

**FEB
2021**

PACIFIC NORTHWEST INSIGHTS **NEWS & STORIES**



Heart Healthy History with Love

Our President's Message



I am pleased to announce that for the third year, Hunt Heroes Foundation, the non-profit organization founded by Hunt Military Communities, will be awarding scholarships to help enable the ongoing education of military members and their families. Last year we were able to help nine worthy students and awarded \$30,000. Because of the generous donations we received over the past year, we are able to increase scholarship awards and recognize 15 recipients and award \$40,000 in scholarship grants in 2021. I encourage you to apply if you or a loved one meet any of the following criteria: A high school senior or high school graduate or a current postsecondary undergraduate at an accredited two or four-year college,

university or vocational school or a trade school student; or Planning to enroll in full-time undergraduate study at an accredited two- or four-year college, university, or vocational-technical school for the entire upcoming academic year. For more information and to fill out an application, go to <https://learnmore.scholarsapply.org/huntheroesscholarship> The deadline to submit a nomination is March 4, 2021 at 3 pm CST or until 50 applications are received, whichever comes first. We understand the challenges many families are facing during these difficult times and are happy to be able to support the ongoing education of military members and their families.

Best,

John Ehle
President
Hunt Military Communities



hunt heroes
FOUNDATION



HuntMilitaryCommunities.com



African American History Month

Experiencing War *African American Veterans*
FIGHTING TWO BATTLES
Stories from the Veterans History Project

For many veterans, serving in the military meant pushing past their own physical and mental limits in order to defeat the enemy. Many African American veterans also had to contend with and break through the limits placed upon them by society. Whether they fought stateside or overseas, in integrated or segregated units, or during World War II, Korea, or Vietnam, the African American veterans profiled persisted past prejudice to serve their country with honor.

Please join us virtually at the Library of Congress to learn more about the African American veterans and listen to their stories:

<https://www.loc.gov/vets/stories/ex-war-afam-twobattles.html>

CONTACT INFORMATION



Please see below for our updated contact information:

Office Phone Line: 360-598-5831

Leasing Phone Line: 877-264-7657

Maintenance Work Orders: 888-335-3297

Email: westsoundrso@huntcompanies.com

American Heart Month

February marks 56th consecutive American Heart Month

It's no secret February is all about hearts — but not just the candy kind.

It's also American Heart Month, a time the nation turns its attention to keeping families and communities free from heart disease, the No. 1 killer of Americans.

The federally designated event reinforces the importance of heart health and the need for more research, with a reminder to get families, friends and communities involved. It's a tradition that's over half a century strong. The first proclamation was issued by President Lyndon B. Johnson in February 1964, nine years after he had a heart attack. Since then, the president has annually declared February American Heart Month.



The American Heart Association's Heart Fund twins surround then-Vice President Lyndon B. Johnson in 1961, three years before he issued the first proclamation declaring February American Heart Month.

With organizations such as the American Heart Association and others working together, millions of people are enjoying longer, healthier lives. But despite all the progress, heart disease remains the single largest health threat to Americans — just as it was when LBJ was alive.

Cardiovascular disease (heart disease and stroke combined) kills about 2,300 a day. Obesity in both youth and adults is at an all-time high, youth are being diagnosed with heart disease earlier than ever and people just ZIP codes apart can live 25 years less than their neighbors because of disparities in health. American Heart Month is vital for awareness, but the American Heart Association urges people to take care of their hearts year-round. Consider the facts:

- Heart disease kills more people than all forms of cancer combined.
- Heart attacks affect more people every year than the population of Dallas, Texas.
- 83% believe that heart attacks can be prevented but aren't motivated to do anything.
- 72% of Americans don't consider themselves at risk for heart disease.
- And 58% put no effort into improving their heart health.
- While science is advancing medicine in exciting new ways, unhealthy lifestyle choices combined with rising obesity rates in both kids and adults have hindered progress fighting heart disease.

The good news is that heart disease is preventable in most cases with healthy choices, which include not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular checkups.

The first Friday of the month, Feb. 7, is National Wear Red Day. Coast to coast, landmarks, news anchors and neighborhoods will go red to raise awareness and support for heart disease. For more information, visit goredforwomen.org.

Read more at <https://www.heart.org/en/around-the-aha/february-marks-56th-consecutive-american-heart-month>

Heart Healthy Recipe



American Heart Association Recipe

Quick Chicken Chili Serves 4

Ingredients:

- 1 teaspoon canola oil and 1 teaspoon corn oil, divided use OR
- 1 pound boneless, skinless chicken breast halves or tenderloins, all visible fat discarded, cut into bite-size pieces OR
- 1 pound ground skinless chicken or turkey
- 1 medium onion, chopped
- 1 medium bell pepper (any color), chopped
- 3 medium garlic cloves, minced OR
- 1 1/2 teaspoons jarred minced garlic
- 1 medium jalapeño, seeds and ribs discarded, minced (optional)
- 2 15.5-ounce cans no-salt-added or low-sodium beans (any variety, such as pinto, kidney, or black), rinsed, drained, and mashed with a fork
- 2 cups fat-free, low-sodium chicken broth
- 1 teaspoon ground cumin
- 1/2 teaspoon pepper
- 1/2 teaspoon chili powder (optional)
- 1/2 cup fat-free sour cream (optional)
- 1/4 cup chopped fresh cilantro (optional)

Directions:

1. In a large pot or Dutch oven, heat 1 teaspoon oil over medium-high heat, swirling to coat the bottom. Cook the chicken for 3 to 4 minutes, or until the chicken is no longer pink in the center, stirring frequently. (If using the ground chicken or turkey, cook for 5 minutes or until fully browned, breaking up the pieces with a spoon.) Transfer the chicken to a large plate.
2. In the same skillet, still over medium-high heat, heat the remaining 1 teaspoon oil, swirling to coat the bottom. Add the onion, bell pepper, garlic, and jalapeño. Cook for 3 to 4 minutes, or until the vegetables are soft, stirring frequently.
3. Stir in the chicken, beans, broth, cumin, pepper, and chili powder. Bring to a boil. Reduce the heat to low. Simmer for 10 minutes.
4. Spoon the chili into bowls. Top with the sour cream and cilantro.

<https://recipes.heart.org/en/recipes/quick-chicken-chili>

Healthy Activity

7 no-brainer ways to boost your activity level



1. **Grab the leash and walk your dog.** Your body — and your pooch — will thank you!
2. **Take your kid (or your spouse) for a walk.** It's an excellent way to get some face time without screens. Keep it fun by exploring new neighborhoods or turning your walk into a scavenger hunt.
3. **Try the 10-Minute Workout.** Stuck at home? Boost your heart rate and brain power with this quick home workout
4. **Walk and talk.** Even if you're glued to your phone for work calls, you don't have to be glued to your chair. Make it a habit to talk and walk. Some workplaces have walking paths to make it even easier to burn while you earn.
5. **Tune into fitness.** Retrain your inner couch potato. Walk or jog in place, do yoga or lift weights, or walk on the treadmill at the gym while you watch your must-see TV shows.
6. **Ditch the car.** Spare yourself the parking stress and log some more active time by parking farther away (or even leaving the car at home) and walking or biking to your destination.
7. **Take the stairs.** The elevator may go up — but it doesn't make your heart rate climb. Take the stairs when you can, even if just for a floor or two. And don't ride the escalator — climb it. Those can be active steps, too!

When you start looking for them, you'll see lots of opportunities to be more active every day and get a few more steps in during everyday activities. Remember, every step counts!

<https://www.heart.org/en/healthy-living/fitness/getting-active/no-time-for-exercise-here-are-7-easy-ways-to-move-more>

Modified Site Operations

As Hunt Military Communities (HMC) continues to monitor the COVID-19 pandemic we continually look to adjust property operations in accordance with recommendations from the Centers for Disease Control (CDC), state, and local authorities. As a precautionary measure and abundance of thoughtfulness for the health and wellbeing of our staff and residents, we have made the following adjustments to our operations.

NEIGHBORHOOD MANAGEMENT OFFICE

We will be available for your needs with precautionary measures in place for your safety and ours!

- We will be available in the office, Monday – Friday, 8 AM to 5 PM by appointment ONLY or for emergency purposes. Otherwise, our offices will be closed to the public.
- If you have flu-like symptoms including fever, cough, or difficulty breathing, please do NOT come to our offices. We are still here for you and can offer virtual assistance in all matters. Stay home and get well!
- To make an appointment to come to the office, please call us (360) 598-5831.
- If your rent is paid via check, please utilize the rent drop box at the community center entrance. We highly encourage all residents to pay via RentPayment.com or automatic allotment if able.
- For up to date communications and to create a maintenance request, please register using the Hunt Resident App which can be found in the Apple or Android store.
- Move-ins, pre-inspections, and move-outs will be conducted with a Hunt representative and one other person only unless a virtual inspection is requested.
- Our offices will be limited to no more than 1-2 people in the office at a time. All others will be asked to wait outside or in his/her car to practice social distancing.
- Masks will be required to enter our offices. Please bring a mask along with you.
- The use of hand sanitizer will be required of all who enter our offices. We will have sanitizing stations on all office desks, we ask that you please use it.
- Multiple signs are posted throughout our offices reminding everyone to practice social distancing, wear a face mask, and preventative measures in stopping the spread of the virus e.g. washing hands, etc.

What to expect from our team

We are taking extra precautionary measures to keep our office areas clean and safe for everyone's safety!

- Sneeze guards have been installed at every desk as an extra layer of protection.
- Our team is required to wear masks while in office.
- The team is required to use hand sanitizer after every interaction.
- After every visit, contact areas will be wiped down before the next person will be allowed to enter the office.
- Strict cleaning measures have been implemented at the opening of the office, throughout the workday, and at the closing of our office.
- HMC employees have and will continue to receive the required training on all policies and procedures to ensure understanding and adherence to the policy and standards set forth.

MAINTENANCE SERVICES

Maintenance will continue to respond to ALL work order requests at this time. We will continue to screen prior to performing work in your home. Also, we are now requiring some additional precautions of our residents before we enter into a resident's home.

- We will be asking questions to identify any potential risk of exposure to COVID-19 to ensure the most appropriate response. Please note our policy instructs all employees and 3rd party providers to stay home if they are ill, showing signs/symptoms, or have been exposed to COVID -19.
- In order for us to perform repairs in the home, we will require residents to take the following action to ensure our employees can perform work in a safe manner. As a resident, you will have three options when a work order is performed inside their home:

1. Do not be inside the home while work is being performed.
2. Be located in a separate area of the home, with no engagement with our team member.
3. Only 1 member of the family is allowed contact with our team member, and if this occurs a mask must be worn along with maintaining appropriate social distancing.

While we understand this action will be disappointing to some, your health and safety, our employees' health and safety, as well as that of our military, civilian personnel, family members, and the base community is our top priority.

What to expect from our Maintenance Team

Our technicians will continue to take extra precautionary measures to keep their vehicles and work areas clean and safe for all our safety!

- Technicians are required to sanitize their hands before entering the home at every visit.
- Technicians will utilize appropriate Personal Protective Equipment (PPE) to include face coverings, shoe coverings, eye protection, and gloves.
- We ask that anyone in the home maintain a 6-foot social distance. One adult is permitted in the work area, maintaining a 6-foot distance during the repair process. If present in the work order, we would further require a mask/face covering be worn. Please have all other family members and pets located in another area of the home.
- The technician will wipe down/sanitize all possible work surfaces and touch-points before and after the work is completed.
- Technicians are required to wipe down the interior of their vehicle and any touched surface after every home visit and at the beginning and end of their work shift.

AMENITIES

Please know that our intent is to solely limit the exposure to COVID while still allowing some amenities to open for you and your families' enjoyment. We are taking great care to evaluate which amenities can be reopened or remain open with the safety of all in mind. Should there be changes, we will communicate this to you and your family.

Upcoming In February

02 - Groundhog Day

08 - Cupid's Cache | Visit the Trident Lakes or Elwood Point Recreation areas and participate in a Cupid-Themed geocache adventure!

10 - Valentine's Day String Art | Why buy your beloved a gift when you can make one with love instead? Check out Facebook: @KitsapFFR

11 - Curbside STEM Craft Pick-Up | 3-5 p.m. at Bremerton Recreation Centers and Jackson Park Community Center, come pick up a STEM craft kit and meet subject matter experts from PSNS & IMF, NUWC Keyport, the Puget Sound Navy Museum and the U.S. Naval Undersea Museum.

13 - Date Movie Trivia | Brush up on your Romantic Comedy knowledge for this weeks Trivia game! Be sure to RSVP by February 12!

14 - Valentine's Day

15 - President's Day | Office Closed

16 - Mardi Gras

16 - Laughter Yoga | noon on Facebook @KitsapFFR, join us for a laughter break and experience a reduction of stress and a renewal of physical energy and greater inner calm.

21 - The Office Trivia | It's Threat Level Midnight! Come show us how much you really know about the American TV show The Office.

ENERGY CONSERVATION CHAMPIONS!



The **Spinks** and **Rose** families are both January winners for conserving energy and maintaining a below average gas consumption.

The **Obando** and **Potter** families are also January winners for conserving energy and decreasing their electricity consumption.

All families received gas prizes for being January's Energy Conservation Champions! **See attached flyer for more details!**

Maintenance Corner

Is your home ready for colder temperatures?? Check out the home maintenance reminders below:

- **Filters** - Please ensure that your air filters are replaced regularly (every 6 months). Stop by the maintenance shop to pick up your FREE filter when you are ready to replace them.
- **Smoke Alarms** - Test all smoke alarms to make sure they are working properly. Check the batteries and replace if necessary.
- **Thermostats** - Check the batteries and replace if necessary. Always keep your heat ON. Reduce temperature to 55 degrees IF traveling and leaving the home.
- **Hose bib Covers** - As the temperatures begin to drop, frozen pipes become a concern. Check your outside faucets and disconnect any hoses that may be attached. Secure your hose bib covers over the faucet for protection. If you are in need of hose bib covers, stop by the maintenance shop to pick one up.
- **Insect/Pest Control** - Residents are allowed and encouraged to treat any insect issues with insect sprays and/or repellents. If the issue persists or is recurring, please contact your maintenance shop for further assistance to resolve the issue.

EMPLOYEE SPOTLIGHT



This month we want to highlight our new Warehouse Technician Devan Braaten. Devan has worked for HUNT for a little over two (2) months now. Before working here, he worked at Home Depot for 3 years as a Lumber Supervisor while also working in many other departments in the store. Working for HUNT, he really enjoys the flexibility

and the people. "It makes for all around a great work culture," he said. In his free time, Devan enjoys listening and/or playing music, as well as, collecting records. When looking at his future in the company, he sees himself as becoming an important asset to HUNT. His plans to help improve the company are to make sure the warehouse is always organized and up to date. He doesn't live by a motto, rather a goal he sets himself, and that is to make someone laugh every day.



COMMUNITY ADVISORY BOARD

CREATING BETTER COMMUNITIES TOGETHER
- HUNT MILITARY COMMUNITIES -

CAB UPDATES

- The Community Advisory Board meets once a month to gain resident insight and feedback to better serve the community.
- We are currently looking for additional residents to join and represent each of our neighborhoods.
- Board members are encouraged to bring resident concerns and issues to the meeting to address.
- Resident involvement is important to ensure service member's and their families are enjoying their time here at Whidbey Island Family Housing.

Survey Extended! DON'T MISS OUT



Mon. - Fri. | 8am - 5pm
(closed 12pm - 1pm)

Office Hours:

Sat. - Sun. | CLOSED

www.westsoundfamilyhousing.com



Don't Forget!

the Tenant Satisfaction Survey is Happening Now



Share your thoughts and feedback on how we are able to help create exceptional living experiences for you and your family!

Survey has been sent via email to the address on file.

This year's survey is managed by the Navy.

OMB Control Number: 0704-0553 OMB Expiration Date: 31 March 22



Driving to the Leasing Office is a Thing of the Past!

Enjoy the convenience of making easy payments right from the comfort of your home using the **Hunt Resident App.** 

Effective **February 1st** there will be no fees for direct bank account payments using the **Hunt Resident App.** 

*Does not include credit card and debit card payments.



Hunt Heroes Foundation (HHF),

is now accepting applications for its brand new HHF Scholarship Program!



————— **\$40,000** —————

Will be given out in scholarships to a total of **FIFTEEN** Active Duty Personnel or one of their dependents!

YOU MUST APPLY ONLINE AT

learnmore.scholarsapply.org/huntheroesscholarship

DEADLINE TO SUBMIT A NOMINATION IS

3:00 pm Central Standard Time | March 4, 2021

or until 50 applications are received, whichever comes first.

For questions or more information please email huntheroesscholarship@scholarshipamerica.org



HuntMilitaryCommunities.com





COMMUNITY ADVISORY BOARD

CREATING BETTER COMMUNITIES TOGETHER

- HUNT MILITARY COMMUNITIES -



GET INVOLVED & BE AN ACTIVE
VOICE FOR YOUR COMMUNITY



HUNT IS EAGER TO CREATE A COMMUNITY ADVISORY BOARD
**TO BETTER SERVE OUR RESIDENTS
& MEET THEIR NEEDS.**

We are **LOOKING FOR MOTIVATED RESIDENTS**
that would like to get involved and be an active
voice for the community.

If you interested in being a voice for the community contact the Management Office at:

360.598.5831 • WestSoundRSO@huntcompanies.com

WINTER ENERGY CHAMPION CONTEST

CASH PRIZES FOR CONSERVING ENERGY IN
YOUR HOME EVERY MONTH DURING
NOVEMBER, DECEMBER, JANUARY, AND FEBRUARY



EACH MONTH:

- ❄️ Receive a raffle entry each month you reduce usage below the month average (for your Like Type Group)
- ❄️ Receive a raffle entry by decreasing electric or gas usage by **10%** over last year's usage

**ALL RESIDENTS IN THE NEIGHBORHOOD WITH THE
LOWEST TOTAL CONSUMPTION FROM NOV - FEB WILL
RECEIVE A RAFFLE ENTRY WITH THE FINAL RAFFLE IN MARCH.**

RESIDENTS OUT OF THE HOME DO NOT QUALIFY.
WINNERS MUST CONFIRM THEY WERE IN THE HOME BEFORE PRIZE IS AWARDED.

PRIZE AWARD DATES

November winners are awarded December 31st
December winners are awarded January 31st
January winners are awarded February 28th
February winners are awarded March 31st

**STAY TUNED
FOR MORE**



Winter Weather

REMINDER ABOUT WHAT TO DO DURING THESE CHILLY MONTHS



When the snow hits our area and reaches a depth of 3 inches or more, we will plow the streets within the housing area. Residents are responsible to clear their sidewalks and driveways. The streets leading to housing will be plowed by NAVFAC crews.



If you plan to traveling during the winter months, set your thermostat to 55° to keep the pipes from freezing.



Whether you will be home or away please be sure to follow these tips:

- Leave thermostat set at 55 degrees or higher
- Disconnect hoses and cover outside faucets with insulated covers
- Replace furnace filters several times a year to help efficiency

Call the Maintenance Dispatch Line if you have any questions about winterizing your home or to report leaks: (888) 335-3297

Winterize YOUR HOME

The cold weather is upon us & frozen pipes could be a possibility.

Here are **9 things you can do** when temps reach 32 degrees & lower to help prevent pipes from freezing in your home:

✔ **Disconnect Garden Hoses**

In November, disconnect your garden hose from the outside hose bib and store until Spring. If they are not disconnected, you will risk the water freezing and pipes bursting in your home.

✔ **NEVER Turn Your Heat Off Under Any Circumstance**

Set your thermostat no lower than 55 degrees. Even if you are planning on going out of town or leaving your home for more than 24 hours, it is imperative to leave the heat running to help prevent your pipes from freezing and bursting.

✔ **Let Your Faucets Drip**

Open your faucets in the kitchen and bathrooms to allow the cold water to drip. This allows for the water to have a constant flow and assists with preventing pipes from freezing.

✔ **Keep Your Garage Door Closed**

Keep your Garage Door completely closed when not in use during the Winter months.

✔ **Open Cabinets**

During extended periods of below freezing temperatures, keep kitchen and bathroom cabinets open so that the warm air can reach pipes along exterior walls that are often exposed to the most extreme temperatures.

✔ **When Leaving for Vacation**

Notify the leasing office if you're going on vacation for an extended length of time.

✔ **Leave Registers in Unused Rooms Open**

Any registers in unused spare rooms should be left open in order to keep the room warm and prevent interior water lines from freezing.

✔ **Do Not Warm Up Your Vehicle Inside Your Garage**

This can create high levels of carbon monoxide in your garage and your home.

✔ **Remove Heater Obstructions**

Make sure heat registers or baseboard heaters are not obstructed.

In the event you have frozen pipes or pipes that have burst, call in an Emergency Work Order immediately. As a reminder, never use your stove or oven to heat your home.