

# Arrowwood Hills Cooperative

*October 2023 newsletter*



## Letter to the Community

Dear Arrowwood Community Members,

It's October and we have some FANG-tastic news to share!

### "Above Average" HUD MOR Rating

The U.S. Department of Housing and Urban Development (HUD), the agency responsible for regulatory oversight of government-subsidized and affordable housing, recently conducted a Management and Occupancy Review (MOR) at Arrowwood. We are thrilled to announce that we received an "above average" rating in this comprehensive assessment. MORs are conducted to achieve several important goals, including maintaining adequate housing for vulnerable populations, protecting Federal Housing Service (FHS) insurance funds, ensuring proper management and compliance with HUD standards, and safeguarding the physical and financial well-being of the properties. HUD reviewers meticulously review a slew of documents, making organization and preparedness paramount. This "above average" rating reflects the hard work of our dedicated staff.

(cont. p2)

### Next Board Meeting:

*In-person ONLY*

October 17, 2023

6:30 PM

Community Center

## Board of Directors

**Juan Montalvo**

*President*

**Frederique Laubepin**

*Vice President*

**Wanda Dawson**

*Treasurer*

**Dawn Richberg**

*Secretary*

**Gerald Cargile**

*Member-at-Large*

## OCTOBER CALENDAR

- 1:** Carrying charges are due
- 6:** First late charge added
- 11:** Communications Committee meeting (6:30 PM)
- 13:** Food Gatherers (11 AM–1 PM)
- 13:** Senior Night (6-8 PM)
- 17:** Board meeting (6:30 PM)
- 21:** Second late charge added
- 30:** Bulk pickup day (9 AM-3 PM, call office to schedule)
- 31:** Harvest Celebration (More details to come!)

## Letter to the Community (cont.)

### **Audit Approval**

The Arrowwood audit, conducted by Gwizdala & Associates, has been approved by the board. Members are welcome to review the audit report in the Arrowwood office, where copies are available for your reference.

### **Account Specialist Position**

With Mary Moyer stepping into her new role as our Site Manager, we are actively processing applications for the Account Specialist position formerly occupied by Mary.

### **Certified Cooperative Specialists**

On September 10 and 11, Mary Moyer, Dawn Richberg, and Frederique Laubepin attended a class offered by the Midwest Association of Housing Cooperatives where they earned the title of Certified Cooperative Specialists. This certification not only reflects their dedication to continuing education but also enhances their ability to serve our community more effectively. Their newly acquired knowledge and expertise will undoubtedly benefit all of us as we work together to keep Arrowwood thriving.

### **Tree Care**

The weather has been exceptionally hard on our trees this year. Some emergency tree work and proactive tree care have been completed to address immediate pruning and removal needs and keep our community safe.

### **Harvest Celebration**

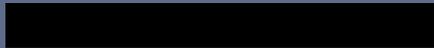
Arrowwood will be hosting a Harvest Celebration for our youth on the afternoon of Tuesday, October 31 (more details to come!). We will need volunteers from our community to help out. Please feel free to bring new, unopened bags of candy and treats to contribute to this spook-tacular event. More information will be shared soon, so stay tuned!

Wishing you a BOO-tiful October,  
Arrowwood Board of Directors

## BOARD OF DIRECTORS MONTHLY MEETING

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If you wish to address the board about an issue related to AHC policies and/or governance of the cooperative, email the board at

  
OR leave a written notice at the office.

Please include your name, address, phone or email, and the topic you would like to address the board about.

Requests to address the board at the September meeting must be made **in writing by October 11** (the Wednesday prior to the meeting).

# REMINDERS

## Construction Project

Though construction projects have been completed, please continue to report any construction-related problems or concerns to Ralph Marcus at [REDACTED]. You may also contact the Arrowwood Hills Office and staff will forward your concerns to Mr. Marcus.

## Fall Cleanup & Winter Preparations

As the leaves begin to fall and the temperatures cool down, it's the perfect time to give our yards and community garden plots some attention, and prepare our homes for the upcoming winter season.

**OUTSIDE (yards and community gardens):** remove spent plants and debris, and do one last weeding. Many weed species are perennials, and they often store energy in their roots or seeds to survive through the winter. By removing these weeds in the fall, you disrupt their life cycle, preventing them from overwintering and returning in full force in the spring, or from producing seeds that will lead to more weeds in the following seasons.

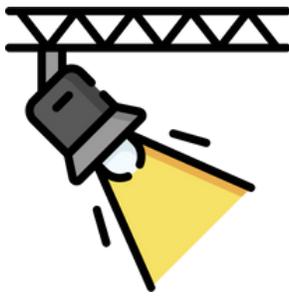
### **INSIDE:**

- **Test your smoke detectors.** Your smoke detectors should be checked at least twice a year. And one of those times should occur before the winter season.
- **Replace or clean your furnace filter.** A clogged, dirty filter impedes airflow and dramatically reduces the efficiency of the furnace.
- **Protect your pipes.** Outdoor spigots should be turned off in the interior of the unit and the spigot opened and drained outside. If you need help doing this or locating the shut off, please call the office to submit a work order.

## Communications Committee

A big thank you to all members who completed the anonymous survey. The information will help us with making decisions on the types of information we share with members and how we share it. If you have not completed the survey and would like to do so, you have one last opportunity using the link or the QR code provided: [bit.ly/arrowwoodcc2023](https://bit.ly/arrowwoodcc2023)





# Policy Spotlight

## Pet Policy, Rules and Regulations

Ours is an animal-loving community, as reflected in all the pets we count as cherished members of our households.

Our Pet Policy requires that all pets be registered. If you haven't already, please ensure that your pets are properly registered with our management office. This helps us keep accurate records and contact information in case of emergencies.

Members must pay a one-time pet processing fee of \$100 for each pet they register. The processing fee is for the life of the pet. Any new pet is subject to a new processing fee.

***Please consult your Member Handbook for policy details, or contact the office: (734) 665-3116,***

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## Safety First!

### Respecting the speed limit

Please remember that the speed limit within our cooperative is set at 10 miles per hour. This limit is in place to ensure the safety of everyone, especially our children who may be playing or walking around. It's crucial to obey this limit at all times, even when the roads appear quiet. Keeping your speed in check helps prevent accidents and provides peace of mind for all members of our community.

### Parking lots are not playgrounds

Additionally, we kindly ask that our parking lots not be used as play areas for children. While we understand the need for kids to have fun and enjoy outdoor activities, our parking lots are not designed for these purposes. The risk of accidents involving vehicles is significantly higher in these areas. Instead, we encourage parents and guardians to take advantage of our community's playgrounds and open spaces, where children can play safely.

The safety of our community is a shared responsibility. By respecting the speed limit and guiding our kids to appropriate play areas, we collectively contribute to a safer environment for everyone.



*By Kaylee Murphy*

Depression Awareness Month plays a crucial role in breaking the stigma surrounding this mental health condition, spreading knowledge, and encouraging support and understanding.

So, what is depression? Depression is not just "feeling sad"; it's a persistent and overwhelming feeling of sadness and hopelessness that can interfere with daily life. It can affect one's thoughts, feelings, and physical well-being. Symptoms may include: persistent sadness, changes in appetite and sleep patterns, loss of interest in activities, fatigue, and even physical aches and pains. Depression is a silent battle that millions of people face every day. It's an invisible weight that can affect anyone, regardless of age, gender, or background.

## What can you do in recognition of Depression Awareness Month?

- 1 Educate Yourself:** Start by learning about depression, its symptoms, and available treatments. The more you know, the better equipped you are to help yourself or others.
- 2 Share Information:** Spread awareness by sharing articles, resources, and personal stories on social media or in your community. You never know who might be silently struggling and in need of support.
- 3 Support Organizations:** Many mental health organizations work tirelessly to raise awareness and provide assistance. Consider donating your time or resources to these organizations.
- 4 Be a Good Listener:** If someone confides in you, be a compassionate and non-judgmental listener. Sometimes, just having someone to talk to can make a significant difference.
- 5 Seek Help If Needed:** If you're experiencing symptoms of depression, don't hesitate to reach out to a mental health professional or the resources listed below. They can provide guidance, therapy, or medication as appropriate.

## Positive Coping Skills

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Deep belly breathing



Listening to enjoyable music



Connecting with family /friends



Volunteering



Talking to a therapist or counselor

## Positive Habits & Actions

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Getting exercise



Getting good sleep



Prioritizing nutrition



Helping others



Spending time in nature

## RESOURCES

### Samaritans

A nonprofit organization that offers emotional support to anyone who has feelings of depression or loneliness or who is considering suicide. Call or text 877-870-4673 (HOPE).

### National Suicide Prevention Lifeline

Call 1-800-273- 8255 (TALK) to speak with someone from this national network of local crisis centers.

### Lifeline Chat

This is an online chat service of the National Suicide Prevention Lifeline.

### Postpartum Support International

Call 1-800-944-4773. This organization helps people struggling with postpartum depression, as well as other mental health issues that are related to pregnancy, birth, and new parenthood.



# Cook with us!

What to do with all that zucchini? Here's a healthy, delicious, and simple dish you can make. If you can still find fresh sweet corn, cut it off the cob and use that instead of frozen.

## Zucchini with Corn and Cilantro

Yield: 4 servings (3/4 cup each)

*This recipe was contributed by  
Jeri Schneider*



## INGREDIENTS

- 1 teaspoon **olive oil**
- 3.5 cups cubed **zucchini** (about 1 pound)
- 1 cup frozen **corn**
- 1 tablespoon chopped fresh **cilantro**
- 1 tablespoon fresh **lime juice** (or more if you like!)
- 1/2 teaspoon ground **cumin** (optional)
- 1/2 teaspoon ground **coriander** (optional)
- 1/4 teaspoon **salt**
- 1/8 teaspoon freshly ground **black pepper**

## DIRECTIONS

1. Heat oil in a large nonstick skillet over medium-high heat. Add zucchini and corn; cook, stirring occasionally, 7 to 8 minutes or until zucchini is crisp-tender.
2. Remove from heat; stir in cilantro and remaining ingredients.
3. Serve hot or chilled as a side dish, as a dip with corn chips, or as a filling for tacos or burritos.

### NOTE:

Get creative by adding other vegetables—raw tomatoes (quartered cherry or grape tomatoes, or diced large tomatoes) will add a vibrant red or orange color. Minced or pressed garlic will spice it up a bit, as will diced onion or chopped scallion. Dice up a jalapeño or serrano pepper (or add a pinch of cayenne) for some heat.

# The people who make AHC work

## Management

**Site Manager:** Mary Moyer

**Managing Agent:** Ralph and Kim Marcus

## Administrative staff

**Admin Assistant:** Derrick Goodwill

**Account Specialist:** TBD

**Compliance Specialist:** Tammy Sanchez

## Maintenance

Chris Richardson

Valentino Pardo

Wayde W. Baker

Victor Davis

## Grounds

Kevin Anderson

Robert Bucklew

## CONTACTS

### Board of Directors

- Email: [REDACTED] Attn: Board of Directors
- Mail or drop off correspondence to the Arrowwood office marked Attn: Board of Directors

### Arrowwood office

- Phone: (734) 665-3116
- Email: [REDACTED]

### Construction concerns: Marcus Management

- Phone: (248) 553-4700
- Email: [REDACTED]

*This newsletter is brought to you by the Arrowwood Hills Cooperative Communications Committee (Dawn Richberg, Frederique Laubepin, Jeri Schneider, Kaylee Murphy, Denise Anderson). We welcome content suggestions and member contributions.*