

Lifestyle Living

June Issue
Lifestyle @ Home



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A Message From

Michael Mendillo

President, FirstService Residential

FirstService Residential has emerged as a leader in the effort to keep boards and residents both healthy and safe during the COVID-19 pandemic. Our efforts are focused on providing robust communications including webinars, policy changes, operational guidelines, cleaning protocols and other critical updates to help community leaders make the best possible decisions for their communities.

We will continue to provide guidance and updates on topics that matter most to our communities and, more than anything else, we encourage all of our communities to stay strong and to remember that we are all in this together.



Healthy Living

What You Need to Know Now About Nutrition: Have a Plan

Whether you live alone or with your family, now is more important than ever to have a nutritional plan for what you're going to eat. Eating is essential to living. But nutrition often goes awry when we confuse what our bodies need versus what we want.

What our bodies need is actually quite simple. We need fuel, and that comes in the form of calories and nutrients. What our bodies want is entirely different and is a bit more complicated. The "want" side of food is tied into our emotions that flow through a circuit in our brain that signals the craving for a certain food.

Try answering this question – 'Am I hungry?' If the answer is no, skip the food and have a glass of water instead. It may be boredom triggering the want for food. If the answer is yes, you're hungry, then go ahead and eat a healthy snack or meal.

Use the following tips to help you make good choices:

- Plan out your main meals of the day and stick to the plan.
- Put healthy snacks, like a bowl of fruit within reach or on the counter.
- Keep less healthy snacks out of sight and out of reach.
- Stock up on nutrient-dense and heart-healthy seeds and nuts and sprinkle on salads and have on hand to snack.
- Stock up on colorful fruits and vegetables, which are healthy carbohydrates, rich in vitamins and nutrients.
- Keep plenty of lean protein sources like eggs, chicken and fish on hand.
- Avoid foods high in processed sugar and carbohydrates which can increase depression in some people.

- If your activity level drops, your caloric intake should decrease as well to maintain a healthy weight.
- Avoid eating after 7 p.m., especially if it's mindless snacking in front of the TV.
- Avoid fast food, which often has unhealthy selections. Opt for fast food delivery of healthy items.
- Avoid eating out of boredom. This is a great time to get up and go for a walk!
- Drink plenty of water.
- Portion out your foods and snacks. It's okay to have some potato chips, but it's not okay to eat the entire bag!
- Avoid alcohol. Alcohol is a depressant, which will only make you feel worse.
- Avoid caffeine after 2:00 p.m. Sleep may be difficult while under stress, and late afternoon caffeine may contribute to the problem.

People who are successful in losing and maintaining weight are more mindful of their daily food plan. They take a "big picture" look at their day, which includes all planned activities, and they make adjustments as necessary. So, whether you're retired and stuck at home because the gym is closed, working remotely or home with the kids, create a new set of parameters for your daily meals and create a plan.

Here's to your new plan!

Written by:

Kathy O'Toole, Fitness Manager
Sun City Huntley



Stay Strong and Balanced with BODYFLOW®

Healthy Living

It is well known that when we get into our 50s, our ability to balance and perform functional tasks begins to deteriorate. **Les Mills BODYFLOW®** is a blend of yoga, Pilates and tai chi that contains a mix of moves to address these changes.

The Research

Australia's University of the Sunshine Coast decided to put BODYFLOW® to the test. They recruited 28 participants aged 55 to 75 and split them into two groups: one that was a control and another that would attend two BODYFLOW® classes per week for a total of 12 weeks. Measurements were taken at the start and end of the trial. These tests measured balance, functional tasks such as moving from sitting to standing, and walking speed.

Results

When compared to the control group, the BODYFLOW® participants saw greater improvements in both their balance and functional tests.

Conclusion

This research demonstrates that BODYFLOW® not only helps us balance, but also improves our functional performance as we progress in age. Performance in these tests can be used as an indicator of vitality and of our risk of experiencing falls. Any improvements in these benefit older adults, even if they are healthy and mobile. A link to a published abstract in the *Clinical Interventions in Aging Journal* is available [here](#).

More about BODYFLOW

Ideal for anyone and everyone, BODYFLOW® is the yoga-based class that will improve your mind, your body and your life.

During BODYFLOW®, an inspired soundtrack plays as you bend and stretch through a series of safe and simple yoga moves and embrace elements of martial arts, core work and meditation. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body in 55 minutes and leave the class feeling calm and centered.

If 55 minutes sounds daunting, BODYFLOW® is also available in 15, 30, and 45-minute durations on LES MILLS On Demand. Grab a yoga mat and press "play" – you'll be doing your body (and mind) a favor!

FirstService Residential managed communities can sign up for a free trial offering exclusive access to a library of 1,000+ at-home workouts and an option to continue at the discounted rate of \$9.99 monthly (a 34% discount on standard pricing). Get started by visiting [the FirstService Residential landing page here](#).

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Healthy Kitchen

BBQ Chicken Sandwiches with Coleslaw

Barbecue is perhaps the most ubiquitous (and delicious) American tradition of the summer season. This next recipe offers a fun twist on an American classic and is guaranteed to make you close your eyes and dream of second helpings. Just go for it!

BBQ Chicken Sandwiches with Coleslaw:

Ingredients

2 tablespoons canola oil, divided
1 pound skinless, boneless chicken thighs
1 tablespoon chili powder, divided
3/4 cup finely chopped red onion, divided
3/4 cup unsalted tomato sauce
3 tablespoons cider vinegar, divided
1 1/2 tablespoons sugar, divided
3/4 teaspoon salt, divided
1/2 teaspoon black pepper, divided
3 cups packaged cabbage-and-carrot coleslaw
4 (1 1/2-ounce) whole-wheat hamburger buns

Directions

Step 1:

Heat 1 1/2 teaspoons oil in a large skillet over medium-high heat. Sprinkle chicken with 1 teaspoon chili powder. Add chicken to pan; cook 4 minutes on each side or until done. Remove chicken from pan; let stand 5 minutes. Shred chicken into large pieces with 2 forks.

Step 2:

While chicken cooks, heat 1 1/2 teaspoons oil in a medium saucepan over medium heat. Add 1/2 cup onion; sauté 5 minutes. Add remaining 2 teaspoons chili powder, tomato sauce, 1 tablespoon vinegar, 1 tablespoon sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper to pan; bring to a boil. Reduce heat, and simmer 5 minutes. Stir in chicken; keep warm.

Step 3:

Combine remaining 1 tablespoon oil, remaining 1/4 cup onion, remaining 2 tablespoons vinegar, remaining 1 1/2 teaspoons sugar, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper and coleslaw. Top the bottom halves of the buns evenly with chicken mixture, slaw and top halves of buns, or serve slaw on the side.

[Click here to take a look at the original post and more delicious content from MyRecipes.com.](#)

Healthy Kitchen

A Rummy Red, White and Blue Grown-Up Slushie

Every great barbecue deserves a quality cocktail, and since it's Independence Day, why not make it patriotic? This frozen cocktail includes a mix of fresh strawberries and pineapples, and achieves perfect sweetness with no added sugar. The blue is natural thanks to blue spirulina. Not only does it make the most beautiful color, but it also delivers essential vitamins and minerals.

A Rummy Red, White and Blue Grown-Up Slushie:

Ingredients

1 cup canned light coconut milk, well shaken and stirred
1 cup (8 oz.) white rum, divided
6 cups ice, divided
1 cup quartered fresh strawberries
1 tablespoon fresh lemon juice (from 1 lemon)
1 cup chopped fresh pineapple
2 teaspoons blue spirulina powder (such as Blue Majik)

Directions

Step 1

For the white layer, process coconut milk, 2 1/2 ounces of rum, and 2 cups of ice in a food processor until slushy consistency, about 20 seconds. Pour into a freezable container and freeze until ready to use.

Step 2

For the red layer, process strawberries, lemon juice, 2 1/2 ounces of rum, and 2 cups of ice until slushy consistency, about 20 seconds. Pour into a freezable container and freeze until ready to use.

[Click here to take a look at the original post from CookingLight.](#)





Community Tips

Hurricane Preparedness

Is Your Community Ready for Hurricane Season?

The Atlantic hurricane season begins each year on June 1 and runs through November 30. This is the time when the East Coast region of the United States may witness nature's wrath through furious ocean-born storms that for some reason are given charming human names.

Hurricanes can bring tremendous physical destruction and financial ruin to a community association unless plans and protocols are in place to prepare for the storms before they arrive, instead of dealing with the consequences afterward. Every board whose association could possibly be impacted by a hurricane must have a hurricane preparedness policy to help maximize safety, minimize risk and, ultimately, protect its operating budget.

Having a policy is just as important as communicating the policy to your residents. Use every opportunity to provide details about your community's hurricane policies and preparedness plans. This includes emails, handouts at meetings, posted notices in common areas, social media, as well as notices on your community website. Residents can't be expected to comply with policies that they don't know about.

Why does my association need a hurricane preparedness policy?

What has been made clear through history is that hurricanes, even those deemed "minor" as opposed to "catastrophic," can harm associations—destroying buildings and landscapes, financial stability, property values, reputation and public image...all in the space of a few hours.

A hurricane preparedness policy will not prevent a storm from hitting your association, but it's an important first step to readying your community before the hurricane hits. It will also spell out the steps residents should take during the hurricane and after the storm has passed, far into the insurance claim period.

Essentially, an effective hurricane preparedness policy will help protect an association's financial stability by requiring that residents and staff take precautions such as installing shutters and stowing or securing trash cans and yard furniture. Those are both simple tasks, but they will often limit damage and reduce unnecessary repair expenses after the storm. Your policies should outline details such as when shutters can go up and when they must come down, landscaping preparation guidelines for single-family homes and all penalties for non-compliance.





Community Tips

Hurricane Preparedness

(Cont'd)

What about seasonal residents who are away during hurricane season?

Seasonal residents living elsewhere should be required to take the same precautions as those living in the community when the storm arrives. One un-shuttered window can provide an opening for hurricane-force winds to enter and rip off an entire roofline. Rain enters and before long, all connected units are full of mold. Consider storm season policies specific to seasonal residents, such as proving that they have contracted someone to put up shutters in their absence and bringing all small items indoors before vacating the property for an extended period. Always consult with your association attorney and property management company when writing new policies.

Communicating policies to seasonal residents requires extra effort. Board members and management must work hard to reach every single resident and share the policy guidelines with them. Make sure that all seasonal residents provide updated contact information when they leave for the summer to help make this process easier.

What about after the storm?

After the storm passes and winds are calm, boards look to their hurricane preparedness policy for guidelines on the restoration of essential services, clean-up, repair work and the insurance claim process.

Working with your property management team can help your community in this process to mitigate risks and maximize safety during hurricane season. There's hardly a better example in support of these goals than by having a strong hurricane preparedness policy in place and tactics for communicating with residents before, during and after a storm.





*Photo from previous year's event

Community

Spotlight: Camp Night at the Ramble

The Ramble Biltmore Forest is a gated community in Asheville, North Carolina, that is sculpted into the woodlands of Ducker Mountain and bordered by the Blue Ridge Parkway. The Ramble was carefully planned by Biltmore Farms to provide an active and welcoming environment, complete with a wellness center, parks and trails and community activities. The Ramble offers abundant preserved open spaces connected by an extensive network of trails allowing residents to explore the nearby mountains.

The Ramble's Camp Night started in 2018 and has become a sought after annual event. Camp Night is held on the property's Long Meadow Park by the outdoor fire pit. Each event features additional programming compared to previous experiences to keep the families coming back year after year.

This year they provided food, s'mores and fun times, all while following social distancing guidelines. Residents were asked to bring their own camping gear and set up in their designated camping areas at the same time. In previous years, residents who did not wish to camp were encouraged to venture down to the park for food, fun and of course s'mores! This year, breakfast was delivered by a local restaurant and they showed a movie in the park while taking down and packing up their gear. What a great way to bring the families together and to celebrate Father's Day weekend!





Community

Spotlight: Lake Barrington Shores

Lake Barrington Shores is an all-ages community comprised of 1,317 condominium townhomes located in Lake Barrington, Illinois, about one hour outside of Chicago. The community surrounds its namesake lake and offers a multitude of recreational watercraft rentals for residents including kayaks, pontoons, sail boats, paddle boards and row boats. Additional outdoor amenities include a number of lakeside trails and paths. The grounds also include a forest preserve that supports wild populations of deer, an array of birds, foxes and more.

The recently renovated Lodge at The Shores is the social center of the community and includes two pools, a fitness center, multi-purpose rooms and a ballroom for private events. The sports complex includes both clay and asphalt tennis courts, a playground, bocce ball, pickleball and platform tennis, a favorite during the Midwest winters. The community also includes a private golf course and an on-site restaurant.

Lake Barrington Shores boasts a robust events calendar. Popular annual events include the Lake Barrington Shores Fish Boil on the Beach, the “Run the Shores” 5K race, a summer concert series and Breakfast with Santa for the kids.

There are also a number of charter clubs to choose from for everyone to get involved. These include the Sailing Association, the Shorecroppers community garden troupe, Veterans of Lake Barrington Shores, the Social Club and many more.

On May 6 Lake Barrington Shores hosted a “drive-through” food drive where the community successfully raised \$2,500 for the Cuba Township Food Pantry and sent three trucks of food and supplies to the organization.

FirstService Residential has proudly managed the community since 2011.





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.

Debbie Cooper, Myrtle Beach Resort, Myrtle Beach, NC

Tom - I would like you to know that Debbie is the most awesome person I have ever had the pleasure of speaking with. She is genuinely kind and so pleasant. I have had many back and forth emails with her and she has never lost patience with me as so many people do with the elderly these days. She is a remarkable woman and a real asset to the Resort.

Marguerite Donovan, Allaire Country Club Estates, Wall Township, NJ

Thanks so much for your quick reply. As you know we are not living in our beautiful new townhouse yet. We did receive permits, but because of the situation, no work is being done. Please have the people contact me before going to the house so I have time to get there from Toms River. You are a fantastic manager. Thanks again. - Phyllis O.

Sally Jo Norris, Foxfield Villas HOA, Garnett Valley, PA

Hello Sally, I want to thank you for all your information and contacting of us to stay informed. You are doing a wonderful job at this most trying of times. Thank you again. - Kim P.

Laura Schmitt, Swan Pond, Walpole, MA

I am sure you don't often get a 'thank you' for all your efforts. During this unprecedented time, I appreciate your efforts to keep the Swan Pond community informed (as in grocery store hours) and today's note regarding online entertainment and programs. - Elaine C.

Staci Gelfound, the Lauren Condominium, Bethesda, MD

Staci, we 110% appreciate your continued commitment and detailed operation guideline information. Thanks again. - Ron

Denise Adamic, Grand at Riverview, Conshohocken, PA

Hi Denise, the communications from the Grande have significantly improved under your leadership and I wanted to let you know that I really appreciate it. Especially with the current health crisis, it must not be easy to manage all of the new challenges, but you seem to be doing a great job. Thank you! - Lale I.

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**.

