

# Resort Report

May 2020

## *15 Minute Spicy Peanut Noodles Recipe*

### Ingredients

- 16 ounces brown rice noodles
- 2 cloves garlic
- 1 tbsp oil
- 2/3 cup creamy peanut butter
- 3-4 tbsp low sodium soy sauce or tamari
- 1/4 cup water or chicken/veggie broth for more flavor
- 1 tbsp rice vinegar
- 1 tbsp toasted sesame oil
- 1-2 tbsp sriracha
- 1 tbsp maple syrup or honey
- 1/2 tsp red pepper flakes
- Optional 2 tsp chili garlic sauce

1. Bring a large pot of water to a boil and cook noodles according to package instructions.
2. Finely mince the garlic and add to a sauté pan with 1 tbsp of oil. Any oil will work here, I used olive.
3. Sauté over low heat for 2-3 minutes or until golden brown.
4. Add in all remaining sauce ingredients and whisk together until smooth.
5. Add about 1/2 of the sauce to cooked pasta and mix together.
6. Serve with crushed peanuts, scallions, and red pepper flakes

## *5 Healthy Eating Tips*

1. Keep up fruit and vegetable intake
  - Using fresh vegetables to cook large batches of soups, stews, or other dishes will make them last longer and provide meal options for a few days.
2. Swap in healthy dried or canned alternatives when fresh produce is not available.
  - Dried goods like dried beans, pulses and grains such as lentils, split peas, rice, are a long lasting option.
3. Build up a stock of healthy snacks
4. Limit highly processed foods
  - Try to avoid sugary drinks and instead drink lots of water.
5. Make cooking and eating a fun and meaningful part of your family routine.



## Barcelona Apartments



We hope you are staying well during these difficult and challenging times ahead. Although our offices will remain closed until further notice we are here to provide excellent customer service for our valued Barcelona residents. Please feel free to call the Management Office with any questions you may have, as we are still answering the phones, communicating via email and replying to voicemail messages.

With many residents now at home sheltered in place, we have experienced an increase in noise complaints in the community at large. We ask that everyone remember to be mindful and respectful of your neighbors' right to quiet enjoyment both day and night. We value your residency and thank you in advance for your patience, cooperation and consideration of your neighbors and the community during these challenging times. Although our offices will remain closed until further notice, please feel free to call the Management Office with any questions you may have, as we are still answering the phones, communicating via email and replying to voicemail messages.

## St. Moritz Apartments



## Top 10 Movies on Netflix

Take advantage of the time to sit home and relax! Grab some popcorn, get cozy and press play!

1. Social Network
2. Can't Hardly Wait
3. The Florida Project
4. Goldeneye
5. The Gift
6. The Perks of being a Wallflower
7. Minority Project
8. Molly's Game
9. Goodfellas

## Strawberry Cake Recipe

- 1 package white cake mix (regular size)
- 1 package (3 ounces) strawberry gelatin
- 3 tablespoons sugar
- 3 tablespoons all-purpose flour
- 1 cup water
- 1/2 cup canola oil
- 2 large eggs, room temperature
- 1 cup finely chopped strawberries
- FROSTING:
  - 1/2 cup butter, softened
  - 1/2 cup crushed strawberries
  - 4-1/2 to 5 cups confectioners' sugar

- Preheat oven to 350°. Line the bottoms of two greased 8-in. round baking pans with parchment; grease parchment.
- In a large bowl, combine cake mix, gelatin, sugar and flour. Add water, oil and eggs; beat on low speed 30 seconds. Beat on medium 2 minutes. Fold in chopped strawberries. Transfer to prepared pans.
- Bake until a toothpick inserted in center comes out clean, 25-30 minutes. Cool in pans 10 minutes before removing to wire racks; remove paper. Cool completely.
- For frosting, in a small bowl, beat butter until creamy. Beat in crushed strawberries. Gradually beat in enough confectioners' sugar to reach desired consistency. Spread frosting between layers and over top and sides of cake.

## 7 Things to do While in Quarantine

1. Start a journal or blog. Sure, it can be about the Coronavirus, but it could also be about a specific interest.
2. Meditate. Try laying down with your eyes closed, palms up while focusing on your breath.
3. Treat yourself to a glorious skincare routine
4. Organize your junk drawer, supply shelves, closet and life.
5. Bake goods.
6. Indoor scavenger hunt
7. Visit a virtual museum or theme park





## *COVID-19 Safety Precautions to Remember*



### **Take steps to protect yourself.**

- 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.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community



### **Take steps to protect others.**

- Stay home if you are sick, except to get medical care
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

