# JAN MOODY INSIGHTS 2021 NEWS & STORIES





### **Our President's Message**



Happy New Year! I hope the start of this year finds you and your loved ones healthy and happy. I wanted to take this time to thank all of you who participated in the collection of toys for the U.S. Marine Corps Reserve Toys for Tots

program. Twenty-six of our communities across the U.S. participated and collected thousands of toys for this program that brings holiday joy to more than seven million disadvantaged children each season. Hunt is proud to support this holiday tradition, and we are grateful for your generosity. As we enter the new year, we are partnering with the American Red Cross to help address the critically low blood supply levels. If you are healthy, we encourage you to consider donating blood. For those who have recovered from Coronavirus, donating your plasma can help up to 4 coronavirus patients in need. For other ways you can help, go to www.redcross.org. Watch for information on mobile blood donation locations in January and February within our communities.

### **BAH/Utility Allowance Update**

Beginning January 1, 2021, your BAH may have increased! Members whose rent is determined by their BAH, please keep in mind that you may see a change in your rent amount. The Utility Allowance has also been updated for the 2021 year. If you have any questions in regards to your rent or Utility Allowance, please feel free to contact us at 229-333-0539 or via email at moodyleasing@huntcompanies.com.

### Property Inspections Have Resumed

Just a friendly reminder that Property Inspections have resumed! Please be sure to follow your Resident Guidelines in caring for your home and yards. Please feel free to contact our office with any questions or concerns.



John Ehle President Hunt Military Communities





#### **Moody Family Housing**

3131 Coney St. Moody AFB, GA 31699 Phone: 229-333-0539 • Fax: 229-333-0502 Facebook: Moody Family Housing

#### 10 TIPS TO HELP YOU KEEP YOUR NEW YEAR'S RESOLUTION

Chances are at some time in your life, you've made a New Year's resolution — and then broken it. This year, stop the cycle of resolving to make change and then not following through. If your resolution is to take better care of yourself and get healthy, you will have a much better year if your resolution sticks. Here are ten tips to help you get started.

#### 1. BE REALISTIC

The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

#### 2. PLAN AHEAD

Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31st arrives.

#### 3. OUTLINE YOUR PLAN

Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your "bad behavior" will affect your goal.

#### 4. MAKE A "PROS" AND "CONS" LIST

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

#### 5. TALK ABOUT IT

Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year's resolution and motivate each other.

#### 6. REWARD YOURSELF

This doesn't mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with new fitness clothing or by going to a movie with a friend.

#### 7. TRACK YOUR PROGRESS

Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated. Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.

#### 8. DON'T BEAT YOURSELF UP

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time.

#### 9. STICK TO IT

Experts say it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!

#### 10. KEEP TRYING

If you have totally run out of steam when it comes to keeping your resolution by mid-February, don't despair. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.

\* Tips and Information found at https://www.gaiam.com/blogs/discover/10-tips-to-help-you-keep-your-new-year-s-resolution





### COMMUNITY REMINDERS

We thank you for your continued patience and dedication in following the COVID-19 guidance and protocols over the past year. We recognize it has been a very challenging time for all and appreciate all that you do in helping to keep our communities safe.

- While business is being conducted virtually as much as possible, we are available in the office, Monday – Friday 8AM – 5PM BY APPOINTMENT ONLY. To make an appointment to come to the office, please call us at (229) 333-0539.
- Amenities Update: As you may be aware, the playgrounds and dog parks are reopened. The attached waiver and release of liability, and assumption of risk form must be completed and signed by all adults in the household prior to use of any amenity. Once received, each member of your household over the age of two (2) will receive a silicone bracelet that must be worn at all times when using any amenity.
- All URGENT and EMERGENCY Maintenance requests need to be called in! Placing an Urgent or Emergency request through the website or Resident Portal App is automatically prioritized as ROUTINE. You can call anytime, 24/7 at 229-333-0539.
- Balances Due: All balances due must be paid in full within 30 days
   (with the exception of Payment Plans; please follow according to arrangement). Payments can be made via your Resident Portal App, by making an appointment to drop off a check or Money Order to the office, OR by dropping of check or Money Order to the drop box located at the Community Center in Quiet Pines (please call the office to notify us a payment has been dropped
- Please continue Mowing and Edging your fenced yards!
   Residents with fenced backyards are responsible for mowing the fenced area, as well as edging/trimming along fence line.
- Advanced Disposal will be picking up trash on MLK Day (18 Jan 2021): Please place your trash bins at the end of your driveways on Sunday evening (17 Jan 2021). Your trash will be picked up Monday morning per the usual schedule.

Please contact our office at 229-333-0539 with any questions.

#### **DON'T FORGET!**

We have our Self Help Door Dash service available! If you are need of Self Help items, please call us at 229-333-0539 during business hours. A member of our maintenance team would be happy to drop off self help items at your door.

## MOODY FAMILY HOUSING EVENTS for JANUARY

**Facebook Events** - Please be sure to follow our Facebook Page (https://www.facebook.com/MoodyFamilyHousing2012) to stay up to date with any virtual events occurring!

Jan. 1st - Our Office is closed today!

**Jan.4th - Our Office is closed today!** We will resume normal business hours (8AM - 5PM) on Tuesday, 5 January 2021.

**Jan. 18th - Our Office will be open** on Martin Luther King, Jr. Dav.

Jan 21st - Check out our FB page for our Paper Snowflake Contest! This event ends at 11:59PM on 28 January; winner will be randomly selected and announced on 29 January!

Jan. 22nd - Craft Drop Off! Please be sure to RSVP to receive a fun craft! Please email the number of crafts needed and your address to moodyleasing@huntcompanies.com! Last day to RSVP is 21 January!

January is NATIONAL BLOOD DONOR MONTH



Band Together. Give Blood.

## ASTRO PEST CONTROL SERVICE

Indoor pest control is by appointment only until further notice. If you are having issues with pests, please contact the office at 229-333-0539, and we will schedule you for the next available Wednesday. Astro is on property every Wednesday to service homes that have requested pest control.





## Resident Guidelines Reminder of the Month - January 2021

#### 3. General Information

#### 3.2 Landscaping

Standard landscaping maintenance services, including mowing, edging and leaf removal, will be provided by MOODY FAMILY HOUSING in the family housing common areas and unfenced yards of all residences on a designated schedule, provided Resident has removed any personal items that would prevent landscaping maintenance service.

Any fenced backyards must be fully accessible to receive landscape maintenance services. However, Residents will be responsible for turf mowing, trimming and clipping removal to MOODY FAMILY HOUSING specifications of all fenced back yards. Shrubs within the fenced area must be trimmed to the proper height so as not to block windows and must be neat in appearance. Should Resident fail to maintain the fenced in area, a yard violation notice will be sent to the Resident. If the violation is not corrected within the timeframe indicated on the violation notice, MOODY FAMILY HOUSING will correct the violation and the Resident will be charged for any lawn maintenance services performed in these areas to restore the yard to proper appealing conditions.

In order to conserve natural resources and manage utility costs, the frequency and duration of watering lawns and plantings by Residents may be restricted. When watering restrictions are necessary, information will be published on the Community Website outlining the restriction requirements for each housing area. Residents are required to adhere to the published requirements during times of watering restrictions.

Residents are encouraged to make additions to their gardens for their own gardening pleasure. Flower gardens are restricted to areas currently landscaped for this purpose. Residents who wish to create or expand existing flowerbeds must obtain prior authorization from the Community Director. For further information, please refer to Section 5.1 of the Resident Guidelines. Residents are required to maintain their flower gardens and other plantings in living condition, free of trash, weeds, dead vegetation and fallen leaves.









WHERE DOES
YOUR BAH
WITH HUNT
MILITARY
COMMUNITIES
GO?



Your Basic Allowance for Housing (BAH) is the stipend the Department of Defense allocates for you to pay for the majority of rent and utilities.

**HuntMilitaryCommunities.com** 



## Your BAH with Hunt Military Communities Includes:



#### THE BASICS

- Rent
- Gas & Electric
- Water & Sewer
- Fire & Police
- Municipal Services



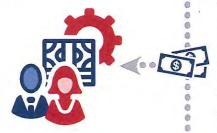
#### ADDED SERVICES

- 24/7 Maintenance
- Landscape Services
- Trash Removal
- Pest Control
- Leasing Services



#### **ADDED AMENITIES\***

- Community Centers
- Playgrounds
- Common Areas
- Splash Pads or Swimming Pools
- Sport Courts
- Resident Events



#### PROJECT COSTS

- Property Management Fees
- Project Oversight
- Debt Service Fees



#### **FUTURE IMPROVEMENTS**

- Home Renovations
- New Home Construction
- New Community Centers
- New Amenities

\*Amenities may vary depending on approved project development plans.

BAH funds are reinvested back into the project for current and future service members' needs.



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