

SEPTEMBER 2022

# Community Newsletter

## BIG NEWS FOR OUR COMMUNITY!

**We are very excited to announce that the management company that operates this community, DJA Properties, has become part of another firm called BLVD Residential!**

You may have started to see changes in signs and logos to reflect this change. Rest assured, however, that this will change very little about your experience in your home. Your tenancy history, lease, onsite staff, and all community rules will stay in place exactly as they are.

BLVD and DJA hold very similar values and philosophies on doing business and we take sincerely our responsibility for managing properties as a community of homes. If there are any changes you should anticipate in the future, it's only good ones! We expect it become easier to reach your onsite staff and that general operations on the property will improve as our expert teams combine the best practices from each company.

If you would like to learn more about BLVD Residential, you can visit their website at [BLVDresidential.com](https://BLVDresidential.com). We look forward to continuing to partner with you to make this community a great place to live!

## PREVENTING PESTS

The best way to protect your home from pests is by integrating prevention techniques into your everyday practices. Routine cleaning is a must, but there are also some specific strategies that can aid in deterring animals or insects. Here are some prevention methods to practice in your home:

- Remove any sources of food, water or shelter.
- Store items in safe and enclosed containers.
- Dispose of garbage regularly with a tightly closed lid.
- Reduce clutter or areas where pests can hide.
- Seal and close off any cracks or holes to eliminate outside entry.
- Perform routine cleaning

Identifying a pest infestation can be done in a number of ways. For some, it simply involves seeing a mouse scurry across the floor; other times it's not as clear-cut. Pests are attracted to several locations that can provide any of the following: food, water, shelter or all three. If you have a suspicion of infestation, please immediately contact your Community Manager for pest control services.



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## **HOMEWORK ORGANIZATION & TIME MANAGEMENT TIPS**

Looking for a boost to manage your workload? Check out these tips below! They are great for students as well as anyone who would like to stay better organized!

- Don't multitask, studies show multitaskers spend 50% more time trying to accomplish a task, instead focus on one assignment at a time and only turn your attention to the next task when you've accomplished a task
- Use a planner and write EVERYTHING down. Not only can you use a paper booklet, but you can also utilize a digital planner, whatever works best for you.
- Prioritize tasks, Delegate tasks that are important and urgent first and circle back to tasks that are less important
- Color code and label everything, color-coding your materials is a visual cue that allows you to easily see what belongs together. For example, buy a blue folder and notebook for math, a red folder and notebook for science and so on. Placing labels on these items can help your organization by giving everything a designated place. In a folder, you could use the left pocket for previous assignments and the right for new ones, for instance.
- Break down big tasks into smaller tasks, breaking down big tasks and projects makes them seem less overwhelming and more manageable. Doing this also makes it clearer what your specific next step is, so you'll be less likely to procrastinate on your assignments.

### **Why Do We Celebrate Labor Day?**

In 1882, A union leader by the name of Peter J. McGuire suggested to the Central Labor Union in New York that there should be a celebration to honor American workers. The significance behind Labor Day is to pay tribute to the contributions and achievements of American workers. Honoring those workers who helped to build the country and keep it strong. Labor Day occurs on the first Monday of September.

## **LUNCHBOX IDEAS**

Sending your kids back to school can be hard enough without trying to figure out healthy lunch options. Try some of these healthy lunchbox ideas for inspiration. They're sure to be kid approved!

- Twist on a PB&J! Switch it up with sunflower or almond butter and consider a reduced sugar jam or jelly. Try making the sandwich on a mini-bagel or as a tortilla roll up cut into slices!
- Cracker sandwiches with pepperoni and cheddar squares.
- Tortellini with a little side of marinara dipping sauce.
- Yogurt tubes or drinkable yogurts.
- Low fat string cheese.
- Dried fruit like banana chips, freeze dried apples slices, or dried mango.
- Yogurt covered raisins.
- Peanut butter filled pretzel bites.
- Homemade trail mix with their favorite ingredients.

Use the helpful chart at the end of this newsletter for further inspiration!

## KITCHEN CREATIVITY: Best EVER Chicken Lettuce Wraps Recipe



### Ingredients

- 1 Tbsp. olive oil
- 1 cup sweet onion diced small
- 1 Tbsp. sesame oil
- 1 lb. ground chicken
- 2 cloves garlic, minced
- 1/4 cup hoisin sauce
- 2 Tbsp. amino acids or light soy sauce
- 3/4 Tbsp. seasoned rice vinegar
- 1 Tbsp. Sriracha
- 1 tsp. fresh ginger minced
- 8 oz. can water chestnuts drained and diced small
- 1 bunch green onions sliced
- 1/4 - 1/2 tsp. red pepper flakes to taste
- salt and pepper to taste
- butter lettuce leaves for serving

### Instructions

1. Heat olive oil in a large skillet. Add in diced onion and cook until softened.
2. Now add in ground chicken, garlic, and sesame oil. Cook until the chicken is no longer pink.
3. Combine hoisin sauce, amino acids (or soy sauce), rice vinegar, sriracha, ginger, water chestnuts, green onions (reserving some for topping the lettuce wraps) and red pepper flakes. Heat through and then taste and season with salt and pepper, as desired.
4. Fill butter lettuce with chicken mixture and serve. Enjoy!



# Build Your Own **Healthy** Lunchbox



## Whole Grains + Protein

- ☐ Sandwich with Deli Meat
- ☐ Pasta Salad
- ☐ Cheese Quesadilla
- ☐ Veggie Wrap
- ☐ Crackers, Meat & Cheese
- ☐ PB&J Sandwich
- ☐ Pita & Hummus
- ☐ Chicken Salad & Crackers
- ☐ Rice & Black Beans
- ☐ DIY Tacos
- ☐ Pita Pizzo
- ☐ Meat & Cheese Roll Ups
- ☐ Salad with Tuna
- ☐ Sandwich Kebabs
- ☐ Vegetable Soup & Crackers
- ☐ Protein Muffins

## Fruit

- ☐ Banana
- ☐ Grapes
- ☐ Berries
- ☐ Cherries
- ☐ Apple
- ☐ Clementine
- ☐ Melon
- ☐ Avocado
- ☐ Applesauce
- ☐ Fruit Pouches
- ☐ Pineapple
- ☐ Kiwi
- ☐ Mandarin Oranges
- ☐ Dried Fruit
- ☐ Fruit Salad

## Veggies

- ☐ Carrots
- ☐ Celery
- ☐ Cucumber
- ☐ Mini Sweet Peppers
- ☐ Peas
- ☐ Corn
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Beet Chips
- ☐ Salad
- ☐ Sugar Snap Peas
- ☐ Cherry Tomatoes
- ☐ Roasted Potatoes
- ☐ Homemade Baked Chips
- ☐ Green Beans
- ☐ Kale Chips

## Other

- ☐ Pretzels
- ☐ Trail Mix
- ☐ Granola Bar
- ☐ Mini Muffins
- ☐ Nuts
- ☐ String Cheese
- ☐ Guacamole
- ☐ Salsa
- ☐ Lowfat Ranch
- ☐ Chocolate Chips
- ☐ Yogurt
- ☐ 100% Fruit Juice
- ☐ Lowfat Milk
- ☐ Fruit Leather



