



Quarterly Newsletter

Summer 2020

**Woodscape Glen was designed with nature in mind.
The health benefits of being in nature are increasingly
recognized in new research and old traditions.**



Forest Bathing: How Trees Can Help You Find Health and Happiness
(Credit: Qing Li and Time Magazine)

We all know how good being in nature can make us feel. The sounds of the forest, the scent of the trees, the sunlight playing through the leaves, the fresh, clean air – these things give us a sense of comfort. But what exactly is this feeling that is so hard to put into words? In Japan, we practice something called forest bathing, or *shinrin-yoku*. *Shinrin* in Japanese means “forest,” and *yoku* means “bath.” So *shinrin-yoku* means bathing in the forest atmosphere, or taking in the forest through our senses.

This is not exercise, or hiking, or jogging. It is simply being in nature, connecting with it through our senses of sight, hearing, taste, smell and touch. Never have we been so far from merging with the natural world. According to a study sponsored by the EPA, the average American spends 93% of their time indoors. But the good news is that even a small amount of time in nature can have an impact on our health.

The key to unlocking the power of the forest is in the five senses. Let nature enter through your ears, eyes, nose, mouth, hands and feet. Listen to the birds singing and the breeze rustling in the leaves of the trees. Look at the different greens of the trees and the light filtering through the branches. Smell the fragrance of the forest and breathe in the natural aromatherapy of phytoncides. Taste the freshness of the air as you take deep breaths. Place your hands on the

Summer Rosé Sangria

From the Cookbook:
“Make it Ahead”
by Ina Garten

Ingredients:

- *1 (750 ml) bottle of Mahonia Rosé wine
- *1/2 cup pomegranate juice
- *1/3 cup fresh lemon juice
- *1/4 cup fine sugar
- *3 Tbsp Grand Marnier
- *1 Tbsp Cognac or Brandy
- *Water and ice, extra ice for serving
- *1/2 cup fresh raspberries
- *8 large fresh strawberries, hulled and quartered
- *2 red plums, pitted and sliced ¼ inch thick

Directions:

1. Combine the Rosé, pomegranate juice, lemon juice, sugar, Grand Marnier, Cognac, 1 cup of water, and 1 cup of ice in a large glass pitcher. Stir in raspberries, strawberries, and plums, cover and refrigerate for at least 2 hours but preferably overnight.
2. To serve, fill glasses halfway with ice. Pour Sangria over ice, spooning some of the macerated fruit into each glass. Serve ice cold.

(Forest Breathing Continued from Pg. 1)

trunk of a tree. Dip your fingers or toes in a stream. Lie on the ground. Drink in the flavor of the forest and release your sense of joy and calm.

This is your sixth sense, a state of mind. Now you have connected with nature. You have crossed the bridge to happiness.

You can forest-bathe anywhere; try the walking paths in Woodscape Glen.



COVID-19 PANDEMIC



At the Wildwood office we have been making every effort to adapt to the Covid Pandemic. We care and are taking action to be as careful as possible.

At this time, in order to maintain physical distancing guidelines, our office is closed to drop in visitors. Staff will be available by appointment only. Please call the office at 503-585-8789 or email administration@wildwoodco.com to make an appointment. We are closed each day from noon to 1:00 for lunch, so please send an email or leave a message if you can't reach someone right away. If you have a **Maintenance Request** (including landscape issues), please go to our website at woodscapeglen.com and click on the current resident's link at the top. Scroll down the current resident's page and there is an electronic maintenance form you can fill out. Requests submitted through our website are monitored by the entire team.



Critter Control



Let us know immediately if you have pest/critter issues so we can react quickly. Please report raccoon and skunk sightings immediately. Cute or not, they can cause physical harm and property damage.



MAHONIA
VINEYARD

Don't forget about our Summer Curb Side Wine Specials. These **special prices** will be running through September 30th. Pick up a bottle of the Rosé and try the Sangria recipe on the front page!

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.