We Love Our Families

Lincoln Military Housing loves our families! We value opportunities to meet our families while out in the community, a visit to our office and at our highly anticipated free monthly events! Because we care about you and your family, we are continuously thinking of ways to brighten up your days, provide you with exemplary service and improve your quality of life.

With February being the month of love, we are sharing a few self-love tips to help you focus on you!

- Try a new physical activity you’ve been thinking of doing, but never made the plunge. Some examples are yoga, kickboxing, hiking, boxing, or even taking a dance class. Do not allow fear or excuses to hold you back.

- Make time for hobbies. Has it been a while since you’ve done something you used to love? Or is there a new skill set you’d like to hone in on? With technology at our fingertips and numerous blogs to get inspired, you may just surprise yourself by doing something you never thought you could do.

- Get in tune with your thoughts through meditation. Meditating can help you to release any stress you’re holding on to and also gives you the time to think about what’s important to you, what would make you happy, and what you want in your life so that you can begin to take action.
Community News

Attend Free Events
Spark a Conversation and Make a New Friend

In choosing to live with Lincoln Military Housing, you are provided with many opportunities throughout the year to have fun for FREE!

We want you to get to know your neighbors and our staff so be on the lookout for exciting events in your community!

Visit LincolnMilitaryResident.com to set up your account to register for events.

Did you Know?
Walking is Good for Your Heart

Walking can do wonders for your heart. According to the American Heart Association, “Walking at least 20 minutes a day can reduce the risk of heart attack and stroke.” This can be achievable simply by making small changes such as parking further from an entrance, deciding to take the stairs, and making a conscious effort during the day to get up and move around.

If you have not had a chance, this is also the perfect time to see what walking trails or parks are nearby or do you have a community fitness center you could be taking advantage of? Also to make things fun, bring a partner along, set daily goals to increase your step count, and reward yourself for reaching different milestones.

For more tips on heart health, visit:
https://www.heart.org/en/about-us/your-health

Warm Up with Friends Over This Double Hot Chocolate Drink

Ingredients

- 4 cups half-and-half, light cream, or whole milk
- 3-4 ounces semisweet chocolate, chopped
- 3-4 ounces bittersweet chocolate, chopped
- 1 tablespoon dark-color corn syrup
- Sweetened whipped cream, optional
- Grated bittersweet chocolate, optional

Directions

In a 2-quart heavy saucepan combine half-and-half, semisweet chocolate, chopped bittersweet chocolate, and corn syrup. Cook and stir over medium heat until chocolate is melted and mixture is smooth.

Serve in warmed latte mugs or bowls. If desired, top with sweetened whipped cream and sprinkle with grated bittersweet chocolate.

Recipe from Better Homes & Gardens:
https://www.bhg.com/recipe/double-hot-chocolate/

Facebook Contests!

Be sure to follow your district’s Facebook page so you don’t miss out on some fun monthly social media contests! While visiting your district’s page you will also find out about upcoming events, community information, and some inspiration for DIY, recipes, home and life tips!

To find your district’s page, search on Facebook, Lincoln Military Housing followed by the name of your district. For any questions, please contact your district office.
Community News

Safe and Sound

We love our furry four-legged friends! With winter weather still present, we have provided some tips to help keep your fur babies safe!

- Take note of the temperature outside. If it feels too cold for you, chances are, your dog will feel just as cold. Limit the amount of time your dog is outdoors and consider adding a coat or sweater for extra warmth.
- Bang loudly on your car hood or honk your horn before starting your vehicle. Cats tend to find shelter and warmth on wheel wells of vehicles. Doing so will allow cats to wake up and escape, avoiding severe injuries and even death.
- Wipe your pet’s paws after winter walks, which could pick up various toxic chemicals such as antifreeze, salt, and de-icers. If licked, this will make your pet very sick so be sure to take this preventative measure.

For more tips on winter safety for your pets, visit: https://www.greatplainsspca.org/top-10-winter-weather-tips-pets/

Are you PCSing soon?

Find your new home at MilitaryHomesToday.com, a home finder service for Privatized Housing.

Lincoln Military Housing District Office Phone Numbers

- Albany- (229) 888-6662
- Annapolis- (410) 349-1740
- Bellevue/WNY Flag- (202) 629-2647
- Camp Lejeune- (910) 355-0112
- Dahlgren- (540) 663-2190
- Indian Head- (844) 650-6214
- Mechanicsburg- (717) 620-8525
- Patuxent River- (844) 650-6202
- Quantico- (703) 432-8500
- Thurmont- (301) 416-0250
- Hampton Roads- (757) 802-3390

Lincoln Military Housing provides a 24-hour service call desk for emergency maintenance assistance.

1-888-578-4141

For all other maintenance issues, you can also submit a maintenance request form at: lincolnmilitary.com/current-residents/

Join Our Team

As a member of the Lincoln Military Housing team, you are an integral part of our company’s foundation.

With the support and resources of a long-established company, you can grow and develop both personally and professionally with our nationally recognized training programs and opportunities for success while enjoying competitive pay and benefits.

For more information and to apply to become part of our team, visit Lincolnmilitary.com/careers
Community News

Living Green
E-Waste Recycling

E-waste, if not disposed of properly, can be hazardous to the environment which is why recycling of these items is of the utmost importance. E-waste is simply any old electronic device that you no longer wish to keep.

Items categorized as e-waste include, but are not limited to:

| Televisions (plasma and LCD) | Laptops | Fax machines |
| Computer monitors | Printers and scanners | Photocopiers |
| Computer CPUs and software disks | Microwaves | Telephones and answering machines |
| Cell phones, PDAs, pagers | Camcorders | Radios/MP3 Players/CD players |
| DVD players and VCRs | Video game consoles |

Proper disposal of e-waste is easy.
- First, you should determine if the product is still in working condition. If products are still in working order or need only minor repairs, these items can be donated.
- You can also find a new home for these items if in working condition by utilizing online market places such as Facebook and eBay or apps such as OfferUp and letgo.
- If the e-waste is broken and in need of disposal, contact your local e-waste recycling center to find a location near you.

Maintenance Tip
Cold Weather Tips to Protect Your Home

To help prevent pipes freezing and the potential flooding of your home, we ask that as a precaution you please take the following steps while the weather is at or below freezing temperatures.

- Please make certain that you open all water faucets in your home to allow a thin trickle of water to flow through the water lines (both hot and cold) throughout the night.
- Leave all cabinet doors underneath sinks and lavatories open so the water pipes will remain ventilated with warm air.
- Please leave bathroom and laundry room doors open.
- If you plan to leave your home for more than 24 hours or go on vacation be sure to leave your heat turned on to “AUTO” at no less than 65 degrees to keep pipes from bursting and causing damage to personal belongings. Also notify the Office so we can monitor your home and notify you in case of an emergency.
- Contact Lincoln At Your Service (1-888-578-4141) immediately if you turn on a faucet and no water comes out. This may indicate pipes have already frozen in your building or your home. Be sure to turn the faucet back off.
- Contact Lincoln At Your Service (1-888-578-4141) if you see water leaking from the foundation of any building, which could mean there is a leak in a neighbor’s home.