



INDEPENDENCE DAY



ARROWWOOD HILLS  
COOPERATIVE, INC.

JULY 2020 *NEWSLETTER*

[www.arrowwoodhills.com](http://www.arrowwoodhills.com)

**Office Hours Resumed**

9am to 5pm MTWF and Closed Thursdays.

**In person Meetings ONLY by Appointment.**

## AHC July Calendar

**In observance of Independence Day**

Office will be closed

Friday, July 3, 2020

**Finding Your Political Voice**

Chief Michael Cox Visit

Saturday, July 11, 2020

Starts @ 4pm.

**Board Meeting**

Monday, July 13, 2020

Starts @ 1pm



**50<sup>th</sup> Anniversary Annual Meeting**

Saturday, August 1, 2020

11am to 1pm.

(Details to Follow)

**Election Day**

Tuesday, August 4th



Red, White, and Blue Smoothie

**Ingredients**

**Red**

1 cup frozen strawberries

½ cup milk

**White**

1 banana, previously sliced and frozen

¼ cup vanilla yogurt

¼ cup slivered almonds

2 Tbsp milk

**Blue**

1 cup frozen blueberries

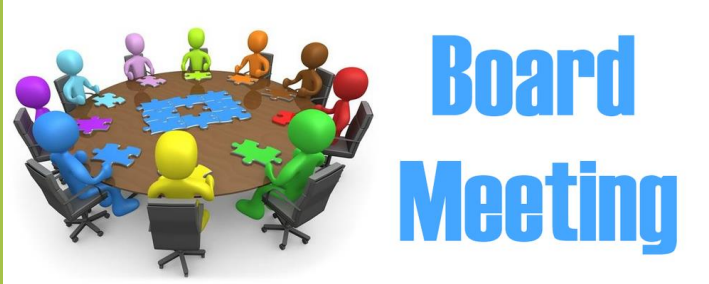
½ cup milk

**Instructions**

1. Blend the red ingredients, adding more milk if needed to reach a milkshake-like consistency. Taste and add a bit of honey if desired. Transfer to a glass, set in fridge, and rinse out blender.
2. Blend white ingredients, adding more milk if needed to reach a similar consistency to the red smoothie. Transfer to a glass, set in fridge, and rinse out blender.
3. Blend blue ingredients, adding more milk if needed to reach a similar consistency as the other two smoothies.
4. Pour blue smoothie evenly into 2 large or 3 small serving glasses. Gently and slowly pour or spoon in white smoothie, then red smoothie.
5. Optionally garnish with shredded coconut and berries.

BOARD OF DIRECTORS MONTHLY SCOOP

July 13, 2020 @ 1pm



The Board of Directors are continuing to host the board meetings via zoom until further notice.

The board is currently updating certain policies in the member handbook. In response to member concerns, right now we are working on the parking policy and a new smoking policy. Once all the policies have been updated each member will be provided with a copy.

We are also working with the Landscape, Architecture, Conservation, and Energy (LACE) committee and our management agent, Marcus Management, regarding updating buildings (siding, windows, etc.) and grounds.

Join us for the next open board meeting via Zoom VIRTUALLY on your phone or computer. You can find the link on our website at [www.arrowwoodhills.org](http://www.arrowwoodhills.org) or by calling the office at 734.665.3116.

To participate you must download the Zoom APP to your phone or computer. If you need any assistance please call the office for assistance. Meeting ID and Link:

<https://us02web.zoom.us/j/4987401140>

**Meeting ID: 498 740 1140**



*Greetings,*

We have been weathering such trying times during this pandemic. It has been done so with Members coming together as a community looking out for each other. These actions are commendable.

Many of you have had in-person and individual Zoom meetings with me as a result of receiving a correspondence from me for various reasons. It has been an absolute pleasure in getting to know you all. I want you to know that I have each of your best interest at heart. I am here to serve you as members.

However, sometimes our interactions may not be so comfortable because I have also been hired to do a job and that is to enforce our policies. One thing that I can promise that in enforcing policy, "I will always be fair and seek the best outcome for everyone."

Sincerely,

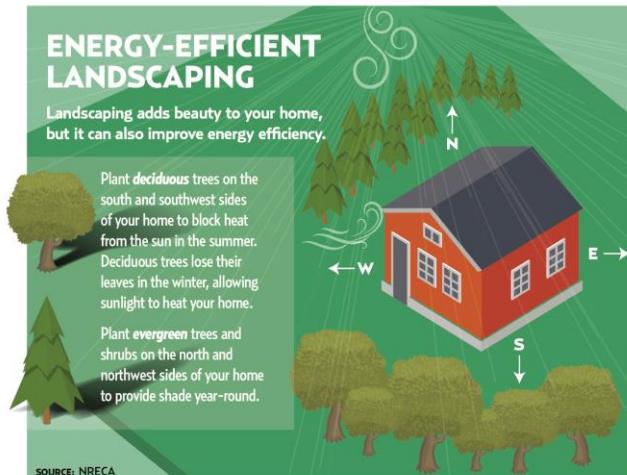
*Michelle Alford*

Michelle Alford  
Cooperative Site Manager

## (LACE) Committee

Landscape, Architecture, Conservation, and Energy

The **L.A.C.E.** committee is looking for more committee members if you're interested please inquire in our office.



### DOOR PROJECT

The **Door Project** is being scheduled to be delayed for a couple of years, however, we are offering any member the opportunity to get their doors painted a basic off white until the replacement of doors begin. If you're interested please call the office and speak to the manager.

# July

## INQUIRE ABOUT OUR SECTION - 8

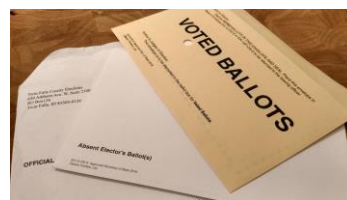
If you have lost your source of income and live in a 2 bedroom or 3-bedroom schedule an appointment with our office to see if you qualify for our Section 8 program.

## Frequently Used Member Forms



If you need any of our frequently used forms, please visit our website: [www.arrowwoodhills.org](http://www.arrowwoodhills.org).

## VOTING BALLOT INFORMATION



Absentee ballots were mailed to all residents, however, if you still have a need one here is the link for you to cast your vote from home:

<https://www.a2gov.org/departments/city-clerk/elections/pages/voting.aspx>

We wish every member born in the month of  
July Happy Birthday.



***Congratulations to all our  
Arrowwood Hills Cooperatives  
Graduates.***

*If you have a Senior who graduated  
high school this year, please contact  
Crystal at [cfluker@canannarbor.org](mailto:cfluker@canannarbor.org) or  
734-389-7108.*

FIND US ONLINE

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New SPEED BUMPS  
have been installed strategically throughout  
the community, please NO SPEEDING.



#### **CHILD SAFETY**

For the safety of your children please DO NOT  
allow them to play directly in the parking lots  
to avoid the potential impact of moving  
vehicles.



Each quarter we will select an employee of the  
month. We'd like to continuously show our  
employees how much they are appreciated. You  
can nominate one of our employees for  
Employee of the month by emailing us at  
[members@arrowwoodhills.com](mailto:members@arrowwoodhills.com) simply just send  
us a message and tell us how good of a job one  
of our employees has done in serving you as a  
member.

## Community Partnership with Benefits

We are now a community partner with . . . The Michigan Department of Health and Human Services (MDHHS) through an unprecedented public-private partnership that aims to connect a greater number of individuals and families in Michigan to a range of state and local resources, as well as MDHHS benefit programs, to promote household stability.

Clients can now use MI Bridges not only to apply for benefits and manage their case, but also to locate resources in their community to support a wide range of needs including Food, Housing & Shelter, Utilities, Health, Income & Employment, Transportation, Child Care, and Education. Contact the center for an appointment. We can help you apply for benefits.

### MAINTENANCE CORNER:



Decaying food remaining in the garbage disposal can make your kitchen or even your whole house stink. It is easy to avoid this problem by regularly following some easy tips.

1. **USE PLENTY OF WATER.** Each time you run your disposal, turn on the cold water while the food is being chopped up. After you hear the grinding of the motor turn into a soft whir, turn off the device and let the water continue to run for about 10 to 20 seconds. The running water will carry any remaining particles out of the disposal and will more completely flush the pipes.
2. Use cold water. While hot water won't damage the parts, cold water is better while running the disposal. Hot water will liquefy greases and fats. When they are in liquid form, grease adheres to the blades and will build up on them.
3. Avoid hard or fibrous foods. Disposals are for foods that grind into bits and pieces easily. Hard seeds, popcorn kernels, peach stones, apple seeds, or bones don't grind very well, if at all. The smaller pieces can get wedged underneath the blades causing them to jam. Fibrous foods should be avoided, also, because the fibers tend to wrap themselves around the blades causing them to jam, too. Therefore, avoid onion skins, egg shells, celery stalks, corn husks, etc.
4. Clean the inside. Over time, it is natural for sludge to build up on the sides and blades of your appliance. It is best to avoid using harsh chemicals since they can damage the parts of your device. You can get a natural chemical reaction by putting baking soda down the drain and pouring vinegar on top of it. Another easy method is to combine the sharpening with the cleaning by putting about a cup of rock salt down the drain when you grind up your ice cubes.
5. Don't put your hands in the disposal. When wedged food is removed, the sudden release of tension can make the blades spring into action and cause injury. Try using pliers.



**FIREWORK RULES AND SAFETY TIPS:** Warm summer nights and fireworks seem to go hand in hand. But did you know there are laws dictating when, where and what kind of fireworks are legal to use? Just for starters, it is illegal to use fireworks at city parks!

This is not only to keep our parks safe for all to enjoy, but also to help keep them free from the debris that is often carelessly left behind. While the Michigan Fireworks Safety Act broadens the selection of fireworks available for home/amateur use statewide, it is

important to know there are still usage parameters per City of Ann Arbor ordinance Fireworks Rules & Safety Remember: Fireworks are not allowed in Arrowwood at any time.

Fireworks usage is permitted only during certain time frames and only around national holidays. The time frame guidelines for the Independence Day holiday are: use is prohibited prior to July 3 and after July 5; and use is only permitted from 8 a.m. until 11:59 p.m. on July 3, 4 and 5 with the following restrictions:

Fireworks usage is always prohibited on public property, including not only parks, but school property, church property and the property of another person unless the person using the fireworks has the expressed permission of the property owner. Prohibitions apply to "consumer fireworks," which are "fireworks devices that are designed to produce visible effects by combustion," such as roman candles, bottle rockets, firecrackers and missile-type rockets. Prohibitions do not apply to ground and handheld sparkling device.

## GRILLING SAFETY TIPS



Regardless of the type of grill you own, here are 9 BBQ safety tips that will keep you and your home safe for barbecuing season:

### 1. Grill outside and away from any structures

Charcoal and gas grills are designed for outdoor use only. However, NFPA reports that more than one-quarter (27%) of home fires started by outdoor grills began in a courtyard, terrace or patio, and 29% started on an exterior balcony or open porch. Pay attention to overhanging tree branches when you set up your grill.

### 2. Make sure your grill is stable

Only set up your grill on a flat surface and make sure the grill can't be tipped over. Consider using a grill pad or splatter mat underneath your grill to protect your deck or patio.

### 3. Keep your grill clean

Remove grease or fat buildup from both the grill and the tray below the grill. If you are using a charcoal grill, allow the coals to completely cool off before disposing of them in a metal container.

### 4. Check for propane leaks on your gas grill

## GRILLING SAFETY TIPS CONTINUED.....

Before the season's first barbecue, check the gas tank hose for leaks by applying a light soap and water solution to the hose and then turning on the gas. If there is a propane leak, the solution will bubble. Other signs of a propane leak include the smell of gas near the barbecue or a flame that won't light.

5. If the flame goes out, wait to re-light

If you are using a gas grill and the flame goes out, turn the grill and the gas off, then wait at least five minutes to re-light it.

6. Take care around the grill

Never leave a lit grill unattended. Don't allow kids or pets to play near the grill. Never try to move a lit or hot grill, and remember the grill will stay hot for at least an hour after use.

7. Be careful with charcoal starter fluid

If you use a charcoal grill, only use charcoal starter fluid. If the fire starts to go out, don't add any starter fluid or any other flammable liquids to the fire. Consider using a charcoal chimney starter, which uses newspaper to start the fire instead of starter fluid.

8. Wear the right clothing

Clothing can easily catch fire, so be sure your shirt tails, sleeves or apron strings don't dangle over the grill.

9. Be ready to put out the fire

Have baking soda on hand to control a grease fire and a fire extinguisher nearby for other fires. If you don't have a fire extinguisher, keep a bucket of sand next to the grill. Never use water to put out grease fire.

These easy-to-follow tips will help you and your family to enjoy a safe summer barbecuing season. For those grilling over an open fire, check out these fire pit safety tips to keep you and your guests safe.

### ACHIEVING PEACE OF MIND AND INNER CALM

This pandemic has weighed heavy on the minds of many and this is why I am offering some helpful suggestions to continue to carry you through peacefully.



#### Listen to Music

It doesn't matter what genre of music you want to listen to, as long as you enjoy it and it makes you feel relaxed.

#### Deep Breathing

When you focus on your breathing, your mind's attention is drawn to the life-enhancing process of drawing in air and

## ACHIEVING PEACE OF MIND AND INNER CALM CONTINUED...

exhaling. Take five long, deep breaths and focus on your lungs and diaphragm as you do this. This is a quick and easy way to instantly feel calm.

### Go for a Walk

Getting out in the fresh air can do you a world of good and promote peace of mind. Take a break and get the blood pumping - especially when the sun is shining.

### Enjoy Nature

Too much concrete is never a good thing. Spending time in nature can actually make you feel younger, happier.

Spend time away from the city. Listen to the birds singing and enjoy the peace and tranquility.

### Play with a Pet

Having a pet to play with is a great way to de-stress. Touch is a powerful sense and can ease tension and promote peace of mind.

### Declutter

Have regular clear-outs. Clutter can add to feelings of tension and a clean, clear home allows a clearer, more peaceful mind.

### Self-Love

The more we like ourselves, the greater our peace of mind. We accept ourselves more and feel at ease in the world, no matter what situation we find ourselves in. We experience less insecurity and as a result, our inner peace is heightened.

### Sense of Humor

Laugh a lot. The world is instantly a better place when you can see the funny side of life. Laughter is a great antidote for stress and releases hormones that help us relax.

### Go for Regular Health Checks

It pays to keep checks on your health and look after yourself. Letting ourselves go can indicate a lack of self-respect, and this in turn will affect the way we see the world and the way others interact with us.

### Live in the Moment

Instead of worrying about the past or panicking about the future, really enjoy the NOW. It's all we have - this moment in time.





When we live in the present, the concerns of the past and future can't worry us.

### Enjoy "Me-Time"

Time out is important. A little bit of selfish time to treat yourself or do exactly as you please sets you up for taking on the constant demands of life. Balance in life is crucial.

### Let It Go

There are some things that you just cannot change, no matter how hard you try. Know when to cut your losses and detach (Just like Elsa does!)

Challenge the reasons for your guilt to make sure you aren't placing unnecessary pressure on yourself.

### Adopt an Attitude of Gratitude

Focusing on all the things in our lives that we are grateful for promotes inner calm and reminds us that there are always positives. Sometimes we just have to nudge our awareness.

## ACHIEVING PEACE OF MIND AND INNER CALM CONTINUED...



### Slow Down

Why does everything need to be accomplished today? Often, we place unrealistic pressure on ourselves when there is no need to.

Challenge your impatience, be mindful and enjoy life in the moment.

### Be Kind

It's free and it makes a difference. When we show kindness, it gives us an inner boost, too.

### Affirmations

Talk to yourself positively by using affirmations. A good example of one that encourages peace of mind is: *"No matter what comes my way, I will find a way to get through it."*

### Monitor Your Thoughts

Our thoughts can make or break our quality of life. Make sure to choose thinking that works for you. Talk to yourself as you would a best friend. Self-loathing serves no purpose and will undoubtedly extract joy from your life.

### Get Enough Sleep

When we're tired and grumpy, nothing goes smoothly. Get eight hours of sleep per night and regenerate your body.

## STAFF & MANAGEMENT

### Management:

Michelle Alford | Site Manager  
Kim Marcus | Managing Agent  
Ralph Marcus | Managing Agent

### Maintenance Department:

Stan Manley | Maintenance  
Chris Richardson | Maintenance Supervisor  
Matthew Wilson | Maintenance

### Office Assistant:

Deborah Herrod | Office Assistant

### Grounds:

Kevin Anderson | Grounds  
Lawrence Anderson | Grounds  
Valentino Pardo | Grounds

### Cleaning:

Jamie Campbell | Cleaning Sanitizer

### Compliance Department:

Debbie Gilbert | Certified Occupancy Specialist

### Accounting Department:

Mary Moyer | Account Specialist

## BOARD OF DIRECTORS

Wanda Dawson | **President**

Jay Steichmann | **Vice President**

Jerry Cargile | **Treasurer**

Stephanie Harrell | **Secretary**

Janet Denson | **Member at Large**



“email us for anything you need”

[members@arrowwoodhills.com](mailto:members@arrowwoodhills.com)

Arrowwood Hills Cooperative, Inc.

2566 Arrowwood Trails  
Ann Arbor, MI 48105  
(734) 665-3116

