

**JUNE
2021**

CONSTITUTION PARK INSIGHTS
NEWS & STORIES



Our President's Message



This month, we will officially welcome summer, celebrate graduations, and honor fathers on Father's Day. It is also a time to prepare for PCS season and the moves many will be facing. We know all too well the stress and anxiety that come with moving. One of our goals is to help families feel a sense of community and to understand their new community, the place they will call home. Hunt Military Communities offers a host of information aimed at making

the transition seamless, as well as programs addressing deployment, family crisis, and special services. The Hunt Heart Program is designed to help our families when they need it most. If you are not familiar with this program, I invite you to visit your community website or huntmilitarycommunities.com to learn about these special services. Additionally, each community has a Resource Guide listed under Resident Services that will help to acclimate our families to some of the many services your specific community offers. Thank you for choosing to make your home at a Hunt Military Community, and I wish you a safe and healthy start to summer and PCS season.

Best,



**John Ehle, President Hunt
Military Communities**



HuntMilitaryCommunities.com



The Best Father's Day Jokes and Puns

- "I asked my dad for his best dad joke and he said, 'You.'"
- "You can tell it's almost Father's Day. The kids suddenly want to stop at all the garage sales."
- "Happy Father's Day Dad. May your day be better than your jokes."
- "If the world has S'more dads like you, it would be sweet."
- "Let's taco 'bout how much you rock."
- "As a grill master and dad, you're a rare find."
- "You can be a real pizza work, and sometimes you bacon us crazy, but we love you anyway."
- Q: "What did the baby corn say to the mama corn?"
A: "Where's popcorn?"
- Q: "Why do dads who golf always take an extra pair of socks?"
A: "In case they get a hole in one!"

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

JUNE - Men's Health Month



Nine tips for Men's Health

by Air Force Reserve Lt. Col. Christopher W. Bunt, M.D.

Let's face it, men are often hesitant to talk about their health concerns or visit the doctor. That needs to change. According to the Centers for Disease Control and Prevention, men die at higher rates than women from heart disease, cancer, diabetes, influenza/pneumonia, kidney disease, accidents, and suicides. Early detection and treatment can improve your odds of surviving illnesses.

Many of the major health risks that men face can be prevented with a healthy lifestyle, and a healthy lifestyle can start with one small choice. Make your first one today! Here are nine tips to get you started:

Move. Men need at least 150 minutes of moderate aerobic activity, or 75 minutes of vigorous aerobic activity, each week. Moderate activities include brisk walking and mowing the lawn. You should still be able to have a conversation while doing these activities, but not quite hold an extended musical note of your favorite song. Vigorous activities include running, swimming laps, singles tennis, bicycling at least 10 mph, or jumping rope. Add strength and resistance training exercises (body weight or gravity alone is fine) at least twice a week, and include all major muscle groups, doing one set of 10 repetitions per exercise.

Say no to tobacco. Quitting smoking improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illness. Avoid secondhand smoke. Don't vape, chew tobacco, or use other tobacco products. They all increase your risk of cancer.

Control stress. Stress is part of life. Focus on taking care of yourself. Talk to friends and loved ones. Let them know how you're feeling and how they can help. Don't use drugs or alcohol in an attempt to deal with your stress. They create more problems than they solve.

Eat better. Reduce your consumption of processed and packaged foods. Stick to shopping for what's on the outside aisles of the grocery store. Pick one dietary indiscretion – something you don't need to eat -- and cut back. Eat more fruits, vegetables, and nuts. Instead of beef, try fish, chicken, turkey, or pork.

Drink water. Increase your water intake when you are more physically active in hot or cold climates, running a fever, or have diarrhea or are vomiting. If your urine is clear, you're appropriately hydrated. Carry a reusable water bottle throughout the day and sip from it regularly. Refill it when empty. When eating out, substitute water with a wedge of lemon or lime for a sugar-sweetened beverage.

Get plenty of sleep. Sleep hygiene is crucial. Go to bed and get up around the same time every day. Sleep in a cool, quiet, dark place. Don't watch TV or use your phone in bed. Aim for seven or eight hours of sleep per night.

Prevention first. Cancer screening tests can spot disease early, when it's easier to treat. And immunizations can prevent many illnesses from impacting you at all. If you have any concerns, visit your doctor before they become major issues.

Nurture positive relationships. Be present with your loved ones. Stop staring at electronic screens and live in the moment with those around you. Help others. Be kind. Smile and laugh more. Complain less.

Use mindfulness. Consider activities that allow for self-reflection. Mindfulness apps can help start you on this process. Meditation, yoga, and other "centering" activities can further expand your mind. At the end of your day, reflect about something you learned and how you can use that to improve your tomorrow.

<https://www.health.mil/News/Articles/2019/06/12/Nine-tips-for-Mens-Health>

FATHER'S DAY MEAL

Super Summer Burgers

Recipe courtesy of The Old Farmer's Almanac

BACON TOPPING INGREDIENTS:

- 6 slices Applewood smoked bacon

*Preheat oven to 400 degrees. Line a rimmed baking sheet with aluminum foil. Preheat grill to medium-high. Arrange bacon in single layer on baking sheet. Cook in oven for 10-12 minutes, or until brown and crispy.

RELISH & MAYONNAISE INGREDIENTS:

- 3 Tbsp butter
- 2 Gala apples, peeled, cored, and finely diced
- 1 yellow onion, finely diced
- 1 tsp chili paste
- 1/2 tsp kosher salt
- 1 lemon
- 1/2 cup mayonnaise
- 2 Tbsp thinly sliced scallions

*For relish: In a skillet over medium heat, melt butter. Add apples and onions and cook for 5 to 10 minutes, or until tender. Add chili paste and salt. Remove from heat and cover to keep warm.

*For mayonnaise: Remove zest from lemon and set aside. Juice half of lemon. In a bowl, combine zest and lemon juice. Add mayonnaise and scallions and stir to combine.

SLIDERS INGREDIENTS:

- 2 pounds freshly ground beef chuck
- 1/4 cup finely chopped fresh italian parsley
- 2 tsp salt
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Balsamic Glaze
- 1 Tbsp melted butter
- 2 tpsps dark-drown sugar
- 1 tsp chili paste
- 12 slices sharp white cheddar cheese
- 12 brioche slider rolls or dinner rolls, split in half
- 1 cup coarsely chopped red leaf lettuce

*For sliders: Break beef into clumps by hand and put into a bowl. Add parsley and salt.

In another bowl, whisk together Worcestershire sauce, Balsamic Glaze, melted butter, brown sugar, and chili paste.

Add to beef and gently mix to combine. Form into 12 patties.

Cook on grill for 3 minutes. Turn over, top each with slice of cheddar, and cook for 3 minutes more. Transfer patties to a plate.

Place rolls split side down on grill for 1 minute, or until lightly toasted.

To assemble: Spread mayonnaise on bottom half of each roll. Arrange lettuce on top. Add patty, cheese side up. Halve each bacon slice. Put one half on each patty. Top with relish and remaining roll halves.

<https://www.almanac.com/recipe/super-summer-burgers>



UPCOMING IN JUNE

- 6th** D-Day - Battle of Normandy
- 8th** Call Your Doctor Day
- 13th** National Children's Day
- 15th** National Photography Day
- 17th** National Career Nurse Assistant's Day
- 19th** Juneteenth
- 20th** Father's Day
- 23rd** National Hydration Day
- 25th** Take Your Dog to Work Day
- 27th** National PTSD Awareness Day
- 30th** Social Media Day



JUNE. The name June is primarily a female name of Lation origin that means Born in June. The month of June was named after the Roman goddess Juno (Iunius), goddess of Marriage & Childbirth.

FUN IN JUNE

Fruit & Vegetables for June:

June welcomes summer and brings a fruit-heavy harvest of apricots, blueberries, canteloupe, cherries, corn, kiwi, lettuce, mangoes, peaches, strawberries, swiss chard, watermelon, and zucchini.



June Quotes and Sayings

"If a June night could talk, it would probably boast it invented romance."
-Bernard Williams

"It is better to be a young June bug than an old bird of paradise."
-Mark Twain

"It is the month of June, The month of leaves and roses, When pleasant sights salute the eyes and pleasant scents the noses."
-Nathaniel Parker Willis

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



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

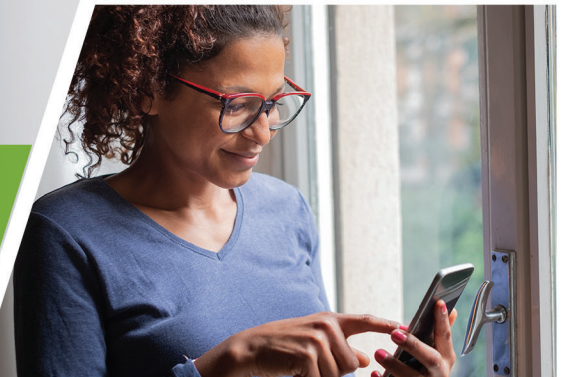
SOS Days are special events and days of family oriented activities dedicated to family of absent or deployed spouses.

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.