

FEB
2021

CONSTITUTION PARK INSIGHTS
NEWS & STORIES



Our President's Message



I am pleased to announce that for the third year, Hunt Heroes Foundation, the non-profit organization founded by Hunt Military Communities, will be awarding scholarships to help enable the ongoing education of military members and their families. Last year we were able to help nine worthy students and awarded \$30,000. Because of the generous donations we received over the past year, we are able to increase scholarship awards and recognize 15 recipients and award \$40,000 in scholarship grants in 2021. I encourage you to apply if you or a loved one meet any of the following criteria:

A high school senior or high school graduate or a current postsecondary undergraduate at an accredited two- or four-year college, university or vocational school or a trade school student; or planning to enroll in full-time undergraduate study at an two- or four-year college, university, or vocational-technical school for the entire upcoming academic year. For more information and to fill out an application, go to <https://learnmore.scholarsapply.org/huntheroesscholarship>. The deadline to submit a nomination is **March 4, 2021 at 3pm CST or until 50 applications are received, whichever comes first.** We understand the challenges many families are facing during these difficult times and are happy to be able to support the ongoing education of military members and their families.

Best,

John Ehle, President
Hunt Military Communities



HuntMilitaryCommunities.com



African American History Month

Experiencing War *African American Veterans*
FIGHTING TWO BATTLES
Stories from the Veterans History Project

For many veterans, serving in the military meant pushing past their own physical and mental limits in order to defeat the enemy. Many African American veterans also had to contend with and break through the limits placed upon them by society. Whether they fought stateside or overseas, in integrated or segregated units, or during World War II, Korea, or Vietnam, the African American veterans profiled persisted past prejudice to serve their country with honor.

Please join us virtually at the Library of Congress to learn more about the African American veterans and listen to their stories:

<https://www.loc.gov/vets/stories/ex-war-afam-twobattles.html>.

CONTACT INFORMATION



CONSTITUTION
PARK
HUNT MILITARY COMMUNITY

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

American Heart Month

February marks 56th consecutive American Heart Month

It's no secret February is all about hearts — but not just the candy kind.

It's also American Heart Month, a time the nation turns its attention to keeping families and communities free from heart disease, the No. 1 killer of Americans.

The federally designated event reinforces the importance of heart health and the need for more research, with a reminder to get families, friends and communities involved. It's a tradition that's over half a century strong. The first proclamation was issued by President Lyndon B. Johnson in February 1964, nine years after he had a heart attack. Since then, the president has annually declared February American Heart Month.



The American Heart Association's Heart Fund twins surround then-Vice President Lyndon B. Johnson in 1961, three years before he issued the first proclamation declaring February American Heart Month.

With organizations such as the American Heart Association and others working together, millions of people are enjoying longer, healthier lives. But despite all the progress, heart disease remains the single largest health threat to Americans — just as it was when LBJ was alive.

Cardiovascular disease (heart disease and stroke combined) kills about 2,300 a day. Obesity in both youth and adults is at an all-time high, youth are being diagnosed with heart disease earlier than ever and people just ZIP codes apart can live 25 years less than their neighbors because of disparities in health. American Heart Month is vital for awareness, but the American Heart Association urges people to take care of their hearts year-round. Consider the facts:

- Heart disease kills more people than all forms of cancer combined.
- Heart attacks affect more people every year than the population of Dallas, Texas.
- 83% believe that heart attacks can be prevented but aren't motivated to do anything.
- 72% of Americans don't consider themselves at risk for heart disease.
- And 58% put no effort into improving their heart health.
- While science is advancing medicine in exciting new ways, unhealthy lifestyle choices combined with rising obesity rates in both kids and adults have hindered progress fighting heart disease.

The good news is that heart disease is preventable in most cases with healthy choices, which include not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular checkups.

The first Friday of the month, Feb. 7, is National Wear Red Day. Coast to coast, landmarks, news anchors and neighborhoods will go red to raise awareness and support for heart disease. For more information, visit goredforwomen.org.

Read more at <https://www.heart.org/en/around-the-aha/february-marks-56th-consecutive-american-heart-month>

Heart Healthy Recipe



American Heart Association Recipe

Quick Chicken Chili Serves 4

Ingredients:

- 1 teaspoon canola oil and 1 teaspoon corn oil, divided use OR
- 1 teaspoon corn oil and 1 teaspoon corn oil, divided use
- 1 pound boneless, skinless chicken breast halves or tenderloins, all visible fat discarded, cut into bite-size pieces OR
- 1 pound ground skinless chicken or turkey
- 1 medium onion, chopped
- 1 medium bell pepper (any color), chopped
- 3 medium garlic cloves, minced OR
- 1 1/2 teaspoons jarred minced garlic
- 1 medium jalapeño, seeds and ribs discarded, minced (optional)
- 2 15.5-ounce cans no-salt-added or low-sodium beans (any variety, such as pinto, kidney, or black), rinsed, drained, and mashed with a fork
- 2 cups fat-free, low-sodium chicken broth
- 1 teaspoon ground cumin
- 1/2 teaspoon pepper
- 1/2 teaspoon chili powder (optional)
- 1/2 cup fat-free sour cream (optional)
- 1/4 cup chopped fresh cilantro (optional)

Directions:

1. In a large pot or Dutch oven, heat 1 teaspoon oil over medium-high heat, swirling to coat the bottom. Cook the chicken for 3 to 4 minutes, or until the chicken is no longer pink in the center, stirring frequently. (If using the ground chicken or turkey, cook for 5 minutes or until fully browned, breaking up the pieces with a spoon.) Transfer the chicken to a large plate.
2. In the same skillet, still over medium-high heat, heat the remaining 1 teaspoon oil, swirling to coat the bottom. Add the onion, bell pepper, garlic, and jalapeño. Cook for 3 to 4 minutes, or until the vegetables are soft, stirring frequently.
3. Stir in the chicken, beans, broth, cumin, pepper, and chili powder. Bring to a boil. Reduce the heat to low. Simmer for 10 minutes.
4. Spoon the chili into bowls. Top with the sour cream and cilantro.

<https://recipes.heart.org/en/recipes/quick-chicken-chili>

Healthy Activity

7 no-brainer ways to boost your activity level



1. **Grab the leash and walk your dog.** Your body — and your pooch — will thank you!
2. **Take your kid (or your spouse) for a walk.** It's an excellent way to get some face time without screens. Keep it fun by exploring new neighborhoods or turning your walk into a scavenger hunt.
3. **Try the 10-Minute Workout.** Stuck at home? Boost your heart rate and brain power with this quick home workout
4. **Walk and talk.** Even if you're glued to your phone for work calls, you don't have to be glued to your chair. Make it a habit to talk and walk. Some workplaces have walking paths to make it even easier to burn while you earn.
5. **Tune into fitness.** Retrain your inner couch potato. Walk or jog in place, do yoga or lift weights, or walk on the treadmill at the gym while you watch your must-see TV shows.
6. **Ditch the car.** Spare yourself the parking stress and log some more active time by parking farther away (or even leaving the car at home) and walking or biking to your destination.
7. **Take the stairs.** The elevator may go up — but it doesn't make your heart rate climb. Take the stairs when you can, even if just for a floor or two. And don't ride the escalator — climb it. Those can be active steps, too!

When you start looking for them, you'll see lots of opportunities to be more active every day and get a few more steps in during everyday activities. Remember, every step counts!

<https://www.heart.org/en/healthy-living/fitness/getting-active/no-time-for-exercise-here-are-7-easy-ways-to-move-more>

Modified Site Operations

As Hunt Military Communities (HMC) continues to monitor the COVID-19 pandemic we continually look to adjust property operations in accordance with recommendations from the Centers for Disease Control (CDC), state, and local authorities. As a precautionary measure and abundance of thoughtfulness for the health and wellbeing of our staff and residents, we have made the following adjustments to our operations.

NEIGHBORHOOD MANAGEMENT OFFICE

We will be available for your needs with precautionary measures in place for your safety and ours!

- We will be available in the office, Monday - Friday, 8 AM to 5 PM by appointment ONLY or for emergency purposes. Otherwise, our offices will be closed to the public.
- If you have flu-like symptoms including fever, cough, or difficulty breathing, please do NOT come to our offices. We are still here for you and can offer virtual assistance in all matters. Stay home and get well!
- To make an appointment to come to the office, please call us (360)394-7297.
- If your rent is paid via check, please utilize the rent drop box at the community center entrance. We highly encourage all residents to pay via RentPayment.com or automatic allotment if able.
- For up to date communications and to create a maintenance request, please register using the Hunt Resident App which can be found in the Apple or Android store.
- Move-ins, pre-inspections, and move-outs will be conducted with a Hunt representative and one other person only unless a virtual inspection is requested.
- Our offices will be limited to no more than 1-2 people in the office at a time. All others will be asked to wait outside or in his/her car to practice social distancing.
- Masks will be required to enter our offices. Please bring a mask along with you.
- The use of hand sanitizer will be required of all who enter our offices. We will have sanitizing stations on all office desks, we ask that you please use it.
- Multiple signs are posted throughout our offices reminding everyone to practice social distancing, wear a face mask, and preventative measures in stopping the spread of the virus e.g. washing hands, etc.

What to expect from our team

We are taking extra precautionary measures to keep our office areas clean and safe for everyone's safety!

- Sneeze guards have been installed at every desk as an extra layer of protection.
- Our team is required to wear masks while in office.
- The team is required to use hand sanitizer after every interaction.
- After every visit, contact areas will be wiped down before the next person will be allowed to enter the office.
- Strict cleaning measures have been implemented at the opening of the office, throughout the workday, and at the closing of our office.
- HMC employees have and will continue to receive the required training on all policies and procedures to ensure understanding and adherence to the policy and standards set forth.

MAINTENANCE SERVICES

Maintenance will continue to respond to ALL work order requests at this time. We will continue to screen prior to performing work in your home. Also, we are now requiring some additional precautions of our residents before we enter into a resident's home.

- We will be asking questions to identify any potential risk of exposure to COVID-19 to ensure the most appropriate response. Please note our policy instructs all employees and 3rd party providers to stay home if they are ill, showing signs/symptoms, or have been exposed to COVID -19.
- In order for us to perform repairs in the home, we will require residents to take the following action to ensure our employees can perform work in a safe manner. As a resident, you will have three options when a work order is performed inside their home:
 1. Do not be inside the home while work is being performed.
 2. Be located in a separate area of the home, with no engagement with our team member.
 3. Only 1 member of the family is allowed contact with our team member, and if this occurs a mask must be worn along with maintaining appropriate social distancing.

While we understand this action will be disappointing to some, your health and safety, our employees' health and safety, as well as that of our military, civilian personnel, family members, and the base community is our top priority.

What to expect from our Maintenance Team

Our technicians will continue to take extra precautionary measures to keep their vehicles and work areas clean and safe for all our safety!

- Technicians are required to sanitize their hands before entering the home at every visit.
- Technicians will utilize appropriate Personal Protective Equipment (PPE) to include face coverings, shoe coverings, eye protection, and gloves.
- We ask that anyone in the home maintain a 6-foot social distance. One adult is permitted in the work area, maintaining a 6-foot distance during the repair process. If present in the work order, we would further require a mask/face covering be worn. Please have all other family members and pets located in another area of the home.
- The technician will wipe down/sanitize all possible work surfaces and touchpoints before and after the work is completed.
- Technicians are required to wipe down the interior of their vehicle and any touched surface after every home visit and at the beginning and end of their work shift.

AMENITIES

Please know that our intent is to solely limit the exposure to COVID while still allowing some amenities to open for you and your families' enjoyment. We are taking great care to evaluate which amenities can be reopened with the safety of all in mind. Should there be changes, we will communicate this to you and your family.

UPCOMING IN FEBRUARY

1st Nat'l Freedom Day
2nd Groundhog Day
4th USO Day
7th Super Bowl Sunday
9th Nat'l Pizza Day
12th Abraham Lincoln's Birthday
14th Valentine Day

1st Nat'l Freedom Day
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DID YOU KNOW?

February is named for the Latin word "februum" which means purification. In February we have Abraham Lincoln's Birthday and George Washington's Birthday, Valentine's Day, and the shortest month of the year. Also, the largest American sporting event of the year, the Super Bowl, is held this month.

Lake Stevens History: It is the largest natural lake in Snohomish County. Approximately 80% of the lake lies within the city limits of the City of Lake Stevens. The lake covers 1013 surface acres and has a maximum depth of 150 feet.



According to local history, sometime between 1911 and 1915, the brakes gave out on a logging-train locomotive and it rolled into the lake. In 1995, Whidbey Island Naval Air Station dispatched the Navy Explosive Ordnance Disposal Mobile Unit 17, to find out whether there's a locomotive at the bottom of the lake. The team penetrated 35 feet and 14 feet of mud and with specialized equipment, in about 40 minutes, they found, and saw clearly on sonar, a logging-train locomotive lying on its side.

FUN IN FEBRUARY



Fruit & Vegetables for February:

For February enjoy apples, bananas, kiwi, oranges, pears, pomegranate, and persimmons (whatever that is). And of course potatoes, avocado, carrots, cabbage, celery, onions, spinach, sweet potato and winter squash. There's more, beets, Brussel sprouts, broccoli, collard greens, mushrooms, kale, radishes, and turnips. But we won't mention these.

February Sayings and Quotes

Every moment is a fresh beginning.

Whatever you do, do it well.

What we think, we become.

Simplicity is the ultimate sophistication.

What you create does not have to be perfect.

Fun Movies for Kids:

"The CROODS a New Age"

"The One and Only IVAN"

"Cats and Dogs 3: Paws Unite"

"Phineas and Ferb the Movie:

Candace Against the Universe"



MAINTENANCE CORNER

WINTER HOME SAFETY TIPS



- ✓ **Filters** - Please ensure that your air filters are replaced regularly (every 6 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.
- ✓ **Hose bib Covers** - As the temperatures begin to drop, frozen pipes become a concern. Check your outside faucets and disconnect any hoses that may be attached. Secure your hose bib covers over the faucet for protection. If you are in need of hose bib covers, stop by the maintenance shop to pick one up.
- ✓ **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.
- ✓ **Thermostats** - Check your thermostats to ensure they are working properly. Replace batteries if necessary. **Always keep your heat ON. Reduce temperature to 65 degrees IF traveling and leaving the home.** Contact your local neighborhood management office if you plan to be away from your home.

TIPS to Know:

- Know your thermostat and heating system well.
- Change your furnace filter regularly and clean your baseboard heaters regularly.
- Report any issues immediately.
- Know how your usage impacts your utility charges.
- For more information call Minol customer service at 888-636-0493.

See flyer for more details.

ANNOUNCING ONLINE PAYMENTS

THROUGH HUNT RESIDENT APP

HUNT
MILITARY COMMUNITIES

Meet Your Management Team



Martha Allred
Community Director



Juanita Holmquist
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

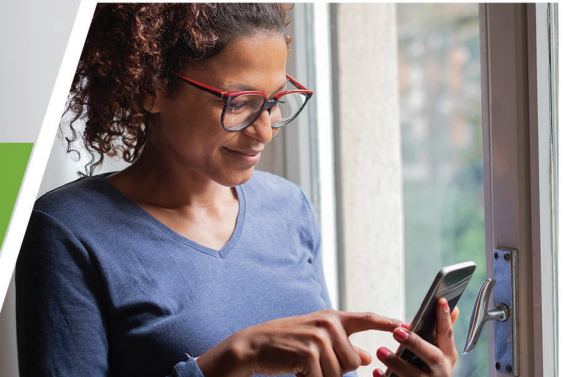
(By appointment only)

Facebook: @ConstitutionParkFamilyHousing

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.