

MAR
2021

CONSTITUTION PARK INSIGHTS
NEWS & STORIES



Our President's Message



Hunt Military Communities celebrates the youngest members of our communities. The smallest warriors, the children, often make some of the most significant sacrifices moving from state to state, school to school, and having parents deployed for long periods, along with the myriad other challenges military families face. We are proud to acknowledge and support the tremendous strength and resiliency children of our military families display. To recognize military children, we have launched our 2nd annual "Hunt Little Heroes."

We ask that your children share stories of what they think it takes to be a hero and how they've been a positive influence in their community. Applicants are asked to submit a 300-word essay, a video no longer than 2 minutes, or a drawing telling their "Hero Story" in their own unique way. For the "younger" heroes, a photo with a short caption may also be submitted. All applicants will receive a complimentary Hunt Little Heroes cape and mask. We will select the top three submissions and give a cash prize to each. Applicants can visit <https://learnmore.scholarsapply.org/huntheroesscholarship/> to see if they qualify, and to submit their story. From all of us here at HMC, thank you for your service and sacrifice.



Best,

John Ehle, President
Hunt Military Communities



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



**Women's
History
Month**

*Image credit:
Color digital image of Lee Lane in uniform
sitting in the cockpit doorway of a
helicopter
(Library of Congress)*

The four major wars in which American women served after World War II can be split into two pairs. Korea and Vietnam were conflicts fought in Asian countries divided by the politics of the Cold War. The Persian Gulf War and the conflicts in Afghanistan and Iraq were fought in the Middle East and grew out of tensions over aggression in that region and, in the latter instance, the 9/11 attacks. For women, the first two wars signaled few advances in their roles in military service, but in the two recent wars, the areas of women's participation expanded immensely, with potentially more dire consequences.

<https://www.loc.gov/vets/stories/ex-war-women4wars.html>

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

National Nutrition Month

4WVWfeax5aXWV

DWVW WTKESCZ =WV_ fD6@f56f >6@
BgT feZW EVWVW TVd\$+f \$" \$"
DWVW W-S' gSk \$" \$"



I S]Wgb S'Ve_ W'fZWE S' f]aj [VS fe1

:Xkag fZ[] kagd_ ad [Y Ugb aXaWbdh[VW' afZ[Y_ adVfa kagdTaVkf fZS' S'a'faX
LSXWV Wkag_ [YZf TWbVWes' f'k egdofeW fa V'bd fZSf kagdV[S'k Ugb_ Sk bcdh[VW
ea_ WSVV[f]a' S'TWVWfeSei W'z6d'] [Y_ aVWfMS_ ag' feaXLaXWVZSeTWV ↑]W
fa'ai Vd[e] aXUbd/[ahSelg'SdV[e]WfKbWS V[STVW'S' V Bsd[ea_ yeV[e]VSeV

3' V fZaeWS' f]aj [VS fe1 3'fZagYZ dVWbdLVW' ZShWkW' fa W'WV [WfZWWVWV
_ WZS' [e_ eTVZ[V ea_ WaXfZWW[e]VSeVbdWVW'f' Y W'WV[e] [f [e_ badS' f fa]WV [_
[V fZSfZVWVLa_ bag' Ve_ Sk TWVWV'f' Y afZVdTWVWVUS^WVWV[e] egUZ SeSUF' Y Se
S' S' fZ' XS_ Sfadz5aXWVSe'La' fS[ee_ S^S_ ag' feaXea_ W grdVW'fel [U'gV[Y
bafSeeg_ i' [SU' S' V_ SY' V'eg_ z

? S] [Y kagdLaXWV hVZ[UW'adXfZdW'ad'ai Z'Sf [] [e'a' Wi Sk fa [W'VWkagd
VS'k US'Ug_ S' V h[FS_ [6 [fS] V;XkagdV[W VaV' af [U'gVWV[S]k] S' Xad[XW' eak
TVWVSYW[e]SUS'Ug_ Z'UZ S'fVd' S'f'hVz-gf TW_ [V'g^XSVV[Y e' W'WVW[e] U'LaXWV
Vd']eUS' TWSeagdM'XSVWVW' egYScz

Ea Zai_ gUZ 'ShS [efaa_ gUZ1FZdW'fa X'HW' Z'ag' U'W'gbeaXLaXWVbdh[VWSTagf &" "
['fYdS_ e aXUSXWV' W'i Z'UZ [e fZW_ aef fZSf [e d'VLa_ W'WVW' bVd VSk Xad ZV8fZk
SVg feZ5VW'S' Yd'gbe' egUZ Se bV'ab'W' [fZ'ZkbVW'Ve'fa' S' V fZWWVW'Vd'k' Sk TWVWf S
Z'YZVd[e] Xad' W'Sf'hVz'W'W'W'W'Ve aXUSXWV' WS' V ea eZag'V La' eV'Vd [[f' Y fZVd
[fS] V'Z'bd'V' S' f' S' V Td'Ve'XWV' [Y i a_ W i ['S'ea i S' f fa [[f USXWV' WS' V eZag'V
V[e]L'g'ee fZVd [fS] W' [fZ S ZV8fZ' UsdVbdh[VW'z'6gW'fa LaXWVW'V' Y S e'f' g'S' fl [f [e
' af d'VLa_ W'WVW' XadUZ [Vd'V' S' V S'Va V'W'W'VeZ

Read more at Zffbe!!i i i Z'fS'fYZfZad'ZV8fZ'i W' V'bdWVW'f' YZ' W'bdTWVW'VeZ'XLaXWV

Healthy Recipe

E'ai Z'aa] Wd5Z[U] W FSLaeZ'EVdV'e(

By Jessica Cox, RD - Published May 5, 2020

INGREDIENTS:

- \$ fV'ebaa' eYdag' V Ug_ [
- μ fV'ebaa' eS'f
- μ fV'ebaa' T'SU] bV'bbVd
- %bag' VeTa' W'W'e] ['V'eUZ[U]W fZ[YZe/STagf #S fZ[YZefi
- # μ fST'V'ebaa' eUS' aSa[↑V[h]WV
- # 'Sd'V'a' [a' fUZabbW
- \$ e'fS']eU'W'W'ki LZabbW
- # 'Sd'V'US'd'bf b'W'W'V' S' VUZabbW
- # _ W'g_ 'S'bV'W'at e[U]W' [fa fZ[d' Ye/abf]a' S'fi
- &U'ahV'eYSc]U_ [U'W
- \$ μ U'gbe'eS'eS' hVd'W'V'W'V'W' fa_ S'f' 'a eS'eS'fV[h]WV
- μ U'gb' X'fZ'd'W'd'W'gU'W'Z'eaV'g_ UZ[U]W T'cd'Z
- \$&/Z' UZ'f'U'ad' fad'f'Se
- μ U'gb' U'g_ T'W' cgV'ea X'V'La LZ'W'W
- U'gb' X'V'eZ' U'S' f'da' V'W'Ve
- \$ [V'W' U'g' [fa i W'V'Ve/abf]a' S'fi



DIRECTIONS:

1. In a small bowl, combine cumin, salt and pepper. Rub mixture evenly over chicken thighs. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add half of chicken; cook 3 minutes per side or until browned. Transfer to a 5- or 6-quart slow cooker. Repeat procedure with remaining chicken.
2. Heat remaining ½ tablespoon oil in pan over medium heat. Add onion, celery, carrot, jalapeño and garlic; cook, stirring frequently, 5 to 7 minutes or until vegetables are tender and begin to brown. Transfer to slow cooker. Add 2 cups salsa and broth. Cover and cook on low 4 to 6 hours or until chicken shreds easily with a fork.
3. Remove chicken to a large bowl using a slotted spoon; shred with 2 forks.
4. Warm tortillas according to package instructions. Fill each tortilla with about ¼ cup chicken mixture, 1 teaspoon cheese, 1 teaspoon salsa and ½ teaspoon cilantro. Serve with lime wedges if desired.

NUTRITIONAL INFORMATION:

Serving size: 2 tacos

Serves 6

Calories: 340; Total Fat: 14g; Saturated Fat: 3g; Trans Fat: 0g; Cholesterol: 80mg; Sodium: 620mg; Total Carbohydrate: 30g; Dietary Fiber: 4g; Sugars: 7g; Protein: 24g; Vitamin A: 25%; Vitamin C: 8%; Calcium: 6%; Iron: 8%.

<https://www.eatright.org/food/planning-and-prep/recipes/slow-cooker-chicken-tacos-recipe>



Healthy Activity

10 Ways Parents and Caregivers can encourage active play

1. Balance sedentary play (such as reading together) with an activity that requires movement such as tag, jumping rope or hopscotch.
2. When and if children attend a child care center, choose one that makes safe, active play a priority.
3. Set aside time each day for active play together, perhaps tossing a ball, having a dance party or taking a walk after a family meal.
4. Designate an inside and an outside area that's safe, where your child can freely jump, roll and tumble.
5. When possible, join a playgroup.
6. Encourage children to try a new physical activity.
7. Give children toys that encourage physical activity such as balls, kites, hula hoops, Frisbees and jump ropes.
8. Limit TV time and keep the TV out of your child's bedroom.
9. Plant a garden. Kids love to water plants, and they'll get excited weeks later when they see their flowers bloom or vegetables grow.
10. Instead of catching a movie or watching TV, pick an activity that requires moving together like taking walk.

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 MARCH

- 1st Nat'l Peanut Lovers Day
- 2nd Dr. Seuss Day
- 4th Hug a G.I. Day
- 7th Daughters' and Sons' Day
- 14th Daylight Savings begins
- 15th Ides of March
- 17th St. Patrick's Day
- 20th Spring (Vernal) Equinox
- 27th Passover
- 28th Palm Sunday
- 31st Little Red Wagon Day



The name of **March** comes from "Martius", the first month of the earliest Roman Calendar. It was named after Mars, the Roman god of war, and an ancestor of the Roman people through his sons Romulus and Remus. **March** brings the first day of spring with the vernal equinox. March became the third month when January and February were added to the Roman calendar around 450 BC.

DID YOU KNOW?

MAINTENANCE CORNER



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.

Fireplace - Please ensure your fireplace has been cleared and thoroughly inspected before use. Maintain proper safety precautions when fireplace is in use. Never leave a fire unattended and always ensure fire has been put out completely.



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.

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.



Thermostats - Check your thermostats to ensure they are working properly. Replace batteries if necessary. Always keep your heat ON. Reduce temperature to 55 degrees IF you plan to travel and leave the home. Contact your local neighborhood management office if you plan to be away from your home.

FUN IN MARCH

Fruit & Vegetables for March:

Tangerines are in season in March, along with kiwi, oranges, apples, pear, and dried fruits. The list for veggies are artichokes, broccoli, brussels sprouts, cauliflower, lettuce, mushrooms, and turnips.



March Sayings and Quotes

When March comes in like a Lion it Goes out like a Lamb.

Use your words carefully to uplift and inspire.

Forget the failures.

If you can't change your fate, change your attitude.

Keep your cool and your sense of humor.



Fun Movies for Kids

"Over the Moon"

"Trolls World Tour"

"Boss Baby"

"The Croods 2"



See flyer for more details.

ANNOUNCING ONLINE PAYMENTS

THROUGH HUNT RESIDENT APP

Meet Your Management Team

		
Martha Allred Community Director	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.