

EVENTS at a glance

Nov 22 & 23

Office Closed

Mon, Nov 26, 6pm

Presentation of 2019

Budget

Tue, Dec 4, 6pm

Landscape Committee Mtg

Sat, Dec. 8

Free shred it day 10-12

Fri, Dec 14, 11am-1pm

Food Gatherers

Thurs, Dec 20, 6pm

A & E Committee Mtg

Th, Dec 20, 6pm

Winter festival with
special guest Santa Larry

Fri, Dec 21, 9am-12pm

Office Closed

Dec 24, 25, & Jan 1

Office Closed

Dec 31, 12pm-5pm

Office Closed



Email Newsletters Are Here!

Would you like to receive these newsletters by email? Sign up in the office or on our website at www.arrowwoodhills.org.

Past newsletters can be found on the website at www.arrowwoodhills.org/newsletters.

Feeling social? Follow our official Facebook page at www.facebook.com/arrowwoodhills.

2019 Budget Presentation

Monday, November 26, 6pm

- Join the board and management to hear about the Arrowwood Hills budget for 2019. Other highlights include Washtenaw Dairy donuts, door prizes (gift cards!), and warm community spirit!

We're Hiring

- Office Assistant
- Maintenance Tech
- Snow Removal
- Center Director

Health insurance & retirement benefits for full-time employees. Visit the management office for more information/to apply.

ACCOUNT CORNER



- Make sure your current address is on your check/money order—there are a lot of checks coming in with previous addresses or no address at all. You can write one check for both carrying charges and loan payments.
- Member's requesting copies will be charged \$.25 per sheet.
- Member's requesting to fax out or receiving a fax in will be charged \$1.00 per sheet.
- We now have a notary in the office for your convenience.

Pat Byrd Wins 2018 Cooperative Distinguished Service Award



Congratulations to long-time Arrowwood Hills site manager Pat Byrd for being awarded the 2018 Cooperative Distinguished Service Award by the National Association of Housing Cooperatives. The award recognizes outstanding service to cooperative housing and the achievement and contribution of a cooperative member who helped a cooperative or association of cooperatives to better serve its members. We are so proud and thankful for all you do!

Community Center News & Events

Food Gatherers Day Friday December 14 11-1 pm

Please call by the Wednesday of food distribution to have a pre-made box. Pre-made boxes are for those unable to attend the 11-1 pm distribution time.

Winter Festival Thursday December 20, 6 pm

Join us as we welcome in the season with special guest Santa Larry. Get your picture with Santa without going to the mall or paying money! Children **MUST** be accompanied by an adult. All welcome!

Center Seasonal hours

Closed November 21st -23rd for Thanksgiving. We are close December 24th to January 7th. Please enjoy the holidays and be safe.

Arrowwood Bids Farewell to Sharonda Simmons



It is with best wishes that we announce that Sharonda Simmons, the first executive director of the Arrowwood Hills Community Center, is leaving for another position. Sharonda started working at Arrowwood in May of 2016, and since then has guided the center through a great deal of growth and changes. We will miss Sharonda's warmth, great laugh, and leadership. We wish her the best at her new position as Director of Education, Outreach, and Welcoming at Ozone House.



Maintenance Tips & Reminders

Winter tips:

Ice melt available in the office free of charge. Remember: members are responsible for keep your walkways (from sidewalk to your door) clear for safety of you, visitors

Furnace Inspections:

Furnace Inspections are being conducted by a contractor along with our staff. You will be notified of your date in November /December. We have a chart in the office if you would like to stop in and check.

Protect Your privacy:

Shred it services are being provided for members. Start the new year off with less paper. The truck will be in the center parking court from 10 - Noon on Saturday December 8th.

Member Handbook is online:

Visit our website at www.arrowwoodhills.org/memberdocs to learn more about caring for your unit and living at Arrowwood.

Health Tips

Make Sure You're Getting Enough Vitamins B9, C, and D

Now that we are well into fall and heading toward winter, here is a health reminder: Make sure you and your family are getting enough Vitamins B9, C, and D.

It's best to get these vitamins in whole form but if you are not able to get enough through food sources, particularly during the winter months, a supplement can ensure that you are getting the amount you need.

Vitamin C is an antioxidant and immune booster. It is essential for the growth, development, and repair of body tissue. Vitamin D promotes healthy bone growth and calcium absorption. We get vitamin D from food sources but our skin also produces vitamin D when we are exposed to the sun. However, during the winter months, exposure to the sun becomes more of a challenge since most of us are not outdoors as much and there is less sun. Vitamin B9 (also known as folate/folic acid) is a another vitamin that you may find difficult to get enough of during the winter months. All human bodies need folate to make DNA and other genetic material.

It's important to maintain healthy levels of Vitamins B9, C, and D through the winter months. Consult with your health care personnel to discuss the recommended daily intake of these vitamins for your family.

10 Reasons CO-OPS ROCK

1 Cooperatives are **DEMOCRATIC** businesses & organizations. There are **EQUALLY OWNED & CONTROLLED** by a group of people. In a cooperative, **ONE** member has **ONE** vote.

There are
★ worker co-ops
★ consumer co-ops
★ producer co-ops
★ financial co-ops,
★ housing co-ops,
and more.

6 Cooperatives are **more resilient & IN ECONOMIC DOWNTURNS & IN IMPOVERISHED COMMUNITIES.** When other businesses may shut down or lay off workers, co-op members pull together **TO WORK OUT SOLUTIONS.**

7 Cooperatives are an **INTERNATIONAL MOVEMENT.** There are **thousands upon thousands** of cooperatives around the world that are making **major differences GLOBALLY & LOCALLY.**

2 Because cooperatives are democratically owned by community members, co-ops keep **MONEY & JOBS in their communities.**

8 Cooperatives strive to make people's **LIVES, COMMUNITIES, AND ECONOMIES** more **JUST, EQUITABLE, & DEMOCRATIC.**

3 Cooperatives aren't a far off theory. Cooperatives offer **achievable and practical** solutions to many **ECONOMIC, ENVIRONMENTAL, & SOCIAL PROBLEMS** that can be implemented **RIGHT NOW.**

9 There's no **one right way** to do a co-op. They can be flexible to fit **DIFFERENT COMMUNITY & INDIVIDUAL NEEDS.**

4 **COOPERATIVES AREN'T CHARITY;** they're an **empowering** means for self-help **& solidarity.**

There are **big** co-ops with thousands of members, and there are **small** co-ops with only three members.

5 Members **equally share THE BURDEN IN HARD TIMES & equally share THE BENEFITS IN GOOD TIMES.**

10 Cooperatives are **VIABLE & JUST ALTERNATIVES** for meeting our social and economic needs in contrast to **CORPORATIONS THAT EXPLOIT** the people and the planet.