

# Lifestyle Living

Happy New Year!  
Winter 2020 Edition



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## A Message From

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As winter begins, many of our residents look forward to the year ahead. In this issue of Lifestyle Living, we have some great suggestions to help you stay warm, safe and healthy through the winter, as well as tips for your community to consider. 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. Happy New Year!



# Balanced Living

## The Hottest Wellness Trends of 2020

With every new year comes a slew of articles about what will be hot in every thing from fashion to food to home décor. The wellness world is no exception! We found a dozen lists of the trends to watch in 2020 and they had almost nothing in common. So we picked our favorites!

### **Wellness Products are becoming more available.**

Not so long ago, aromatherapy, essential oils, higher-quality home spa products, organic food and supplements beyond basic vitamins and minerals were the purview of Whole Foods and other natural and specialty stores. Not anymore! Of all the changes in the wellness world, we think this may be the best one. Today, Walgreen's, CVS, Target, and Walmart stock more and more products like Dr. Teal's and Gaia Herbs. They're also carrying more natural-based cleaners like Mrs. Meyers, Method and Seventh Generation. Beauty products like Burt's Bees that were hard to find outside health food stores just a few years ago are available in most retailers now.

### **Wearable Tech Jewelry**

Love your FitBit or other fitness tracker's features but not the "fashion statement" it makes? Companies like Bellabeat Leaf (founded by an art and design graduate!) and Oura Ring are coming to the rescue with beautiful pieces that measure sleep, heart rate, stress, steps, calorie burn, and temperature. Look for more companies to jump on this wellness trend and offer pieces that are both functional and stylish.

### **Ayurveda**

Ayurveda has been around more than 2,000 years! This alternative medicine tradition evolved in India and involves complex herbal blends, minerals and as well as practicing yoga, good hygiene, exercise, and meditation. One herb used in ayurvedic medicine is ashwagandha, an adaptogenic herb that helps the body adapt to emotions and stress. It's even being recommended by mainstream physicians to help with stress and mild anxiety.

### **CBD Oil**

There's a lot of confusion about one of this year's hottest wellness trends. Thanks to the 2018 Farm Bill, CBD oil derived from HEMP is legal in all 50 United States. CBD oil derived from cannabis, however, is not. It's only fully legal in the 10 states that have legalized cannabis for medicinal and recreational use. In either case, CBD oil contains only trace amounts of THC – it will not get people high or show up on a drug screening.

What is CBD oil good for? A couple of studies have shown it to be beneficial for chronic inflammation and pain. Smoking cessation, opioid addiction, anxiety, and insomnia are just a few other conditions said to be helped by the wonder that is CBD oil.

Take care when purchasing products that claim to contain CBD oil. Because the industry is so new and unregulated, some unscrupulous producers use hemp seed oil and label it as CBD oil. Although they come from the same plant, the cannabinoids that are important to CBD oil come from the flowers, not the seeds. Check labels and only buy CBD oil from a trusted source, like a compound pharmacy.

### **Oat Milk**

You may have seen the news about Brooklyn coffee shops that caused panic in their customers by running out of oat milk back in 2018. "Oat milk? What the heck is that?" was a common response in every place but Brooklyn! Oatly, the primary producer of oat milk, simply couldn't keep up with the demand for this dairy alternative. To meet demand, the company has since upped production 1,250% and built a new factory.

Devotees of oat milk say it doesn't have the nutty quality of almond or cashew milk. You can make your own oat milk at home if your Whole Foods is out of Oatly. Or you can wait just a couple of months for Quaker Oats' version. Besides being a non-dairy alternative to regular milk, oat milk contains small amounts of fiber and we know that's good for you.

There are so many other trends to explore this coming year, including high-tech recovery devices for post-workout soreness and home hormone testing kits. Whichever trends you decide to embrace, have a healthy and happy year!



# Healthy Living

## Grandma's Arroz Con Pollo, Lightened Up!

Arroz con Pollo is a traditional dish of Spain and Latin America, closely related to paella. In the Dominican Republic, it is alternately called locrio de pollo, and in Saint Martin, it is called lokri or locreo. There is some debate as to whether it originated in Spain or Puerto Rico. It's a classic comfort food during the cold winter months. Check out this lightened up version of Arroz con Pollo that is Grandma approved!

### INGREDIENTS

- 8 skinless chicken thighs
- 1 tbsp of vinegar
- 2 tsp of Sazon, homemade or Badia Sazon Tropical
- about 1/2 tsp of adobo powder, Goya
- about 1/2 tsp of garlic powder
- 3 tsp of olive oil
- 1/2 of an onion
- 1/4 cup of cilantro
- 3 cloves of garlic
- 5 scallions
- 2 tbsp bell pepper
- 1 medium vine tomato, diced
- 2 1/2 cups of enriched long-grain white rice
- 4 cups of water
- 1 chicken bouillon cube
- kosher salt to taste, about 2 tsp

### INSTRUCTIONS

1. Season chicken with vinegar, 1/2 tsp sazon, adobo, and garlic powder and let it sit 10 minutes.
2. Heat a large deep heavy skillet on medium, add 2 tsp oil when hot.
3. Add chicken and brown 5 minutes on each side. Remove and set aside.

4. Place onion, cilantro, garlic, scallions and pepper in a mini food processor. Add remaining teaspoon of olive oil to the skillet and sauté onion mixture on medium-low until soft, about 3 minutes.

5. Add tomato, cook another minute. Add rice, mix well and cook another minute.

6. Add water, bouillon (be sure it dissolves well) and remaining sazon, scraping up any browned bits from the bottom of the pot.

7. Taste for salt, it should taste salty enough to suit your taste, add more as needed.

8. Add chicken and nestle into rice, bring to a boil. Simmer on medium-low until most of the water evaporates and you see the liquid bubbling at the top of the rice line, then reduce heat to low heat and cover. Make sure the lid has a good seal, no steam should escape (You could place a piece of tin foil or paper towel in between the lid and the pot if steam escapes).

9. Cook 20 minutes without opening the lid. Shut heat off and let it sit with the lid on an additional 10 minutes (don't peak!!!) Fluff with a fork and eat!

### NOTES

*Leftovers can be frozen for up to 6 months. To reheat, thaw in the refrigerator the night before, then heat in the microwave or oven.*

*For more information on this recipe visit:  
<https://www.skinnytaste.com/arroz-con-pollo-lightened-up/>*



A photograph of two children playing ice hockey on an outdoor rink. One child in a yellow jacket and red hat is in the foreground, and another in a blue jacket and blue hat is further back. A red goal is visible in the background. The image is partially covered by a blue diagonal graphic.

# Community Living Tips

## Put More Play Into Your Neighborhood This Winter

Just because it's getting colder outside doesn't mean that your kids are ready for a long winter's nap! On the contrary, it's more important than ever that kids get all the fresh air and outdoor play that they can, since childhood obesity rates are on the rise. Instead of letting the kids in your life zone out in front of a screen for the next few months, it's important to encourage as much physical activity as you can.

Regular exercise helps children avoid dangerous chronic illnesses like Type 2 diabetes and high blood pressure, and it's also a crucial way to relieve stress. What's more, spending time outdoors has been shown to increase creativity and cognitive abilities, making a daily dose of nature a goal worth striving for.

So how can you keep kids entertained and active this winter—even when bad weather strikes? Try these ideas to add some wholesome fun to your neighborhood. From holiday arts and crafts to getting outside to build a snowman (or sandman!), here's how you can put more play into your neighborhood this season.

### The More the Merrier

In addition to having family fun in the winter, you can also encourage the kids in your neighborhood to get together for some outdoor fun and games. If your neighborhood has a communal area like a clubhouse, playground or open lawn, you can help organize some safe, fun activities for everyone to enjoy. To get started, consider getting a group of like-minded parents together to brainstorm

some ideas. If you collaborate, you can choose a day of the week and take turns hosting an activity after school or on the weekends. A weekly or bi-weekly event will give everyone something to look forward to throughout the winter. **Try these ideas for kid-friendly events in your neighborhood:**

### Tug of War

Tug of war is one of those games that requires a big group to play, so it makes sense to make it a centerpiece of a kid-friendly gathering. All you'll need to make it happen is a 50-foot rope. You can pick up a length of nylon utility rope at a hardware store, or you can order a specialized tug of war rope online. To play, create two even teams, making sure that little kids are mixed up with bigger ones. Have each team line up by size, with the smallest player at the front and the largest at the ends. This is a great game to play in the snow for an extra challenge, but it's just as fun on the grass, too.







### Obstacle Courses

If you have a playground, you can use it to create a wild outdoor obstacle course to keep kids moving. Climbing ladders, crossing the monkey bars and jetting down the slide are all good exercise, but you can make your obstacle course even more exciting by adding some homemade portions, too. Place hula hoops on the ground for a kid-friendly tire run, pick up a few pillow cases for a sack race or find a few spare 2x4 timbers to create low balance beams. This activity is great for all seasons, but check for icy spots before setting up in the winter.

### Snow Art

Fill spray bottles with water and food coloring, then let kids go wild decorating the snow. You can also provide paint brushes and buckets of color for finer detailing. Let kids paint pictures on the ground or build snow sculptures to decorate. If you don't live in a reliably snowy area, you can provide some plain white sheets for a similarly grand canvas—this is even better if you have a common area to hang the banners you create to be enjoyed in the coming months.

### Other Classic Winter Activities to Get Kids Outdoors

There's an old German saying that there's no such thing as bad weather, only bad clothing. Embrace this hardy spirit and let kids head out to play whenever possible in the winter. As long as they wear lots of layers and have a waterproof coat and boots to keep the snow out, there are very few days when it's really too cold to go outside. Just make sure to check the forecast as blizzard warnings and high wind chill can cause concerns. Some great traditions to enjoy outside in the winter include: Touch football, Street hockey, Pond skating, Sledding, Snowshoeing, Cross-country skiing, Playing in the snow, and Hiking.

Of course, if you live somewhere with mild winters, there are many more sports and activities you can enjoy. In fact, this may be the best time of year to get outside to avoid the blistering summer heat.





# Community Living Tips

## 7 Tips to Help Winterize Your Community

### 1. Protect Your Pipes

This winter, your community association can help reduce the likelihood of freezing pipes and the resulting damage by following these tips:

- Add insulation to all exterior pipes.
- Place a tarp over any outbuildings.
- Adequately heat spaces during cold spells.
- Seal doors and windows to prevent drafts.
- Drain water from wet pipe sprinklers.
- Turn off outdoor faucets.
- Make sure pools/hot tubs are properly drained and protected.

### 2. Inspect the HVAC System

Before winter hits full force, schedule a full HVAC system inspection in your community's common areas to make sure all equipment and systems are in good working order – and if not, make any necessary repairs. Consider sending a communication to your community recommending to do the same with their individual HVAC systems as well.

### 3. Plan for Snow Removal

Snow removal is practically inevitable and always a huge responsibility for your HOA, so finalize your game plan before the first snowflakes fall. Start by reviewing last year's budget to determine how effectively you were able to cover snow removal services. And don't forget to stock up on ice melting products and sand to keep your community walkways clear, and homeowners, staff, and visitors safe.

### 4. Plan for Power Outages

If your community is located in an area where ice storms or high winds are common, you can probably expect one or more power outages this year – and they

can be especially dangerous for residents when temperatures plunge. Make sure you have enough working generators to provide heat and light in essential areas.

### 5. Inspect Building Exteriors

Now is also the time to inspect the exteriors of all community buildings for leaks or indications of wear and tear. Start with the foundation, raking away any leaves or other debris and looking for entry points for pests, which will seek a warm refuge -- your building -- when winter weather hits.

### 6. Clean and Inspect the Fireplace

When temperatures plunge, there's nothing more delightful than sitting in front of a cozy fireplace – unless that fireplace is a safety hazard. So if your community's common areas include any fireplaces, have them professionally cleaned and inspected before winter hits to ensure the safety of your community members.

### 7. Properly Store and Winterize Equipment


Any equipment you use to care for your community during the warmer months, like lawnmowers or leaf blowers, should be properly prepared and stored during the winter.

Winterizing your community can go a long way towards keeping your operations running smoothly – and keeping residents safe – when temperatures begin to nosedive. And remember – a little advance planning and effort now will go a long way to ensuring your residents will experience the same quality of life this winter as they enjoy year-round.



# Winter Living Tip

## 10 Tips to Help You Keep Your New Year's Resolution



Chances are at some time in your life, you've made a New Year's resolution — and then broken it. This year, stop the cycle of resolving to make a change and then not following through. If your resolution is to take better care of yourself and get healthy, you will have a much better year if your resolution sticks. Here are ten tips to help you get started.

**1. BE REALISTIC:** The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

**2. PLAN AHEAD:** Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31st arrives.

**3. OUTLINE YOUR PLAN:** Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your "bad behavior" will affect your goal.

**4. MAKE A "PROS" AND "CONS" LIST:** It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

**5. TALK ABOUT IT:** Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better

or improve your health. The best-case scenario is to find a buddy who shares your New Year's resolution and motivate each other.

**6. REWARD YOURSELF:** This doesn't mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with new fitness clothing or by going to a movie with a friend.

**7. TRACK YOUR PROGRES:** Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated. Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for every five pounds lost.

**8. DON'T BEAT YOURSELF UP:** Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time.

**9. STICK TO IT:** Experts say it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!

**10. KEEP TRYING:** If you have totally run out of steam when it comes to keeping your resolution by mid-February, don't despair. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.



# Community

## Spotlight: Ave Maria's Hometown Christmas

**Ave Maria's Hometown Christmas** was the place to be on the evening of Friday, December 6th! Residents of Ave Maria, their guests and visitors from near and far swarmed the Town Center for what has become the largest event of the year annually!

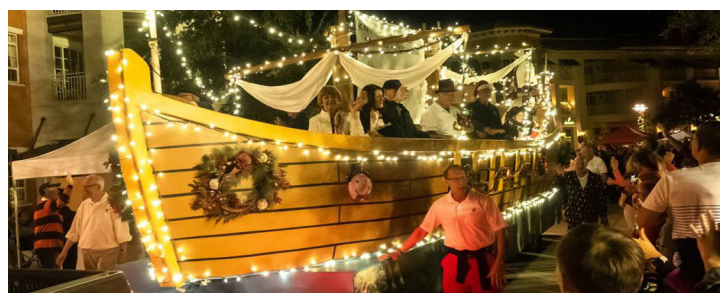
The evening started with eager eyes and hungry patrons enjoying the fantastic food and desserts from local restaurants and visiting food trucks, listening to the sounds of Christmas music from the stage and Victorian dressed acapella carolers floating around the town center. The beautifully decorated town was further enhanced with additional tree lights and angels surrounding the Ave Maria Parish Church which is in the center of town, and attendees could also purchase fresh Christmas Trees and amazing baked goods from their Christmas Store.



Once you entered the Town Center, residents could choose from activities such as the Skating Rink, the mini Ferris Wheel, the Lighted Rock Climbz Wall, the huge Winter themed slide, the Monster Truck obstacle or the Mickey playhouse! Throughout the evening there were onstage performers from Dancers in glittering costumes to Martial Arts Fitness Demonstrations. The stage show ended with the local

**school's 3rd Grade** students doing a Nativity Tableau with choirs of angels escorting them away into the crowd and heading towards the church for a special organized hour at the Parish.

The Annual Hometown Christmas Parade included 28 Groups participating - it was the largest yet! The parade started at 6 PM with flashing lights, sirens and horns from the Fire Truck leading the way. Following behind was a spectacle including dancers, singers, and impressive floats. A local car cruiser club participated as well as a number of decorated bikers. The community even decorated local golf carts in a grand manner. Hundreds of students from sports teams of the local University and the High School with their mascots, their state championship trophy proudly displayed, and their Principal playing the Bagpipes. A visiting neighboring high school marching band with over 300 students strong was also there. Santa came riding in on a train accompanied by Mrs. Clause and several grade school children singing a waving to the massive crowds that had gathered on the sidewalks for this festive highlight of the evening. The whole event was a sight to behold, one that the community would remember forever!







# Community

## Spotlight: The Renaissance Olympics

**The Renaissance Olympics** are a fun-filled, competitive, week-long community event that started in 2007 and is held every two years. It is something that every resident of this master-planned community has the opportunity to participate in. There are all levels of difficulty for these week-long, day and night events that are for all levels of ability. This year's event was held September 15-22 and the events included bowling, wii bowling, mah jongg, tennis, bocce, shuffleboard, walking, water volleyball, golf, bean bag toss and more. Over 400 residents came together, making new acquaintances as either a participant or an observer, rooting for their team. The element of friendly competition

added to the enthusiasm. Our community of 1902 homes was divided geographically into the East and the West and this set the stage for the competition. All participants wore red shirts for East and blue shirts for West as they participated in events. Opening ceremonies started with the running of the torch as the two teams gathered in the ballroom enjoying refreshments and welcome speeches that included the guidelines for the week. Scores were kept for each event and the winner, the East, wearing red, was announced at the closing ceremonies, making them the reigning champs. The trophy will be held in their honor until the next Olympics to be held in 2021!

