



Quarterly Newsletter

Winter 2020



We would like to thank all of our residents at Woodscape Glen for being wonderful tenants and neighbors during this unexpected and sometimes difficult year. The generosity we've seen throughout the community during the year has been very heart-warming. We hope you have a wonderful holiday season and a bright and happy New Year!

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

Holiday Office Closure:

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

Thursday, December 24, 2020
Friday, December 25, 2020
Friday, January 1, 2021



Christmas Tree Removal

Christmas trees cannot be left in driveways or along the landscaping in the community. Our groundskeepers cannot place them, or any other plant material, in their trailer due to the potential pest issues that could be spread to our native plant nursery. Please take your trees to an appropriate recycler.

Homemade Hot Apple Cider



Ingredients:

- *10 large apples, such as Honeycrisp, Fuji, Gala, etc.
- *4 ¼ cups of water
- *1 vanilla bean
- *3 cinnamon sticks
- *6 whole cloves
- *1 Tbsp brown sugar (optional)
- *1 Tbsp maple syrup (optional)

Directions:

1. Quarter the apples and remove the core and stems.
2. Place into a large pot and add the rest of the ingredients and sweeteners, if desired.
3. Bring to a boil over medium heat for 30 mins. Reduce heat to low and simmer for 2 hrs, stirring every 30 mins.
4. Turn off heat and let cool. Remove spices and vanilla bean.
5. Using a blender puree the apple mix until smooth. Strain through a fine-mesh sieve or cheesecloth.
6. Heat and enjoy! Can store in the fridge for up to 1 week.

Credit: hintofvanillablog.com

Mahonia Vineyard Estate Wines

Don't forget to order a couple of bottles of Mahonia Vineyard wines for the holidays. We have Pinot Noir, Chardonnay, Pinot Gris and Rosé. A bottle of wine also makes a really great gift! Call the office at 503- 585-8789 to place an order.



Isolation During Covid-19

The Covid-19 pandemic has taken a heavy toll on all of us. Here are five things you can do to be as resilient as possible during this time:

1. **Keep in mind that it is normal to feel anxious, depressed, or fearful.** Research shows that the effects of quarantines and lockdowns can last for months or even years. Recognizing that anxiety and depression are normal in the aftermath of a public health emergency like Covid-19 can help you understand that you aren't alone.
2. **Connect with others.** Reaching out to friends and family is one of the best ways to reduce anxiety, depression and loneliness. If it's not yet safe for you to visit people in person, use the telephone, text messaging, or email to be in contact.
3. **Look for ways to ease stress and anxiety.** Stretching, taking walks, doing yoga, or meditating are all great ways to relax your body and mind.
4. **Seek help if you need it.** If you continue to feel anxious or depressed, contact your doctor to schedule an in-person or telemedicine visit.
5. **Be hopeful.** An experience like the one we've all been going through brings more than its share of worry and sadness, but there are also inspiring stories of people helping one another. This situation has allowed us to spend more time resting, relaxing and spending quality time with our families than in the past.

(Credit: UC Berkley School of Public Health)

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.