



TN Development Corporation ENSOR FOREST NEWS

TN Development Corporation

MAY 2016



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SAVE THE DATES:

Friday May 20, 11 a.m.

Janis Harris of Hospice Care of Tri-County will share on a health topic & provide blood pressure screenings.



Monday May 23, 10:45 am

Rest Assured's Paul Springs will provide light refreshments & share. Chaplain Maurice will play piano gospel music.



DON'T FORGET

TO REMEMBER:



Mondays May 2nd & May 16th @ 11:00 Edmond Roosevelt Bible Study

Tuesdays May 3rd & 17th DCNL

Thursdays May 5th & May 19th @ 11:00 Bridge Lesson

Mondays – May 9th, & 23rd NEW Bible Study led by Philip Looney

Mon. May 9th HH Food Boxes

Wed. May 11th Vegetable Bag

Tuesday : Weekly Basket Weaving



MAY BABIES

Vincent Weeks	05/14
Brenda Cade	05/17
Betty Bundrum	05/21
Nathaniel Jenkins	05/22
Sallie Jones	05/23

Ensor Forest Apartments and the staff of TN Development wish all residents celebrating a May birthday, a

Very Happy Birthday.

Management Staff treated Ensor Forest residents to a delicious Fazoli's meal;

salad,
spaghetti,
fettuccine
alfredo,
bread
sticks,
& cookies



BINGO BLITZ This once-a-month event promises fun, excitement, & prizes!

Bingo Blitz is held at the Eau Claire Print Building (corner of N. Main & Monticello streets in the Eau Claire neighborhood) on the first Wednesday of each month, from 1pm to 4pm. Admission is \$3 per person, two cards provided. Extra cards at additional fee.



Lights snacks are provided.

Enjoy **FRUIT** this Spring & Summer !!
10 Health Benefits of...

Grapes

- 1 Diuretic
- 2 Anti-Aging
- 3 Fights Diabetes
- 4 Prevents Cancer
- 5 Prevents Heart Attacks
- 6 Lowers Blood Pressure
- 7 Anti-Inflammatory
- 8 High in Anti-Oxidants
- 9 Supports Muscle Repair
- 10 Increases Good Cholesterol

Strawberries

- Lose Weight
- Boost Memory
- Anti-Aging
- Eye Health
- Reduce Inflammation

www.RealFoodForLife.com



Breakfast Blueberry Oatmeal Cake

Ingredients:

- | | |
|--------------------------------------|----------------------------|
| 2 1/2 Cups old fashioned rolled oats | 1 teaspoon vanilla extract |
| 1 1/2 cups low fat milk | 1 teaspoon ground cinnamon |
| 1 large egg, lightly beaten | 1 teaspoon baking powder |
| 1/3 cup pure maple syrup | 1/4 teaspoon salt |
| 2 Tablespoons canola oil | 3/4 cup blueberries |



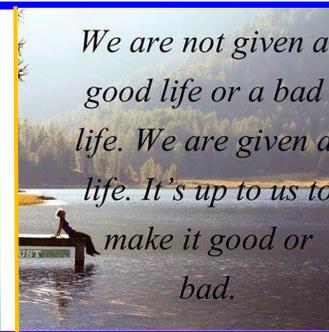
Instructions:

Combine oats & milk in a large bowl. Cover & let soak in the fridge until most of the liquid is absorbed, at least 8 hours & up to 12 hours. Preheat oven to 375 & coat a 12- cup nonstick muffin tin with cooking spray. Stir egg, maple syrup, oil, vanilla, cinnamon, baking powder & salt into the soaked oats until well combined. Divide mixture among the muffin cups (about 1/4 cup each). Top each with 1 Tablespoon of blueberries. Bake 25-30 minutes. Let cook 10 minutes. Serve warm. Keep in fridge up to 2 days freeze up to 3 months. **ENJOY!!**



TAKE NOTICE: New Service Starting in May!!

Dianne's Call Natural Living Seasonal Fruits & Vegetable Truck Delivery is coming to Ensor Forest!
The 1st & 3rd Tuesdays of every month the truck will be in our front parking lot from 12:00 noon until 1:00 pm.
Be sure to go to the truck to purchase your \$5 box!!
Take your EBT card to get \$15 worth of produce for \$5!



5 Reasons to Eat Oatmeal Every Day

Have you ever had a moment when you took a bite and as soon as the food hit your taste buds you were immediately transposed back to childhood. You traveled back to sitting at your mother's table, filling yourself with this comforting dish laced with bursting flavors, and, of course, love? That's what Oatmeal does for me. Whether oatmeal is a good childhood memory or a comfort food for you or not here's why you oat—to eat it.

1. Oats contains both soluble and insoluble fiber. Soluble fibers helps lower cholesterol and stabilize blood glucose levels. The insoluble fiber in oats helps provide a 'moving' experience by curtailing constipation and improving intestinal health. What a delicious way to make your heart and colon smile.
2. Oats makes an easy, balanced breakfast. One cup of cooked oatmeal contains about 150 calories, four grams of fiber (an equal mix of soluble & insoluble) and six grams of protein. To boost protein further, add a swirl of almond butter.
3. Oats provide important minerals. Nutrient-rich oatmeal contains thiamin, magnesium, phosphorus, zinc, manganese, selenium and iron.
4. Oats are naturally gluten free, but check with manufacturers to ensure that their products are not made using the same equipment as other potentially contaminating grains. (Always purchase gluten-free products from reputable companies and read food labels carefully if you need gluten free.
5. Oats could help you control your weight by keeping you feeling fuller longer. Sadly carbs are often shunned and feared by those looking to drop a few pounds, yet choosing whole grains could squash hunger and simultaneously provide that pleasant "ahhhh" feeling carb-lovers crave. Just be mindful of portion sizes.



TN Development Corporation

**ENSOR
FOREST
APARTMENTS**

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Madelon Scott
Housing District Manager

Marsheika Martin
Program Coordinator

William Young
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Our Mission

Provide permanent, quality, affordable multi and single family housing in Columbia to create safe, clean and well maintained communities. Collaborate with other agencies to provide innovative, support services to Columbia Communities.



MANAGEMENT OFFICE HOURS

9:00 a.m.—5:00 p.m.
Monday, Tuesday, Thursday & Friday

9:00 a.m.—12:00 p.m.
Wednesdays



Fair Housing / Equal Opportunity

