



Our mission is to go above and beyond our customer's expectations, by providing quality living environments that enhance our resident's lives physically, socially, and spiritually.

The Lang Nelson Experience Q1 2020

## The Lang Nelson Experience...Live it!

*The Experience is an informative insert that celebrates all of the value added services and advantages available to you. We appreciate our residents!*



### The Gift of Giving!

A study by the "National Institute of Health" published an article that shared, "when people give to charities, it activates regions of the brain associated with pleasure, social connection, and trust, creating a "warm glow" effect."

That warm glow effect is alive and well at each of our wonderful communities! Each of our locations have chosen a charitable initiative to collect food donations, mittens and hats, toys for children, and most importantly giving of themselves and their time to those most in need.

As a tradition, the Lang Nelson Home office also chooses an organization that is near and dear to us. This year we choose Gigi's Playhouse which is a St. Louis Park foundation. Gigi's playhouse offers educational and therapeutic programs for all individuals with down syndrome. We have a goal of collecting money to support new furnishings for the Playhouse. We recently held a walking taco event, raffle drawings, and a rent round up to support our initiatives within our building. We have already exceeded our goals to date! So we thank each and every one of you that have contributed to your chosen charity. The warm glow effect is worth it every time!



### Supporting You

As we aim to exceed expectations within every interaction, we can only do this with a team that is committed to going above and beyond. At Lang Nelson we have exactly that, in fact it has helped us remain one of the most awarded property management companies in Minnesota. It also allows us to maintain our high standards, deliver superior service, and care for you the resident and those that are important to you.

In the last year, we have added two team members who have already made a significant difference and remain in full support of the overall above and beyond mission and experience. Although both positions reside at the Home Office, they can often be seen on site working with staff or on projects with the goal of elevating the overall community experience.

Please join me in celebrating Brian Haak, who has remained the



lead project manager for all rehabilitation and physical projects since 2008. Brian joined Lang Nelson in 2000 as a lead carpenter and thrived in that role, often filling in as the project leader. In 2019 Brian took on the role as a Property Manager, dedicated to leading all physical and maintenance items throughout Lang Nelson. When Brian is not

leading or elevating the physical experience, he can often be found hunting, fishing, and spending time with his wife and son. So next time you see Brian, say hi and thank you, or ask him what pound line is best to use when catching walleye.

Please also help me celebrate and welcome Melissa Heath. Melissa joined Lang Nelson in the early fall of 2019. She immediately embraced her role as the Property Management Assistant, which is not easy as much of the work she does is behind the scenes. Her role is so important to the success of each community and the individuals living and working within them. Not only does Melissa excel, she continues to take on new responsibilities that allow for Lang Nelson employees to deliver a relentless pursuit of excellence with everything they do. Melissa comes to Lang Nelson with years of experience in Property Management, is a joy to be around, and is committed to the success of everyone she comes in contact with. When she is not supporting you behind the scenes with leases, above and beyond awards, community inspections, training, and so much more, she is likely spending time with her kids and her new fiancé, tubing down buck hill in the winter, biking on the many bike trails in the city, playing Bingo on a Thursday night or taking in a local High School play. Whatever it may be, she is having fun embarking on the many new adventures.



### Stay Connected

Like rap music, the World Wide Web is not going anywhere. Chances are you may not like one or both of these facts, yet it's a part of the life we live in 2020. At the same time, what the web is today is not what it was in 2000, and will continue to change and evolve.

For one, Social Media didn't exist when the web was first launched. We also can recall a time when many, if not most, swore they'd never buy anything from the web over a brick and mortar store. Yet, "The Times They are a Changin'," as the famous Bob Dylan song and Mural in Downtown Minneapolis states. To

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remain competitive, we understand a web presence is needed. Yet, we all use the web as a way to stay connected. Our Lang Nelson blog illustrates this by sharing stories, events (past and future), and other items that make each community unique and special. It is not uncommon for a local business, farmers market, or other local attraction to also be featured. Additionally, each community page has been updated to include "the new," as each has more to offer than even a year ago. Please also take time to notice our new awards section, celebrating our people and products. We also make a point to keep each community's monthly activity calendar attached so that you can plan what exciting event or activity you may want to join in on to keep you connected. Visit [www.langnelson.com](http://www.langnelson.com) today!

## Portion Control

As many of us use the start of the New Year as a time to begin making some life changes, getting healthy or losing weight often tops the list for New Year's resolutions. Yet it also important to have steps to take or a plan to follow. The Orono Woods community, lead by Bobbi Jo Langdon shares their commitment. Although its first important to be reminded that to lose weight you need to burn more calories than you consume, which inevitably means one thing: portion control. But you're not necessarily doomed to a growling stomach until you reach your goal. "Portion control doesn't mean you have to eat tiny portions of everything," says Lisa Young, PhD, RD, author of *The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently*. "You don't want to feel like you're on a diet, but you have to eat fewer calories."

Here are some easy ways to cut portions, trim calories, and lose fat without counting the minutes until your next meal.

- Start with a glass of water
- Wear form fitting clothes
- Add veggie fillers
- Dine on smaller dinnerware
- Make carbs the topper & not the base
- Eat slowly
- Don't eat from a bag or box
- And Be active (walk the halls, take the stairs, park at the end of the parking lot)



## Beating the Winter Blues in Minnesota

Minnesota in the winter is a beautiful place to be—a light dusting of snow in the morning and kids building a snowman can bring a smile to your face. But Minnesota in the dark of winter can also be a tough place to live. The "winter blues," specifically, is another term for what psychologists diagnose as seasonal affective disorder (SAD), which appears or gets worse during the cold, dark months. So, what can we do if hopping on an airplane to a tropical locale isn't an option?

### Ward off seasonal sadness with these expert tips:



**Move your body.** You don't have to get to the gym—just move your body in a way that feels good and gets your blood pumping.

**Add some light.** Work to get as much exposure to natural light during the day as you can. To help

offset symptoms of the winter blues, take vitamin D and omega-3 supplements. All of these things can help regulate mood by increasing serotonin levels in the brain.

**Spend some time outside.** Studies show spending time outside each day can help both children and adults boost creativity and focus, while improving mood and self-esteem.

**If you're staying indoors.** Try to find some indoor activities and/or events you can enjoy with your neighbors or as a family, such as a movie or board game night.

**Sleep and eat healthy food.** Make sure you (and your loved ones) get enough sleep — and that everyone also has opportunity for some downtime each day. Eat fruits, vegetables, and exercise.

The hustle and bustle associated with the holiday season can be overwhelming and takes a lot of us. As you look to make the most out of the winter season, please consider less can be more. Focus more on positive experiences rather than make you and those around you feel good versus giving into social pressures or the latest trends.



## Happy New Year from Lang Nelson Inc.

### Lang Nelson Service Commitments:

- To exceed your expectations in every interaction
- To build relationships that positively impact our community and company
- To create memorable experiences