

June 1, 2020

Issue | 008



## News from Babette

Welcome to June!

Greetings,

I hope you are all staying healthy and safe! We continue to adjust and are working to follow all CDC and local guidelines. As things begin to reopen, we remain cautious while trying to resume normal activities and ask that you do the same. Many of the same practices from last month such as handling transactions from behind the glass will remain.

Please continue to practice social distancing and follow CDC recommendations. **See below for the CDC's recommendations on how to prevent the spread of COVID-19 when you are sick:**

## Garden & Terrace News



Events will continue to be postponed per social distancing guidelines. We remain hopeful that we will slowly be able to start meeting again. Please stay tuned for more information.

1. Stay Home, except to get medical care.
2. Separate yourself from other people.
3. Monitor your symptoms.
4. If you are sick wear a cloth covering over your nose or mouth.
5. Cover your coughs and sneezes.
6. Clean your hands often.
7. Avoid sharing personal household items.

**See below for the CDC's recommendations for protecting yourself and others from the spread of COVID-19:**

1. Know how COVID-19 spreads and avoid being exposed to it.
2. Wash your hands often.
3. Avoid close contact.
4. Cover your mouth & nose with a cloth face cover when around others.
5. Cough or sneeze into a tissue, then throw it away.
6. Clean and disinfect.



## Important Information

COVID-19 Call Center Available 24/7  
866-779-6121

Florida Department of Health - Orange County  
Daytime Phone: 407-858-1420  
After Hours Phone: 407-383-0185

Information Line Provided by Orange County Government  
8am-5pm  
Phone: 407-723-5004

Reemployment Assistance Service Center - Unemployment  
<http://www.floridajobs.org>

## Get Healthy with Audrey:

Let's Keep Moving!



Perhaps early this year you began to take walks and enjoyed a simple in-home exercise program. Kudos for you! You worked hard and can see how it's reduced stress and benefits your overall health. You don't want to let this good habit lapse, particularly in these changing times.

"Exercise has the ability to naturally raise neurotransmitters in the brain, such as dopamine, norepinephrine and serotonin, that help you feel good," said Dr. Kathy Wilson, a Clinical Corporate Trainer for Life Extension with a Ph.D. in psychology. "Exercising while connecting with friends really has a lot of benefits to your physical and mental health."

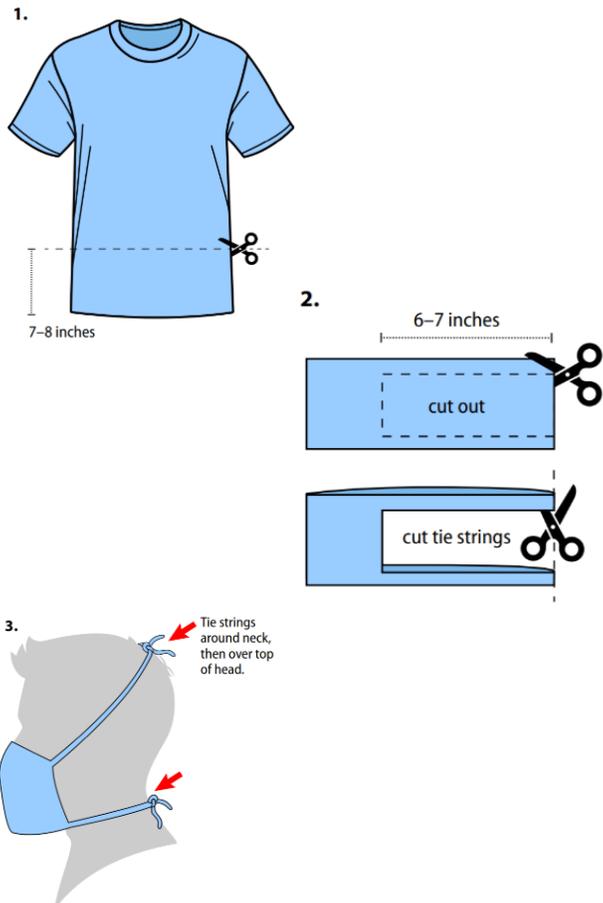
There are simple ways you can exercise "with" a friend, from afar. "If you are planning on going for a walk, you could use your video calling option on your phone to talk and walk with your friend. Using each other as accountability buddies is also a great idea."

Even as we reopen in phases, the CDC recommends wearing a facemask in public to protect yourself and those around you. Facemasks and proper social distancing are keys to slowing the spread of COVID-19 while you enjoy the benefits of exercise.

## Quick Cut T-shirt Cloth Face Covering (no sew method)

### Materials

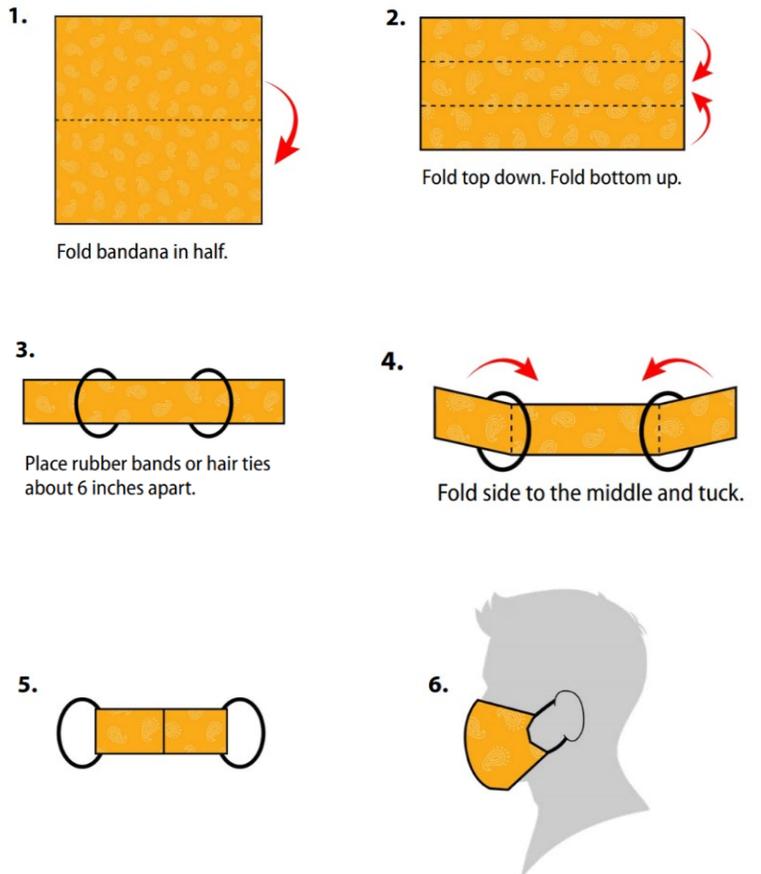
- T-shirt
- Scissors



## Bandana Cloth Face Covering (no sew method)

### Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)



## Housing Updates

### Property Management Staff:

In our efforts in practicing social distancing, our property management staff will complete all applications, move in leases, lease renewals and other business from behind our glass. If you have something you would like to discuss in private, please call the number below and use the extensions provided.

**Maxwell Garden: 407-477-1211**

Juanita x112

Diana x101

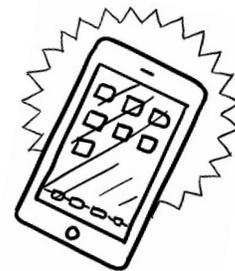
Sandra x109

**Maxwell Terrace: 407-521-6335**

Crisetty x111

Clarissa x107

Sandra x109



## From the entire Pathlight HOME team

We appreciate your understanding and patience as we adjust to the CDC's health recommendations. Please take care of yourself and our public spaces so that we can best protect our properties.