

OCT
2020

CONSTITUTION PARK INSIGHTS NEWS & STORIES



Our President's Message



**Military Family
Advisory Network**

Over the past several years, Hunt Military Communities has been focused on forming relationships with groups and organizations which help us to better serve our military families. Blue Star Families, wear blue: run to remember, Operation Homefront, and Stop Soldier Suicide are a few of the organizations which have enriched our understanding of and services for our military families. I'm pleased to say that we have recently formed a multi-year partnership with The Military Family Advisory Network (MFAN). Through this partnership, MFAN will share the experiences and insight of those residents who live in our communities. In addition to focusing on housing issues, the partnership will also seek to address some of the other challenges faced by military families – specifically food insecurity and intimate partner violence. Hunt has prioritized and has worked diligently to provide the best possible housing for America's Service Members and their families and to improve the overall resident experience. This partnership is a further testament to Hunt's desire to work collaboratively with stakeholders to and real solutions. We know this relationship between Hunt and MFAN will bring much-needed resources to all military family communities. In October, you will see our stat's time and energy poured into the issue of food insecurity as well as gathering as many responses to the Resident Satisfaction Survey as possible so that we can continue to provide the needed services and resources to our military families.

John Ehle
President | Hunt Military Communities



Facts about Breast Cancer in the US:

- ❖ In 2020, an estimated 276,480 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 48,530 new cases of non-invasive (in situ) breast cancer.
- ❖ 64% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer has spread outside of the breast), for which the 5-year survival rate is 99%.
- ❖ This year, an estimated 42,170 women will die from breast cancer in the U.S.
- ❖ Although rare, men get breast cancer too. In 2020, an estimated 2,620 men will be diagnosed with breast cancer this year in the U.S. and approximately 520 will die.
- ❖ 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime.
- ❖ Breast cancer is the most common cancer in American women, except for skin cancers. It is estimated that in 2020, approximately 30% of all new women cancer diagnoses will be breast cancer.
- ❖ There are over 3.5 million breast cancer survivors in the United States.
- ❖ On average, every 2 minutes a woman is diagnosed with breast cancer in the United States.



1 IN 8 WOMEN
in the United States will develop
breast cancer in her lifetime.

Good News About Breast Cancer Trends:

- ❖ In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options.

For more information, please visit [nationalbreastcancer.org](https://www.nationalbreastcancer.org).



HuntMilitaryCommunities.com



Fire Safety Month



Each year, the National Fire Protection Association (NFPA) celebrates National Fire Safety Month in October with Oct. 7th-13th being national fire prevention week and Oct. 13th being National Home Fire Drill Day. According to the Bureau of Labor Statistics, in 2016, there were 88 occupational fatalities as a result of workplace fires or explosions. This is down from 2015, in which there were 121. While the statistics show that the number of fatalities due to fires or explosions in the workplace is on a downward slope, any number other than 0 is unacceptable and demands the attention from management, safety professionals and employees in every company. Not only do fires present a severe life safety hazard, they also can be detrimental to business success due to the possible destruction of business equipment and facilities. This campaign serves as a reminder to us all of the importance of fire safety awareness in both the workplace and our home lives.

The safety reminders communicated in the work place can be easily translated to fire safety in the home. Establish a family emergency action plan, discuss escape routes with family members, and locate fire extinguishers in your home. Additionally, conduct a mock fire drill with your family members to ensure you and your loved ones know how to get out safely. During this drill, outline meeting places that are at a safe distance from the home. Designate a neighbor to contact for help in the event of an emergency. Simple exercises such as the aforementioned could mean the difference maker in your family making it out alive in the event of a fire in your home.

Below are key components to ensuring your workplace and home are fireproof:

- ✓ **Eliminate Clutter** - Exercise good housekeeping. Clutter can easily become a fuel source in the event of a fire, allowing a fire to spread quickly. Furthermore, clutter can restrict access to emergency equipment and exit routes.



- ✓ **Designate Smoking Areas** - Permit smoking only in designated smoking areas and provide means for extinguishing smoking materials safely.
- ✓ **Fire Extinguishers** - Maintain the appropriate type and number of fire extinguishers. Conduct monthly and annual extinguisher inspections to ensure they are in good, working condition.

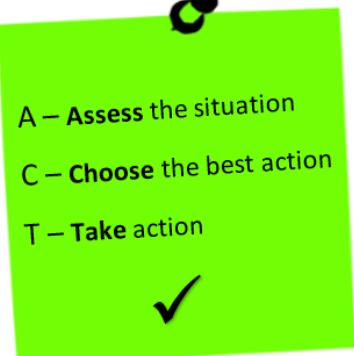


- ✓ **Chemical Safety** - Use and store chemicals safely. Read hazard warning labels and safety data sheets to determine flammability and other fire hazards. Ensure your chemical storage areas provide adequate ventilation for the storage of chemical or other hazardous substances.
- ✓ **Waste Control & Storage** - Limit the accumulation of flammable or combustible materials and residues as to prevent the risk for such materials contributing to a fire emergency.
- ✓ **Exits** - Ensure emergency exit route diagrams are posted and accessible in all areas. Additionally, ensure means of egress are well-lit with regulated exit signs and free from debris or clutter.



- ✓ **Contact Information** - Have access to a list of emergency contact phone numbers in case of emergency. Remember that human nature is to panic in emergency situations; therefore, basics such as address, important phone numbers, and floor plan should be posted on or with the emergency action plan.

Remember it is always better to be proactive rather than reactive and it is best to alleviate hazards or hiccups in times of peace than in times of chaos. Utilize the above tips to reduce the risk for catastrophe or at least minimize the damage. The reality is that fire emergencies and disaster situations can strike anyone, anytime, anywhere. So, remember, if a fire occurs in your workplace or home, don't panic, A-C-T:



For more information, please visit safetyresources.com

UPCOMING IN OCTOBER



HELPING HANDS — EVENT OF THE YEAR! —

This year we have decided to help those in need by hosting a local food drive with all goods being donated to a local food bank.

Give if you can, or receive if you need!

If you would like to participate, please fill the bag with any non-perishable items that you wish to donate and place on your porch. If you are in need of food, please reach out to the local food bank listed above.

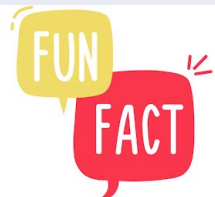
All bags will be picked-up on your porch and delivered directly to the food bank.

Bag Drop-Off October 19th

Bag Pick-Up October 23rd

What We're Looking for

Non-Perishable Food Items Such as Peanut Butter, Jelly, Canned Foods, etc.



The name of the month of October comes from the Latin "octō", meaning "eight", because in the Roman calendar October was the eighth month of the year. With the adding of January and February at the beginning of the calendar after the Julian calendar reform, October became the tenth month of the year, as we know it today.

FUN DAYS IN OCTOBER

1st World Vegetarian Day and International Coffee
Day 3rd National Cinnamon Roll
Day 4th National Taco Day
5th World Teachers' Day
12th Columbus Day
13th National M&M Day
15th National I Love Lucy Day

17th National Pasta Day
21st Back to the Future Day
26th National Day of the Deployed
27th Navy Day
28th National Chocolate Day
30th National Candy Corn Day
31st Halloween



Leavenworth Oktoberfest – Oct 2 to Oct 17, 2020

Check out Leavenworth, WA for the first three weekends in October. This event started in 1998 and is not attended by more than 10,000 people annually. The Leavenworth Marathon is held on one of the Oktoberfest weekends. Enjoy live music and yummy German Foods. For a celebration of fun, with activities for families to enjoy, and free shuttles within Leavenworth and outside the city available for a fee. Free shuttles are located on Front and Tenth Street.

Virtual Energy Event (see attached flyer)

While the Resident Energy Conservation Program is currently under suspension, Pacific Northwest Communities is still committed to the principles of the program:

- ✓ Contributing to our nation's energy security
- ✓ Taking better care of our fragile ecosystem by decreasing reliance on fossil fuels
- ✓ Promoting conservation allows for future improvements to housing communities
- ✓ Rewarding energy efficiency



To promote these guiding principles in our neighborhoods, we are excited to announce an enhanced focus on conservation throughout Energy Action Month (October). Pay attention for a special announcement of how your family can start to participate on Energy Efficiency Day (October 7th). Then October 19th-23rd there will be daily interactive sessions and activities as part of Energy Week. Throughout the week there will be special guests, content from our partners and utility providers, giveaways, prizes, raffle drawings, and fun activities. The week will end with an opportunity to participate as a community – join us to learn about more initiatives throughout the winter months.

Join us on your community's Facebook page to learn more!

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.
- ✓ **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.

Gutter Cleaning

A vendor will be cleaning the gutters on your building, Monday, October 12th 2020.

We respectfully ask your assistance and cooperation with the following:

- ✓ Remove all personal items from the outside of your home prior to the start of the work associated with your residence. This includes the front, back and sides of your home
- ✓ Residents and guests please keep clear of the construction area and remain outside of the work zones
- ✓ While the contractors are working please make sure that your windows and doors are closed. We will be entering your back yard and or patio area during this work
- ✓ Children are curious and often like to watch construction work. Please teach children about the hazards of playing near an open window as screens will not prevent falls. As a precaution, you can install thumb latches to prevent children from opening windows on their own
- ✓ Please be aware that the sidewalks in front of your home may be closed while we are working on your roof for short periods of time
- ✓ Please pick up any pet waste in your yard and keep all pets indoors while work is taking place
- ✓ If you have any questions, please feel free to call the Neighborhood Management Office at 360-394-7297.

OUTDOOR ADVENTURES

Want an Outdoor Adventure? Take advantage of free national passes for military members and dependents, discounted outdoor gear and tons of recreational opportunities to spend quality time with your family exploring the country's parks without breaking the bank.



Find a park: Snohomish County Parks have more than 100 miles of trails for jogging, hiking biking or perhaps just walks in the woods. Here are a couple parks, in Everett, to check out: Evergreen Arboretum & Gardens and Forest Park.

Or check out the Fremont Troll! He's located under the north end of the Aurora Avenue Bridge. The iconic troll is 18 feet high, weighs more than 2 tons, is made of steel rebar, wire and concrete, and is crushing an actual Volkswagen Beetle one-handed. Seattle's annual Toll-o-ween party on Oct. 31 begins at the Troll and continues on to other Fremont art spots and happenings.

Meet Your Management Team



Martha Allred
Community Director



Juanita Holmquist
Resident Services Specialist



Charles Mason
Maintenance Supervisor

12832 5th Street NE, Lake Stevens, WA 98258

Phone: 877-245-7370 • Fax: 425-344-0843

Hours: 9 AM to 12 PM; 1 PM-5 PM

(By appointment only)

Facebook: @ConstitutionParkFamilyHousing

VIRTUAL ENERGY EVENT

OCTOBER
19TH - 23RD



Featuring a Week Full of Interactive Facebook Activities & Contests, and Content from Our Utility Partners. The Week Ends with a Virtual Event:
"A Night Out with Lights Out"

PRIZES | INTERACTIVE SESSIONS | GAMES
KIDS COLORING CONTEST | GIVEAWAYS | RAFFLES
INFORMATIONAL VIDEOS | SCAVENGER HUNT

STAY TUNED FOR MORE!



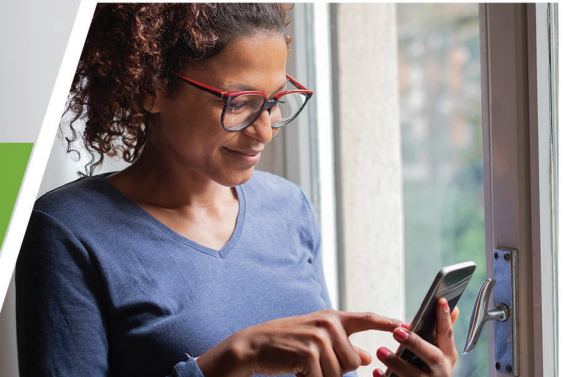
NorthwestMilitaryHousing.com



Introducing Online Payments!



Now Available on the **Hunt Resident Portal & Mobile App!**



TWO WAYS TO REGISTER

Visit Your Community's Website

Under **Current Residents** click **Maintenance Requests** and then **Click here to register**. Use your email address on file & registration code previously provided.

OR

Download the **Hunt Resident App**  at:



Hunt Resident App Features & Services

- Easy Online Payments
- Enjoy 24/7 Self-Service Account Management
- Submit & Track Routine Maintenance Requests
- Opt-In to SMS Text
- Communicate With Your On-Site Team Via Your Mobile Device
- Check Out Upcoming Community Events & Announcements!

*Must know property name & zip code. Emergency messages do not require opt in.