

# LIFESTYLE *Living*

September Issue  
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, containing the text.

*A Message From*

**Michael Mendillo**

**President, FirstService Residential**

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As summer winds down and we move into fall, we understand that we are continuing to experience difficult times across the globe. Our mission is to help you navigate the obstacles you are faced with and continue to share helpful tips, information and resources so your community can continue to thrive and stay safe. In this issue, we share fitness tips, healthy recipes and a history lesson from our brand partners Les Mills, Home Chef and One Day University; as well as activities you can safely enjoy over Labor Day weekend! As always, it is an honor to serve your community. And we want to extend our sincerest gratitude for allowing us to support you day-in and day-out.





# Healthy Living



# Healthy Living:

## “Tapping” Your Way to Stress Relief

These days, stress seems to be a way of life. Many of us walk around under a cloud of anxiety, anger or worry. To escape those feelings, some people may turn to excessive drinking, smoking or other addictive behavior. But what if a way to quickly reduce your stress and anxiety, improve your wellbeing and even give up your addictions were right at your fingertips? Thanks to a simple mind/body tool called Emotional Freedom Technique (EFT), or EFT tapping, it just may be!

### What is EFT tapping?

EFT involves using your fingertips to tap on specific acupressure points to stimulate and balance your body's energy system and decrease the stress response in the mid-portion of your brain. This area – called the amygdala – is responsible for many of our emotional responses, particularly fear.

“The amygdala is a ‘red-flag’ system that tries to protect you by increasing blood pressure, heart rate, cortisol and blood sugar levels,” explains Fran Medina, a nurse empowerment and life coach and the owner of Fran Medina Coaching. “EFT gets to the amygdala and decreases the entire stress response so you either don’t go through the fight-or-flight response or it’s decreased.”

### How legitimate is EFT tapping?

Since EFT was developed in the early 1990s, it has become more widely accepted in the area of complementary and integrative health. Its effectiveness has been demonstrated in several scientific studies and it's been featured on The Dr. Oz Show and Megyn Kelly TODAY. Kaiser-Permanente, one of the largest hospital groups in the United States, has published guidelines for using EFT with patients suffering from

post-traumatic stress disorder (PTSD). And the Veterans Administration included EFT among its list of approved complementary and integrative health approaches in 2017.



### How do you use EFT tapping?

Although there may be different strategies and techniques that a professional might use for various issues and traumas, you can use the following basic steps to reduce your own stress:

- 1) Begin by closing your eyes, taking a deep breath and identifying your stress or troubling feeling. Rate your reaction on a scale of 0-10, with 0 being no reaction and 10 being a strong reaction.
- 2) With another breath, set up a statement about the feeling such as, “Even though I have



this anxiety, which I feel throughout my body, I deeply and completely love and respect myself.” Say the statement three times while doing a series of karate chops on the side of your hand. Doing this step allows you to accept what you are experiencing at the same time that you are also realigning patterns in your brain.

3) Repeat your statement while tapping with your index and middle finger on each of the following points in sequence:

- Between the eyebrows
- Outside of the eyebrows
- Under the eyes
- Under the nose
- Under the lip
- Along the clavicle and the soft spot below the bone
- 4 inches down from the armpit on your side
- The top of the head

4) Do 2 - 3 rounds of this sequence. You can use either hand (or both) and tap on either side.

5) Now check in with your feelings. How do you rate your reaction? Did it go down?

6) Continue doing rounds until your emotional reaction has decreased significantly. If another feeling or negative thought comes up, tap while repeating a statement regarding that emotion. You may have to tap on several different emotions during a session.

7) When you feel you have brought your emotional reactions down as much as you can, end your session by tapping on the side of your hand between the wrist and the base of your little finger (the “karate chop”) and a statement such as, “Even though I still feel anxious, I deeply love and respect all my feelings.”

EFT tapping can work in conjunction with any other type of healing modality but is not intended to replace any medical requirements. It can be very effective to reduce performance anxiety and with children and teenagers to reduce self-esteem issues and enhance school performance.

More detailed information about EFT tapping is widely available and Fran Medina Coaching [offers complimentary EFT discovery sessions](#) by phone or video chat to help individuals learn more about tapping.





A woman in a pink shirt and black leggings is jogging away from the camera on a paved path. The path is lined with large, leafy green trees on the left and a grassy area with a blue lake on the right. Other people are visible in the distance, some walking and some sitting on the grass. A blue diagonal banner is overlaid on the bottom right of the image.

# Fitness Tips



# Get Fit (and Stay Fit)

## with LES MILLS On Demand

More than 62% of adults are not regularly physically active and 20% are not active at all according to a study published by the Open Journal of Preventive Medicine. Remaining sedentary can lead to cardiovascular disease, diabetes, metabolic syndrome, mental health issues, mood fluctuations, osteoporosis and arthritis. The American College of Sports Medicine (ACSM) recommends the following to help people live a healthy lifestyle: 60 minutes of cardiovascular activity 3-5 days per week; 8-10 strength exercises twice per week and flexibility exercises once per week. Les Mills set out to answer this question: can fitness classes satisfy the ACSM recommendations and make significant positive changes in people's health?

### The Research

25 sedentary (but otherwise healthy) adults completed a 30-week exercise program. This involved participants undertaking a: 6-week familiarization period, 12-week block of 6 fitness classes per week and a 12-week block of 7 fitness classes per week (including one additional cardio class).

### The Results

At the end of the program, each participant showed significant reductions in areas such as body mass, fat mass and cholesterol. For example, the participants increased their aerobic capacity by an average of 55.9%, lowered their body fat by an average of 6.9% (for men) and 4.1% (for women), as well as delayed the onset of cardiovascular disease by an average of 3.6 years. Further, the participants achieved 98.8% compliance across the 30 weeks.

### Conclusion

This research demonstrates that a combination of Les Mills classes creates significant



physiological, musculoskeletal and psychological changes in people's health. Beginners enjoyed the experience as their interest increased while their stress decreased. The study also showed that a gradual introduction to classes helped increase exercisers' confidence and capability week-to-week. *A link to a published abstract in the Open Journal of Preventive Medicine is available [here](#).*

### More about Les Mills

Every week, millions of people rely on Les Mills for the world's best group training. Les Mills workouts are licensed in 100 countries by 21,000 partners around the world. These partners have access to research, marketing, and new workouts every three months. A tribe of 130,000 certified instructors bring those workouts to life every day. The future of fitness is merging physical and digital. Les Mills is leading the way with immersive training and workouts on demand. Learn more about [LES MILLS workouts](#) and sign up for LES MILLS On Demand [here](#). FirstService Residential managed communities have exclusive access to a free 30-day trial of 1,000+ at-home workouts and a \$9.99 monthly rate to follow (a 34% discount on standard pricing).





# Healthy Recipes





HOME CHEF



# Apricot Glazed 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

- 1 oz. Goat Cheese
- 1 oz. Apricot Preserves
- 8 oz. Sliced Zucchini
- 13 oz. Boneless Skinless Chicken Breasts
- 1 tsp. Garlic Salt
- ½ oz. Seasoned Croutons
- ⅔ oz. Butter
- 5 oz. Asparagus

## Instructions

### Step 1: Prepare the Ingredients

Spray grill with cooking spray and heat grill to medium heat. Thoroughly rinse all fresh produce and pat dry. Coat zucchini in the butter and half the garlic salt (reserve remaining for asparagus and chicken) and wrap in aluminum foil. With

your hands, snap woody ends off asparagus. Top with 1 tsp. olive oil and half the remaining garlic salt (reserve remaining for chicken) and a pinch of pepper. Pat chicken dry and season both sides with remaining garlic salt and ¼ tsp. pepper. Drizzle with 1 tsp. olive oil. Finely crush croutons. If using sirloin steak, follow the same instructions. If using salmon, season flesh side with remaining garlic salt and ¼ tsp. pepper.

### Step 2: Grill Chicken and Vegetables

Place the aluminum foil packet on hot grill and cook until zucchini is softened, 14-16 minutes. Place chicken on the hot grill and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. Place asparagus on the hot grill and cook until tender and charred, 10-12 minutes, flipping once halfway through. If using sirloin steak, cook until steak reaches a minimum internal temperature of 145 degrees, 5-7 minutes per side. If using salmon, cook until salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.

### Step 3: Finish the Dish

Carefully open the aluminum foil and scoop out zucchini. Plate the dish as pictured above, topping chicken with apricot preserves. Garnish vegetables with crushed croutons and goat cheese (crumbling with your hands if needed). Bon appétit!

[Learn more at HomeChef.com](#)





HOME CHEF



# Salmon with Lemon Piccata Butter

## Ingredients

- 4 oz. Grape Tomatoes
- ¼ oz. Capers
- 1 Lemon
- 2 Zucchini
- 2 Garlic Cloves
- 12 oz. Salmon Fillets
- ½ oz. Seasoned Croutons
- 1 oz. Grated Parmesan
- ⅔ oz. Butter

## Instructions

### Before You Cook:

- Preheat oven to 400 degrees
- Set butter on the counter to soften
- If using any fresh produce, thoroughly rinse and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: Parmesan, lemon

### Step 1: Prepare the Ingredients

Using a peeler, shave zucchini into long, thin ribbons. When you've peeled to seeds, turn zucchini a quarter turn and peel again. Continue peeling and

turning until only seeds remain. Place ribbons on a bowl or a plate. Coarsely crush croutons. Halve lemon lengthwise. Cut one half into wedges and juice the other half. Coarsely chop capers. Mince garlic. Halve tomatoes. Pat salmon dry and season flesh side with ¼ tsp. salt and a pinch of pepper.

### Step 2: Cook the Salmon

Place a large non-stick pan over medium heat and add 2 tsp. olive oil. Add salmon to the hot pan, skin side up, and sear until lightly browned, 3-4 minutes. Transfer salmon to the prepared baking sheet, skin side down. Reserve pan; no need to wipe clean. Roast in the hot oven until salmon reaches a minimum internal temperature of 145 degrees, 4-5 minutes. While salmon cooks, start zucchini.

### Step 3: Cook the Zucchini

Return pan used to sear salmon to medium heat and add 2 tsp. olive oil. Add tomatoes, garlic, ¼ tsp. salt and ¼ cup water to the hot pan. Bring to a simmer. Once simmering, stir occasionally until liquid is reduced by half, 2-3 minutes. Stir in zucchini ribbons and ¼ tsp. salt. Stir occasionally until tender, 2-3 minutes. Remove from burner and stir in half the Parmesan (reserve remaining for garnish).

### Step 4: Make the Butter

Combine capers, butter and ½ tsp. lemon juice in a mixing bowl. Set aside.

[Learn more at HomeChef.com](https://homechef.com)



A person is lying on a white wicker chair, reading a book. They are wearing blue and white striped pants. A white straw hat with a green band is in the foreground. The background is a blurred wooden surface.

# Balanced Living





# Lifelong Learning with One Day University

FirstService Residential and One Day U have teamed up to provide opportunities for you to learn something new every day! Every weekday, One Day U produces live talks featuring remarkable professors from the country's top universities discussing history, psychology, the arts, politics and more. Each discussion 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. Through these interactive talks, you will explore new ideas, discover new passions and have a great time doing it – all within the comfort of your own home!

Below is an excerpt from a recent talk called *Hamilton vs. Jefferson: The Rivalry that Defined America*, where Rutgers history professor, Louis Masur, digs far deeper into this complex relationship than the Broadway Play “Hamilton” ever could.

**HAMILTON VS JEFFERSON:  
THE RIVALRY THAT DEFINED AMERICA**  
*Louis Masur/Rutgers University*

When Thomas Jefferson received an early copy of what the Constitution was going to

look like, he did not like the omission of a Bill of Rights clearly providing freedom of religion, freedom of the press, protection against standing armies, restrictions against monopolies, Habeas Corpus laws, trials by jury and other relevant legal protections.

A Bill of Rights was so important to him, that he felt people were entitled to one against every government on Earth. Jefferson felt if we were going to create a stronger government, people have to have assurances that individual rights and liberties are protected. So, if Hamilton was the engine behind the ratification of the Constitution, Jefferson was one of the strong voices behind the Bill of Rights to counteract some of the effects of the Constitution, as well as some of the anxiety that it created.

Hamilton and Jefferson met for the first time in New York during the 1790s, at Jefferson's home at 57 Maiden Lane. He would later write about Hamilton; “Each of us perhaps thought well of the other man, but it was impossible for two men to be of more opposite principles” There's a story that Jefferson will tell later in life. Looking back, there's no reason to doubt it, although I'm sure he was telling it from his point of view. He says that once Hamilton



came to dinner and Jefferson had portraits on the wall. He had a portrait of Bacon, Newton and Locke, three of his heroes, and he says to Hamilton, “These are three of the greatest men who’ve ever lived,” and Hamilton says, no, “Julius Caesar is the greatest man who ever lived.” Jefferson is telling this story many years later, but it captures the anxiety that Hamilton created in men like Jefferson.

They said Hamilton was power-hungry. They thought that he wanted to take over and create a monarchy for the new nation. Well, he certainly was an anglophile. He loved the English. He loved the British way, especially The Bank of England. The United States’ commerce industry and all the kinds of things that Hamilton is thinking about in his mind are modeled by Britain. And Jefferson? Well, he thinks of the British as a bunch of “rich, proud swearing, hectoring squabbling carnivorous animals!” Not surprising at all – because Jefferson loves the French. He loves the sense of ideas and liberty and the culture of what’s going on in France. This is another one of their most important differences. Hamilton is very early on, someone who understands the importance of a nation, but the concept of “nation” is going to take a long time to develop. Democracy is still an epithet in the 18th century. This comes as news to a lot of you,

right? None of America’s important founders even like the word democracy. What was the problem with democracy? They felt it put too much power in the hands of the people, who ultimately can’t be trusted.

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

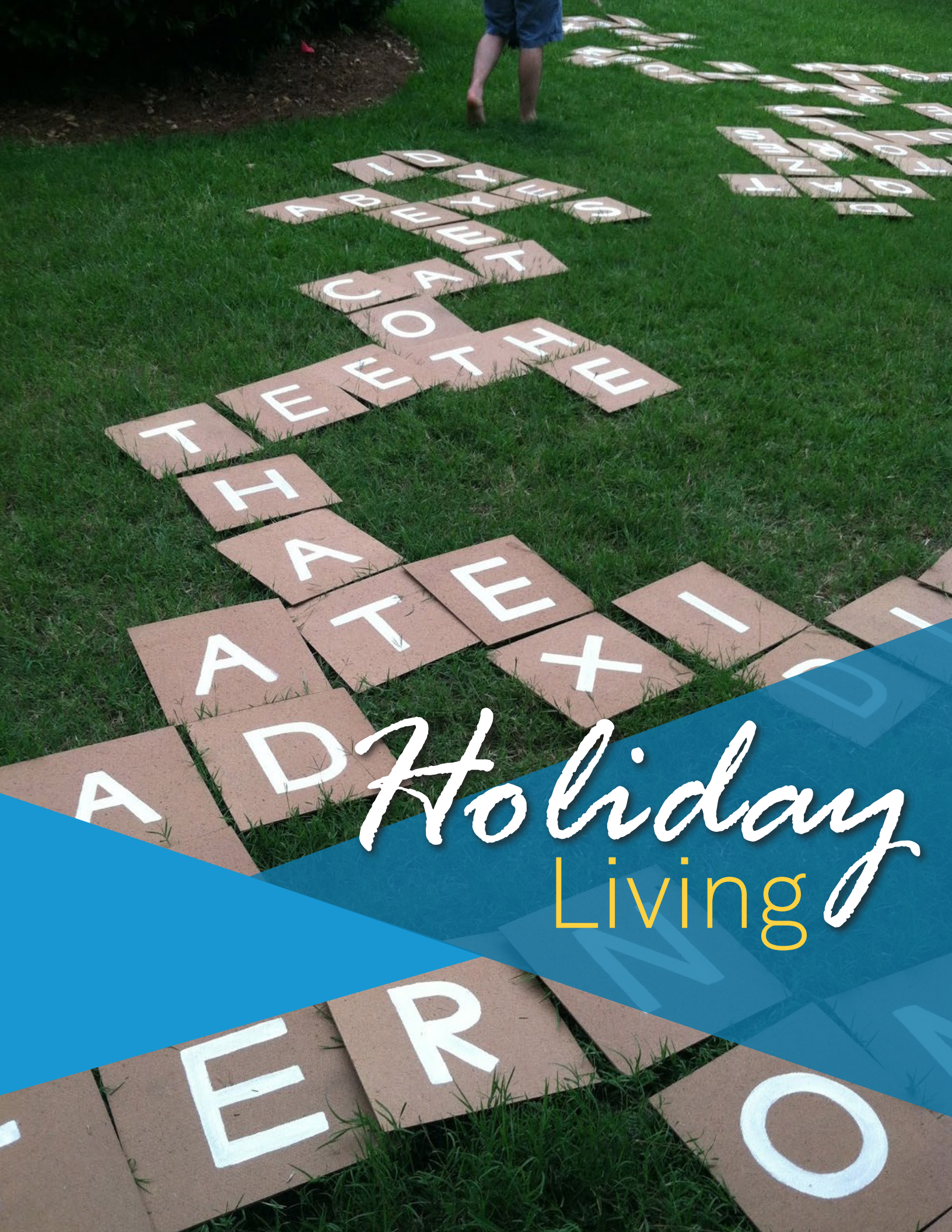
### About One Day University

One Day U gives you the opportunity to join thousands of other lifelong learners to stream live and pre-recorded events with the most remarkable 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 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.







# Holiday Living





## 10 Super Fun Outdoor Party Games to Play this Labor Day Weekend

No summer party is complete without getting outside and playing some games! Here are some outdoor party games that are sure to be a big hit for all ages:



1. Giant bubble maker via One Charming Party; find directions at [Make and Takes](#) – the kids will get a huge kick out of being inside a massive bubble!

2. Ker-plunk game via [All Parenting](#) – a large-scale version of the classic ker-plunk game. This one's fun for all ages to play and super easy to set up!



3. Water balloon piñata via [Ziggity Zoom](#) – this couldn't be easier to set up and it's a blast to play! Perfect for cooling down on a hot summer day, too.

4. "On target" backyard dart game from [Amazon](#) – a fun and easy tossing game that's similar to horseshoes.





5. Backyard Jenga via Holli Long; find directions at [DIY Projects with Pete](#) – easily made with 2x4's, this is Jenga on a grand scale! Kids and adults alike will love it when the tower falls!

6. Hit the can party game via [Paging Supermom](#) – a classic carnival game that's a cinch to put together in your backyard.

7. Giant pick up sticks game via [I Heart Nap Time](#) – these are actually painted bamboo yard stakes. A clever and thrifty DIY game!

8. Outdoor Twister. Super fun for the whole family! – you can find instructions at [Instructables](#).

9. Giant Bananagrams via [Constantly Lovestruck](#) – Bananagrams is such a fun game. Playing it with huge DIY letters on the lawn is an even better idea!

10. "Stumps" tug of war via [Parents](#) – a strategy-over-strength game that's straight out of summer camp!

For more party games and activity ideas, [click here!](#)





A photograph of a woman with blonde hair in a ponytail, wearing sunglasses and a blue and white striped shirt, looking out at the ocean. Next to her is a child wearing a straw hat. They are standing on a grassy cliff overlooking a vast blue sea. The bottom of the image is partially obscured by a blue diagonal graphic element.

# Community Spotlight



# Cresswind Charlotte

## North Carolina

Cresswind Charlotte is a new, 55+ active adult, lifestyle community being developed by Kolter Homes in Charlotte, North Carolina. This active adult community spans across 370 acres of picturesque woodlands and is expected to have approximately 850 single-family homes.

Cresswind Charlotte residents enjoy resort-style amenities at the spacious 18,000 square-foot clubhouse, as well as the impressive outdoor recreational facilities. The robust amenities also include: a state-of-the-art fitness center, complete with an indoor pool; meeting rooms for clubs; gathering spaces for larger events and holiday parties; as well as a catering kitchen that allows for socially distanced game-day parties and potlucks. The community also boasts a resort-style swimming pool complete with a patio, tennis, pickleball and bocce ball courts and a large lawn for social gatherings and celebrations.

On August 10, 2020, Cresswind Charlotte kicked off a three-week-long school supply drive to raise money and school supplies for Classroom Central — a local nonprofit organization that equips students in need with school supplies.



### Cresswind Charlotte School Supply Drive

This traditional and virtual school supply drive was a hit! The school supply drive also offered a free pizza night for participants complete with karaoke to raise money! Following all social distancing guidelines, the community safely dropped off supplies, picked up dinner from the pizza food truck, enjoyed amazing entertainment from fellow neighbors and came together for one cause — to make a difference in the lives of children by giving them the opportunity to succeed in school.



# The Residences at Bulle Rock

## Havre de Grace, Maryland

The Residences at Bulle Rock, located in beautiful Havre de Grace, Maryland at the head of the Chesapeake Bay, is a multi-generational community of over 1,100 homes. After its expansion concludes – the community will have close to 2,000 homes. The community boasts a 38,000-square-foot Residents' Club complete with breathtaking views of the Bay, meeting spaces, a fully functioning fitness center, tennis courts, indoor and outdoor pools and much more.

### Bulle Rock "Stuff the Truck" Event

On July 11, 2020 from 9 a.m. - 12 p.m., the Bulle Rock Lifestyle team partnered up with the Bulle Rock Habitat for Humanity Club to host a "Stuff the Truck" donation drive where Bulle Rock residents donated items that would be sold at the Habitat for Humanity ReStore. The funds raised from these sales help Habitat for Humanity fulfill their mission of "a world where everyone has a decent place to live." This donation drive provided residents with an opportunity to dispose of items they no longer needed, responsibly for a good cause. While following social distancing safety protocols, members of the Lifestyle team and Habitat for Humanity Club volunteers assisted with unloading vehicles and in less than an hour, the first truck was full. By the end of the morning, three trucks had been filled with donations!







# Community *Feedback*

FirstService Residential associates, living and breathing our values every day, are the driving force behind helping our valued associations and communities thrive. We are overwhelmed by the positive feedback and comments we receive and are so grateful for the opportunity to make a difference in the lives of our residents day-in and day-out! Check out some of our residents' feedback below:

## **Donette Mabes, Governor's Pointe II, North Brunswick, New Jersey**

Hello, my name is Lorraine D. and my husband Jim and I are original owners in Governor's Pointe II in North Brunswick, NJ and have lived here for over 30 years. I would like to take this opportunity to commend the excellent performance of Community Manager Donette Mabes, who has been successfully managing our development for numerous years. Donette is by far the best manager we have ever had and although we have had some good ones in the past, they fall far short in every way compared to her. Donette treats our community like her own family and truly cares about the needs of the residents and the aesthetic appearance of the community. – Lorraine D.

## **Taylor Wilkerson, Bayshore Condominiums, Sussex, Delaware**

Hello Taylor! I am a new resident at Bayshore. I just want to tell you how impressed I am with the job you're doing. Even before I was able to come to Bayshore due to COVID-19 restrictions, I looked forward to your updates. Anyways, thank you for all that you do! – Sarah F.

## **Carita Terry, Spring Lakes HOA, Leesburg, Virginia**

Hello, I am the Covenants Committee Chair of the Spring Lakes Homeowners Association in Leesburg and have been working with Carita Terry for many years. I cannot say enough great things about the efficiency and hard work that Carita has exhibited over these last few years. In these recent months during the pandemic and with the increased number of ARC applications, Carita has continued her stellar performance and work ethic in processing these applications. I cannot



say enough to praise Carita on her work performance and thoroughness, FirstService Residential should be proud to have a dedicated employee like Carita. – Paul S.

**Michael Refat, Skyline Condominiums at Station Landing, Medford, Massachusetts**

Michael, I just wanted to reach out and tell you how I thought you did a great job on the call last night. I am on the board of my local Homeowners Association. By the way, I too would rather see an HOA increase than live in a deficit. I understand trying to strike a balance between HOA and assessment fees. We are very lucky to have you and keep up the great work! Have a good day. – Phil B.

**Pat Deering, Starpoint, Piscataway, New Jersey**

Hello, I wish to commend your employee, Pat Deering, property manager of Starpoint, for the way she handled a recent problem I was having with the community. She was courteous and friendly when my frustration was at an all-time high and she did exactly what she said she would to rectify my problem. When work needed to be postponed due to the summer weather, she was professional enough to update me by phone and explain the reason why the work was being delayed. I have every faith that the work will be completed as described. I want you to know that I sincerely appreciated her efforts on my behalf. – Linda B.

**Anna McCauley, Russett Community Association, Laurel, Maryland**

Anna, thank you so much for your help tonight and for rearranging your schedule to participate in our meeting. Your experience and knowledge was extremely valuable and your willingness to always find a resolution to challenging issues is much appreciated. – Priscilla A.

