

April 3, 2020

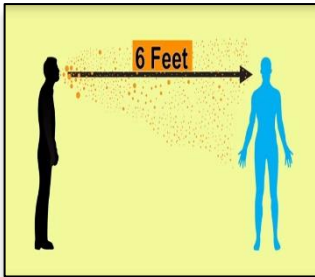
Issue | 006



News from Babette Welcome to April!

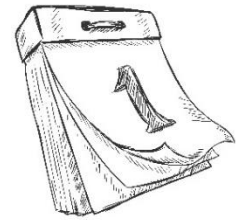
Greetings,

As you know there is widespread concern about the Coronavirus. Over the past few weeks, we have provided you with literature to keep you informed. We ask that you also take care of yourselves. **We want you to know that our office remains open until 2:30pm only, effective Monday 4/6-4/30.** Please know that we are taking multiple precautions to protect everyone on property. When you come into the main offices you will notice "X" marks on the floor. These marks are placed there to help us keep distance from residents and visitors when they come into the office. **Social distancing** (staying 6 feet apart), and good hygiene are highly recommended to prevent exposure and spread of the virus.



Please help us keep you healthy. Do Your Part, Stay 6 Feet Apart!

Garden & Terrace News



Many upcoming and current events will be postponed until further notice. This includes Miracle of Love, Pathlight Kitchen culinary classes, haircuts, Second Harvest and program specific activity calendars.

Updated Office Hours

The Florida State Governor has issued a Stay at Home Order in order to flatten the curve of the COVID-19 virus. As an essential service, we remain open and ready to help our residents through this time. However, we have adjusted our hours. Thank you for your patience and understanding.

- We are open 9am-2:30pm (open during lunch), effective April 6th through April 30th.
- Still closed 3rd and 4th Friday of the month



Important Information

COVID-19 Call Center Available 24/7
866-779-6121

Florida Department of Health - Orange County
Daytime Phone: 407-858-1420
After Hours Phone: 407-383-0185

Information Line Provided by Orange County Government
8am-5pm
Phone: 407-723-5004

Reemployment Assistance Service Center - Unemployment
<http://www.floridajobs.org>

Get Healthy with Audrey:

We all know the importance of avoiding close contact with people who are sick, but what else can we do to keep healthy?



- Wash your hands often with soap and water. If those aren't available, use hand sanitizer with 60% alcohol.
- Avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home using a household spray or wipe. Practice routine cleaning of frequently touched surfaces (tables, doorknobs, light switches, handles, toilets, faucets, sinks, cell phones)
- Avoid crowds, especially in poorly ventilated spaces.

If you find yourself sick, stay home. If you cough, cough into your elbow. Sneeze into a tissue, then dispose of the tissue. Wash your hands often, especially after blowing your nose, coughing, or sneezing.

For more information, visit the Florida Department of Health website.
<https://floridahealthcovid19.gov/>

Housing Updates

Maintenance Requests:

Due to the curfew requirements outlined by the Florida State Governor, maintenance will only respond to emergencies between 11pm-5am. Please be patient with us as we are working to adhere to the guidelines and provide you great service.

Property Management Staff:

In our efforts in practicing social distancing, our property management staff will complete all applications, move in leases, lease renewals and other business from behind our glass. If you have something you would like to discuss in private, please call the number below and use the extensions provided.

Maxwell Garden: 407-477-1211

Juanita x112

Diana x101

Sandra x109

Maxwell Terrace: 407-521-6335

Crisetty x111

Clarissa x107

Sandra x109

From the entire Pathlight HOME team

We appreciate your understanding and patience as we adjust to the CDC's health recommendations. Please take care of yourself and our public spaces so that we can best protect our properties.

Chef 's Corner

Foods to Help Boost the Immune System

Beans:

Packed with beta-glucan & zinc. All immune – boosting properties. Also a great source of protein.

Beets:

Contains vitamin C, Folate, Manganese & Iron essential for boosting the immune system.

Almonds:

Packed with vitamin E.

Olives:

Contains many fatty acids that aid in proliferation of immune supporting cells.

Oregano:

Is a natural anti-viral herb.

Manuka honey:

Anti-viral and natural antibiotic properties.

Oranges and citruses:

Packed with vitamin C. Essential for the immune system to function.

Salmon:

Contains lots of vitamin D that triggers the body immune cells that kill invading bacteria and viruses.

Green smoothies:

A boost of vitamin A & C, as well as protein and calcium. Examples are: kale, spinach, celery & parsley.

Raspberries, apples and walnuts:

Packed with essential ingredients such as: Fiber, protein & vitamins E, C, A & K.

Yogurt:

Has live active cultures of friendly bacteria, helpful to the immune system.

Chickpeas:

Packed with vitamin B6, key for proper functions to support immune system.

Carrots:

Containing carotenes that help nourish the thymus gland. Responsible for much of the immune-system functions.

Eat Healthy, Stay Healthy!
Chef