

Elevated Living

JUNE 2026





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A message from Michael Mendillo

President, FirstService Residential

As we welcome the warmth and excitement of summer, I hope this season brings you renewed energy and moments of joy spent with loved ones. Summer offers the perfect opportunity to gather with family, enjoy the outdoors, and embrace activities that help us reset and refocus on healthy living. Whether you're taking quiet morning walks, enjoying seasonal activities, or planning much-anticipated travel, I encourage you to take time to recharge, reconnect, and celebrate the experiences that make this season so meaningful.

This time of year, also highlights the strong sense of community that defines FirstService Residential. Across our properties, residents come together for outdoor events, volunteer activities, and neighborhood gatherings that build connection and create lasting memories. I want to extend my appreciation to the associates and social committees who plan and coordinate these activities. Their dedication, creativity, and understanding of what residents value most ensure that each event is meaningful, engaging, and designed with the community's best interests at heart.

As we move forward together, I'm proud to reflect on the continued growth we're experiencing across our communities and within our organization. Each year, we see stronger engagement, deeper connections, and a growing commitment to creating exceptional living experiences for the residents we serve. This progress is a direct result of the passion and dedication that define FirstService Residential, and it's a privilege to watch our communities flourish through collaboration, innovation, and shared purpose. Equally important to our success is the growth and development of our associates. We pride ourselves on cultivating a culture where ongoing learning, career advancement, and professional excellence are at the heart of everything we do. Through expanded training programs, leadership development pathways, and hands-on educational opportunities, our associates continue to build the skills that elevate the service we provide every day.

Together, we are building a future defined by progress, opportunity, and lasting success.

A handwritten signature in black ink, appearing to read "Michael Mendillo". The signature is stylized and written in a cursive-like font.



LIFESTYLE

Lifestyle expo & entertainment showcase

This year's Northeast Lifestyle Expo & Entertainment Showcase delivered an unforgettable burst of energy, connection, and creativity. With 40 vendors offering innovative services, wellness experiences, lifestyle entertainment, and community partnerships, attendees had endless opportunities to explore, discover, and connect.

The room buzzed with excitement as residents, board members, and associates engaged with exhibitors eager to support and enrich community life. The event also featured a lively networking lunch, giving community leaders and partners a dedicated space to share ideas, build new relationships, and strengthen collaboration across 35 represented communities.

The Showcase stage kept the momentum high with 12 dynamic acts, each bringing exceptional talent and entertainment that highlighted the breadth of lifestyle programming available within our communities. From music to comedy to interactive performances, each act contributed to a vibrant atmosphere filled with applause, smiles, and shared enjoyment.

A strong sense of community camaraderie was felt throughout the day, supported by the unwavering dedication of our sponsors, whose partnership was key to making the event possible. Their commitment, along with the enthusiasm of all participants, transformed the Expo into a true celebration of talent, teamwork, and community spirit.



HEALTHY LIVING

Healthy competition

What Is Healthy Competition?

Healthy competition is the kind that inspires you, challenges you, and brings out your best without tearing others down or putting your self-worth on the line. It's grounded in respect, fairness, and the desire for personal improvement rather than dominance.

Do You Need It in Your Life?

Competition gets a bad rap sometimes but when it's healthy, it can be one of the most powerful motivators for growth, confidence, and connection. Whether you're training for a 5K, playing a casual game of pickleball, or striving for a promotion at work, a little friendly rivalry might be exactly what you need to push yourself to new heights.

So, do you need healthy competition in your life? Here's a look at why the answer might just be yes.

This kind of competition can exist in:

- Fitness and sports (e.g., step challenges, golf games, team sports)
- Professional settings (e.g., friendly coworker rivalries, sales goals)
- Personal development (e.g., learning a new skill faster, creative challenges)
- Community activities (e.g., cooking contests, fun runs, or trivia nights)

Benefits of Healthy Competition

1. Increases Motivation

Nothing lights a fire like a little competition. It can inspire you to work harder, set goals, and stick to them—especially when you're surrounded by others doing the same.

2. Builds Confidence

When you rise to a challenge and see progress, it builds self-trust. Whether you win or not, showing up and giving your best is an achievement in itself.

3. Teaches Resilience

Healthy competition helps you bounce back from setbacks. Losing gracefully, learning from mistakes, and trying again are essential life skills that competition can cultivate.

4. Encourages Growth

Competing in a supportive environment can stretch your limits. You may discover new strengths, talents, or interests you didn't know you had.

5. Strengthens Social Connections

Competition doesn't have to be cutthroat. In fact, it often brings people together—through shared experiences, teamwork, and mutual encouragement.

How to Cultivate Healthy Competition

- Focus on your own goals, not just beating someone else.
- Celebrate others' successes as well as your own.
- Keep it fun—remember why you started.
- Practice gratitude and humility in both victory and defeat.
- Learn from the experience, no matter the outcome.



Do You Need It in Your Life?

Not everyone thrives on competition—but for many, it adds excitement, drive, and meaning to everyday pursuits. If you're looking to spark motivation, break out of a rut, or connect with others, healthy competition might be the key.

Whether you challenge a friend to a workout streak, enter a local bake-off, or aim to improve your personal best at something you love, competition can be a powerful form of self-care and growth—if you keep it kind, focused, and fun. Healthy competition isn't about being the best—it's about being your best. And sometimes, the challenge of rising to the occasion is exactly what you need to thrive.



FAMILY LIVING

Watermelon volcano: A fun summer science activity for kids!

Looking for a fun and educational summer activity your whole family will love? Try making a Watermelon Volcano! This exciting experiment combines a real watermelon with a fizzy chemical reaction for a mini “explosion” that teaches kids all about science and uses up the fruit, too!

What Kids Learn:

- Chemical reactions (baking soda + vinegar = fizz!)
- Gas production(carbon dioxide bubbles)
- How pressure creates volcanic eruptions
- States of matter(solid, liquid, gas)

Best for Ages:

Kids from Pre-K to 5th grade, but older kids (and adults!) love it too.

What You'll Need:

- 1 small watermelon (personal size)
- Baking soda (about ½ cup)
- Vinegar (enough to pour and refill)
- Dish soap (just a squirt)
- Food coloring (optional, for fun colors!)
- A tray or pan to catch the mess
- Melon baller or spoon (to scoop out the fruit)

How to Set It Up:

1. Cut a small hole in the top of your watermelon (just like carving a pumpkin).
2. Scoop out the fruit and save it for snacking — no waste here!
3. Put the hollowed-out watermelon on a tray.



Make It Erupt!

1. Add baking soda into the watermelon at least ½ cup.
2. Squirt in some dish soap to make big bubbles.
3. Add a few drops of food coloring if you want colorful lava.
4. Pour in vinegar and watch the volcano erupt!

The smaller the opening, the better the fizz! The pressure will build up and shoot out the “lava” like a real volcano.



Keep the Fun Going:

Once it erupts, you can add more vinegar and baking soda again and again until you're out!
Want to try something different next time?

Try a lemon volcano using the same ingredients.

This is a great backyard activity. Kids can help scoop, pour, and react and you'll love seeing their eyes light up with excitement! Try it this weekend, it's science made simple and super fun!

SUMMER HOLIDAY RECIPES

Beef kebabs with avocado tzatziki sauce



These delicious Greek-influenced kebabs are cooked indoors so you can easily enjoy this dish all year round. Serve on a bed of whole-grain couscous or with whole-wheat pita bread. You can even add a beautiful Greek salad to make it a hearty meal.

Ingredients

Kebabs

- 1 pound extra-lean ground beef
- Cooking spray
- 1/2 teaspoon dried oregano, crumbled
- 1/2 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried rosemary, crumbled
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon pepper (freshly ground preferred)
- Cooking spray

Sauce

- 1 cup fat-free plain Greek yogurt
- 1/2 medium cucumber, peeled and cut into large chunks
- 1/2 medium avocado, pitted and cut into large chunks
- 1 tablespoon chopped fresh mint
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon salt

Instructions

1. In a food processor or blender, process all the sauce ingredients until smooth. Use immediately or cover and refrigerate for up to 3 hours.
2. In a medium bowl, using your hands or a spoon, mix together the kebab ingredients except the cooking spray. Divide the mixture into 12 parts. Shape each into an oblong patty. Pierce a 6-inch skewer through each patty. Transfer the skewers to a large plate or baking sheet.
3. Lightly spray a grill pan or large skillet with cooking spray.
4. Cook the skewers over medium heat for 5 to 7 minutes, or until the beef is no longer pink, turning on all sides to brown. Transfer to a serving platter.
5. Spoon the sauce over the skewers or spoon it into a bowl for dipping.



SUMMER HOLIDAY RECIPES

Thai chicken broccoli salad with peanut dressing

Ingredients

Peanut Dressing

- 2 tablespoons low-sodium natural peanut butter
- 2 teaspoons soy sauce (lowest sodium available)
- 1 tablespoon plain rice vinegar or fresh lemon juice
- 2-3 tablespoons water

Thai Chicken and Broccoli Salad

- 2 cups chopped, fresh broccoli
OR
- 12 ounces frozen broccoli florets (thawed, drained)
- 2 cups chopped cooked skinless chicken breast, cooked without salt, all visible fat discarded
OR
- 20 ounces salt-free white meat chicken (drained)

- 1 15-ounce can no-salt-added sweet peas, rinsed and drained
- 1 11-ounce can mandarin orange slices in their own juice or light syrup, drained
- 1/4 cup chopped onion (white or yellow or green onions)

Directions

Peanut Dressing

In a small bowl, whisk together the peanut butter, vinegar, and soy sauce.

Starting with 2 tablespoons water, whisk in enough to thin the dressing to your desired consistency.

Thai Chicken and Broccoli Salad

In a large bowl, stir together the salad ingredients.

Pour the dressing over the salad, tossing to combine.



HEALTHY RECIPES

No-Bake summer berry icebox cake

Ingredients

- 19 oz graham crackers
- 8 oz cream cheese softened
- 2 3.4 oz packages Vanilla Instant Pudding
- 2-1/2 cups cold milk
- 12 oz Cool whip or homemade whipped cream
- 3 cups fresh strawberries sliced
- 1-1/2 cups fresh blueberries
- 2 oz white chocolate chips

Instructions

- Beat cream cheese and dry pudding mixes in large bowl with mixer until blended.
- Gradually beat in milk.
- Gently stir in Cool Whip or homemade whipped cream, reserving 1/2 cup.

- Spread a thin layer of cool whip in a 9x13 pan just to coat the bottom.
- Layer 5 graham crackers across the center of the pan, then 2 more, breaking them as needed to fit around the top and bottom edges.
- Spread a layer of pudding mixture over grahams and top with a layer of blueberries and sliced strawberries.
- Place graham crackers on top of berries, then pudding mixture, then layer of berries again.
- Repeat the graham-pudding-berries layers 1 more time (3 times total) and you should reach the top of the pan.
- Refrigerate for at least 4 hours or overnight until the graham crackers have softened completely.
- When ready to serve, melt white chocolate chips in a bowl as directed on package and drizzle over dessert.
- You can use a spoon to drizzle it over the tops of the berries or you can put it into a small zip-top bag and snip of the corner for an easy "piping bag."

SUMMER LIVING

A night under the stars: Summer backyard campout

Summer is the perfect season to slow down, enjoy warm evenings, and reconnect with family, friends, and neighbors. One of the most memorable—and surprisingly simple—ways to do just that is by hosting a summer backyard campout. Whether it's an overnight adventure or an evening under the stars, a backyard campout brings the magic of camping home and creates lasting memories for all ages.

Why a Backyard Campout?

A backyard campout captures everything people love about camping—fresh air, starry skies, and time together—without the long drive or packing stress. It's accessible, low-cost, and adaptable for families, couples, and even multi-generational households. Plus, it encourages unplugging from screens and plugging into connection.

Start by transforming your backyard into a cozy campsite. Pitch a tent (or a few), lay out sleeping bags, and add outdoor string lights or lanterns to create a warm, inviting glow. For those not staying overnight, blankets and lawn chairs work just as well for an evening experience. Don't forget comfort—have bug spray, extra pillows, and a fan or light breeze in mind. A small cooler stocked with drinks and popsicles can go a long way on a warm night.

Campfire Classics (No Fire Required)

If a fire pit is available and permitted, a small campfire instantly sets the mood. If not, a tabletop fire pit or even battery-powered candles can create the same cozy effect.



S'mores are a must! Set up a DIY s'mores station with graham crackers, chocolate, marshmallows, and a few fun twists—peanut butter cups, caramel squares, or strawberries. Pair it with hot cocoa, lemonade, or sparkling water for a simple but festive treat.

Activities That Bring Everyone Together

The best campouts are filled with easy, engaging activities. Plan activities don't require much organizing but create shared moments that feel special. If you're staying overnight, keep the experience going into the morning. A simple breakfast—think muffins, fruit, or breakfast tacos—wraps up the campout perfectly. Even just sitting outside with coffee as the day begins can be a highlight.

Backyard Campout Checklist: Every Everything You Need for a Night Under the Stars

Camp Setup

- Tent or outdoor sleeping setup
- Stakes, mallet, or weights
- Ground tarp or picnic blankets
- Sleeping bags or blankets
- Pillows or travel cushions

Lighting & Ambiance

- Lanterns or battery-powered candles
- String lights or flashlights
- Extension cords (if needed)
- Bug-safe outdoor lighting

Campfire & Treats

(Follow all community fire and safety guidelines)

- Fire pit or approved grilling area
- Marshmallows
- Graham crackers
- Chocolate (plus fun extras like peanut butter cups)
- Roasting sticks or skewers
- Napkins and wet wipes

Activities & Entertainment

- Glow sticks or LED toys
- Outdoor games (cornhole, ring toss, frisbee)
- Story books or campfire trivia cards
- Stargazing app or constellation guide
- Outdoor movie setup (optional: projector, screen, speakers)

Comfort & Convenience

- Cooler with water and drinks
- Snacks and evening treats
- Bug spray or citronella
- Sunscreen (for early evening)
- Small fan or portable charger

Morning After (Optional)

- Coffee, juice, or breakfast beverages
- Easy breakfast items (muffins, fruit, breakfast tacos)
- Trash bags and recycling

Final Tips

- Check weather in advance
- Review community guidelines for quiet hours and outdoor use
- Invite neighbors or coordinate a community-wide campout night
- Take photos and enjoy the moment!





SUMMER LIVING

Summer self-care: 10 quick tips!

As the temperatures rise and the days get longer, summer invites us to slow down, soak up the sunshine, and refresh our wellness routines. One of the most powerful ways to support your body and mind during this season is through mindful eating. Fueling your body with nutrient-dense, hydrating, and energy-boosting foods can enhance everything from your mood to your stamina. Here are 10 essential summer self-care tips focused on eating for energy and wellness.

1. Hydrate First, Always

Hydration is the foundation of summer wellness. Increased heat means increased fluid loss, so aim to drink water consistently throughout the day—not just when you feel thirsty. Incorporate water-rich foods like cucumbers, watermelon, and oranges to support hydration from multiple angles.

2. Eat Light, Eat Bright

Heavy meals can feel draining in the heat. Focus on lighter fare like salads, grilled vegetables, and fresh fruits. Brightly colored foods typically contain antioxidants that help combat inflammation and protect your body from sun exposure.

3. Prioritize Seasonal Produce

Summer fruits and vegetables are at their peak flavor and nutritional value. Think berries, tomatoes, zucchini, and leafy greens. Eating seasonally supports digestion and gives your body exactly what it needs during this time of year.

4. Balance Your Plate for Energy

Avoid energy crashes by combining lean protein, healthy fats, and complex carbohydrates. For example, a grilled chicken salad with avocado and quinoa provides sustained energy rather than a quick spike and drop.

5. Don't Skip Electrolytes

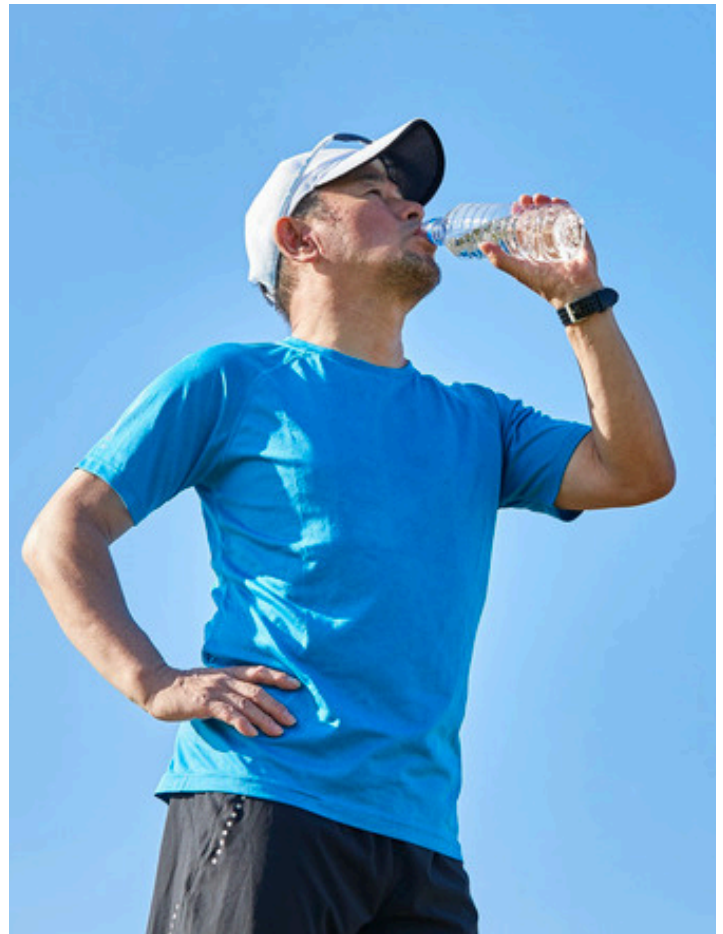
When you sweat, you lose more than just water. Replenish electrolytes naturally with foods like coconut water, bananas, and leafy greens to maintain energy and prevent fatigue.

6. Snack Smart

Swap processed snacks for nutrient-dense options like nuts, yogurt, fresh fruit, or hummus with veggies. These choices stabilize blood sugar and keep your energy consistent throughout the day.

7. Limit Sugary Drinks

Iced coffees, sodas, and sweet teas can be tempting, but they often lead to dehydration and energy crashes. Opt for infused water, herbal iced teas, or sparkling water with fresh fruit instead.



8. Practice Mindful Eating

Summer often brings busy schedules and social gatherings. Slow down during meals, savor each bite, and listen to your body's hunger and fullness cues. This improves digestion and overall satisfaction.

9. Keep It Cool in the Kitchen

Avoid overheating your body (and your home) by choosing no-cook or low-heat meals when possible. Smoothies, wraps, and chilled grain bowls are great options that still deliver strong nutrition.

10. Listen to Your Body

Your energy needs may shift with the season. Some days you'll crave lighter meals; other days you may need something more substantial. Pay attention to how foods make you feel and adjust accordingly. Summer self-care doesn't have to be complicated. By making intentional, nourishing choices—especially around what you eat and drink—you can feel more energized, refreshed, and fully present to enjoy the season.

FAMILY LIVING

Celebrating Fatherhood: The moments that matter most

As summer settles in and families spend more time outdoors, Father's Day offers a meaningful opportunity to pause and recognize the men who help shape our lives, our families, and our communities. From early morning bike rides to backyard barbecues, fatherhood is often found not in grand gestures, but in the quiet, consistent moments that leave a lasting impact.

Fathers, grandfathers, and father figures play a unique role in building connection and stability within the home. They are teachers, role models, problem-solvers, and often the steady presence behind the scenes. Whether it's offering advice, lending a helping hand, or simply showing up day after day, their influence helps create a strong foundation for families to grow and thrive.

In today's fast-paced world, the value of time together has never been greater. Summer naturally creates space for these connections whether it's a walk through the neighborhood, a day at the pool, or cheering from the sidelines at a game. These shared experiences become the stories families carry forward, often remembered long after the moment has passed.

Communities also play an important role in celebrating fatherhood. Events, gatherings, and simple neighborly connections provide opportunities for families to come together and honor the contributions of fathers in meaningful ways.

From community cookouts to friendly competitions and family-focused activities, these moments strengthen not only family bonds but also the sense of belonging within the neighborhood.



Fatherhood today continues to evolve, with many dads taking on more active roles in daily life than ever before. They are present, engaged, and intentional, balancing responsibilities while making time for what matters most. This shift reflects a broader understanding that connection, presence, and emotional support are just as important as guidance and provision.

As we celebrate Father's Day, it's a reminder to acknowledge and appreciate the everyday efforts that often go unseen. A simple thank you, a shared meal, or uninterrupted time together can mean more than any gift. This season, as we embrace longer days and warmer nights, take a moment to celebrate the fathers and father figures who make a difference through their actions, their presence, and the memories they help create.

Because in the end, it's not just about the role they play—it's about the lives they help shape.



COMMUNITY SPOTLIGHT

TOA Silver Springs: Community impact

What started out almost 12 years ago as a casual conversation between two women waiting in line at a fabric store checkout has mushroomed into a community charitable donation opportunity. Their discussion prompted one of the ladies to follow the idea to sew pillowcases for children in need.

That woman, Kathy Semanko, lives at Traditions of America in Silver Spring Township. Traditions of America is an active 55+ community established in 2008 that now encompasses 517 homes. Residents enjoy many varied activities, among which is a Craft Group that meets twice a week to work on both individual crafts and community-related activities.

One of these activities is making pillowcases for the Children's Hospital at Penn State Hershey Medical Center and other local hospitals and social services. The hospital gives a pillowcase to each child receiving treatment, particularly for cancer. A doctor might use a pillowcase placed on the examining table as an ice-breaker with a child (e.g. a pillowcase with sports balls on it might trigger a comment from the doctor such as, "I see you like to play ball.") The idea is to reduce the child's anxiety and engage in conversation.

In 2015, the first Community "Pillowcase Day" was held when more than 30 ladies in the neighborhood gathered at the TOA Clubhouse to sew pillowcases. The effort included cutting fabric, pinning "bodies" to "cuffs", sewing the pillowcases together, ironing, and finally washing and bagging them for delivery. In the first year, 187 pillowcases were made.

In the ensuing years, the production process was streamlined by preparing "kits" or parts of the assembly into stages well ahead of the actual sewing day. That has allowed the community to make between 350 and 550 pillowcases for donation each year. From 2015 to 2025, more than 5,000 pillowcases (est. \$60,000 value) have been donated. (During the COVID-19 pandemic, when the hospitals were not accepting pillowcases, the pillowcases were donated to Foster Care organizations.) Beginning in January of 2026, the model for making the pillowcases was changed from a single day in July to weekly in order to allow more residents to participate.

Several grandchildren of TOA residents have been the recipients of a pillowcase when being treated at Penn State Hershey Medical Center for medical conditions other than cancer. It's been a great pleasure to find that one of them received a pillowcase actually made by the TOA community.

Purchases of fabric are funded by donations from the community as well as from several vendors at our Arts & Craft Fair who donate the proceeds from their sales. Proceeds from the Bake Sale held concurrently with the Arts & Craft Fair have also been provided in the past few years.

The organizing team for the event includes Shirley Friese, Barbara League, Mary Pat Lowstuter, Kathy Semanko, and Louise Wasekanes.

Other community sewing projects include backpacks for foster children, "fidget mats" for children with autism and adults with dementia, pencil cases for grade school children, as well as small gifts for the Easter Bunny to hand out to children at the TOA annual Easter Egg Hunt for children 10 and under.



COMMUNITY SPOTLIGHT

Cresswind Charlotte annual tea party

Each year, Cresswind Charlotte hosts its Annual Tea Party, and this year marked their third celebration. What began as a simple tea party in year one quickly evolved into something truly special. Last year, the residents were surprised with the Enchanted Tea Party, transforming the room with fairy lights, woodland décor, and whimsical touches that set a new standard.

This year, they introduced The Mad Hatter's Tea Party, a full Alice in Wonderland-themed event that completely transformed the multipurpose room into "Wonderland."

Residents began their journey by "falling down the rabbit hole" as they walked down the decorated hallway. Inside Wonderland, they were greeted by oversized flowers, clocks, keys, hats, chairs, mushrooms, and countless details suspended from the ceiling and scattered throughout the room. One of the most striking features was a large handcrafted centerpiece tree created by the management team using a DIY tutorial from Home Depot, which anchored the space and added a dramatic, storybook feel to the entire room. We were thrilled to welcome Michael Minor, who performed as the Mad Hatter, along with his daughter Neve, who played Alice. They sang, performed, and brought the story to life.

The entire management team joined in the fun as well, dressing in the Queen of Hearts, Tweedle Dee & Tweedle Dum, the Cheshire Cat, and of course, the White Rabbit. The energy was incredible.

The residents were genuinely surprised, and the excitement carried on for nearly two weeks afterward. We received flowers, cards, and so many heartfelt compliments. It was, without question, one of the best events we've ever created.





COMMUNITY SPOTLIGHT

Somerset Run: Building community through summer tradition

Somerset Run, a premier Del Webb community, spans 246 acres of scenic countryside in Somerset County. This gated, active adult community for residents aged 55 and better includes 755 homes and a 25,000-square-foot state-of-the-art clubhouse that anchors its vibrant lifestyle.

One of the community's most anticipated traditions is the annual Summer Olympics, now in its 16th year. This three-week event features more than 40 activities scheduled across days, evenings, and weekends—from pickleball, tube races, and bocce to Connect Four, beanbag baseball, and paper chase. Residents pay an entry fee that includes a commemorative T-shirt, tote bag, and access to as many events as they choose.

A key to the event's success is its focus on connection. For team competitions, participants are randomly assigned teams just before each event, encouraging residents to meet new people and build relationships. Even non-participants often come out to cheer, creating an energetic, community-wide experience—especially when visiting family members see firsthand how engaged residents are.

The Summer Olympics also serves as a powerful welcome tool for new homeowners, helping them quickly integrate and form friendships within the community. The program concludes with an Olympic Dinner, where medals are awarded, trivia is played, and a highlight video from the three-week event is shared. It's a memorable finale that celebrates participation, connection, and the spirit of summer leaving residents with lasting memories year after year.

