

February 28, 2020

Issue | 005



News from Babette

Welcome to March!

Last month we introduced you to our new Community Services Specialist, Steven Hamilton. Steven is available to offer case management services to residents at Maxwell Terrace. As a reminder Steven can be reached at 407-521-6335 x146.

If you are looking for case management services at Maxwell Garden visit our other Community Services Specialist, Syr Rodriguez. This is an amazing resource as she is available to help you with a variety of needs and there is no commitment required since it is volunteered. Syr can be reached at 407-447-1211 x144. *I highly encourage that you all take advantage of these free resources.*

Don't forget about our special's at Sobik's Subs located at Maxwell Garden! \$6 subs specials. Monday: Meatball Sub. Tuesday: Roast Beef & Cheese Sub. Wednesday: Cuban. Thursday: Ham & Cheese. Friday: Steak & Cheese

Note from Rotaya & Gail

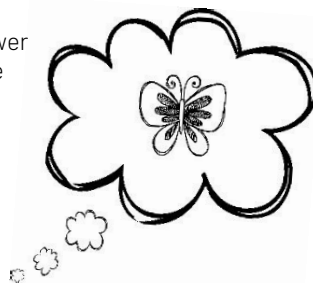
Mental Health quotes to make you strong from Rotaya & Gail

A healthy mental state will help you leverage your Everyday Power to achieve the success you seek and live a purposeful life. Here are some inspirational mental health quotes to remind you:

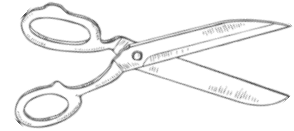
"I am not afraid of storms for I am learning how to sail my ship."
— Amy March

"There is hope, even when your brain tells you there isn't."
— John Green

"Your illness does not define you. Your strength and courage do."
—Unknown



Garden & Terrace News



Free haircuts! Our hair stylist volunteers will be returning periodically to offer free haircuts at both Maxwell Terrace & Gardens. Keep an eye out for flyers in your mailbox & signs at the front office about when appointments are available. Appointments go quickly, but walk-ins are welcome though not guaranteed.



Miracle of Love is back! The mobile testing unit will be back at Maxwell Terrace on March 5th and at Maxwell Garden March 12th from 10 am to 3 pm.



Get Healthy with Audrey : Make the Most of Your Doctor's Appointment

Patients and health care providers share a very personal relationship. Doctors need to know a lot about you and your lifestyle to give you the best care. Do not hesitate to be honest – it puts you in control and gives you the best results. Let them know what's important to you. Speak up with your concerns. There is no such thing as a dumb question in the doctor's office. You may ask: What is my diagnosis? What caused my symptoms? What side effects can I expect from the new medication? Ask about treatment options. What are the next steps?

Tips for Your Next Visit

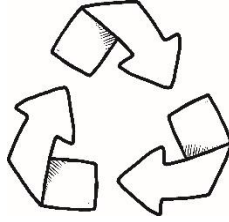
- ◆ Write a list of questions and concerns and bring it with you.
- ◆ Consider having someone come along as an "extra ear".
- ◆ Speak your mind. Tell your doctor how you feel, including things that may seem unimportant or embarrassing.
- ◆ If you do not understand something, ask questions until you do.
- ◆ Take notes about what the doctor says.
- ◆ You will be glad you did!

Housing Tips and Updates from the Property Management Team

We are excited to announce our new community recycling program. This is effective immediately. A blue container/dumpster has been placed at the south parking lot of the property by the 100's and 200's unit.

Please follow the instructions below:

- ◆ Keep your material loose, not in bags
- ◆ Rinse containers to remove any food residue
- ◆ Flatten your cardboard boxes



Tips on how to keep your sinks and toilets clog-free

- ◆ Don't put anything foreign down the toilet except toilet paper. Items such as dental floss, Q-Tips, baby wipes, paper towels, bones or any other paper product cling to the roots in the sewer and cause an immediate blockage
- ◆ Always have a plunger on hand
- ◆ Don't use too much toilet paper
- ◆ Don't use the toilet as a garbage disposal
- ◆ Avoid putting grease in your drains
- ◆ Avoid flushing foreign objects
- ◆ Keep the lid closed
- ◆ Never pour hot oil, grease or food of any kind down the sink



Chef's Corner

Chef Esteban always prepares delicious meals with the culinary students at Pathlight Kitchen. Today he's passing along a quick recipe that you can make at home!

Cucumber Salad

Ingredients

- ¼ chopped red onions
- Chop 1 whole tomato
- Chop 1 whole cucumber
- 2 tablespoon of olive oil
- 6 tablespoons of vinegar
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon dill
- ½ cup of black olives

Instructions

- ◆ Mix onions, tomato, and cucumber in a large bowl
- ◆ Add olive oil, vinegar, salt & pepper, dill
- ◆ Mix everything all together
- ◆ Spread olives over top
- ◆ Chill for 1 hour
- ◆ Enjoy! Be sure to refrigerate any leftovers

March 2020 Calendar of Events

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
Rent Due	Free Haircuts at Maxwell Gardens			MOL @ Terrace	Free Haircuts at Maxwell Gardens	Late Fee for Unpaid Rent
08	09	10	11	12	13	14
				MOL @ Garden		
15	16	17	18	19	20	21
		St. Patrick's Day				
22	23	24	25	26	27	28
	Free Haircuts at Maxwell Terrace					
29	30	31				