



Quarterly Newsletter

Winter 2019

❄️ Happy Holidays ❄️

We would like to thank all of our residents at Woodscape Glen for another terrific year! We are fortunate to have such a great group of people living in our community. We hope you have a wonderful holiday season and a happy New Year.

From the Wildwood Staff,
John, Deb, Bill and Sam

Holiday Office Closure:

The Wildwood Office will be closed for the holidays on the following days:

Tuesday, December 24, 2019

Wednesday, December 25, 2019

Wednesday, January 1, 2020

Christmas Tree Removal

Christmas trees cannot be left in driveways or along the landscaping in the community. Our groundskeeper cannot place them, or any other plant materials, in their trailers due to the potential pest issues that could be spread to our native plant nursery. Please take your trees to an appropriate recycler such as Boy Scout Troop 121.



Mahonia Vineyard

Don't forget to stop by the office and pick up a couple of bottles of Mahonia Vineyard wine for the Holidays. It makes a really great gift!

Woodscape Glen tenants always get a 10% discount on our wine.



Banana Bread

Ingredients:

- 2 cups all-purpose flour
- 1 tsp baking soda
- ¼ tsp salt
- ½ cup butter
- ¾ cup brown sugar
- 2 eggs, beaten
- 2 1/3 cups mashed overripe bananas

Directions:

1. Preheat oven to 350. Lightly grease a 9x5 inch loaf pan.
2. In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture. Pour batter into prepared loaf pan.
3. Bake in preheated oven for 60 to 65 minutes until a toothpick inserted in the center comes out clean. Let cool for 10 mins.

Credit: Shelley Albeluhn



Ways to Improve Your Mood and Energy in the Winter

If you have the “winter blues” during winter’s short, dark days, you are not alone. Here are six ways to improve your mood and energy during the winter that can help to keep those winter blues at bay.

1. **Eat a Healthy Diet** – While you may be craving carbs and sugar, instead eat more plant proteins like vegetables, nuts, beans, fruit and whole grains. You’ll get the vitamins, minerals and protein to restore your energy levels.
2. **Get Regular Exercise** – The feel-good chemicals released during exercise can help ease anxiety, improve your mental health and strengthens the immune system. You should aim for at least two and a half hours of moderate physical activity each week. Exercising in nature is most beneficial and easily done on our Woodscape Glen pathways and parks.
3. **Increase Social Interactions** – Being around family and friends can boost your mood and help motivate you to do the things you enjoy. Ask a friend to go to the movies or grab a cup of tea.
4. **Get Enough Sleep** – Sleep is restorative. It’s a time for your body and mind to heal. You should aim for seven to eight hours of sleep each night. It will help you wake up feeling refreshed.
5. **Practice Relaxation Techniques** – Anxiety and stress often accompany a winter slump and both are damaging to your health. To boost your energy and mood, try to relax. Just five minutes of meditation can help you manage stress.

Credit: www.mdanderson.org and www.seasonalwisdom

Resident Referral Incentive

Life is so much more enjoyable when you live next door to a friend. That is why we like to reward you for bringing your friends, family, or co-workers to Woodscape Glen! Limitations do apply. You must notify us of your referral before your friend’s move-in date or have the applicant state their referral on their rental application. Contact Deb in our office for more information.