

AUG
2021

CONSTITUTION PARK INSIGHTS
NEWS & STORIES



Our Vice President's Message



Dear HMC Residents,
I am honored and humbled to be a part of the Hunt Military Communities' family. As the new CEO, I look forward to continuing with the company vision of providing 5-Star Service and excellence in housing. As a former Marine, I understand first-hand the challenges service members and their families face when moving to a new community and the importance of providing quality housing.

Over the next several months, I will be visiting many of our HMC communities with the intention of meeting residents, touring homes, and looking for ways to make your living experience the very best it can be. I will tirelessly search for ways Hunt Military Communities can improve our service delivery and homes to enrich the lives of our residents. Our nation's military service members became my heroes after two combat tours in the Marine Corps, and I greatly look forward to serving our military families. As always, we want your feedback, and our Hunt Promise Helpline (<https://www.huntmilitarycommunities.com/contact-us>) provides an easy way for you to share your feedback or address concerns that have not been appropriately tended to at the site level. Transparency and open communication will help HMC to provide you great service.

Best,

Brian Stann, CEO
Hunt Military Communities



[HuntMilitaryCommunities.com](https://www.HuntMilitaryCommunities.com)



EFFECTIVE September 1st

IS GOING "PAY" PERLESS!

Hunt Resident App • Hunt Resident Portal • WIPS Walk In Payment System
The Safe, Secure, and Seamless way to make payments.

HMC is going "PAY" PERLESS!

Hunt Military Communities is pleased to announce effective September 1, 2021, we will be transitioning to electronic payments only. Utilizing electronic payment options provides the convenience of making payments anytime from your fingertips, payments post directly and immediately to your account, the ability to set up recurring payments, and no additional fees for direct bank account payments. For our residents who do not already utilize our electronic payment methods, the transition is simple and there are multiple payment options available to fit everyone's preference. Please remember those who currently pay rent via allotment will continue to do so.

Say goodbye to paper payments and say hello to the safe, secure, and seamless way to make payments! We look forward to simplifying the payment process and provide you the peace of mind that comes with electronic payments. Please reach out to your management office if you have any questions or need assistance setting up your electronic payments.

CONTACT INFORMATION

Please see below for our updated contact information:

Office Phone Line:	360-394-7297
Leasing Phone Line:	888-597-8174
Maintenance Work Orders:	360-930-4529
Email:	constitutionpark@huntcompanies.com

Summer Safety Tips



Eat Healthy Take advantage of summer's fruit and veggie bounty.

Drink Water



Water is a natural, healthy and sugar-free way to stay hydrated.



Move More

Kids need at least 60 minutes of physical activity per day and adults need at least 30 minutes to stay healthy.

Be Food Safe

Regularly wash hands with soap and water; separate cooking surfaces to keep raw seafood, meat and poultry away from fresh produce.



Protect from the Sun

Whether you're going for a short walk or spending a day at the beach, be smart and lather up with SPF 30 or higher.



Easy Summer Recipes

Cheesy Keto Pizza Cups

Recipe courtesy of Carlene Thomas, RDN - Eat This, Not That!



INGREDIENTS:

- 1 oz full fat cream cheese
- 1 1/2 cups hand-grated whole milk mozzarella cheese
- 1 large egg, beaten
- 1 cup Bob's Red Mill almond flour
- 2 Tbsp Bob's Red Mill coconut flour
- 1/3 cup Rao's pizza sauce
- 1/3 cup shredded cheddar cheese
- 1/8 cup mini pepperoni slices

DIRECTIONS:

1. Preheat the oven to 400°F.
2. In a large microwave-safe bowl, combine the cream cheese and mozzarella and microwave for 1 minute, stopping several times to stir. Add in the beaten egg, and quickly stir until a ball is formed. Knead by hand, adding additional almond flour if needed, until lightly sticky.
3. Divide the dough into 8 pieces. Set a piece between two sheets of greased parchment paper and roll out with a rolling pin. Repeat with the rest, then press each piece of dough into greased muffin tins to form small dough cups.
4. Bake for 15 minutes until golden brown. Remove from oven and top each with sauce, cheddar, and pepperoni. Return to oven for five minutes until the cheese melts.
5. Remove from muffin tins and serve.

Find the recipe here: <https://www.eatthis.com/keto-pizza-cups-recipe/>

Three Easy and Fun Pinwheels

Recipe courtesy of Nick - Cooking With Confidence - Macheesmo



Hummus Spinach Pinwheels

- 4 medium flour tortillas
- 1 cup O Organics hummus
- 2 cups O Organics Baby Spinach

Spread ingredients on flour tortillas. Roll into tight pinwheels and cut into slices.

Guac and Cheese Pinwheels

- 4 medium flour tortillas
- 8 oz Signature Cafe Hatch Chili Guacamole
- 1 cup O Organics Mexican Cheese

Spread ingredients on flour tortillas. Roll into tight pinwheels and cut into slices.

Peanut Butter & Jelly Pinwheels

- 4 medium flour tortillas
- 1 cup O Organics peanut butter
- 1 cup O Organics Strawberry preserves

Spread ingredients on flour tortillas. Roll into tight pinwheels and cut into slices.

Find the recipe here: <https://www.macheesmo.com/three-easy-school-pinwheels/>

Hydrating Foods

Hydration doesn't have to just come from a glass of water.

Pick foods high in water to help stay hydrated all day long.



Watermelon

93%
water



Salad greens
Berries
Tomatoes

90%
water



Acorn squash
Butternut squash

85%
water

UPCOMING IN AUGUST

- 4th National Chocolate Chip Cookie Day
- 7th Purple Heart Day
- 10th National S'mores Day
- 15th World Honey Bee Day
- 16th National Tell A Joke Day
- 19th National Aviation Day
- 25th National Park Service Founders Day
- 26th National Women's Equality Day
- 28th Rainbow Bridge Remembrance Day
- 30th National Beach Day

Advanced Power Strips - Available NOW

Reduces Energy Consumption / Best for TV or PC Setup / No Charge / Free Resources and Training / Savings Benefit the Community. See attached flyer for more information on how to receive your FREE advanced power strip.



AUGUST. August comes from the Latin word *augustus*, meaning "consecrated" or "venerable," which in turn is related to the Latin *augur*, meaning "consecrated by augury" or "auspicious." In 8 B.C. the Roman Senate honored Augustus Caesar, the first Roman emperor, by changing the name of their month "*Sextilis*" to "*Augustus*."

FUN IN AUGUST

Fruit & Vegetables for August:

The bountiful harvest of summer continues in August with acorn squash, apples, apricots, blueberries, butternut squash, cantaloupe, corn, cucumbers, eggplant, figs, green beans, kiwi, kohlrabi, lettuce, mangoes, okra, peaches, peppers, plums, raspberries, strawberries, summer squash, Swiss chard, tomatoes, and watermelon.



Fun Movies for Kids



MAINTENANCE CORNER



Filters - Please ensure that your air filters are replaced regularly (every 3 months). Stop by the maintenance shop to pick up your FREE filter when you are ready to replace them.



Smoke Alarms - Test all smoke alarms to make sure they are working properly. Check the batteries and replace if necessary.



Self-Maintained Flowerbeds - Spring/Summer temperatures have allowed many residents the opportunity to start yard/flowerbed upkeep. If you opted to maintain your flowerbed at the time of lease signing, please remember it is your responsibility to maintain the condition of the landscaping at your home.

Watering Lawns - Residents are responsible for watering the lawn (front and back) and flowerbed areas. If your home has an automated irrigation system, your front lawn and flowerbed will be watered on a schedule. Do NOT over water your lawn and/or flowerbed.



Self-Service Options - Our maintenance department has a few self-service options to help maintain your home and lawn care. Mowers and weed eaters are available to loan out, as well as long dusting poles to clear debris from the exterior of your home. Please give maintenance a call to inquire about self-service availability.

Insect/Pest Control - Residents are allowed and encouraged to treat any insect issues with insect sprays and/or repellents. If the issue persists or is recurring, please contact your maintenance shop for further assistance to resolve the issue.



FRIENDLY REMINDERS



BBQ Grills: Outdoor grills are permitted only outside the home no closer than ten (10) feet to the house or fence. Barbecue grills should not be left unattended when in use or while still hot. Cooking food in the front yard or on covered balconies, and/or patios using hibachis, grills, etc. is prohibited.

Pools/Bounce Houses/Trampolines: NO swimming pools or hot tubs are allowed on property. Wading pools are allowed and must be emptied and put away daily. Wading pools are only allowed in the backyard. Bounce houses are permitted and must be taken down and put away on a daily basis. Trampolines are NOT permitted on resident premises.



RVs/Utility Trailers/Boats: Recreational vehicles (campers, trailers, boats, etc.) are not permitted to be parked in the Neighborhoods at any time; however, such vehicles may be parked within the confines of the garage on the Premises. Please refer to the Community Handbook for more information.

Meet Your Management Team



Martha Allred
Community Director

Katie Johannes
Resident Services Specialist

Charles Mason
Maintenance Manager

Robert Alvarez
Maintenance Technician I

12832 5th Street NE, Lake Stevens, WA 98258

Phone: 877-245-7370 • Fax: 425-344-0843

Hours: 9 AM to 12 PM; 1 PM-5 PM

(By appointment only)

Facebook: @ConstitutionParkFamilyHousing

EFFECTIVE SEPTEMBER 1st



IS GOING "PAY" PERLESS!

The Safe, Secure, and Seamless way to make payments.

Starting **September 1st** HMC will be accepting online payment options only. Residents may utilize the following online payment services:

Hunt Resident App  • **Hunt Resident Portal** • **WIPS Walk In Payment System**

Benefits of Paying Online

- ✓ Eliminates the Need to Drop Off Payments
- ✓ Secure Payments Can Be Made Right from Your Phone or Device
- ✓ Payments are Posted to Your Account Immediately
- ✓ Email Receipts are Sent Directly to Your Inbox
- ✓ Never Forget a Payment Again, Set Up Recurring Account Payments
- ✓ Pay Without Fees for Direct Bank Account Payments

Scan the QR code with your phone to download the **Hunt Resident App** 



Please contact our office if you need assistance setting up online payments via the Hunt Resident App/Portal or WIPS.



HUNT HEART PROGRAM

SPOUSAL OUTREACH SUPPORT

Life as a military spouse has its own challenges, but deployment brings on additional challenges for the spouse who cares for the home. Today's military families may be faced with multiple deployments or have to leave home for extended periods of training and the spouse who stays home shoulders the responsibility of maintaining the home life, and caring for children and pets, often while supporting a career. Spouses of deployed service members are faced with fulfilling the roles of both parents while bearing the emotional load of concern about the safety of the deployed spouse and the risk they face abroad.

Hunt recognizes these challenges and cares about our service members and their families. This is why we have established the **Hunt Heart Spousal Outreach Support (SOS) Program** for our resident families during a time when the spouse is deployed or away from home.

The **Spousal Outreach Support (SOS) Program** is backed by a team of caring individuals whose goal is to make life a little bit easier and bring smiles to the faces of family members while the service member is not there.

QUALIFICATIONS

Any resident with a spouse who is deployed, will be deploying or will be leaving for an extended period of time qualifies to be in the Hunt Heart Spousal Outreach Support Program (SOS).

ENROLLMENT

Residents who want to be considered for the SOS Program should contact the leasing office for enrollment. You will need a copy of your orders and a Power of Attorney to get started.

The **SOS Program** serves as an added bonus to living at a Hunt military community by providing deployed or absent service members peace of mind knowing that their loved ones will always have someone to contact for assistance while they are away.

SPOUSAL OUTREACH SUPPORT (SOS) BENEFITS:

- Maintenance Plus
- SOS Days
- SOS Resources

SOS MAINTENANCE PLUS

Maintenance Plus is designed to assist families with tasks that are traditionally done by the absent family member. Services provided are in addition to the 24 Hour Emergency and routine maintenance services that are already provided.

Services may include but are not limited to:

- Assistance with hanging pictures
- Assembling bikes and toys
- Changing light bulbs or moving furniture
- Mowing lawns
- Putting up or taking down Christmas decorations
- Grass cutting
- Weed removal from flowerbeds
- Shoveled sidewalks during snow events
- Box and packing material up

SOS DAYS

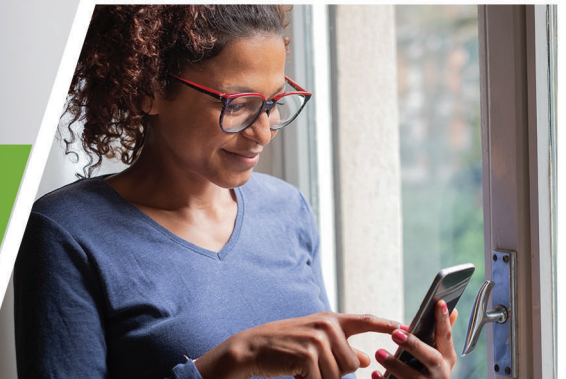
SOS Days are special events and days of family oriented activities dedicated to family of absent or deployed spouses.

SOS RESOURCES

SOS Resources are provided to assist our families in preparing and planning for deployment.

There are many decisions that have been made prior to deployment and preparing for deployment and preparing for deployment is paramount to family well-being.

Introducing Online Payments!



Now Available on the **Hunt Resident Portal & Mobile App!**

TWO WAYS TO REGISTER

Visit Your Community's Website

Under **Current Residents** click **Maintenance Requests** and then **Click here to register**. Use your email address on file & registration code previously provided.

OR

Download the **Hunt Resident App**  at:

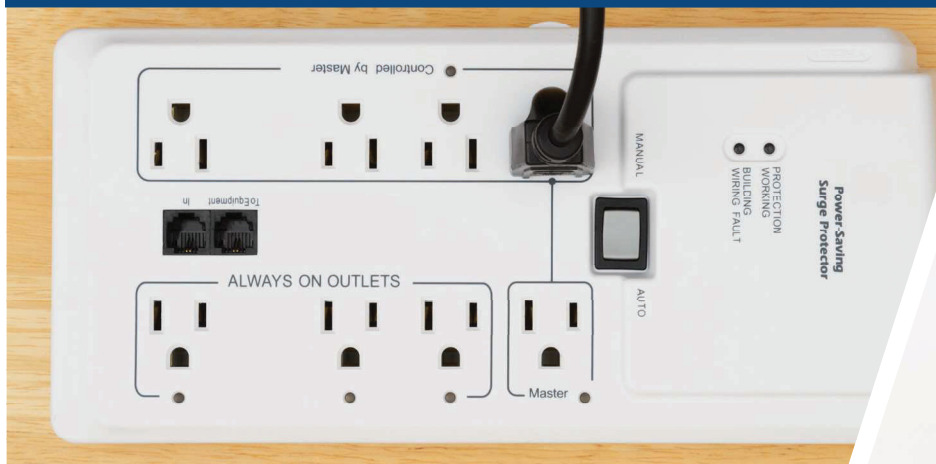


Hunt Resident App Features & Services

- Easy Online Payments
- Enjoy 24/7 Self-Service Account Management
- Submit & Track Routine Maintenance Requests
- Opt-In to SMS Text
- Communicate With Your On-Site Team Via Your Mobile Device
- Check Out Upcoming Community Events & Announcements!

*Must know property name & zip code. Emergency messages do not require opt in.

ADVANCED POWER STRIP GIVEAWAY



Why should I be interested in an Advanced Power Strip (APS)?

Reduces Energy Consumption | Best for TV or PC Setup
No Charge | Free Resources/Training | Savings Benefit the Community

Available July 1, 2021

Pacific Northwest Communities has partnered with the local electric provider in your neighborhood to provide a **FREE** Advanced Power Strip for each home in their coverage area. Not only do we want to do our part in promoting conservation, but we want to help you to do so and save energy in your neighborhood.

HOW CAN I GET AN ADVANCED POWER STRIP FOR MY HOME?

1. Contact your local Neighborhood Management Office to determine if you qualify & make arrangements to get your power strip.
2. An acknowledgment form will need to be signed so the provider knows you accepted the power strip.
3. Resources will be provided with your power strip to help you understand the equipment and set it up correctly.

We appreciate your support of this initiative and in proactively taking action to conserve energy!