

July 1, 2020

Issue | 009

News from Babette

Happy Summer!

Though the first half of 2020 has been unpredictable at best, at Pathlight HOME we continue to do our best to look to the future and provide our residents with the resources you need. This month includes information on mask requirements, advice on staying hydrated, an update at Maxwell Terrace and a resident survey.

Stay safe and stay well!

Important Information

As of June 20, 2020, Orange County Mayor, Jerry Demings issued a face mask mandate requiring all those who are working, living, or visiting Orange County to wear a mask in public areas. As a reminder, there are many ways to create a mask out of materials in your home. Please see back page for a few examples.

Information Line Provided by Orange County Government

8am-5pm

Phone: 407-723-5004

Reemployment Assistance Service Center – Unemployment

<http://www.floridajobs.org>

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

Additionally, our management team will be passing out masks as you come in to pay your rent in July. While supplies last.

Garden & Terrace News

To best plan for activities on our properties once activities can resume, please complete the survey in your mailbox and return your answers to the property management office by July 8th. **By returning the survey you will be entered into a drawing for a \$15 Walmart gift card and \$10 Hungry Howie's certificate.**

Terrace News:

Exciting news on additional upgrades! We will be replacing the roof top air condition units in the 500 & 600 building only with PTAC A/C units, matching the ones currently used in other buildings throughout the property. This process may take several weeks, and we will keep you informed throughout. We will install the PTAC units and make sure they are running efficiently PRIOR to removing the roof top A/C units to ensure no loss of air conditioning.

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

Maxwell Terrace: 407-521-6335

Juanita x112

Crisetty x111

Diana x101

Clarissa x107

Sandra x109

Sandra x109

Get Healthy with Audrey: Benefits of Proper Hydration

Did you know that the human body is composed of about 60% water? Dehydration as small as 2% can have a negative impact on brain, heart, and muscle function. In the summer we sweat more, so we need to replace more lost fluids.

Some signs and symptoms of dehydration include:

- | | |
|------------------------------------|---------------|
| 1. Unexplained weakness or fatigue | 4. Dizziness |
| 2. Abnormally low blood pressure | 5. Confusion |
| 3. Dry mouth | 6. Dark urine |

How Much Water Do You Need?

Your weight divided by 2 determines how many ounces you should aim for. EX. A 150 lb. person would need 75 oz. (about 9 cups) per day.

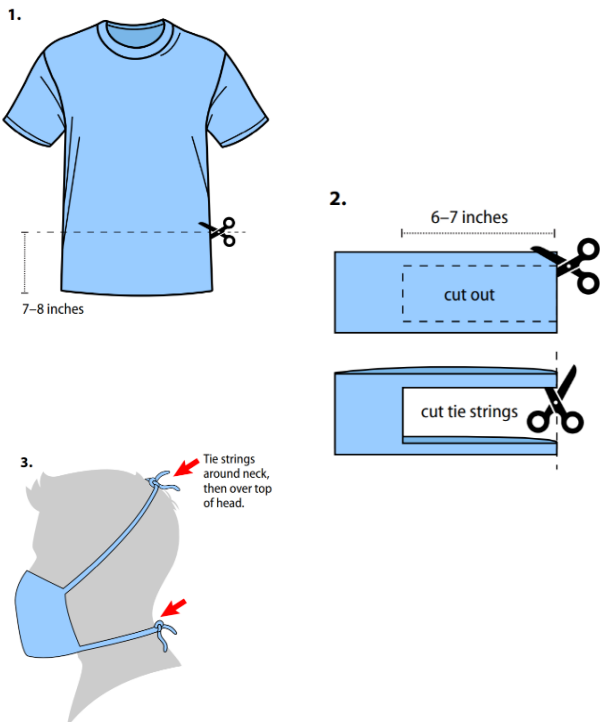
Tips for Proper Hydration

1. Try sparkling waters, flavored waters without sugar or tea.
2. Keep a water bottle nearby to help signal you to drink more often.
3. Try eating more water-rich foods such as berries, melon, citrus fruits, cucumber, celery, leafy greens, bell peppers and zucchini.
4. Make it a habit. Try to finish at least one or two water bottles before lunchtime or set alarms on your phone as a reminder to drink.

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

Materials

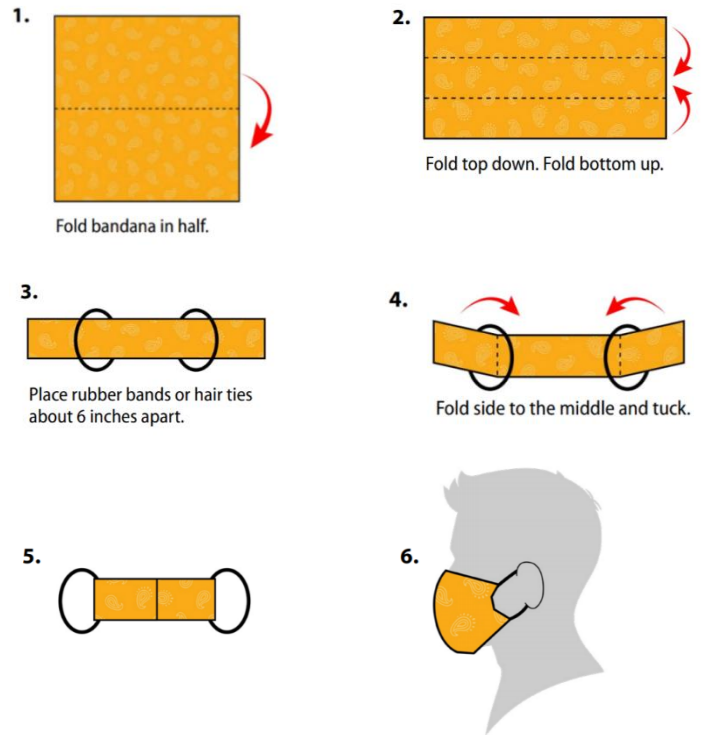
- T-shirt
- Scissors



Bandana Cloth Face Covering (no sew method)

Materials

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



July 2020 Calendar of Events

SUN	MON	TUES	WED	THUR	FRI	SAT
			01	02	03	04
			Rent Due		Office Open	Fourth of July
05	06	07	08	09	10	11
	Office Open	Late Fee for Unpaid Rent	Survey Due			
12	13	14	15	16	17	18
					Office Closed to the Public	
19	20	21	22	23	24	25
					Office Closed to public	
26	27	28	29	30	31	