



Quarterly Newsletter

Fall 2023



🍁 October is National Book Month 🍁

Each October, National Book Month allows us to celebrate and expand our love of reading. As the warm temperatures start to leave us for the winter, it's the perfect time to put on some cozy slippers, have a cup of tea (or wine) and curl up on the couch with a good book.

Reading is one of the best things you can do for your mental health, and research shows it also greatly improves vocabulary, spelling, and even memory. Here are a few other reasons you should get your nose buried in a great piece of literature this month:

- 1. Reading provides mental stimulation.** Just like any other muscle in our bodies, our brains need exercise and nourishment to help it stay strong and healthy.
- 2. It reduces stress.** Reading has the power to take you to another place and help you forget about any stress going on in your life in the real world.
- 3. It provides you with knowledge.** Even if you're reading fiction, everything you take in provides your brain with new knowledge.
- 4. Reading expands your vocabulary and memory,** according to research. The more you read, the more you get exposed to new words and expressions, which strengthens your personal vocabulary. It improves your memory because it trains your brain to remember characters, plots, and other things that are happening in your book after you set it down.
- 5. Last, but certainly not least, it's free entertainment!**

[Credit: www.nationaldaycalendar.com]

Below is a link to the City of Salem Public Library:
<https://www.cityofsalem.net/community/library>



Cheesy Spinach & Artichoke Spaghetti Squash

Ingredients:

- *2 ½-3 lb. Spaghetti squash cut in half lengthwise, seeds removed
- *3 tablespoons water, divided
- *5 oz package baby spinach
- *10 oz package frozen artichoke hearts, thawed and chopped
- *4 oz reduced-fat cream cheese, cubed and softened
- *1/2 cup grated Parmesan cheese, divided
- *1/4 teaspoon salt
- *1/4 teaspoon ground pepper
- *Crushed red pepper & chopped fresh basil for garnish

Directions:

1. Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Cook on High until tender – 10-15 mins.
2. Combine spinach & remaining 1 tablespoon water in skillet over med. Cook until wilted 3-5 mins, drain & transfer to large bowl.
3. Use fork to scrape the squash from shells into the bowl. Place shells on baking sheet. Stir artichoke, cream cheese, 1/4 cup Parmesan, and S&P into squash mixture. Divide between shells & top with remaining ¼ cup Parm.
4. Broil on upper rack of oven until golden brown, about 3 mins, sprinkle with red pepper & basil.

(Credit: www.eatingwell.com)

MAINTENANCE NEWS:

Hose Bibs and Vents:

During the month of October, we will be putting on hose bib covers and closing foundation vents throughout the community. We will place door hangers on the homes that need to be entered for these purposes. We will make sure and give you plenty of notice.

Furnace Filters & Ptac Unit Filters:

Also in October, Byron will be replacing furnace filters on Wildwood Drive. For folks on Wintercreek Way, now would be a good time to clean the filters in your Ptac units as well. If you need instructions or a reminder on how to do so, please contact the office and we can send you instructions.

Smoke Detectors:

Now is a great time to check your smoke detectors. If you have not changed the batteries in the last six months or more, now is a good time to do so. If you need help changing the batteries, please submit a work order through the Woodscape Glen website (www.woodscapeglen.com). Go to the "Current Residents" tab and scroll to the bottom of the page. You will find the Maintenance Request Form there.

New Maintenance Form Auto-Response Emails

As a new feature of our electronic maintenance request form, we have created an auto-response email that will be sent to your email when you submit a work order. The email will let you know that we received your request and it will include the work request information you submitted. This will assure you that your request was received by our office. Please check your email after submission for confirmation that we received the request. If you don't see it in your inbox, please check your junk/spam folder to make sure it didn't go there.



Community Garden



Thank you to everyone who participated in the community garden this year. Your efforts make our community even more beautiful and special.

Please remember that plots should be cleared by November 1, 2023.



MAHONIA VINEYARD

Don't forget to call the office to order some Mahonia wines for Fall. Our Estate Chardonnay, Pinot Noir, Pinot Gris and Rosé 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.