

## Fellowship Square Communities

Lake Ridge Fellowship House, Woodbridge, Va.  
Lake Anne Fellowship House, Reston, Va.  
Hunters Woods Fellowship House, Reston, Va.  
Largo Landing Fellowship House, Largo, Md.

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Fellowship Square

HUNTERS WOODS

# Fellowship House

Spring Greetings

From the Administrator

NEWSLETTER

APRIL 2017



Fellowship Square

Hunters Woods Fellowship House  
2231 Colts Neck road  
Reston, VA 20191



I hope everyone enjoyed the International Day Celebration this past Thursday. As always it was an enjoyable event with food and entertainment by and for all residents of Hunters Woods Fellowship House. This is always everyone's favorite event of the year and is always well attended by residents. Thank you for your participation in this wonderful event.

In April we will be having a shredding and recycling day, garden plot sign ups, and a bus trip to see the cherry blossoms. Please see the calendar for the dates and times of all events.

We are still working on finalizing details for the following projects: LED lighting, masonry and roof repairs, parking lot repairs, and classroom renovations.

As we officially move into spring, please enjoy the warmer weather and keep on the look out for more information related to the transition of heat to air condition. Also, this will be the month of transition to the new management agent, SL Nusbaum. For this month the Resident Advisory Committee meeting scheduled on the first Wednesday of the month will be cancelled and we will return in May for our next meeting.

Think spring and enjoy Easter and all the celebrations surrounding this time of year!

George Davies

### Pest Control Schedule

The exterminator will perform regular treatments following the schedule below:

- **Apts. 713-725**  
**Monday, April 10**
  - **Apts. 601-612**  
**Tuesday, April 24**
- If you suspect any bug infestation in your apartment or a common area, please notify the receptionist.

## What's Happening

### International Day!

Thank you to all the residents who participated to make it a day of unity by embracing everyone's culture...



### Bringing in Spring with Bingo!



**About 1108**

**Favorite Color:**  
Green

**Born:**  
Tianjin, China

**Favorite place to visit:**  
Las Vegas

**Food:**  
Chinese food

**Hobby:**  
Photo editing/ cross-stitching

**Languages spoken:**  
Chinese/little English



Welcome  
Mr. Runquan Zhou  
&  
Mrs. Guangping Meng



## Doctor Schedules

Name	Date	Time
Dr. Cheng	April 5 & 19	8:30 am
Dr. Yu	April 6, 13 & 20	8:30am
Dr. Carballo (Hearing Care)	April 3	12:00pm
Dr. Okino (Foot Doctor)	April 4	2:00pm
Dr. Zhou	April 12 & 26	8:30 am
Dr. Mojallal (Eye Doctor)	April 25	1:00 pm
Wellness Clinic (check blood pressure)	Fridays	1:00 pm

**RESIDENT ADVISORY COMMITTEE has been cancelled for the month of April.**

**Meeting will resume in May.**

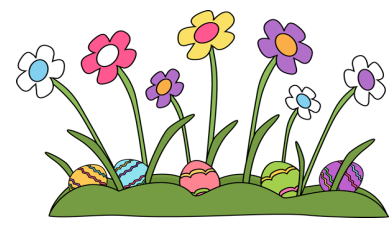
**meeting**  
**CANCELLED!**

**VOLUNTEERS! NEEDED!**

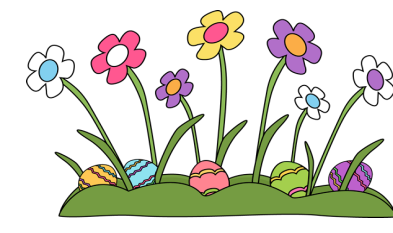
We are looking for volunteers to assist in bread distribution, brown bag day, and other activities during the year. If you could contribute your time please sign up at the front desk.

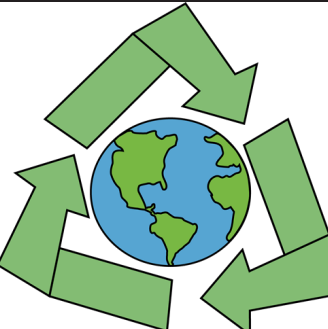











































**Make A Difference Volunteer**





# APRIL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1 April Fool's Day</b> 7:00 am Tai Chi- SH 7:30 pm Chinese Singers- SH
<b>2</b> 11:00 am St. John Neumann Mass Bus Pickup 	<b>3 Rent Day</b> 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- SH 12:00pm Hearing Care- C 7:00 pm Catholic Rosary- C 7:30 pm Chinese Translation-SH  	<b>4 Chaplain Pastor Klein Rent Day</b> 7:00 am Tai Chi- SH 10:30am Fair Oaks Mall Trip-Fastran 2:00pm Foot Doctor-C 4:00 pm Chinese/Eng Class-SH   	<b>5 Rent Day</b> 7:00 am Tai Chi- SH 8:30 am Dr. Cheng-MP 2:00 pm Bible Study- C 4:00 pm Chinese/Eng Class- 7:30 pm Chinese Dance Class- SH   	<b>6 Rent Day</b> 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- SH 10:30 am- Garden Plot Meeting/Signup  	<b>7 Rent Day World Health Day</b> 7:00 am Tai Chi- SH 9:00 am Coffee- L 10:30 am Communion- SH 1:00 pm Wellness Clinic- MP  	<b>8</b> 7:00 am Tai Chi- SH 7:30 pm Chinese Singers- SH
<b>9</b> 11:00 am St. John Neumann Mass Bus Pickup 	<b>10</b> 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class-SH 7:00 pm Catholic Rosary- C	<b>11 Chaplain Pastor Klein</b> 7:00 am Tai Chi- SH 10:00 am Beauty Shop-MP 4:00 pm Chinese/Eng Class- SH 	<b>12</b> 7:00 am Tai Chi- SH 8:30 am Dr. Zhou-MP 2:00 pm Chinese Bible Study- C 4:00 pm Chinese/Eng Class- C 7:30 pm Chinese Dance Class- SH 	<b>13</b> 7:00 am Tai Chi- SH 8:30 am Dr. Yu-MP 9:30 am Chinese/Eng Class- SH 2:00 pm Basic English-C 2:30 pm Popcorn Social-SH  	<b>14</b> 7:00 am Tai Chi- SH 9:00 am Coffee- L 10:30 am Communion- SH 2:30 pm Bible Study- C   	<b>15</b> 7:00 am Tai Chi- SH 7:30 pm Chinese Singers- SH
<b>16 Easter</b> 11:00 am St. John Neumann Mass Bus Pickup 	<b>17</b> 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class-SH 7:00 pm Catholic Rosary- C	<b>18 Chaplain Pastor Klein Tax Day</b> 7:00 am Tai Chi- SH 2:00 pm Ice Cream Social-DR 4:00 pm Chinese/Eng Class- SH  	<b>19</b> 7:00 am Tai Chi- SH 8:30 am Dr. Cheng-MP 2:00 pm Chinese Bible Study- C 4:00 pm Chinese/Eng Class- C 7:30 pm Chinese Dance Class- SH 	<b>20</b> 7:00 am Tai Chi- SH 8:30 am Dr. Yu-MP 9:30 am Chinese/Eng Class- SH 	<b>21 Brown Bag Day</b> 7:00 am Tai Chi- SH 9:00 am Coffee- L 10:30am Communion- SH 1:00 pm Wellness Clinic- MP    	<b>22 Earth Day</b> 7:00 am Tai Chi- SH 7:30 pm Chinese Singers- SH 
<b>23/30</b> 11:00 am St. John Neumann Mass Bus Pickup 11:30am Christ the Servant Lunch- DR 	<b>24 Spring Cleaning</b> 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- C 9:30am Spring Cleaning/ Recycling-SH 7:00 pm Catholic Rosary- C 	<b>25 Chaplain Pastor Klein</b> 7:00 am Tai Chi- SH 10:00 am Beauty Shop-MP 1:00pm Eye Doctor-MP 4:00 pm Chinese/English Class- SH  	<b>26</b> 7:00 am Tai Chi- SH 8:30 am Dr. Zhou-MP 2:00 pm Interpreters' Meeting-SH 2:00 pm Chinese Bible Study- C 4:00 pm Chinese/Eng Class- C  	<b>27</b> 7:00 am Tai Chi- SH 9:30 am Chinese/Eng Class- SH 2:00 pm Bingo-DR 	<b>28</b> 7:00 am Tai Chi- SH 9:00 am Coffee- L 10:30am Communion- SH  	<b>29</b> 7:00 am Tai Chi- SH 7:30 pm Chinese Singers- SH

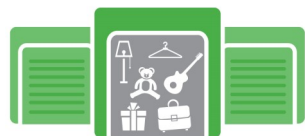
## Garden Plot

Gardening season is here! Sign up on **Thursday, April 6th at 10:30am in the Social Hall** if you would like to have a garden plot this year.



## Storage Bin Users

If you are currently using one of the storage bins in the basement please come to the front desk to give us the storage bin number.



# Resident Coordinator's Corner

**The World Health Organization (WHO)** is marking its annual **World Health Day on Friday, April 7<sup>th</sup>**, which celebrates the Organization's founding in 1948, by issuing a call for action on diabetes. In its first "Global report on diabetes", WHO highlights the need to step up prevention and treatment of the disease.

The number of people living with diabetes has almost quadrupled since 1980 to 422 million adults, with most living in developing countries. Factors driving this dramatic rise include overweight and obesity, WHO announced ahead of World Health Day.

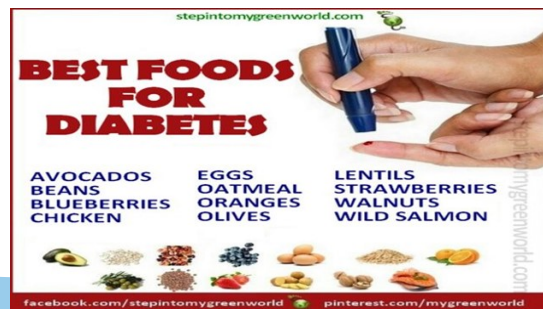
Diabetes is a chronic, progressive noncommunicable disease (NCD) characterized by elevated levels of blood glucose (blood sugar). It occurs either when the pancreas does not produce enough of the insulin hormone, which regulates blood sugar, or when the body cannot effectively use the insulin it produces.

### Health-promoting environments reduce risk factors

Measures needed include expanding health-promoting environments to reduce diabetes risk factors, like physical inactivity and unhealthy diets, and strengthening national capacities to help people with diabetes receive the treatment and care they need to manage their conditions.

Eating well-balanced meals is an essential part of taking better care of yourself and managing diabetes. So is regular physical activity, which is especially important for people with diabetes and those at risk for diabetes. Balancing what you eat and your physical activity are key to managing diabetes.

There are three main forms of diabetes: **Type 1**, **Type 2** and **Gestational diabetes**. The cause of type 1 diabetes is unknown and people living with it require daily insulin administration for survival. Type 2 accounts for the vast majority of people living with diabetes globally, and is largely the result of excess body weight and physical inactivity. Once seen only in adults, type 2 diabetes is now increasingly occurring in children and young people. Gestational diabetes is a temporary condition that occurs in pregnancy and carries long-term risk of type 2 diabetes.



# Chaplain's Corner

Dear Residents,

Holy Communion will be available in the fellowship houses the first week of April. If you wish to receive the Lord's Supper, please let your services coordinator or the front office know. Thank you.

Days to remember in April: April 1 – April Fool's Day, April 9 – Palm Sunday, April 10 – Passover, April 13 – Maundy Thursday, April 14 – Good Friday, April 16 – Easter Sunday, April 22 – Earth Day, April 26 – Administrative Professional Day, April 28 – Arbor Day.

Words to live by in April: "No act of kindness, no matter how small, is ever wasted." – Aesop

I am writing this newsletter to you as I sit inside my comfortable home as a blanket of snow and ice cover the outside of my house. I am following the advice of weather forecasters who tell me to stay indoors and off the roads today.

When I woke up this morning to a landscape pristine and white I discovered that my driveway had already been shoveled out. A kind neighbor took pity on me and shoveled me out while I slept. I can assure you that this act of kindness will not be forgotten. I have already thanked him, but I intend to follow up my thank you with a six-pack of Guinness stout on St. Patrick's Day (he is Irish).

I am sharing this story with you because it is a concrete example of the words to live by in April. "No act of kindness, no matter how small, is ever wasted". As a matter of fact, the countless acts of kindness which people extend to others help make life on this planet more livable and less a jungle where only the strongest survive.

The neat thing about this is that you and I can add our part to the civility of our world each time we reach out to another person and make their life a little more pleasant and a little less stressful. I want to challenge you to resolve this day forward that you will intentionally go out of your way to perform acts of kindness to somebody else.

That act of kindness may be great or small, but whatever it may be, be assured that it will not be forgotten. There is a saying in Christian circles that says God keeps the world spinning because of the prayers of faithful people. I don't know if that saying is true or not, but I do know that random acts of kindness makes this world a more desirable place to live.

A blessed Easter, Passover, Spring to all of you,

Rev. Fred Klein  
Chaplain



“No act of kindness, no matter how small, is ever wasted.”

### Days to remember and celebrate in April

Date	Holiday
April 1	April Fool's Day
April 9	Palm Sunday
April 10	Passover Begins
April 13	Maundy Thursday
April 14	Good Friday
April 15	Income Taxes Due
April 16	Easter Sunday
April 22	Earth Day
April 26	Administrative Professional Day
April 28	Arbor Day

