



# May 2020

## Furniture & Appliance drop off

Help keep YOUR community clean by securing your trash in an appropriate trash bag and disposing of trash in the compactor. The Appliance drop off is for FURNITURE & APPLIANCES ONLY!! **All boxes must be broken down and disposed of in the trash compactor.** Never place trash outside your door for any length of time. Construction Debris or Carpet must be taken out of the property.



Anyone caught illegally dumping items that do not belong in the appliance area will be charged \$250 dumping fee. Please ensure all garbage bags and trash thrown in the compactor. Local animals can make a mess when there are torn bags; Please assist by making sure the trash is dumped properly.

### Important Contacts

Management Office: 407-737-4122  
Emergency: 911  
OPD (non-emergency): 321-235-5300  
Universal Towing: 407-816-0102  
OUC: 407-423-9018  
Spectrum: 1833-780-1880  
Post Office: 407-851-7506  
Rattlesnake Security: 407-627-7934

## Crime Prevention Tips:

These three general rules will help you develop a “crime prevention” attitude. Please remember safety begins with YOU!

1. Stay Alert: Be tuned in to your surroundings; don't be taken by surprise. Be aware and prepared, even in your own neighborhood.
2. Stand tall: Walk confidently, don't show fear, don't look like a victim.
3. Trust Your Instincts: If you feel uncomfortable in a place or situation, leave right away and get help if necessary
4. Make sure to lock your vehicles, you should always want remove all valuables and have nothing in sight that may be tempting to a criminal.

**\*Remember if you see something suspicious call 911**



### INGREDIENTS

*For the blue cheese dip:*

- 1/4 cup Greek yogurt
- 1/4 cup mayonnaise
- 1/4 cup crumbled blue cheese
- Pinch of ground black pepper
- Dash of hot sauce

*For the crispy cauliflower:*

- 1 head cauliflower
- 1 teaspoon kosher salt
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 2 large eggs + 1/4 cup water
- 1 cup breadcrumbs
- Nonstick spray, for air fryer

## Fun activities to do when stuck inside

### How to Protect Yourself & Others

#### **Wear a cloth face cover in public**

Cover your mouth and nose with a cloth face cover when around others and out in public, such as the grocery store.

Do NOT use a facemask meant for a healthcare worker.

Don't place a cloth face cover on young children under age 2, anyone who has trouble breathing, or any who is unable to remove the mask without assistance.

**Why?** You could spread COVID-19 to others even if you do not feel sick. The cloth face cover is meant to protect other people in case you are infected.

#### ***Avoid touching eyes, nose and mouth***

**Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.

Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

#### **Practice social distancing**

If you are around other people, keep 6 feet between you when possible. Avoid hugs, handshakes, large gatherings and close quarters.

**Why?** The virus is thought to spread mainly from person-to-person. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets, including the coronavirus if the person coughing has the disease.



**Play a board game.** Turn off the TV and chage the family to a board game. Introduce the kids to a classic like *Chutes N Ladders* or *Monopoly*, or try a newer one like *Settlers of Catan* that you can all learn together.

**Put together an epic puzzle.** When you've got lots of time on your hands, get your hands busy. It'll take your mind off boredom, and completing a big puzzle feels great.

**Watch a rom-com marathon.** We'll admit it, romantic comedies have stolen our hearts.

**Sing along to some Disney songs.** Get your endorphins flowing by taking it back to childhood. Belt out your favorite musical hits from Disney movies!

**Get a workout in.** You don't need a gym membership to sweat it out. Pull on your favorite leggings, choose a workout app, and get your blood moving.

**Learn a new language.** Thanks to apps like Duolingo, you can stretch your mental muscles wherever you are.

**Learn a dance.** Download the Tik Tok app and challenge yourself to learn one of the trending dances everyone is doing.



**Change up your décor.** From the bedroom to living room to kitchen, we have countless ideas to help give your home a quick and easy makeover. Even just rearranging your furniture a little will feel fresh.

**Try a new recipe.** Stop opening and closing the fridge hoping new snacks will magically appear. Take matters into your own hand and make your own tasty dish.

