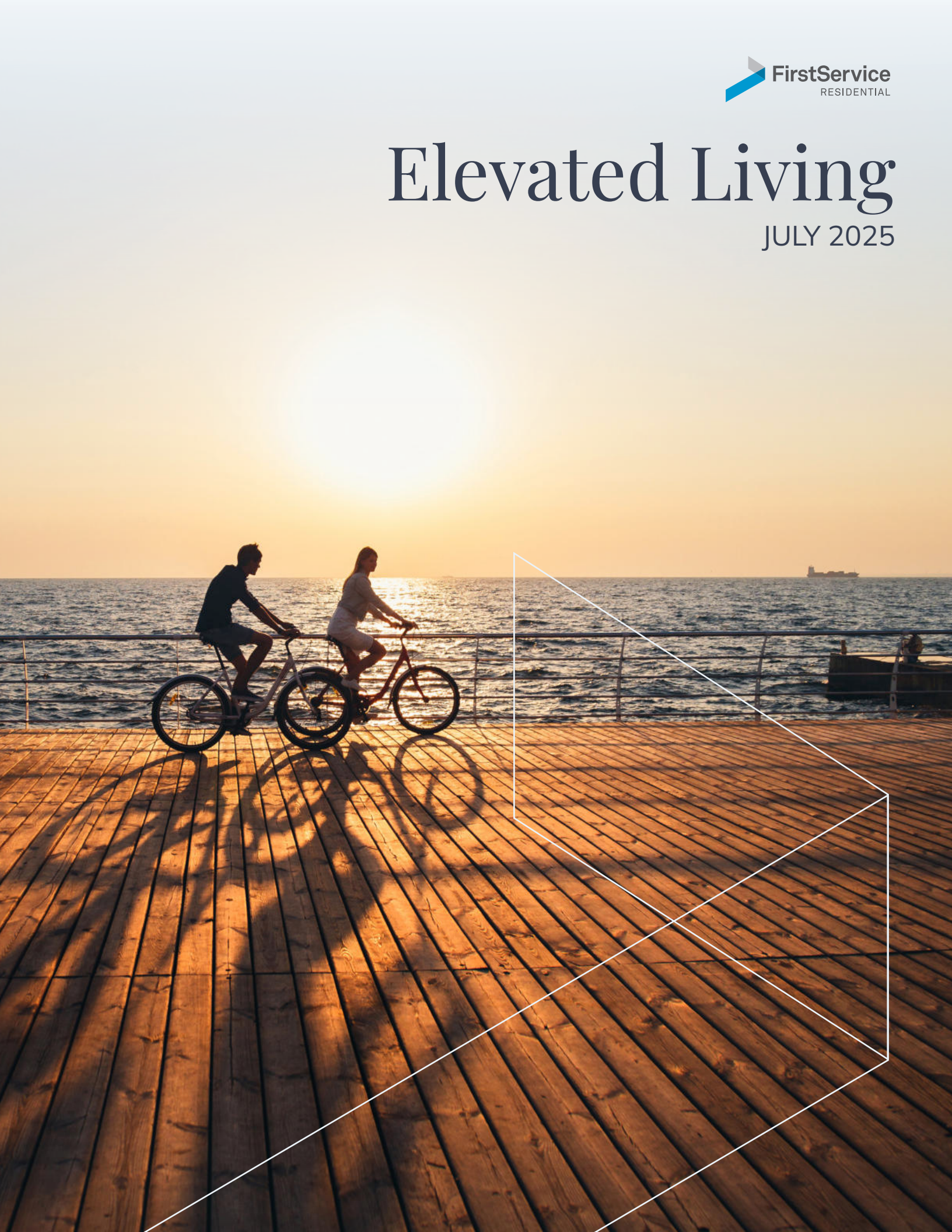


# Elevated Living

JULY 2025





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# A message from Michael Mendillo

President, FirstService Residential

A message from Michael Mendillo, President, FirstService Residential

As pools are opening and lawns are being freshly cut, signaling the true arrival of summer, I want to take a moment to thank each of you for your hard work and dedication. Just like the summer sun brightens our days, your commitment lights up every property we manage, creating welcoming and thriving communities for our residents.

I'm especially proud of the incredible success of our recent 2025 Northeast L.E.A.D.S. event — it was inspiring to see so many of you come together, learn, and grow as a team. This season brings fresh energy and new opportunities, and I'm confident that together, we'll continue to grow and shine.

Let's make the most of this summer by staying motivated, supporting one another, and keeping our focus on excellence. Whether you're out in the field or behind the scenes, your efforts are what make our company strong. Wishing you all a season filled with success, warmth, and maybe a little well-deserved sunshine!

A handwritten signature in black ink, appearing to read 'Michael Mendillo'. The signature is stylized and fluid, with a large initial 'M'.



L.E.A.D.S. 2025

## Northeast L.E.A.D.S. Event ReCap

We are pleased to share that our Northeast L.E.A.D.S. (Learn, Evolve, Achieve, Deliver, Succeed) event, held on June 5, 2025, at the OceanFirst Bank Center at Monmouth University in West Long Branch, New Jersey, was a resounding success. Designed as a full-day experience of learning, inspiration, culture, and connection, L.E.A.D.S. brings together associates, leadership, business partners, and clients in a collaborative environment that embodies our ONE TEAM vision.

### Event highlights included:

- Opening message by Michael Mendillo, president, emphasizing the importance of resilience and maintaining a positive, calm attitude in the face of challenges
- Leadership development sessions focused on collaboration, communication, and driving community success
- Insights from industry experts on emerging trends, best practices, and innovation in property management
- Peer-to-peer networking that strengthened our internal community and external partnerships
- A business partner tradeshow connecting associates with the trusted professionals who support our communities every day
- A keynote address by Carey Lohrenz, the first fully qualified female F-14 Tomcat pilot in the U.S. Navy, who shared her powerful journey of determination, courage, and leadership



***Thank you for your continued support in empowering our associates to grow and lead. Together, we are creating stronger communities – built on trust, excellence, and a shared commitment to service.***





## HEALTHY LIVING

# Healthy Competition:

## Do You Need It in Your Life?

Competition gets a bad rap sometimes—but when it's healthy, it can be one of the most powerful motivators for growth, confidence, and connection. Whether you're training for a 5K, playing a casual game of pickleball, or striving for a promotion at work, a little friendly rivalry might be exactly what you need to push yourself to new heights.

So, do you need healthy competition in your life? Here's a look at why the answer might just be yes.

### **What Is Healthy Competition?**

Healthy competition is the kind that inspires you, challenges you, and brings out your best—without tearing others down or putting your self-worth on the line. It's grounded in respect, fairness, and the desire for personal improvement rather than dominance.

## This kind of competition can exist in:

- Fitness and sports (e.g., step challenges, golf games, team sports)
- Professional settings (e.g., friendly coworker rivalries, sales goals)
- Personal development (e.g., learning a new skill faster, creative challenges)
- Community activities (e.g., cooking contests, fun runs, or trivia nights)

## Benefits of Healthy Competition

### 1. Increases Motivation

Nothing lights a fire like a little competition. It can inspire you to work harder, set goals, and stick to them—especially when you're surrounded by others doing the same.

### 2. Builds Confidence

When you rise to a challenge and see progress, it builds self-trust. Whether you win or not, showing up and giving your best is an achievement in itself.

### 3. Teaches Resilience

Healthy competition helps you bounce back from setbacks. Losing gracefully, learning from mistakes, and trying again are essential life skills that competition can cultivate.

### 4. Encourages Growth

Competing in a supportive environment can stretch your limits. You may discover new strengths, talents, or interests you didn't know you had.

### 5. Strengthens Social Connections

Competition doesn't have to be cutthroat. In fact, it often brings people together—through shared experiences, teamwork, and mutual encouragement.

## How to Cultivate Healthy Competition

- Focus on your own goals, not just beating someone else.
- Celebrate others' successes as well as your own.
- Keep it fun—remember why you started.
- Practice gratitude and humility in both victory and defeat.
- Learn from the experience, no matter the outcome.



## Do You Need It in Your Life?

Not everyone thrives on competition—but for many, it adds excitement, drive, and meaning to everyday pursuits. If you're looking to spark motivation, break out of a rut, or connect with others, healthy competition might be the key.

Whether you challenge a friend to a workout streak, enter a local bake-off, or aim to improve your personal best at something you love, competition can be a powerful form of self-care and growth—if you keep it kind, focused, and fun.

Healthy competition isn't about being the best—it's about being your best. And sometimes, the challenge of rising to the occasion is exactly what you need to thrive.





## FAMILY LIVING

# Watermelon Volcano! A Fun Summer Science Activity for Kids!

Looking for a fun and educational summer activity your whole family will love? Try making a Watermelon Volcano! This exciting experiment combines a real watermelon with a fizzy chemical reaction for a mini “explosion” that teaches kids all about science — and uses up the fruit, too!

## What Kids Learn:

- Chemical reactions (baking soda + vinegar = fizz!)
- Gas production (carbon dioxide bubbles)
- How pressure creates volcanic eruptions
- States of matter (solid, liquid, gas)

## Best for Ages:

Kids from Pre-K to 5th grade — but older kids (and adults!) love it too.

## What You'll Need:

- ☐ 1 small watermelon (personal size)
- ☐ Baking soda (about ½ cup)
- ☐ Vinegar (enough to pour and refill)
- ☐ Dish soap (just a squirt)
- ☐ Food coloring (optional, for fun colors!)
- ☐ A tray or pan to catch the mess
- ☐ Melon baller or spoon (to scoop out the fruit)

## How to Set It Up:

1. Cut a small hole in the top of your watermelon (just like carving a pumpkin).
2. Scoop out the fruit and save it for snacking — no waste here!
3. Put the hollowed-out watermelon on a tray.



## Make It Erupt!

1. Add baking soda into the watermelon — at least ½ cup.
2. Squirt in some dish soap to make big bubbles.
3. Add a few drops of food coloring if you want colorful lava.
4. Pour in vinegar — and watch the volcano erupt!

***The smaller the opening, the better the fizz! The pressure will build up and shoot out the “lava” like a real volcano.***



## Keep the Fun Going:

Once it erupts, you can add more vinegar and baking soda again and again until you're out!

Want to try something different next time? Try a lemon volcano using the same ingredients

This is a great backyard activity. Kids can help scoop, pour, and react — and you'll love seeing their eyes light up with excitement! Try it this weekend — it's science made simple and super fun!





## SUMMER HOLIDAY RECIPES

# Melon Prosciutto Salad:

If you love fruit and savory flavors, you must try this recipe. It's one of our favorite salads!

The melons make it bright and refreshing, but the creamy mozzarella and ham bring a lovely (and substantial) flavor not often found in a salad.

This is a great side salad for a BBQ or picnic, but I like to eat it as a main course as well. If you enjoy Caprese salads, I'm sure you'll like this one.

### Ingredients

- 1 ripe cantaloupe
- 1 ripe honeydew
- 3 ounces sliced prosciutto, torn into pieces
- 8 ounces Ciliegine Mozzarella balls\*
- 2 tablespoons olive oil
- 2 teaspoons balsamic glaze
- ½ teaspoon flaky sea salt
- ¼ teaspoon ground black pepper
- ¼ cup chopped fresh herbs (mint, basil, sage)

### Instructions

1. Slice the melons in half and scoop out the seeds. Using a melon baller or round teaspoon, press against the melon and scoop out the balls. After you've scooped out the first layer, slice ½ inch off the top of the melon and continue scooping out balls. Repeat as necessary.
2. Combine the melon balls, prosciutto, and mozzarella balls on a serving plate.
3. Whisk together the olive oil, balsamic glaze, salt, and pepper. Pour it over the salad.
4. Top the salad with fresh herbs.



## SUMMER HOLIDAY RECIPES

# Sundried Tomato Pesto Spaghetti

### Ingredients

- 5 oz. Spaghetti
- 1 Mini Baguette
- ½ cup Sun-Dried Tomato Pesto
- 4 oz. Grape Tomatoes
- 2 oz. Spinach
- 1 oz. Slivered Almonds
- 2 Garlic Cloves
- ¼ tsp. Red Pepper Flakes

### Directions

#### *You Will Need*

Olive Oil • Salt • Pepper • Cooking Spray  
1 Medium Pot • 1 Baking Sheet

### Before You Cook

- ☐ Turn oven on to 400 degrees. Let preheat, at least 10 minutes
- ☐ Bring 8 cups water and 2 tsp. salt to a boil in a medium pot
- ☐ Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray
- ☐ Ingredient(s) used more than once: garlic, spinach





### 1. Cook the Pasta

- Once water is boiling, add pasta and cook until al dente, 8-10 minutes.
- Drain in a colander and rinse with cold water to stop the cooking process. Set aside.
- Reserve pot; no need to wipe clean.
- While pasta cooks, prepare ingredients.



### 2. Prepare the Ingredients

- Coarsely chop tomatoes.
- Mince garlic.
- Halve baguette lengthwise.
- Stack two spinach leaves, roll up, and slice thinly across the length (reserve remaining whole leaves for pasta).



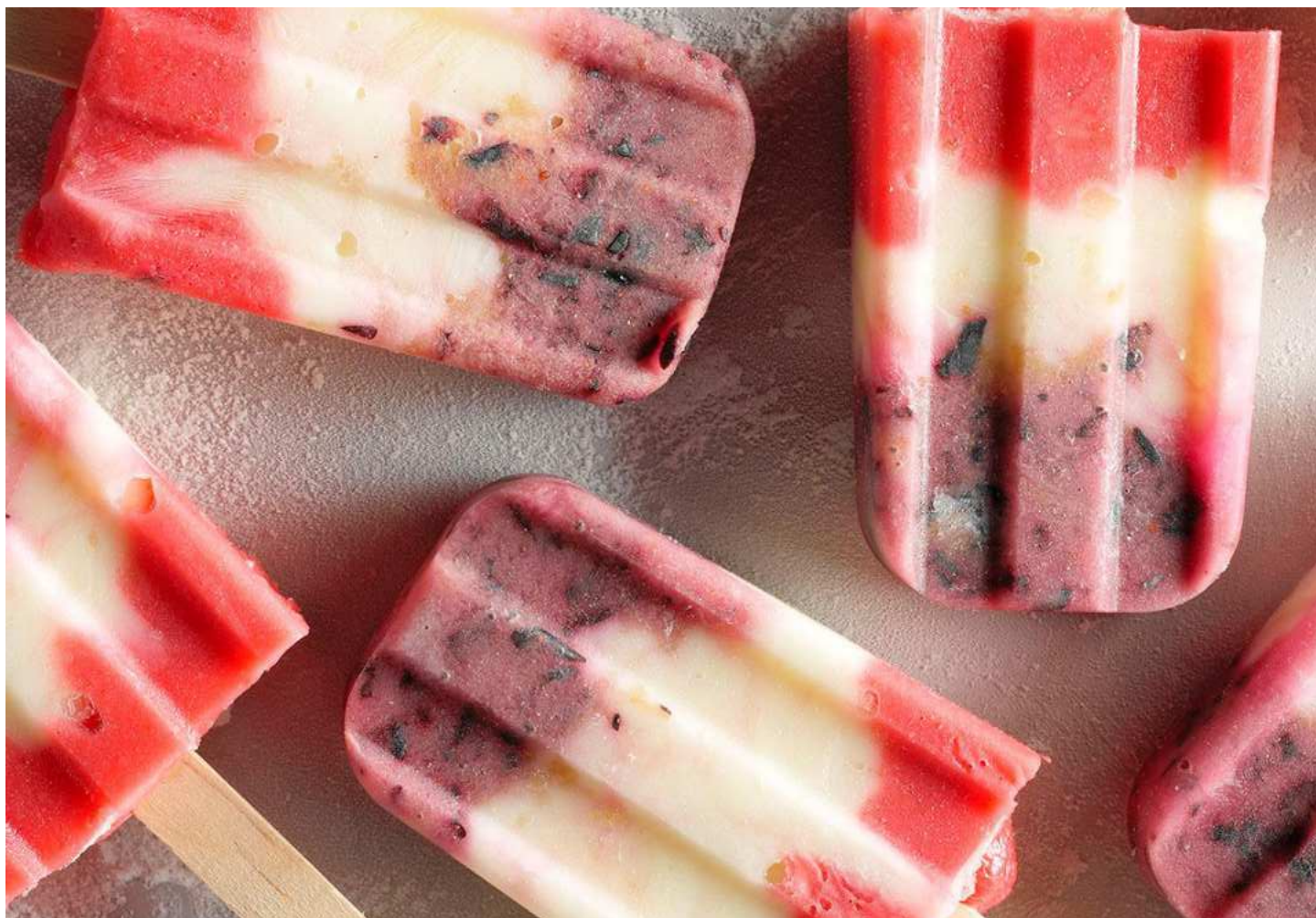
### 3. Roast Tomatoes and Bake Garlic Bread

- Combine tomatoes, half the garlic (reserve remaining for bread), 2 tsp. olive oil, 1/4 tsp. salt, and a pinch of pepper on one half of prepared baking sheet. Spread into a single layer on their half.
- Place halved baguette on other half of baking sheet, cut side up. Drizzle with 1 tsp. olive oil, remaining garlic, and a pinch of salt and pepper.
- Roast in hot oven until baguette is toasted and lightly browned and tomatoes have softened, 7-10 minutes.



### 4. Finish the Pasta

- Return pot used to cook pasta to medium heat and add 1 tsp. olive oil. Add whole spinach leaves and 1/4 tsp. salt to hot pot and cook until just wilted, 30 seconds.
- Stir in sun-dried tomato pesto until warmed through, 1 minute.
- Remove from burner and stir in pasta and roasted tomatoes



## HEALTHY RECIPES

# Patriotic Pops

### Ingredients

- **1-3/4 cups vanilla yogurt, divided**
- **2 tablespoons honey, divided**
- **1-1/4 cups sliced fresh strawberries, divided**
- **1-1/4 cups fresh or frozen blueberries, thawed, divided**
- **12 freezer pop molds or 12 paper cups (3 ounces each) and wooden pop sticks**

### Nutrition

1 pop: 55 calories, 1g fat (0 saturated fat), 2mg cholesterol, 24mg sodium, 11g carbohydrate (10g sugars, 1g fiber), 2g protein. Diabetic Exchanges: 1 starch.

### Instructions

1. Place 2 tablespoons yogurt, 1 tablespoon honey and 1 cup strawberries in a blender; cover and process until blended. Remove to a small bowl. Chop remaining strawberries; stir into strawberry mixture.
2. In blender, process 2 tablespoons yogurt, remaining honey and 1 cup blueberries until blended; remove to another bowl. Stir in remaining blueberries.
3. In each mold, layer 1 tablespoon blueberry mixture, 2 tablespoons yogurt and 1 tablespoon strawberry mixture. Top with holders. (If using paper cups, top with foil and insert sticks through the foil.) Freeze until firm.





## SUMMER LIVING

# Shield Your Shine: Protecting Your Skin from Summer's Strongest Rays

As summer heats up and we spend more time outdoors, it's important to remember that sun exposure, while enjoyable, can take a serious toll on your skin. From beach days and backyard barbecues to morning walks and poolside lounging, protecting your skin from the sun's powerful rays is essential for both short-term comfort and long-term health.

Here's everything you need to know about safeguarding your skin this summer while still soaking in the season.



## Why Sun Protection Matters

The sun emits two types of ultraviolet (UV) rays that impact your skin:

- UVA rays age your skin, causing wrinkles, fine lines, and age spots.
- UVB rays burn your skin, leading to sunburns and increasing the risk of skin cancer.

Even on cloudy days or while you're in the shade, UV rays can still reach your skin. Over time, repeated exposure without protection can result in premature aging, sun damage, and a higher likelihood of skin cancer—including melanoma, the most serious form.

## Top Sun Protection Tips for Summer

### 1. Use Broad-Spectrum Sunscreen Daily

- Choose a broad-spectrum sunscreen with an SPF of 30 or higher.
- Apply it 30 minutes before going outside, and reapply every 2 hours, or after swimming or sweating.
- Don't forget easy-to-miss spots like your ears, neck, hands, feet, and the back of your knees.

### 2. Wear Protective Clothing

- Lightweight, long-sleeved shirts, wide-

brimmed hats, and UV-blocking sunglasses go a long way in protecting skin and eyes.

- Look for clothes labeled with UPF (Ultraviolet Protection Factor) for added defense.

### 3. Seek Shade During Peak Hours

- The sun is strongest between 10 a.m. and 4 p.m.
- If you're outside during this time, try to stay under umbrellas, trees, or covered porches when possible.
- 4. Stay Hydrated
- Drinking plenty of water helps your skin stay resilient and recover from sun exposure more easily.
- Hydrated skin is better protected and heals faster from any minor burns or dryness caused by the sun.

### 5. Be Mindful Near Water, Sand, and Snow

- These surfaces reflect the sun's rays and can increase your exposure, even if you feel cool.
- Double down on sunscreen and protection if you're at the pool, beach, or lake.





## What About Vitamin D?

While sunlight is a natural source of Vitamin D, it doesn't take long for your body to absorb what it needs. A few minutes of sun exposure a few times a week may be enough, and many people safely get their Vitamin D through food or supplements without the risks associated with prolonged UV exposure.

## After-Sun Care Matters, Too

- If you do get sunburned, soothe your skin with aloe vera gel, cool compresses, and moisturizers with ingredients like hyaluronic acid or ceramides.
- Stay out of the sun until your skin heals, and drink extra fluids to help your body recover.

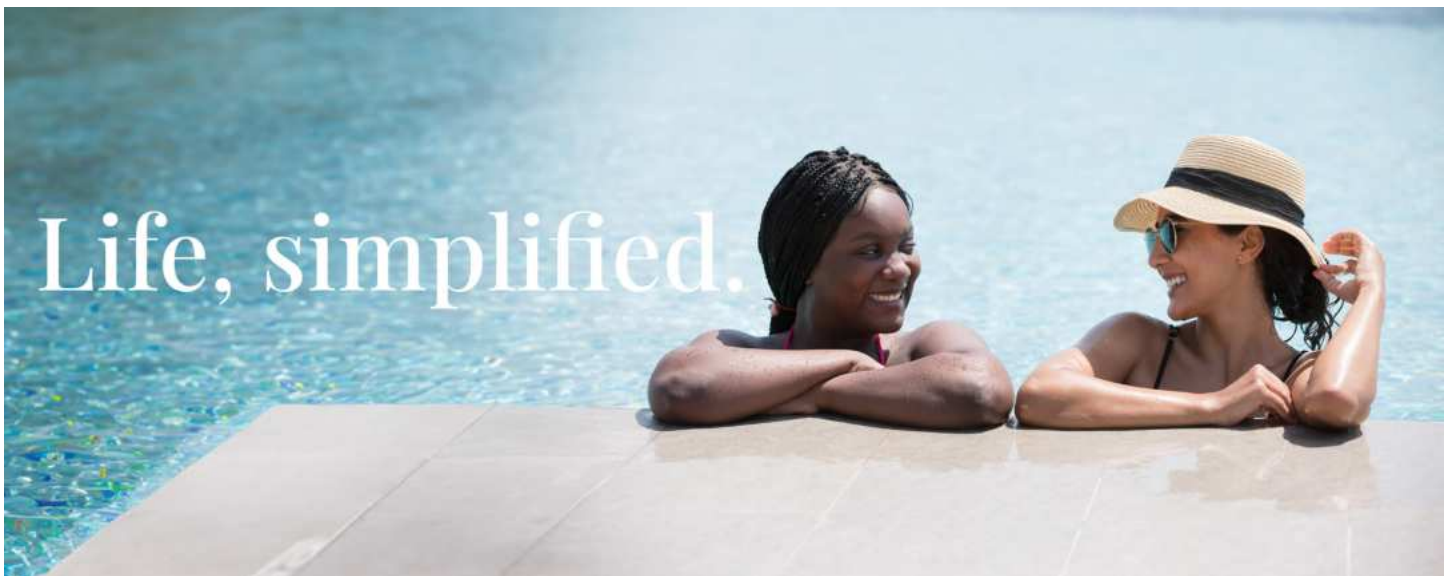


## Make It a Habit, Not a Hassle

Sun protection doesn't have to be inconvenient. Keep travel-sized sunscreen in your bag or car, wear hats as stylish accessories, and make applying SPF part of your morning routine like brushing your teeth.

## Final Thought: Love the Skin You're In

Protecting your skin isn't just about avoiding burns—it's about preserving your health, beauty, and confidence for years to come. So this summer, enjoy the sunshine responsibly. With a little planning and the right protection, you can glow without the burn.





## SUMMER LIVING

# Summer Self-Care: 10 quick tips!

As the temperatures rise and the days get longer, summer invites us to slow down, soak up the sunshine, and refresh our wellness routines. One of the most powerful ways to support your body and mind during this season is through mindful eating. Fueling your body with nutrient-dense, hydrating, and energy-boosting foods can enhance everything from your mood to your stamina. Here are essential summer self-care tips focused on eating for energy and wellness.

### 1. Hydrate with Intention

Why it matters: Dehydration can lead to fatigue, headaches, and sluggishness, especially in hot weather.

#### *What to do:*

- Drink water throughout the day—not just when you feel thirsty.
- Add slices of cucumber, lemon, mint, or berries to make water more enticing.
- Include water-rich foods like watermelon, cucumbers, oranges, and lettuce in your meals.





## 2. Embrace Seasonal Produce

Why it matters: Summer fruits and vegetables are packed with vitamins, antioxidants, and water content that help you stay energized and refreshed.

### *What to eat:*

- Berries (blueberries, strawberries): Rich in antioxidants for brain and heart health.
- Leafy greens (spinach, kale): Full of iron and fiber for sustained energy.
- Zucchini, tomatoes, and bell peppers: Light yet nourishing options for meals and snacks.
- Salmon- Rich in Omega- 3s for brain and heart health
- Citrus Fruits- High in Vitamin C and naturally energizing

## 3. Choose Lighter Meals That Don't Weigh You Down

Why it matters: Heavy, greasy meals can leave you feeling lethargic, especially in the heat.

### *What to do:*

- Opt for grilled proteins (like chicken, fish, or tofu) with fresh veggies.
- Choose whole grains such as quinoa, bulgur, or farro for sustained energy.
- Enjoy cold grain salads, lettuce wraps, or smoothie bowls for satisfying yet light meals.

## 4. Power Up with Protein

Why it matters: Protein helps build and repair tissues, supports immunity, and keeps you full longer.

### *What to include:*

- Greek yogurt, cottage cheese, eggs
- Plant-based options like lentils, chickpeas, tempeh, or edamame
- Nuts and seeds as snackable protein boosts

## 5. Don't Skip Breakfast—Make It Count

Why it matters: A nutrient-rich breakfast sets the tone for your energy levels all day.

### *Healthy ideas:*

- Overnight oats with chia seeds, fruit, and almond butter
- A smoothie with leafy greens, banana, protein powder, and flax
- Whole grain toast with avocado and a poached egg



## 6. Snack Smart

Why it matters: Mid-day energy slumps are real, and smart snacking can keep your blood sugar steady.

### **Best options:**

- A handful of almonds with a piece of fruit
- Veggies with hummus or guacamole
- Frozen grapes or banana bites dipped in dark chocolate

## 7. Limit Processed Sugars and Heavy Caffeine

Why it matters: Sugar crashes and over-caffeination can deplete your energy reserves.

### **Try instead:**

- Herbal iced teas like peppermint or hibiscus
- Natural sweeteners like honey or dates in moderation
- Chilled green tea or matcha for a gentle energy lift

## 8. Listen to Your Body's Summer Rhythm

Why it matters: In warmer months, your appetite and energy levels can fluctuate.

### **What to do:**

- Eat smaller meals more frequently if large meals feel too heavy.
- Don't force food—honor hunger and fullness cues.
- Be mindful and present with each bite to improve digestion and satisfaction.

## 9. Indulge Wisely, Not Restrictively

Why it matters: Self-care includes enjoyment—balance is the goal, not perfection.

### **Smart indulgence:**

- Enjoy a small cone of your favorite ice cream on a hot day.
- Make fruit-forward desserts like grilled peaches or berry crisps.
- Practice the 80/20 rule: nourish most of the time, and allow treats occasionally without guilt.

## 10. Prepare and Plan Ahead

Why it matters: When healthy options are easy to grab, you're more likely to stick with good habits.

### **Tips:**

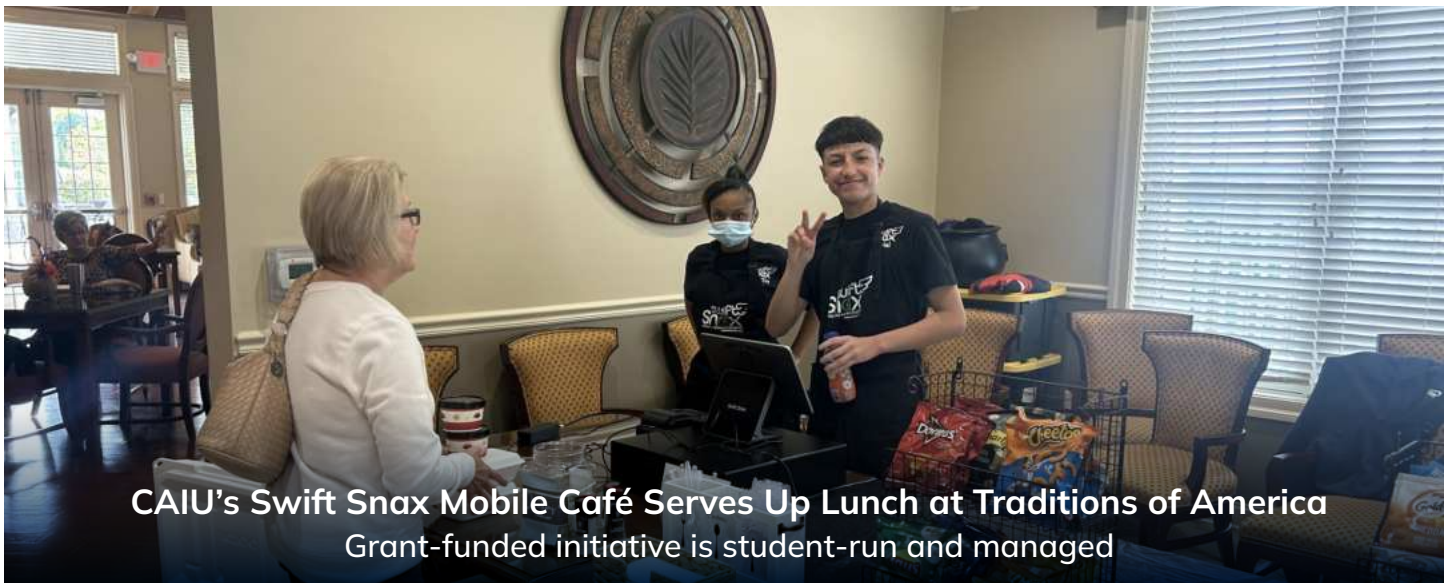
- Prep fruit and veggie snacks at the start of the week.
- Keep a pitcher of infused water in the fridge.
- Freeze smoothie packs or prep grab-and-go lunch bowls.

Summer self-care is about tuning in and giving your body what it needs to thrive. By focusing on fresh, hydrating, energizing foods, you'll not only feel better physically but enjoy the season more fully—whether you're chasing kids around, heading to the beach, or relaxing on the porch.

Eat with intention. Move with joy. Nourish your summer self.







**CAIU's Swift Snax Mobile Café Serves Up Lunch at Traditions of America**  
Grant-funded initiative is student-run and managed

## COMMUNITY SPOTLIGHTS

### Silver Springs

Silver Spring Traditions of America is a premier 55+ active adult community located in Mechanicsburg, Pennsylvania. Known for its resort-style amenities and vibrant social atmosphere, the community offers low-maintenance homes, a clubhouse, fitness center, pool, and a wide range of clubs and activities designed to support a healthy, engaged lifestyle. Residents enjoy a strong sense of community in a picturesque setting just minutes from shopping, dining, and medical services.

Once a month, high school students from the Capital Area Intermediate Unit - Deaf and Hard of Hearing Program and a regular education peer set up the Swift Snax Mobile Café and serve a hot lunch in the Community Building at Traditions of America in Mechanicsburg.

The goal of the program is to expose current high school students to careers in special education with the goal of increasing the number of students going into special education profession. Meanwhile, the Deaf students have the opportunity to learn about entrepreneurship, leadership, and are able to practice their communication skills with hearing consumers who do not use American Sign Language (ASL). By pointing at menus and using basic gestures, customers are able to place their orders with the Deaf students.

From the moment their truck rolled in, Swift Snax brought a fresh and inviting energy to our space. Residents gathered over warm bowls of soup and fresh croissant sandwiches, yes—but what stood out most was the conversation, the laughter, and

the genuine engagement that unfolded. It turned an ordinary lunch into something memorable and meaningful.



What makes this initiative truly special is its heart. Swift Snax doesn't just serve food—it serves purpose. Behind the scenes, this program empowers young people, giving them hands-on experience in entrepreneurship, hospitality, and customer service. It nurtures confidence, builds community-minded values, and provides a sense of ownership that can change a life.

One of the most touching parts? The students light up when they talk about the tips they earn—because every dollar goes into a shared jar that helps fund their school field trips and enrichment activities. Residents are thrilled to know their support has a direct impact, and the students see firsthand how their hard work creates real opportunity. That's the kind of full-circle success we love to see.

A special thank-you to our TOA Silver Spring Master Executive Board for their continued support of meaningful programming like this. Their leadership and encouragement allow creative partnerships to flourish and truly make a difference.



## COMMUNITY SPOTLIGHTS

### The Ramble

The Ramble is a luxury, gated community located in Asheville, North Carolina, spanning approximately 1,000 acres of preserved woodlands and thoughtfully designed neighborhoods. This master-planned community features high-end custom homes, extensive walking trails, a wellness center, saline pool, tennis and pickleball courts, and community parks. With its emphasis on natural beauty, wellness, and architectural elegance, The Ramble offers a serene yet connected lifestyle in the heart of the Blue Ridge Mountains.

Cinco de Mayo is a beloved annual celebration that Ramble residents eagerly anticipate each year, and this year's event was no exception. The Living Well Center was beautifully transformed into a vibrant, festive space filled with color, music, and the aroma of delicious food. Neighbors of all ages came together to enjoy an unforgettable evening, complete with a build-your-own taco bar, refreshing beverages, and playful photo props at every table that doubled as both decorations and icebreakers. Laughter echoed

through the room as residents mingled, reconnected, and welcomed new faces into the fold.

After the challenges brought on by Hurricane Helene, the celebration offered more than just entertainment—it was a much-needed moment of joy, healing, and togetherness. The Ramble's sense of community was on full display, reminding everyone that while the setting is stunning, it's the people who truly make this place home.







## COMMUNITY SPOTLIGHTS

### Trinity Place

Trinity Place Condominium is located in the heart of Boston's Back Bay and is widely recognized as one of the city's most sophisticated, ultra-luxury full-service buildings. This highly sought-after property offers valet parking, a doorman, a state-of-the-art fitness center, and 24/7 concierge services. Trinity Place comprises 97 residences, ranging from studios to three-bedroom homes. The building also houses the acclaimed five-star Italian restaurant Sorellina, which provides residents with private entry and room service.

Ideally situated, Trinity Place is within walking distance to Copley Square, the Boston Public Library, Newbury Street, Copley and Prudential Malls, Shaw's Supermarket, and multiple public transportation options—placing the best of Boston right at your doorstep.

This past May, Trinity Place Condominium Associates showed up in a big way for the Neighborhood Association of the Back Bay's Alley Rally/Love Your Block 2025 clean-up event! Our dedicated team,

local residents and colleges students rolled up their sleeves and helped clean every public alley and block from Arlington Street to Charlesgate, and from Commonwealth Avenue to Back Street.

This was an incredible way of getting involved and giving back to our local community. We were very proud to contribute to keeping the Back Bay neighborhood clean.

