

FEB
2021

MOODY INSIGHTS

NEWS & STORIES



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.

John Ehle
President
Hunt Military Communities



HuntMilitaryCommunities.com



Dispute Resolution Process

Please take a moment to review the attached information (pg.5 of the Newsletter) about our Dispute Resolution Process. We strive to give all of our residents 5 Star Service! If you have any questions or concerns, please feel free to contact us via email at moodyleasing@huntcompanies.com or by calling 229-333-0539.

February is Black History Month

Every February, people in the United States celebrate the achievements and history of African Americans as part of Black History Month.

HOW IT STARTED

In 1915, in response to the lack of information on the accomplishments of Black people available to the public, historian Carter G. Woodson co-founded the Association for the Study of Negro Life and History. In 1926, the group declared the second week of February as "Negro History Week" to recognize the contributions of African Americans to U.S. history. Few people studied Black history and it wasn't included in textbooks prior to the creation of Negro History Week.

This week was chosen because it includes the birthdays of both Frederick Douglass, an abolitionist (someone who wanted to end the practice of enslaving people), and former U.S. president Abraham Lincoln. President Lincoln led the United States during the Civil War, which was primarily fought over the enslavement of Black people in the country. Many schools and leaders began recognizing the week after its creation.

The week-long event officially became Black History Month in 1976 when U.S. president Gerald Ford extended the recognition to "honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." Black History Month has been celebrated in the United States every February since.

For more information, please visit <https://kids.nationalgeographic.com/explore/history/black-history-month/>

Moody Family Housing

3131 Coney St. Moody AFB, GA 31699

Phone: 229-333-0539 • Fax: 229-333-0502

Facebook: Moody Family Housing

FEBRUARY IS *heart* MONTH

A GREAT TIME TO THINK ABOUT
HEART DISEASE FACTS & PREVENTION

THE *statistics*

LEADING CAUSE OF DEATH FOR
MEN & WOMEN
IN NORTH AMERICA
(Women are equally
affected to men)

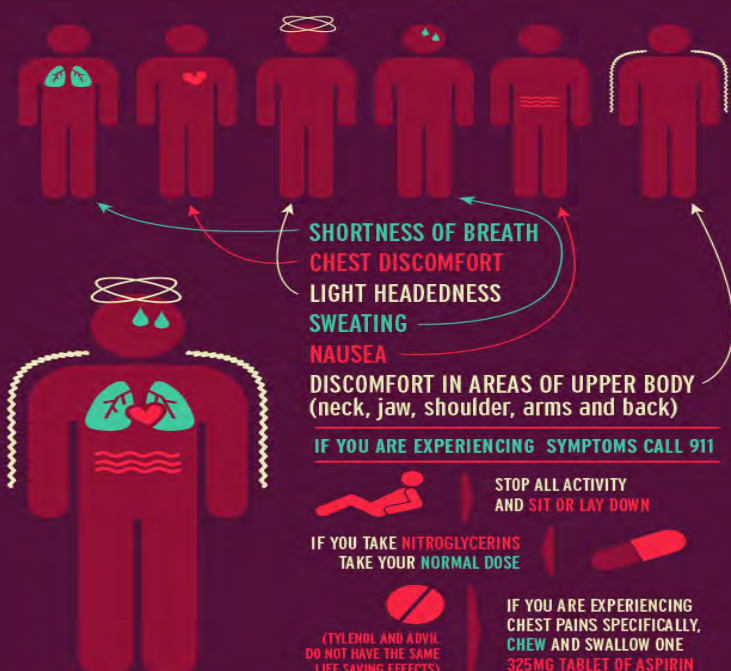


ABOUT **600,000**
PEOPLE DIE OF HEART DISEASE
IN THE US EVERY YEAR.
THAT'S 1 IN 4



THE MAJORITY OF HEART
ATTACKS HAPPEN
BETWEEN THE HOURS OF
**8 & 9 IN THE
MORNING**
(The majority of those
on Mondays)

THE *warning* SIGNS



prevent HEART DISEASE



BE SMOKE FREE



BE ACTIVE



DRINK LESS



CONTROL BLOOD
PRESSURE



EAT HEALTHY



MAINTAIN
HEALTHY WEIGHT



REDUCE STRESS



VISIT DOCTOR
REGULARLY

THIS INFORMATION WAS *brought to you by* THE HEART CONSCIOUS STAFF AT



www.botanicalpaperworks.com

10 Tips for a Healthy Heart

1. Stop smoking - Quitting smoking is the best thing that can be done for the heart and for overall health. Smoking is the most preventable cause of premature death in the United States, and smokers have a higher risk of developing many chronic disorders, including atherosclerosis, or the buildup of fatty substances in the arteries. When combined with other heart disease risk factors, smoking increases the risks associated with those factors. Quitting is never easy, but there are lots of helpful resources for those looking to start.

2. Know your numbers - Maintaining a healthy weight, blood pressure and total cholesterol play a significant role in maintaining a healthy heart. While there are standard guidelines for blood pressure and cholesterol, ideal weight goals are individual to each person. A physician can help determine an appropriate goal weight based on additional factors such as age and height.

3. Screen for diabetes - Untreated diabetes can lead to heart disease, among many other complications. Diabetes can be easily detected through a simple blood test and managed a variety of ways under the care of a physician.

4. Get active - Heart pumping physical activity not only helps to prevent cardiovascular disease but can also improve overall mental and physical health. The American Heart Association recommends five 30 minute moderate exercise sessions each week. While this may seem daunting, it is important to note that these sessions can be broken up into two or three 10 or 15-minute segments throughout the day. Walking, jogging, biking and swimming are all great forms of exercise. It is important to remember that something is always better than nothing. Opting to take the stairs and parking farther back in the parking lot are great ways to squeeze in activity when the time is short.

5. Build some muscle - Strength training compliments cardiovascular exercise by toning muscles and burning fat. In addition, proper strength training can improve daily functional movements, decreasing the chance of injury. The American Heart Association recommends getting in two days of moderate to high-intensity strength training each week.

6. Eat smart - A healthy diet full of heart-smart foods is essential to a healthy heart and lifestyle. Salmon, nuts, berries, and oats are just a few of the heart "superfoods" that may help reduce the risk of atherosclerosis. Dark chocolate is also on the list and is a great way to satisfy a sweet tooth (in moderation).

7. Limit junk - To reap the full benefits of a heart-healthy diet, it's important to limit intake of nutrient-poor junk foods. Added sugars, saturated fat and excessive sodium can all negatively impact heart health, as well as overall physical health. These foods, when eaten in excess, can cause weight gain, raise blood pressure and clog arteries, which are all risk factors for heart disease.

8. Stress less - Stress increases cortisol, which leads to weight gain, a key risk factor for heart disease. In addition, stress can lead to other unhealthy habits, making it harder to stick to a heart-healthy program. Stress can also decrease overall happiness and increase the risk for anxiety and depression. Many of the items on this list can also help with reducing stress, in addition to practicing positive self-talk and incorporating mindfulness meditation breaks throughout the day.

9. Sleep more - Sleeping restores the body, helps decrease stress and increases overall happiness. To reap the full benefits, clocking seven hours each night is key. A calming bedtime routine and going to bed and waking at the same time each day are all great ways to establish healthy sleep patterns. Getting ample sunshine and physical activity throughout the day also aid in improving sleep quality.

10. Smile - A happy heart is a healthy heart. Making time for enjoyable activities and hobbies helps relieve stress and improves the overall mood, providing a great foundation for a heart-healthy lifestyle.

Information found at: <https://www.bioiq.com/10-tips-for-a-healthy-heart/>



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 off).
- **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.

**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 FEBRUARY

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

Upcoming Social Media Events: Poem Contest - Feb 1 - 8th; Handmade Valentine's Card Contest - Feb 10 - 14; Pet of the Month - Feb 18-24

Feb. 2nd- Groundhog Day

Feb. 7th - Superbowl Sunday!

Feb. 11th - Valentine Gift Basket Giveaway! We will be randomly drawing one lucky resident from each community!

Feb. 12th - Valentine Drop Off Event: Your Moody Family Housing Team will be dropping off a special Valentine's Day treat to your door.

Feb. 14th - Happy Valentine's Day!

Feb. 15th - Our Office is CLOSED in observance of President's Day. We will resume normal business hours on Tuesday Feb. 16 2021.

Feb. 16th - Breakfast on the Go @ 7:30AM in Magnolia Grove (weather permitting)

Feb. 18th - Breakfast on the Go @ 7:30AM in Quiet Pines (weather permitting)

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 - February 2021

8. Property Policies

8.19 Parking

Parking is permitted only on paved surfaces in designated parking areas. Parking on non-paved areas must be approved, in writing, by **MOODY FAMILY HOUSING**. Parking on lawns, planted areas, sidewalks, and patios is strictly prohibited.

Parking of any vehicle is not allowed in front of fire hydrants or 15 feet to either side of a fire hydrant.

Travel trailers, motor coaches, cargo trailers, camper bodies, camper trailers, commercial vehicles, tractor trailers, boats, Personal Watercraft (PWC), boat/PWC trailers, and horse/livestock trailers may not be permanently parked, or stored on the street, driveways, yards or parking lots in any housing area. Recreational vehicles may only be parked in the housing area for the purpose of loading and unloading. In no event shall recreational vehicles be parked in housing areas for more than 24 hours without **MOODY FAMILY HOUSING** approval.

8.29 Speed Limit

Residents, Occupants, and their guests are required to abide by all traffic regulations set forth on the Installation and within the residential community. Speed limits within the community are limited to 15 miles per hour, unless otherwise posted and will be **STRICTLY ENFORCED**.



Assistance in Privatized Housing

Moody Air Force Base

Dispute Resolution Process

If you have concerns while living in privatized housing, follow the dispute resolution steps listed below to resolve the problem. The Military Housing Office and Resident Advocate are available any time during the process to provide guidance and support. We are here to help and ensure access to safe and healthy homes.

Step 1

- Resident Brings Request to Property Management Office

Step 2

- Elevate Request to Community Director

Step 3

- Submit Dispute to Installation MHO, Request Meeting with MHO and Community Director

Step 4

- MHO Elevates Request through Chain of Command and Resident Advocate

Step 5

- Call Air Force Helpline 1-800-482-6431

Helpful Phone Numbers

BBC
Mission Creek Homes
229-242-7805

Hunt
Moody Family Housing
229-333-0539

23 CES/CEIH
Military Housing Office
229-257-4417

23 WG/CVH
Resident Advocate
229-257-3537

Privatized Housing Resident Council

The Resident Council is a forum for residents to freely discuss health and safety concerns, identify improvements, and suggestions with Wing leadership, Mission Creek Homes, Moody Family Housing, and the Military Housing Office.

Neighborhood Representatives interact with other residents to listen to issues, concerns, ideas, and suggestions that are shared with the Resident Council.

Become a Neighborhood Representative to make a positive impact in your neighborhood!

To learn more about the Resident Council and Neighborhood Representatives, contact the Resident Advocate.



Join your neighborhood Facebook page for updates, information, and to contact the Neighborhood Representatives!

Azalea Commons

- Azalea Commons Housing, Valdosta Ga

Magnolia Grove

- Magnolia Grove Residents (Moody AFB) 2020

Quiet Pines

- Quiet Pines Neighborhood

All residents in housing

- MAFB Resident Council

Resident Advocate:

Tracy Boyd, 23 WG/CVH
Bldg 320, 3131 Coney Street
tracy.boyd@us.af.mil
229-257-3537





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

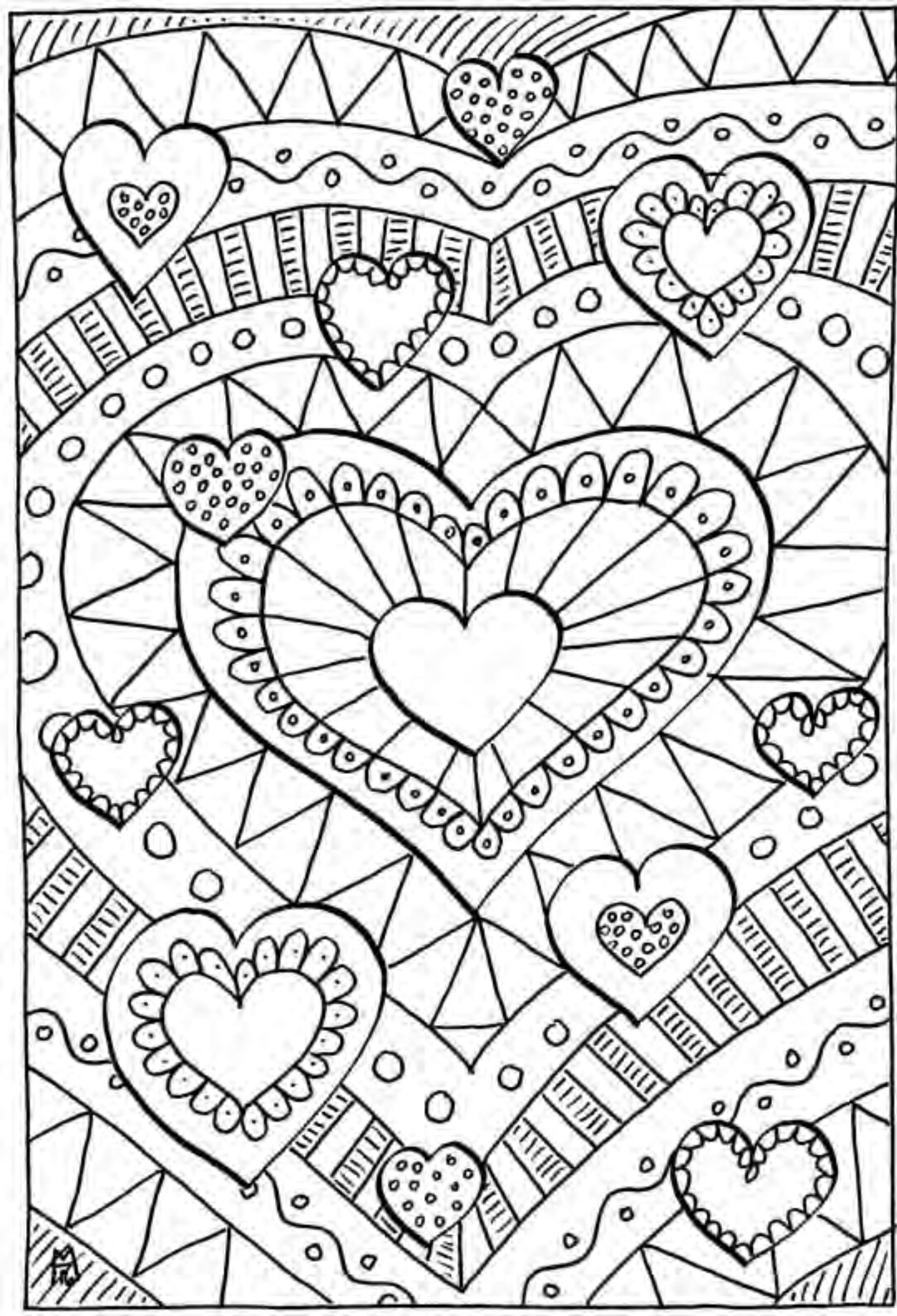
learnmore.scholarsapply.org/huntheroesscholarship

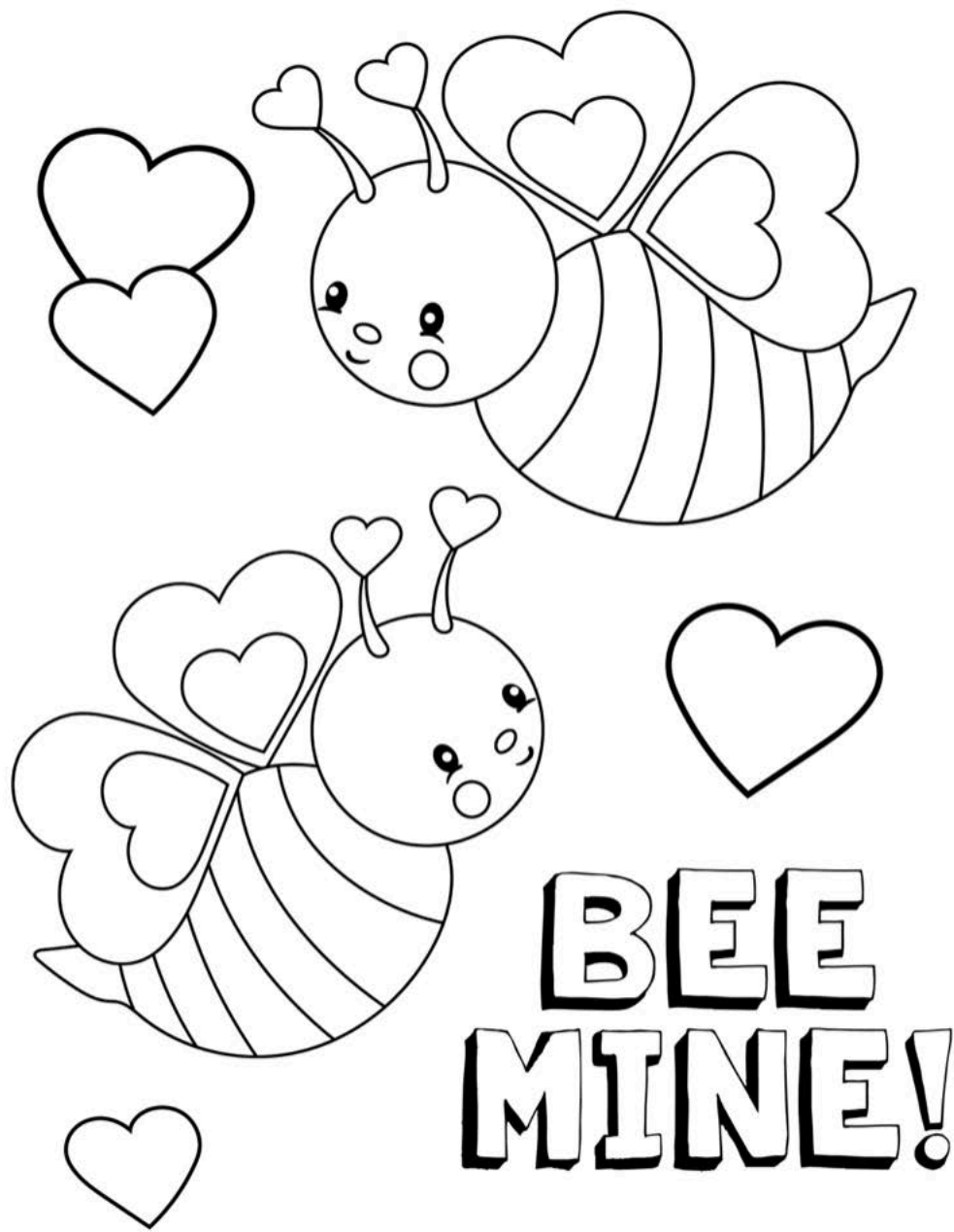
DEADLINE TO SUBMIT A NOMINATION IS

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







MAE JEMISON

BLACK HISTORY MONTH WORD SEARCH PUZZLES

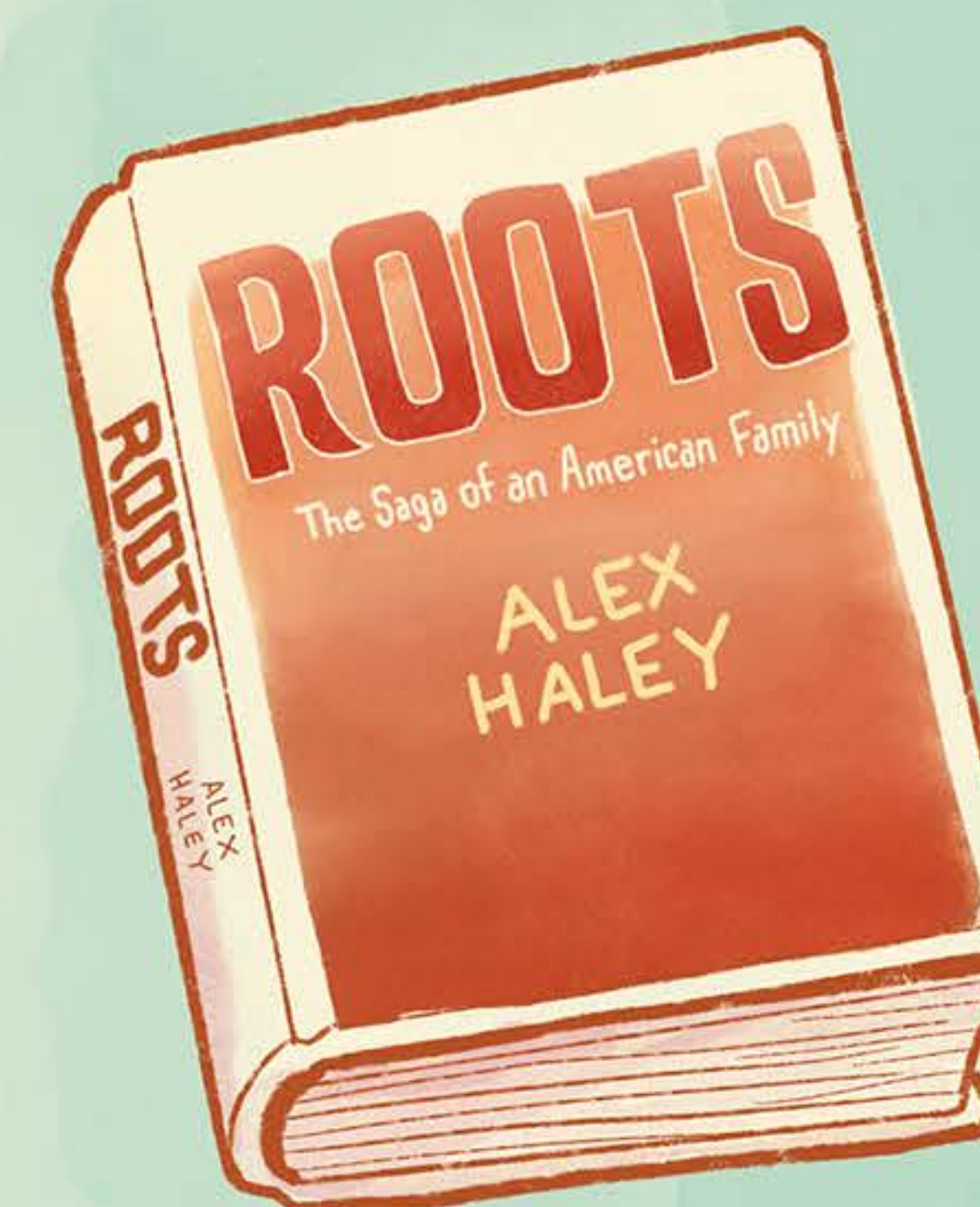
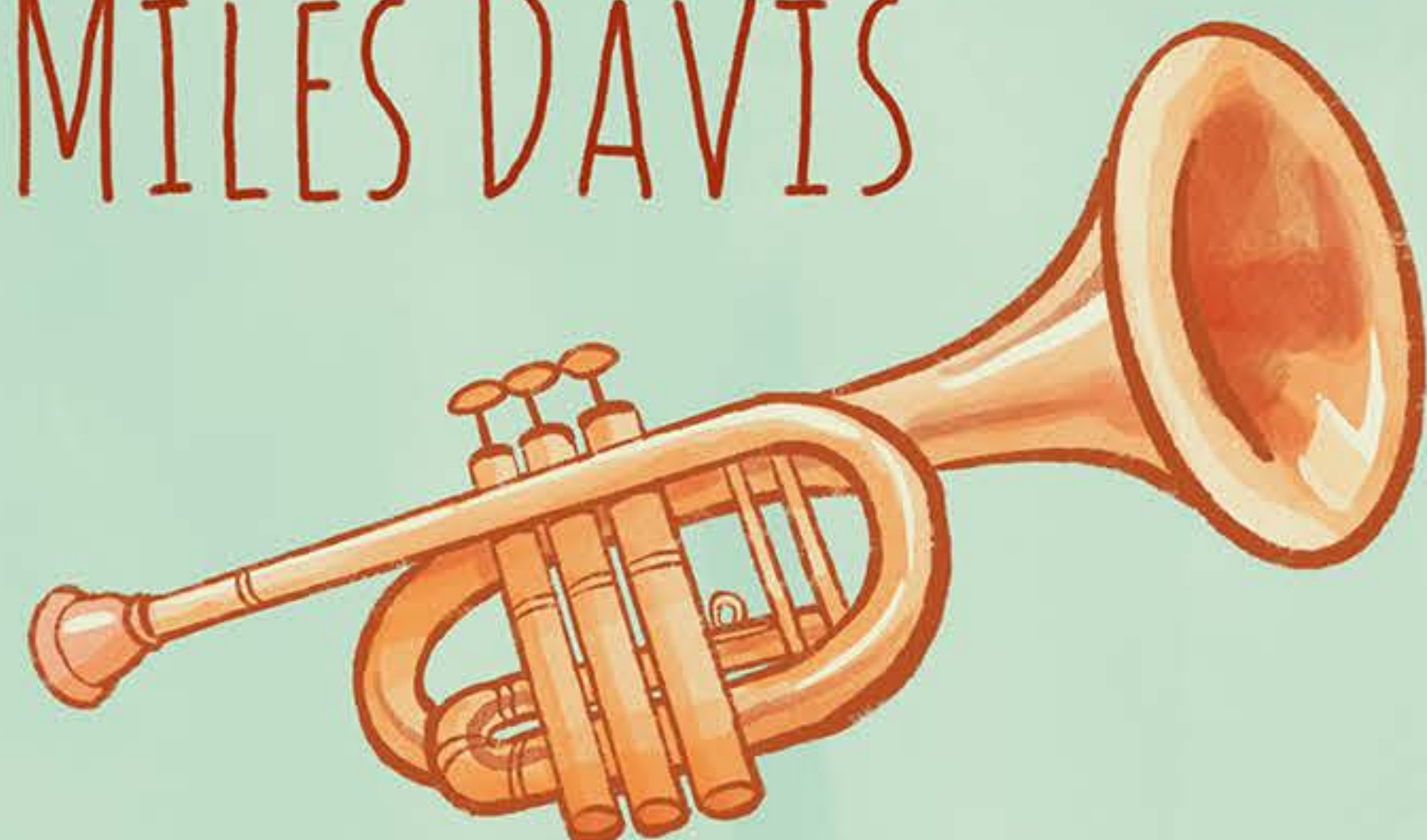


ALTHEA
GIBSON

JOE
LOUIS



MILES DAVIS



ALEX
HALEY

LENA
HORNE



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K	U	L	E	N	A	H	O	R	N	E	J
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E	G	H	M	M	A	G	Y	Y	I	R	E
F	S	E	E	R	E	Y	A	M	L	F	L
N	L	A	U	K	J	E	L	A	E	X	O
C	X	G	L	E	E	P	W	Y	S	M	U
Y	O	I	G	Z	M	Y	T	P	D	U	I
R	R	B	C	X	I	G	M	W	A	G	S
V	R	S	D	Q	S	M	W	X	V	V	I
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W	P	N	R	I	N	N	T	M	S	K	E