



WOODSCAPE
GLEN

Rental Garden Homes in a
Wooded Setting

Quarterly Newsletter

Summer 2023



~What to do for Summer fun in Salem~

Now that summer is officially here and the weather is looking good, you'll want to get outside and enjoy the fun activities that Salem has to offer. You can find many options by visiting the Travel Oregon website at:

<https://www.travelsalem.com/blog/what-to-do-in-the-summer-near-salem-oregon/>

Enjoy the season, and don't forget to wear sunscreen!!

Independence Day Holiday Note:

Our office will be closed on July 4th to observe the Independence Day holiday. We will reopen Wednesday, July 5th.

Have a happy and safe holiday weekend!



Fireworks will not be allowed in the Woodscape Community.

Fireworks combined with warm weather are a recipe for disaster. The number of communities banning fireworks is growing due to the unpredictable heat we have been experiencing the last few years.

Thank you for helping to keep our community safe!



Pea Salad with Bacon

Ingredients:

- *4 cups fresh or frozen peas (about 16 oz), thawed
- *1/2 cup shredded sharp cheddar cheese
- *1/2 cup ranch salad dressing
- *1/3 cup chopped red onion
- *1/4 teaspoon salt
- *1/4 teaspoon pepper
- *4 bacon strips, cooked and crumbled

Directions:

1. Combine the first 6 ingredients; toss to coat.
2. Refrigerate, covered, at least 30 minutes.
3. Stir in bacon before serving.

Nutrition Facts:

3/4 cup: 218 calories, 14g fat (4g saturated fat) 17mg cholesterol, 547mg sodium, 14g carbohydrate, (6g sugars, 4g fiber), 9g protein.

(Credit: www.tasteofhome.com)

Health Benefits of Taking a Daily Walk Outside

Walking has a lot of health benefits. It can help you lose weight, increase bone density, and improve your mood.

- **Feel better almost instantly.** Researchers have found that spending just 20 minutes a day outdoors is enough for the body to release stress-relieving hormones that can make you feel better almost instantly.
- **Raise your Vitamin D levels.** It's possible to get vitamin D from a supplement, but just 20 minutes of sunshine a day is all it takes to get the amount of vitamin D most adults need.
- **Enjoy a creative boost.** Research has shown that going for a walk outdoors, even a short one, can help get your creative juices flowing, making it easier for you to solve problems.
- **Feel the energy rush without the crash.** Instead of reaching for a cup of coffee during the mid-afternoon slog, try going for a short outdoor walk instead. Studies have shown that a 20-minute walk outdoors is as effective as having a cup of coffee to increase your energy levels.

(Credit: www.stretch-spot.com)



Critter Control



Let us know if you have pest/critter issues so we can react quickly. Please report raccoon and skunk sightings immediately. Cute or not, they can cause physical harm and property damage.

Pay Rent Easily with Automatic Bill Pay!

Save yourself the chore of writing out rent checks and having to drop them off at the office each month.

Consider setting up rent payments through your bank with their Bill Pay service.

The rent would be deducted from your bank account and mailed directly to our office each month.



MAHONIA VINEYARD

Don't forget to call the office to order some Mahonia wines for the Summertime. Our Estate Chardonnay, Pinot Noir, Rosé and Pinot Gris pair wonderfully with the tastes of the season.



Resident Referral Incentive

Life is so much more enjoyable when you live next door to a friend. That is why we like to reward you for bringing your friends, family, or co-workers to Woodscape Glen!

Limitations do apply. You must notify us of your referral before your friend's move-in date or have the applicant state their referral on their rental application. Contact our office for more information.