

Lifestyle Living

April Issue
Lifestyle @ Home
Part 2



Inside this issue:

Healthy Living: Nutrition Wellness Programming: Fitness & Education	Page 2 Page 3
Recipe Book: Chocolate Lava Cake (For Two!)	Page 4
Keeping Kids Busy	Page 5
Community Spotlight	Pages 6-7
Community Feedback: How Are We Doing?	Page 8

A Message From

Michael Mendillo
President, FirstService Residential

FirstService Residential is here to help and support our boards and residents as we navigate through these difficult times together. In this issue, we offer you tips and tricks to maintaining a healthy diet, fun ways to workout from home and uplifting stories of kindness and compassion.

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.



Healthy Living

Don't Let Stress Mess With Good Nutrition

When you think of healthy eating, you think of weight management, disease prevention and even longevity. That's all fine and well in a "normal" day, but these days are anything but normal. In fact, you could even say life is more stressful today, given our current stay at home situation. But, do you know exactly how your body treats stress and how it affects your digestive health?

The endocrine system of your body is responsible for your hormones, and, the secretion of cortisol when your body is stressed. Here are examples of stress:

Physical Stress

That fatigued feeling you experience when you've just finished a workout is essentially your muscles saying, "I need to rest". Lifting weights and cardio workouts are what we call a "positive stress" on the body. While the physical benefits are great, the muscles are in a temporary state of stress, wherein they break down before rebuilding to be stronger.

Emotional Stress

This type of stress occurs when we experience a "negative effect" that presents in the form of anxiety, depression, agitation, moodiness, irritability or general feelings of loneliness and isolation. Emotional stress has physiological symptoms such as increased heart rate, difficulty breathing, changes to the digestive system and even neurological signs similar to "brain foginess."

Nutritional Stress

During these times of stress, our system backfires because we eat too much, eat too little, or eat too much of the kinds of food that are heavy hitters in

the nutrition world. These foods are the highly processed, rich in sugar and fat and low in nutritional value kinds of foods. Nutritional stress is often exacerbated by emotional stress.

When our bodies are under stress, our survival instinct kicks in and says, "fight or flight". This response creates an increase in blood pressure and heart rate, which diverts blood away from our digestive system. This series of events leads to suboptimal production of saliva and digestive enzymes, which break down our food and allow us to absorb essential nutrients. For short periods of stress, this is normal and harmless, but for prolonged periods of chronic stress, it can leave the body depleted.

Fortunately, there are many protective measures we can take to optimize our bodies' response to high stress. Focus on consuming foods high in vitamin B, including eggs, poultry, fish, beans, nuts, seeds and dark green leafy vegetables. Antioxidant-rich foods, which can counter the inflammatory effects of chronic stress, including fatty fish, deep colored fruits and vegetables and even dark chocolate are excellent additions to your diet. And, remember that the most important nutrient of all is water! Make sure you are drinking your body weight divided by two in ounces per day.

Take the time to prepare and cook a nutrient-dense meal. Soups are an excellent way to incorporate whole foods and nutritious choices. Make eating a mindful activity, and devote your time and attention to it. Turn off distractions like the television and the phone, and focus on your meal. And remember, eating is necessary and shouldn't cause you more stress!

Written by:
Kathy Kent
Sun City Huntley, Fitness Manager



Wellness Tips

As you continue to face the challenges of closed amenities, fitness centers and schools, your friendly team at FirstService Residential is here to help you be creative with your wellness and programming needs.

Our mission statement is clear: we make a difference, every day, by delivering exceptional service and solutions that enhance the value of every property and the lifestyle of every resident in the communities we manage.

Regular physical activity benefits both the body and mind. It can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes and more. When schedules are disrupted, it can help you manage stress and get better sleep. It also improves bone and muscle strength and increases balance, flexibility and fitness. For older people, activities that improve balance help to prevent falls and injuries. For children, regular physical activity helps support healthy growth, development of fundamental movement skills and build social relationships.

Wellness

Work Out at Home | We are pleased to extend two free months of yoga and meditation to our valued FirstService Residents via our partners from Down Dog. Choose your favorite yoga practice, and Down Dog will create a unique and personalized experience every time.



Downdog App

To start your workout, download any of the Down Dog apps (Yoga, HIIT, Barre or 7 Minute Workout) by going to www.downdogapp.com. Once you log in, swipe all the way to the right to get to the menu screen. Scroll down until you see Enter Code. Enter firstservice and you will immediately see your membership update to end on May 31, 2020. Namaste!

Practice Meditation | Meditation is clinically proven to be helpful for dealing with a variety of stressors, particularly emotional stress. It allows you to take a break from dwelling on the things that stress you out by actively redirecting your thoughts. Meditation can help you practice in choosing your thoughts, rather than letting worry take over, which can help eliminate some emotional stress in the long term. Try a few meditation techniques today.

Wondering how to prevent your mind from wandering off and staying present?

Watch "[How mindfulness can help you to live in the present](#)" by Rev. Takafumi Kawakami | [TEDxKyoto](#) and decide what works best for you.



Healthy Kitchen

A Chocolate Lava Cake for Two!

When it comes to sweets, never say never. The occasional dessert can absolutely be part of a healthy regimen as long as you consider the importance of portion size, moderation and your personal health status. Take a look at this savory, easy-to-bake molten lava cake for two originally published by *The New York Times*. This rendition of the American diner classic has way less sugar than your favorite cafe latte!

Chocolate Lava Cake for Two:

Ingredients

3 oz. chocolate (70 to 74 percent cacao - not chips)
3 tablespoons unsalted butter, cubed
3 tablespoons granulated sugar
1 large egg
1 large egg yolk
½ teaspoon vanilla extract
1 dash kosher salt
2 tablespoons all-purpose flour

Directions

Step One:

Heat oven to 425 degrees and butter a 10-ounce ramekin.

Step Two:

Combine the chocolate and butter in a heat-safe bowl set over a pan of simmering water. Cook, stirring occasionally, until melted and smooth. (OR combine in a bowl and microwave in 30-second blasts, stirring in between, until melted and smooth, about 1 minute.) Remove from the heat and set aside.

Step Three:

In a medium bowl, combine sugar, egg, egg yolk, vanilla and salt. Whisk vigorously until the mixture is thick, foamy and pale, about 2 minutes. Whisk in the flour until smooth.

Step Four:

Using a spatula, add the chocolate to the egg mixture and stir gently until combined.

Step Five:

Pour the mixture into the ramekin. Bake for 12 to 14 minutes or until the edges are set and puffed, but the center is still soft when lightly pressed.

Step Six:

Use an offset spatula or small knife to loosen the edges of the cake from the ramekin. Place a plate over the ramekin and carefully invert the warm cake. Use an oven mitt or clean kitchen towel to remove the ramekin, dust the cake with confectioners' sugar and serve with ice cream or whipped cream.

Click here to take a look at the original post from New York Times Magazine: <https://nyti.ms/3eeyREH>.





Community

Keeping Kids Busy

Keeping Kids Busy

There's no doubt about it: trying to juggle working from home with children is challenging. Below are a few ideas for you to keep the kids active and engaged at home—while preserving your sanity. This list can keep your children occupied and busy during or after your work hours!

Virtual Theme Park Experiences:

- **The Cincinnati Zoo and Aquarium:** Check in around 3 p.m., because that's the time the zoo holds a daily home safari on its [Facebook Live Feed](#).
- **Atlanta Zoo:** This Georgia zoo keeps a "[Panda Cam](#)" livestream on its website.
- **Georgia Aquarium:** Sea-dwellers like African penguins and Beluga whales are the stars of this aquarium's [live cam](#).
- **Houston Zoo:** There are plenty of different animals you can check in on with this [zoo's live cam](#), but we highly recommend watching the playful elephants.
- **The Shedd Aquarium:** This Chicago aquarium shares some pretty adorable behind-the-scenes footage of their residents on [Facebook](#).
- **National Aquarium:** Walk through tropical waters to the icy tundra in this [floor-by-floor tour](#) of the famous, Baltimore-based aquarium.

Virtual Theme Park Experiences:

- **Walt Disney World:** Set aside some time, because there's plenty to see here. [Virtual tours](#) you can take include Magic Kingdom, Animal Kingdom and Epcot, just to name a few. There are also unofficial YouTube videos that feel just like you're on famous rides like [Frozen Ever After](#), [It's a Small World](#), [Monsters, Inc. Mike & Sulley to the Rescue!](#) and [Pirates of the Caribbean](#).
- **LEGOLAND Florida Resort:** The Great Lego Race and Miniland USA are just two of the attractions you can check out in a [virtual tour of the park](#).
- **SeaWorld Orlando:** The [virtual tour](#) of SeaWorld includes a tour of Discovery Cove and the option to "ride" the steel roller coaster Mako.



Community

Spotlight: The Tidewater Games

A Lifestyle program evolves from ideas which miraculously form in your mind. But no matter how creative the ideas may seem on paper (or in your mind!), they cannot blossom into a party or an event without residents who are genuinely willing to volunteer to share their time, treasure and talent to help and to be a part of the fun. This tenet is extremely true at Tidewater by Del Webb – a small community in Estero, Florida.

Spring 2020 brought their extraordinary volunteerism to new heights when, under the leadership of their Lifestyle Director, Karan Ilowite, they collaborated on The Tidewater Games – their very own version of the Olympics. The idea was to create an event which would bring together each of Tidewater’s amenities’ clubs and groups, and in doing so, to promote camaraderie, competition and good cheer among the residents.


Meetings evolved into an awe-inspiring collaboration and the event turned into a week-long celebration with an Opening Night Torch Lighting Ceremony which started with a parade through the community and competitors passing the Tidewater Games torch at designated cross-streets.

There were six competitions including Tidewater Jeopardy and Cupcake Wars, and nearly 100 entrants.

All of the competitions had residents cheering on their neighbors and friends daily. And when the crisis hit Florida and the Closing Ceremony Dinner and Awards Ceremony had to be canceled, residents rallied by donating the catered food from the event to St. Matthews House, a local charity.

The great tennis player Arthur Ashe said, “Success is a journey, not a destination. The doing is often more important than the outcome.” No matter how the week ended, the residents of Tidewater lived up to that adage.





Community

Spotlight: Residents Sew 100 Masks for Essential Workers

Falls Run in Fredericksburg, Virginia is a community full of senior residents including veterans of WWII, the Korean War and Vietnam. If there's anything they've learned in life, it's how to pull together in times of need. We like to describe this 55-and-better community as a community full of "Rosie the Riveters," a nickname that came to mind when we learned what was going on in the community behind the scenes.

The residents don't utilize modern social media, but instead rely on Yahoo group pages that are moderated by two residents. This is where the Face Mask Project began. One of our residents, a nurse at the local hospital, put a plea out to other residents who could sew masks for Mary Washington Hospital which was short on PPE. They did a little research and learned that our local JoAnn Fabrics was giving away one kit per person to make masks. We shared this news in a resident email blast and prepared to make kit deliveries later in the week to anyone who was interested.

After dissecting one kit at home, Lara Lewis, lifestyle director of Falls Run, found that each came with enough supplies for five masks. She purchased supplies, assembled additional kits and delivered them to interested residents over the next two days.

As it turns out, the residents were also assembling masks and sending them to the CDC, a project that started before our resident nurse even put out a request! Both groups are still going strong. One group mails their masks off to the CDC and the other group puts them in their newspaper boxes to deliver to Mary Washington Hospital once a week.

In this time of crisis, these ladies – the Rosies – have been a source of light. We are so proud of this community and their efforts to support our first responders and hospital staff!





How are we doing? Community Feedback

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

Laura Schmitt, Portfolio Manager, Ledgemere Country Condominium, MA

Hello Laura, We are elderly and live in the Ledgemere Country Condominium. We are self-distancing as much as possible and appreciate your various informative newsletters. Just want to say Thank You for your thoughtfulness and welcome aboard! Harry and Joanne S.

Angela Johnson, General Manager, The Artisan Condominium, Washington, D.C.

Thank you so much for your very thorough communications regarding the COVID-19 case in the building. I am so appreciative. I wanted to offer my help to the individual should they need assistance with groceries, errands or meal prepping while he/she is in quarantine. I have a car and my schedule is flexible. Please don't hesitate to reach out if I can be of assistance. Thanks and be well! Best, Jessie J.

Angela Nordstrom, Community Manager, 2601 Parkway Condominiums, Philadelphia, PA

All- hope this finds you well and safe. Thank you again for you hard work and dedication to us. Tonight's meeting was a great solution to keep everyone informed and feeling a sense of community. You did a great job with the technology, the messaging and keeping the meeting moving along. We are so fortunate to have you. Thank you for all that you do! Stay safe and be well! Kim M.

Ana Smith, Community Manager, Charlotte, NC

Thank you — a dose of calm, informed sensible advice. You-all are terrific. Dr. Elizabeth M.

Danielle Calcagno, Regional Director, The Doric, Union City, NJ

Dear Danielle, Thank you and your team for the great work you are doing during these very challenging times. The rules for The Doric have been terrific...reasonable, smart and well executed. The staff and management team here have been just terrific! I am so sorry to hear about the loss of a neighbor. Please let the family know that we are so very sad for their loss and are thinking of them. Wash Your Hands, PJB.

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**.

