

September 1, 2020

Issue | 011

## News from Babette

Greetings!

Thank you all for continuing to keep our property safe by practicing social distancing and wearing your masks.

We are happy to announce that the Pathlight HOME Resource Center is fully operational!

The Resource Center hosts the Employment Center, Restore Community Services and Pathlight HOME Marketplace. We hope that you have already taken advantage of some of its services, if not, we highly encourage you to stop by! More information on how you can benefit from the Resource Center below:

### Employment Center:

Residents are encouraged to make an appointment to receive employment services including resume and cover letter help, computer access, phone access and educational seminars.

*To book your appointment, please call 407-521-6335 x148.*

### Marketplace:

The marketplace is a free "shop" available to residents stocked with donations received by Pathlight HOME. Items available may include dishes, clothing, hygiene products, house decor and more. Items will vary based on availability of donations.

This shop will be available the last week of every month, unless otherwise noted. You can find the Marketplace dates on the newsletter calendar every month.

*A flyer will be placed in your mailbox once appointments are available.*

### Restore Community Services:

Please welcome Henry as our new Restore Community Services Case Manager at Maxwell Terrace. Henry is available to offer case management services to anyone interested.

*Please contact Henry by calling 407-521-6335 x 146*

## Garden & Terrace News



We are happy to be able to open up the Restore activity calendar to all residents.

Activities vary from health tips and information to arts & crafts sessions. Dates will be included in the newsletter calendar every month. Space is limited as we follow social distancing guidelines. Please sign up in the lobby, the week before the activity. Sign-ups will stop the day before each activity.

## Get Healthy with Audrey: What is Prediabetes?

Are you trying to keep your blood sugar steady, slim down, and avoid type 2 diabetes?

Also known as "borderline diabetes", prediabetes is a condition when blood sugar levels are higher than normal but not high enough to be called diabetes. Prediabetes affects more than a third of the adult population in the U.S. Most people don't know they have it, and when they do know, it's often a "warning sign".

The good news is that in most cases prediabetes is preventable - and reversible. You can avoid developing this condition by being active every day, especially aerobic exercise of 150 minutes or more per week, losing a bit of weight, and eating a healthy balanced diet with a moderate amount of carbs (starches and sugars).

You may not need medications to treat prediabetes if you are able to change your lifestyle. People with prediabetes who drop ten percent of their body weight dramatically reduce their risk of diabetes.

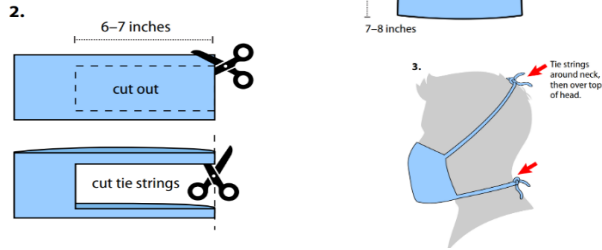
Start small - every little bit helps. Losing even five to ten pounds, getting help to quit smoking, and developing good eating habits are keys to prediabetes prevention and treatment. Let food be your medicine. Always speak with your doctor if you suspect you may have prediabetes.

Want to learn more about nutrition and healthy eating? Check the calendar for the next Get Healthy class with Audrey in the Pathlight Banquet Hall and sign up in the lobby. To your better health!

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

### Materials:

- T-shirt
- Ruler
- Scissors



Need Help? Know Someone Who Does?

National Suicide Prevention Lifeline  
800-273-8255 or chat now.



Domestic Violence Hotline  
1-800-799-7233 or TTY 1-800-787-3224 or chat now.

## 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

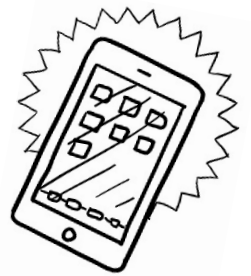
Sandra x109

Maxwell Terrace: 407-521-6335

Crisetty x111

Clarissa x107

Sandra x109



## September 2020 Calendar of Events

SUN	MON	TUES	WED	THUR	FRI	SAT
		<b>01</b> Rent Due	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>
<b>06</b>	<b>07</b> Labor Day Office Closed	<b>08</b>	<b>09</b>	<b>10</b> More Bang for Your Buck 1:30	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> - Arts & Crafts 1:30 - Resume Writing Seminar 11am & 3pm	<b>18</b> Office Closed to Public	<b>19</b>
<b>20</b>	<b>21</b> Marketplace Open	<b>22</b> Get Healthy with Audrey 1:30	<b>23</b> Marketplace Open	<b>24</b> Marketplace Open	<b>25</b> Office Closed to Public	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			