

Lifestyle Living

April Issue
Lifestyle @ Home
Part 1



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A Message From

Michael Mendillo
President, FirstService Residential

We realize now more than ever the importance of adaptability. In this issue of Lifestyle Living, our team will share some great suggestions that will help your community to adapt, during this time of social distancing, so that you can stay safe and healthy while still connected. As always, we thank you 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.



Creative Fitness

Healthy Living

With so many of our community amenities and fitness centers closed at this time, it's more important than ever to continue to push the message that every day is a good day to workout. Exercise provides an excellent "boredom buster" at a time when so many people are staying home bingeing on Netflix and chips. Given the hours in a day when you're not sleeping or eating, it is imperative to schedule a minimum of 30 minutes a day of moderate to vigorous activity five days a week, and when the gym is closed and there are no classes, we need to get creative. Here are some solutions to keep you healthy and in a good frame of mind:

Breathing Exercises

Stress tends to sit on your chest like an elephant. Train your body to breathe in and breathe out at regular intervals. Try taking a deep breath over four seconds, and letting that breath out over ten seconds. Repeat this ten times; relax and think of nothing other than your breath. Reducing your stress can positively impact your blood pressure.

Aerobic Exercises

Your heart is the most important muscle of the body and it needs to move, too! Walking outdoors tops the list of recommended activities when you can't walk indoors and it provides an added bonus. Studies show that walking outdoors and getting in touch with nature provide additional endorphins that make you feel happy. And, don't forget to stream any of the free workout videos available on the internet.

Strength Exercises

Maintaining muscle strength is important to pretty much everything we do from performing our daily tasks and having good posture to keeping our joints healthy. Feeling sluggish and fatigued? It could be your muscles saying, "Move me!" Bodyweight exercises like squats and lunges will help keep your lower body strong. Not sure what a squat is? Check

out YouTube for lots of great examples of how to do these simple exercises. Don't have weights at home? That's okay! Pick up a pair of soup cans or bags of groceries and lift your arms in all the directions they are meant to move. TIP: Fill an empty container of milk or juice with water and you have a handy dumbbell.

Combination Workouts

Create an east circuit workout by heading out for a walk. When you get to a corner, stop and do 10 squats, lunges, jumping jacks or some other easy exercise. Continue walking to the next corner and so forth. For a fun neighborhood event, draw or write out some exercises on some yard stake signs and place them at regular intervals around your block. Don't forget to let your neighbors know and all of a sudden, you have created some momentum and something fun to talk about later.

Stretching

If you're stuck at home and you find yourself sitting for long periods, you're going to get stiff and your joints may hurt. Set an alarm on your iPhone or ask Alexa to set an alarm for every 60 minutes to remind you to get up and out of your chair. If you take a 5-minute stretching or exercise break every hour for 12 hours, you'll end up with 60 minutes of activity.

Finally, don't forget to call on your neighbors and ask them to join you, remotely, of course. If you're able, you can go outside for a walk together, just maintain a social distance. Some neighbors simply want some motivation and you could be just that! Use the phone, social media, or email and connect with people now more than ever!

Written by:

Kathy O'Toole

Sun City Huntley, Fitness Manager

Healthy Living

Recipes in a Pinch

In times like these, cooking can be a wonderful way to keep your mind busy and your belly full. We understand your apprehension to visit the grocery store at this time. Below are three tools to help you stay creative and discover new recipes using the ingredients that you already have in the house. Check out this delicious recipe we found when we used the sites below.

Super Cook

<https://www.supercook.com/#/recipes>

My Fridge Food

<https://myfridgefood.com/>

Recipe Land

https://recipelands.com/recipes/by_ingredient

Penne Tomato Black Olive Feta

Ingredients

1 pound of penne pasta (cooked until al dente)
1 tablespoon of olive oil
1 teaspoon of garlic (minced)
4 tomatoes (large, wedges)
½ cup black olives (halved)
½ cup feta cheese (crumbled)
½ cup parsley leaves (fresh, chopped)
2 tablespoons of basil (fresh, chopped)
¼ cup Parmesan cheese (grated)

Directions

1. Drain pasta. Return to pot to keep warm.
2. Meanwhile, in a large nonstick frying pan, heat oil over medium heat, stir in garlic.
3. Add tomatoes and cook, stirring, for 3 minutes or until heated through.
4. Transfer to pot with drained pasta, add olives, feta cheese, parsley and basil.
5. Toss gently to mix.
6. Sprinkle each serving with freshly grated Parmesan cheese.





Community Living Tips

Visit the World's Greatest Museums from Home

Being quarantined can have many complex issues and complications beyond having enough food and supplies for two weeks. In terms of entertainment, it also probably means you're in for a lot of boredom, a lot of Netflix and a lot of browsing the internet.

But there is a way to get a little culture and education while you're confined to your home. According to Fast Company, Google Arts & Culture teamed up with over 2,500 museums and galleries around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world.

Now, you get to “go to the museum” without leaving your couch.

Google Arts & Culture's collection includes the British Museum in London, the Van Gogh Museum in Amsterdam, the Guggenheim in New York City, and literally hundreds of more places where you can gain knowledge about art, history and science. This collection is especially good for students who are looking for ways to stay on top of their studies while schools are closed.

Take a look at just some of Google's top museums that are offering online tours and exhibits. Museums around the world are also sharing their most zen art on social media to help people cope with staying home. Now you

can even go “outside” with incredible virtual tours of some of America's best national parks.

British Museum, London

This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. You can also find hundreds of artifacts on the museum's virtual tour.

The Guggenheim Museum, New York

Google's Street View feature lets visitors tour The Guggenheim's famous spiral staircase without ever leaving home. From there, you can discover incredible works of art from the Impressionist, Post-Impressionist, Modern and Contemporary eras.

National Gallery of Art, Washington, D.C.

This famous American art museum features two online exhibits through Google. The first is an exhibit of American fashion from 1740 to 1895, including many renderings of clothes from the Colonial and Revolutionary eras. The second is a collection of works from Dutch Baroque painter Johannes Vermeer.





Museums from Home (cont.)

Musée d'Orsay, Paris

You can virtually walk through this popular gallery that houses dozens of famous works from French artists who worked and lived between 1848 and 1914. Get a peek at artworks from Monet, Cézanne and Gauguin, among others.

National Museum of Modern and Contemporary Art, Seoul

One of Korea's popular museums can be accessed from anywhere around the world. Google's virtual tour takes you through six floors of Contemporary art from Korea and all over the globe.

Pergamon Museum, Berlin

As one of Germany's largest museums, Pergamon has a lot to offer – even if you can't physically be there. This historical museum is home to plenty of ancient artifacts including the Ishtar Gate of Babylon and, of course, the Pergamon Altar.

Rijksmuseum, Amsterdam

Explore the masterworks from the Dutch Golden Age, including works from Vermeer and Rembrandt. Google offers a street view tour of this iconic museum, so you can feel as if you're actually wandering its halls.

Van Gogh Museum, Amsterdam

Anyone who is a fan of this tragic, ingenious painter can see his works up close (or, almost up close) by virtually visiting this museum – the largest collection of artworks by Vincent van Gogh, including over 200 paintings, 500 drawings and over 750 personal letters.

The J. Paul Getty Museum, Los Angeles

European artworks from as far back as the 8th Century

can be found in this California art museum. Take a street view tour to discover a huge collection of paintings, drawings, sculptures, manuscripts and photographs.

Uffizi Gallery, Florence

This less well-known gallery houses the art collection of one of Florence, Italy's most famous families, the de'Medici. The building was designed by Giorgio Vasari in 1560 specifically for Cosimo I de'Medici, but anyone can wander its halls from anywhere in the world.

MASP, São Paulo

The Museu de Arte de São Paulo is Brazil's first modern museum. Artworks placed on clear perspex frames make it seem like the artwork is hovering in midair. Take a virtual tour to experience the wondrous display for yourself.

National Museum of Anthropology, Mexico City

Built in 1964, this museum is dedicated to the archaeology and history of Mexico's pre-Hispanic heritage. There are 23 exhibit rooms filled with ancient artifacts, including some from the Mayan civilization.

Sadly, not all popular art museums and galleries could be included on Google Arts & Culture's collection, but some museums are taking it upon themselves to offer online visits. According to Fast Company, the Louvre also offers virtual tours on its website.

To see more of Google Arts & Culture's collection of museums, visit the collection's website. There are thousands of museum street views on Google as well. Google Arts & Culture also has an online experience for exploring famous historic and cultural heritage sites.

► <https://artsandculture.google.com/partner?hl=en>



Community

Spotlight: Rainbows After the Storm at Del Webb Lake Providence

On March 4, a tornado caused damage across three counties in middle Tennessee, including the town of Juliet where the community Del Webb Lake Providence is located. Immediately after the storm had lifted the community band together to support their local neighbors. City officials relayed to Del Webb Lake community management that the most needed item was gift cards to give to those who lost everything. Can you believe in just 9 days they had nearly \$20,000 in donations? Phenomenal! But, it was no surprise based on the culture created at Del Webb Lake Providence.

The grand total was \$19,700 in donations and Providence United Methodist, who was tasked with gift card distribution, contributed \$300 to make it an even \$20,000 in donations! The gift cards were entrusted by the City to Providence United Methodist, located across the street from the community, sorted evenly into baskets, and distribute to affected families across Wilson County. Supervised youth group students were the hands that put the baskets together. Each basket was made up of \$400 in assorted gift cards, along with snacks and drinks for the families to enjoy. Many baskets went to principals of schools to give directly to families of students affected by the tornado.

The residents of Del Webb Lake Providence made a huge impact on so many lives. When asked, they rose to the occasion and lessened the burden on those not as fortunate as them.

In remembrance of tornado victims and in light of our current COVID-19 situation, the Lifestyle team at the community asked that residents place a homemade rainbow in a front-facing window. Residents that participated felt a sense of hope and it really lifted everyone's spirits as they passed by each of their fellow neighbor's homes, remembering there is a rainbow to come, after the storm.





Community

Spotlight: Neighbors Helping Neighbors at Stoney Beach Condominium

Many residents across the country are finding it harder and harder to get to a grocery store. Some having a loss of income to even purchase groceries. Older residents are finding it even harder. With this in mind, Julie Stratton, our on-site manager at Stoney Beach Condominium located in Baltimore, MD, knew that she had to do something to help.

Last week, Julie and her team organized a community drive. The items collected for were for any resident in the neighborhood needing assistance. Residents came by the community pool house and securely picked up the items they needed. Residents who were quarantined, especially older residents, reached out to the management team and volunteers then were

able to safely drop off items to their front door.

The overall drive went extremely well and residents were beyond grateful to the Association and their neighbors. All items that were leftover were donated to the local food bank, to further reach those outside of the community who were in need.

In times like these it is beautiful seeing neighbors helping neighbors. A huge thank you to Julie Stratton for organizing this and for her team who have been dedicated to finding new ways to support their residents and provide them with great service.





How are we doing?

Community Feedback

In these difficult times we are doing everything we can to maintain the spirits of our residents in the communities we serve. Just because we are practicing social distancing, does not mean we cannot remain connected to all of you. Below is just some of the feedback we are getting from our residents... this is what really drives us to keep us doing what we're doing!

Alison Phillips, Arsenal Waterhouse, Cambridge, MA

Alison, I appreciate that y'all are staying aware and on top of things. Don't forget to also take some time to de-stress, as much as you can. As they say, it's a marathon not a sprint. I'm grateful for the resilience of FirstService Residential in these challenging times. Warmly, Amy

Bill McMannis, Biltmore Lake Association, Biltmore Lake, NC

Excellent email, Bill. Thanks for the leadership you and your team are providing as we work through these unusual times. It is greatly appreciated. - Brenda

Erik Engrissei, Residences at Two Liberty Place, Philadelphia, PA

Erik, I know this is a really hard time for everybody. The landscape keeps shifting, and all of us come to the table with different points of view on the pandemic. I just want to take a moment to thank Erik, Molly, the board, the cheerful staff who greet us throughout the day, and the many other staff members who aren't on the front lines. You are all so deeply appreciated for everything you do to make our lives a bit better during these harrowing times. Warmly, Kathy and Joe

Judy Clickner, Somerset Run, Somerset, NJ

Judy, How great it was for you to put together the list of things to do to help occupy our time these days. You go above and beyond what's required and can't express how much we appreciate your commitment to our community. We hope you stay safe and well and pray this nightmare comes to an end soon. - Joanne & Ted

Matt Dozier, Bulle Rock, Havre de Grace, MD

Matt, Thank you. Please extend from me and Brian, a BIG thanks to every single person under your management; from the executive staff, to the janitorial crew, for everything that all of you have been doing to keep our community going. This is a time of enormous uncertainty for everybody and your communication to BR today, informing of all the work that you did during this week, brought to me some small sense of normalcy. Thanks! A big hug.... from more than 6 ft. away, to each and every one of you. - Elizabeth F.

Lara Lewis, Falls Run Community Association, Fredericksburg, VA

Lara, I cannot tell you how impressed we are with your dedication, resourcefulness and commitment to our community. We are fortunate to have your availability and wanted to express our gratitude for the multiple services you provide. -Ron and Ann M.

If you are a board member of a community we proudly serve and have questions, please reach out to your manager or the 24/7 Customer Care Center at **800.870.0010**.

To learn how FirstService Residential can help your community navigate the coronavirus crisis and other emergency situations, please contact **703.342.9020**.

www.fsresidential.com

