer below your oven? Your washing machine? Cleaning frequently touched but overlooked items like light switches, doorknobs, remote controls and keyboards can help keep down the spread of germs. Of course, like spring cleaning, your fall cleaning list should include thoroughly dusting and vacuuming the house and cleaning the floors, curtains or blinds and maybe even your bathroom grout, if you're ambitious!

Some fall cleaning efforts now will make that homebound time much more pleasant come winter!

A photograph of a young couple sitting on a grassy bank, looking out over a body of water towards a sunset. The woman on the left has curly hair and is wearing a denim jacket over a patterned dress. The man on the right has long hair and is wearing a dark jacket. They are sitting on a blanket. In the background, there are mountains and trees under a warm, orange and yellow sky. A blue geometric shape is overlaid on the bottom right of the image, containing the text.

Community Spotlights

Ave Maria: Ave Cares

Ave Maria is a multi-generational, lifestyle community in Ave Maria, Florida. The town's resort-style amenities and outdoor recreational facilities add to "A Big Kind of Small-Town" charm. For the sports-lovers, Ave Maria has two recreational parks – South Park and North Park, both with their own sports fields and courts ranging from tennis to basketball to softball and more. A new 9-hole disk golf course is the latest addition that residents have been utilizing at North Park.

The Ave Maria Master Association and Ave Maria residents have been working together and facilitating various fundraising initiatives from food drives to mask donations. As a result of the community's efforts, the "Ave Cares" outreach was created to encompass all of these efforts under one umbrella organization. Ave Cares has facilitated various programs, including hosting a food drive for the Farmworkers Village (where many farmworker families reside and were unable to reach a food kitchen due to COVID-19).



Since then, additional programs have been created through the Ave Cares charitable initiative. Most recently, The Ave Maria Quilting Group made over 3,000 masks since the COVID-19 pandemic began. They have donated much-needed masks to the neighboring town of Immokalee, a nearby hospital, the local fire department, the women's shelter, the health department, as well as a variety of local non-profits.

The Ave Maria lifestyle is about building great relationships in both its local and neighboring communities and striving to be genuinely helpful.



Renaissance at Manchester: Maintaining the Status Quo

Renaissance at Manchester is a 55 or better active-adult community located in Manchester, New Jersey. This 20-year-old community is comprised of over 1,900 homes and 4,000 residents. It is known for its spacious grounds and very engaging lifestyle programs, including various clubs and activities.

Residents ordered everything from a hot meal to homemade pastries to hand sanitizer — and everything in between (eggs, butter, milk, meats, fruits, vegetables, pizza dough, bread and rolls, olive oil, potato chips, flour, sugar, coffee, paper products, cleaners and other essential products). The Café on the Green has done an incredible job responding to residents' requests, even stocking distilled water for those on oxygen.



Since the onset of the pandemic, the management and lifestyle teams have received an overwhelming amount of positive feedback from its residents and board for their efforts in keeping the community informed and connected. Although working remotely at times, the 15-member staff goes above and beyond to conduct business as usual and serve residents. Working as a team, being innovative and adapting to the surrounding circumstances quickly has helped the board and staff keep the business running seamlessly!

Since the start of the COVID-19 pandemic, the Café on the Green clubhouse at the Renaissance at the Manchester has been closed; but the community's Café Director, Fred Ecke, along with his dedicated chef and employees, have turned lemons into lemonade by transforming the clubhouse into a one-stop-shop for curbside pickup or delivery.



For many residents, the services provided have been a wonderful convenience — for some, a literal lifesaver. The staff offers daily meals, salads, deli items, desserts and pastries, produce and groceries and many non-food items — making it possible for residents to avoid venturing out to the supermarket. At one point, they were filling over 100 orders a day!



Community Feedback

At FirstService Residential, our team of passionate and dedicated associates are all about delivering exceptional service and making a difference every day for you, our valued residents. We are constantly amazed by the positive feedback we receive from our over 8,500 valued associations across the United States and Canada. Our goal is to “aim high” so you can continue to experience service excellence from our team!

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

Marguerite Donovan, Allaire Country Club Estates, Wall, New Jersey

Hi Marguerite! I am sorry to be so late in saying thank you for having the maintenance team power wash the side of our condo. I greatly appreciate it and they did an absolutely wonderful job! Thank you so much for your ongoing dedication to keeping our community clean and tidy! Stay well and stay safe, Marguerite. — Carroll B.

Michele M. Schellinger, CMCA®, AMS®, Rittenhouse Condominium, Philadelphia, Pennsylvania

Michele, we acknowledge and appreciate your loyalty, your efforts to keep us all safe and your unfailing good cheer. We applaud your courage and service ethic during these uncertain times. Thank you for all that you do. — Scott A.

Joanne Blank, the Block at Church Street, Charlotte, North Carolina

Thank you so much, Joanne. I am so thankful for your eagerness to help and responsiveness during these times. I truly appreciate your dedication to sharing information quickly and keeping everyone in our community informed. This is very helpful to us. Thanks again for all that you do.

— Wendy K.

Staci Gelfound, CMCA®, AMS®, PCAM®, Copperfield Crossing II, Gaithersburg, Maryland

Staci, I just want to thank you for your participation in our board meeting last evening. You really helped us talk through some difficult issues. I've never seen a budget come together so easily. Your support during these times is really appreciated. — Rich J.

Laureen Ballard, Magnolia Ridge at Arbor Hill, Weymouth, Massachusetts

Hi Laureen. I just wanted to say thank you for all the help and support during my time here. This is a great condo unit and I've enjoyed my time here thanks to the support we receive from FirstService Residential. — Lauren B.

Sandra Lobo, Barcroft Hills Condominium, Falls Church, Virginia

Hello Sandra. I just wanted to let you know that you have been a great asset to Barcroft Hills Condominium. You have done so much for the community and the residents here and are always looking out for everyone to make sure their needs are met. We are really happy to have you on our team. Even during this pandemic, you are here every day, taking care of everything. Just wanted to reach out to let you know that you have been great and we seriously appreciate you! — Himani P.

