



From the Green

Your Erie Station Village
quarterly update...

Table of Contents:

- From Your Concierges** • Page 2
- Community Reminders** • Page 2
- Recipe Corner** • Page 3
- VIP Program Spotlight** • Page 3
- Neighbor 2 Neighbor** • Page 4

Treasure Hunt:

Somewhere inside this newsletter is the name of one Erie Station Village staff member, spelled backwards. Find it and let the office know who it is, and we will enter your name in a drawing for a \$150 rent credit or a free professional cleaning!

All entries must be received by 5:00 PM on **Friday, January 6th**.

The drawing will be held on **Monday, January 9th** and the winner will be notified on the same day.



Hello, Neighbor!

Sure, it's cold outside, but winter is the time for cozy comfort, good food, and caring conversations. It's a time when a warm heart can take the frost off any situation. In this issue of From the Green, a recipe for roasted tomato soup, tips practicing gratitude, recommendations on fun local activities, and more.

Have something you want to share with your community? Maybe you tried a new restaurant, took up an interesting hobby, or discovered a park you never knew existed. Reach out to the Leasing Office and we'll do our best to share your ideas on social media or publish them in our next issue. We'd love to hear from you!



VIP Program Spotlight: Paislee Boutique

If you're interested upgrading your look, plan a visit to Paislee Boutique. Located in the front of Thimble Tailor in the Shoppes at Lac De Ville, Paislee is a contemporary women's boutique offering fashionable pieces from across the country. Their hand-picked selection of dresses, tops, skirts, pants, and jeans are all made in the USA. With an emphasis on wearability, practicality, and timeless chic, they'll give you a look that is unique and beautiful. And because they're committed to making sure you look amazing, all alterations on purchases from Paislee are free! In addition to their women's attire, they carry a selection of accessories you won't find anywhere else in Rochester.

As an Erie Station Village resident, you'll get 20% off all full-price items at Paislee Boutique. You can find them at 1900 Clinton Avenue South and online at paisleeboutique.com.

Recipe Corner

Roasted Tomato Soup with Cheddar Cheese

(MAKES 6 SERVINGS)

Ingredients

3 pounds plum tomatoes	1 Tbsp. kosher salt, divided
1 medium-size yellow onion, quartered	3 cups lower-sodium chicken broth
6 large garlic cloves, smashed	1½ Tbsp. balsamic vinegar
10 thyme sprigs	6 ounces sharp cheddar cheese, shredded, plus more for serving
2 Tbsp. olive oil	Chopped fresh chives for serving
¼ tsp. black pepper	

Instructions

1. Preheat oven to 425°F. Toss together tomatoes, onion, garlic, thyme, oil, pepper, and 1/2 Tbsp. of the salt on a large, rimmed baking sheet. Arrange tomatoes evenly, cut side down, on baking sheet. Bake in preheated oven until tomato skins begin to blister, 25 to 30 minutes.
2. Peel and discard skins from cooked tomatoes; discard thyme from baking sheet. Transfer peeled tomatoes, onion, garlic, and any accumulated juices from baking sheet to a Dutch oven. Add broth, vinegar, and remaining 1/2 Tbsp. salt. Process mixture with an immersion blender until smooth, about 2 minutes. Bring to a simmer over medium; simmer 10 minutes.
3. Remove from heat; stir in cheese until melted and smooth. (If soup is not completely smooth, process once more with immersion blender.) Spoon soup evenly into 6 bowls; sprinkle with additional cheese, pepper, and chives.

Source: southernliving.com



A Few Words from Your Concierges...

Whether you love getting outside or prefer someplace toasty and warm, there are plenty of good times to be found in Rochester this winter!

Tinker Nature Park

While many area parks aren't very accessible when the snow gets deep, Tinker has everything you need to enjoy the entire park. Each winter, they rent both cross-country skis and snowshoes for only \$3 a pair. Traverse the full park and you'll likely see white-tailed deer, squirrels, countless bird species, and (if you're lucky) fox and opossum. Visit henrietta.org for details.

Rochester Americans Hockey

If you haven't been to an Amerks game in a while, add one of their 36 home games to your schedule noloc ydnic. Even if you don't know a hat trick from a hand pass, watching our home team on the ice makes for a fun night out. And let's face it, who doesn't love a Zamboni?! Visit amerks.com for information and tickets.

NYS Ice Wine & Culinary Festival

One benefit of our cold weather is ice wine – a dessert wine made from grapes that have frozen while still on the vine. On February 18th, Casa Larga in Fairport will host its Ice Wine Festival, which features tastings, horse-drawn sleigh rides through the vineyard, ice wine-infused foods, and s'mores by the fireplace. Visit casalarga.com for details and tickets.

Call or write your concierges at 585-270-1617 or ESVconcierge@gmail.com for more ideas.



Community Reminders

- In addition to Christmas and New Year's Day, the leasing office is closed on Monday December 26th and Friday the 30th.
- Please keep your thermostat set at 55° F if going away during the wintertime.
- All cars should be registered with the office and have a parking pass on their side window.
- When getting rid of a real tree, please pile in the corner of the trash room and our landscapers will take care of it.
- Please remember to pick up after your dogs.
- Change parking spots during snowstorms so maintenance can properly remove snow from all areas. Do not park in the spots where maintenance plows snow. Also, please make sure the front end of your parked vehicle is not hanging over the curb; snow removal personnel need to get by.
- The maintenance staff works hard all winter to keep our walkways and parking areas plowed, shoveled, and salted. Make sure to thank them when you see them out!
- Please keep cars locked at all times and never leave valuables in vehicles.

Stay updated by liking us on social media!



@eriestationvillage



@eriestationvillage



Neighbor 2 Neighbor Practicing Gratitude

We think Erie Station Village is a pretty special community and believe the more our staff and residents notice and show appreciation for each other, the more positive life will be in our little slice of Henrietta. Just like any skill, it's one you can always get better at, so we think of gratitude as more of an ongoing practice than something you achieve and stop working at. And just like any skill, all it takes is being intentional and knowing what to practice.

Practicing gratitude comes down to two steps: noticing and acting.

Noticing

We're often so caught up in all the things we need to get done each day that we don't pay attention to the many small but amazing things happening around us. The birds that make our pond their winter home, a dusting of snow on the trees, or the neighbor that gives you a friendly wave are just a few examples. If you start to notice, savor, and appreciate those little things, it can have a big impact on your mood and your ability to manage the stresses of your day.

Acting

Noticing is about making *ourselves* feel good, acting is about helping others to feel good, too. And we don't mean hard or time-consuming actions, just those little things that can make a big difference in someone else's day. Here are a handful to get you started:

- Smile and greet your neighbors. Everyone wants to feel comfortable in the place where they live, so why not commit to being the one that always says "hi" first?
- Introduce yourself to your neighbors, especially if someone is just moving into an apartment or townhouse. Even if you never become friends, greeting someone by name will always make them feel more valued.

- Look for opportunities to compliment others in a genuine way. If you like a neighbor's hair, coat, glasses, car, front door decorations, etc., let them know. It always feels good to be noticed in a positive way.
- Offer to help. Do something for a neighbor that you hope they would do for you. If you see someone carrying a heavy load, offer to help. If you're brushing the snow off your car some cold Rochester morning, take a few minutes to brush off a neighbor's car, too. If you find out your pet-owning neighbor is feeling under the weather, offer to walk their dog for them. There are countless ways to help others if you look for them.
- Thank people for the ways they help or serve you. Saying "thank you" only takes a second or two. Writing a note and maybe including a small treat is one of the most powerful ways to make someone feel valued and brighten their day. It will make you feel great, too.

Research shows that gratitude is strongly associated with greater happiness, positive emotions, good health, resilience in the face of adversity, and strong personal relationships. With a list like that, practicing gratitude can be a game-changer in anyone's life.

Happy Holidays

We hope you have a joyful holiday
and a happy New Year!

-The Team at Erie Station Village



Phone: 585-334-6870

Fax: 585-334-6938

Email: esv@eriestation.net

www.eriestation.net