



# Quarterly Newsletter

Summer 2025



## Tips to Stay Healthy and Energized in the Summer Heat

- Stay hydrated – water is important to regulate body temperature.
- Dress light and wear sun protection – Wear loose, breathable clothes made of cotton or linen. Apply broad spectrum sunscreen with at least SPF 30 and don't forget a hat.
- Avoid peak sun hours between 10 am and 4 pm.
- Eat light and fresh foods such as cold fruit and avoid heavy, oily food that could cause swelling and digestive discomfort.
- Take regular cooling breaks in the shade or air conditioning to help you recharge.
- Be aware of heat exhaustion and heat stroke signs. See this [link](#) for a list of symptoms.
- Get quality sleep – excessive heat can disrupt sleep. A cool dark room and the use of fans or air conditioning and 100% cotton sheets can improve your sleep quality.



Fireworks will not be allowed at Woodscape Glen this year.

Fireworks combined with the excessive heat are a recipe for disaster. The number of communities banning fireworks is growing by the day due to the dry fuels and heat.

Thank you for helping to keep our community safe!



## Cowboy Caviar

### Ingredients:

- \*3 Roma tomatoes, diced.
- \*2 avocados, diced.
- \*1/3 cup of diced red onion.
- \*1 can (15oz) black beans, drained and rinsed.
- \*1 can (15 oz) black eyed peas, drained and rinsed.
- \*1 ½ cups corn kernels.
- \*1 bell pepper, diced.
- \*1 jalapeno, seeds removed & finely diced.
- \*1/3 cup chopped cilantro.

Dressing: 1/3 cup olive oil, 2 tbs fresh lime juice, 2 tbs red wine vinegar, 1 tsp sugar, ½ tsp salt & pepper, ¼ tsp garlic powder.

### Directions:

1. Put ingredients in a large bowl. Toss/stir so it is well-combined.
2. In small bowl whisk together all dressing ingredients.
3. Pour dressing over other ingredients and stir well.
4. Serve with tortilla chips.

(Credit: [www.spendwithpennies.com](http://www.spendwithpennies.com))

### ~ Nature Notes ~

A tenant snapped this picture of these two while she was on her morning walk on Wintercreek Way. Good to see them visiting here again!



### ACH Option to Pay Rent

If you'd like to use our ACH process to pay rent, all you need to do is sign an authorization form and return it to us, along with a voided check or letter from your bank confirming the account information. It takes approximately 1 week to complete the initial set up. If you'd like to start ACH payments, please call or email the office at 503-585-8789 and ask for an authorization form.

### Maintenance News

**Mold and Mildew Reminder:** To prevent mold and mildew damage, tenants should make sure to use the fans in the bathroom and laundry rooms. The cost for repairs from this kind of damage can be incredibly high and would be the responsibility of tenants. Please refer to the Mold and Mildew Addendum in your rental documents on how to take care of these issues. If you'd like a copy of this document, please call the office.

Also, remember that **Work Orders** should be submitted to our office through the electronic Maintenance Form found on our website at [www.woodscapeglen.com](http://www.woodscapeglen.com). At the top of the page, you will need to click on "Current Residents" and then scroll down to the bottom of the page where you will find the maintenance form. Once submitted, the maintenance request will go to our entire team and you will see a message saying the request has been submitted. You will also get a confirmation email of the request.



### MAHONIA VINEYARD

Don't forget to call the office to order some Mahonia wines for your Summer events. 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.