

# Patrick Family Housing

| (321) 779-9785

ISSUE 1 : January 2019

## WHAT IS YOUR NEW YEARS RESOLUTION



"The time is always right to do what is right"  
Martin Luther King Jr.

### Important Dates

01/01/2019 - Offices Closed  
01/18/2019 - Winter Fest & Food Trucks  
01/29/2019 - Martin Luther King Jr. Day

**FUN FACT** The ancient Babylonians are said to have been the first people to make New Year's Resolutions 4,000 years ago. They were also the first to hold recorded celebrations in honor of the New Year even though back then it began in mid-March not January when all the crops were planted.



### Trash Reminders

There will not be trash pick up on Tuesday, 01/01/2019. There will not be a make up collection and the regularly scheduled Pick-Up will resume on Friday, 01/04/2019.

### Maintenance Helpful Tip!

Garbage Disposal not working?

Try pressing the red re-set button on the bottom of the black canister under the sink.

Didn't work? Call in a work order anytime!

(321) 613-3810 or (321) 779-9785



## FOOD TRUCKS

Doubles Beachside Truck  
Ernie's Ice Cream Truck  
More TBD!

Join us at our 1st ANNUAL....Winter Fest! January 18th, 2019! 4:00 PM - 7:00 PM

Food trucks, donut eating contest, bounce house, DJ, raffles, etc.  
Come join us January 18th, 2019 at the Pelican Coast Welcome Center (453 Shrike Drive, Satellite Beach, FL 32937).

\*Please bring cash/card for the food trucks. We will provide the rest!



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**Congratulations to our Winter Holiday Decoration  
Winners! All of the homes looked beautiful!**



## Fancy some FRUIT?

**New year, New YOU! Come by the  
office every Wednesday in January  
for a fresh, healthy snack!**



**We had SO much fun at our  
Ornament Decorating Event.  
It was great to see you all and  
we hope you had a great  
Holiday.**



## Instant Pot Oatmeal



### Ingredients

2 cups old fashioned oats

2 cups water DIVIDED

2 cups dairy of choice

1 tablespoon flaxseed

Insert steamer rack inside inner pot of Instant Pot.  
Add in 1 cup of water to inner pot.

Inside a 7 cup heat safe bowl, mix together the oats, 1  
cup water, dairy and flax seed.

Place bowl on top of steaming rack and put lid on  
Instant pot.

Set Valve to "sealed" and set manual or time to 8  
minutes on high pressure.

Allow to naturally release for 5 minutes before care-  
fully releasing any additional steam by using a wood-  
en spoon to turn valve to vent.

Remove bowl carefully from pressure cooker and then  
serve with desired toppings or allow to cool and store  
in fridge to reheat as needed.

**A Mind "Full" Mom**

<https://amindfullmom.com/>

