



QUARTERLY NEWSLETTER

SUMMER 2019

Walking 30 Minutes a Day is a Great Way to Get Your Daily Dose of Exercise!



There is no doubt that movement is essential for well being. The general guidelines are that 30 minutes or more of walking every day can improve health. There are more health benefits to exercising than you may realize.

- Lower Blood Pressure – Walking reduces systolic and diastolic blood pressure.
- Lower Cholesterol – Bad cholesterol builds up in our arteries forcing our hearts to work harder. Walking helps lower our cholesterol naturally.
- Lowering Risk of Diabetes – Walking improves the metabolism of blood sugar and helps with weight loss.
- Weight Loss – Having a light frame is good for your joints, posture and breathing.
- Walking in a natural setting instead of indoors or urban settings can also give additional physical and mental health benefits including reducing stress, cortisol levels and rumination.

Another great benefit to walking is that it doesn't cost a thing! Walking in groups adds an element of safety and also helps with motivation. When people walk in groups they are less likely to give up too easily.

(Credit: theconversation.com and lovelace.com)

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.

Fresh Corn & Tomato Salad

Ingredients:

- *3 Tablespoons white wine vinegar
- *Kosher salt and freshly ground pepper
- *1/4 cup extra-virgin olive oil
- *6 ears fresh corn
- *2 cups grape tomatoes, halved.
- *8 ounces fresh mozzarella, cut into small cubes
- *1 bunch scallions (white and green), thinly sliced.
- *1 1/2 cups fresh basil leaves.

Directions:

1. Whisk together the vinegar, 2 teaspoons salt and some pepper in a small bowl. Gradually whisk in the oil to make a smooth dressing.
2. Shear off the corn kernels with a sharp knife over a bowl (you should have about 4 cups). Toss in the tomatoes, mozzarella and scallions. Pour the vinaigrette over the salad and toss to coat. Cover and let stand for at least 15 minutes and up to 2 hours. Before serving, tear basil over the salad and stir.

(Recipe Courtesy of Food Network)

MAHONIA VINEYARD

(Wine available for purchase in the Wildwood Office)

This summer Mahonia Vineyard will be featuring our Rosé of Pinot Noir!

2014 Rosé - \$6.99/per bottle

Nose: Cranberries and Raspberries. Spiced red fruits, dry, great Rosé for Salmon or Brunch.

2015 Rosé - \$8.99/per bottle

Fresh strawberries and greens, lychee on nose. Light bodied, floral raspberry and nicely balanced acid. Dry.

2016 Rosé - \$10.99/per bottle

Pretty floral aromas and bright slightly underripe raspberries on the palate. Bright acid and dry finish.

We also have our Chardonnay, Pinot Gris and Pinot Noir available for purchase as well.



MAINTENANCE NEWS:

Please remember to submit your maintenance requests as they arise. Do not save up multiple requests to submit at one time, especially the first of the month when rents are due. This causes a backlog and slows our ability to serve you in a timely manner.



COMMUNITY GARDEN:

The Community Garden is off to a great start! Thanks to those who are participating this year!

For those of you not growing your own veggies check out Minto Island Growers Farm Stand for fresh, organic produce -

(<http://www.mintogrowers.com/farm-stand>)

Try out a new recipe by making the **Fresh Corn & Tomato Salad** on the front page for a great way to enjoy fresh summer produce.