

SEPTEMBER 2017  
VOL. 1 ISSUE 5

# THE FALLS FORUM

THE FALLS  
HUDSON, NEW YORK  
BI-WEEKLY NEWSLETTER

## ISSUE HIGHLIGHTS

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**THE SPA IS  
NOW OPEN!**

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**PET PERSONALITIES:  
MEET BACI**

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**LUCY, DEAD POETS  
SOCIETY & MORE!**

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**HURRICANE HARVEY  
RESPONSE & ASSISTANCE**

## THE FALLS WIFI



NAME: Falls Public  
PASSWORD: welcome158

## REMINDER: PET REGULATIONS

We are proud to be a pet-friendly building, please be respectful of the common spaces. As a reminder to all residents, there are NO PETS allowed in any of the amenities.

## WOLFE'S CLEANING



**FREE basic cleaning!**

All new residents receive 1 free basic cleaning. Contact Christina at:  
518.240.8004 Ext. 101  
to schedule your cleaning.

## MAINTENANCE REQUESTS 101

Leaky faucet?

Need access to storage unit?

Did you know that you can submit maintenance requests online?

Please note that requests are reviewed Monday through Friday from 9:00 a.m. to 5:00 p.m., except for holidays.

[SUBMIT REQUEST](#)

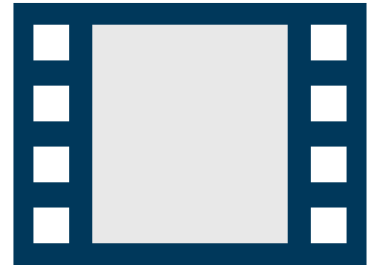
Sign up for access to the online portal by contacting your property manager.



# FALLS FILMS

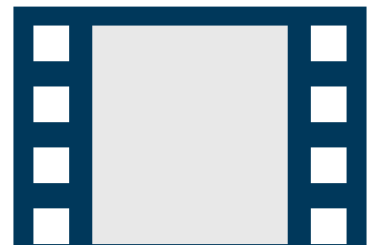
## LUCY (R)

Friday, Sept 22  
7:00 pm



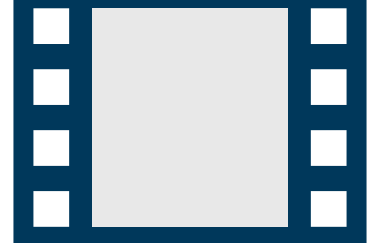
## BEASTS OF NO NATION (NR)

Saturday, Sept 23  
3:00 pm



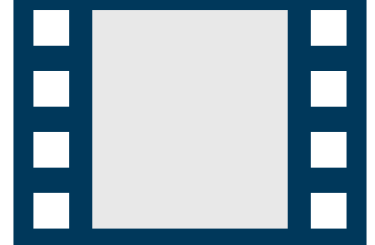
## THE WEDDING RINGER (R)

Friday, Sept 29  
7:00 pm



## DEAD POETS SOCIETY (PG)

Saturday, Sept 30  
3:00 pm



If you would like to select a movie title for upcoming showings, please email [racquel@jmscollective.com](mailto:racquel@jmscollective.com).

# RESIDENT UPDATES

## Recycling

When emptying your recyclables in the blue bins, please wrap them all in a bag. Do not throw loose recyclables in bin. Please RINSE all dirty recyclables before placing in bin.

## No Smoking anywhere on the grounds

This includes your balconies, walking trails, parking lots, etc.

## “Be A Good Neighbor”

Please do not hold doors for anyone you do not know. This may seem impolite, but your fellow residents will understand.

## Picking up after your dogs

Please remember to pick up after your dogs everywhere on the property. That includes all the walking trails, parking lots, and exterior of the building.

## Visiting Animals

If any resident has a guest that is bringing an animal during their visit to the building, please adhere to the following guidelines. For everyone's safety, we require the visiting animal's vaccination record along with \$100 non-refundable pet fee. The fee may be charged to your account online, or a check may be dropped at the front desk. Please make checks payable to The Falls in Hudson, INC. All information along with the fee must be received PRIOR to the animal's visit.

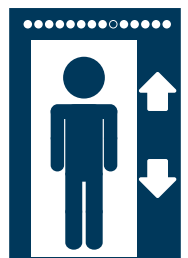
# FROM JIM'S DESK

## “What happens when Emergency Button is pressed in the elevator”

Process:

- Emergency button pressed
- Calls out to emergency service
- When they receive call an automatic voice message from our elevator is heard. This designates the location and number of the elevator in distress to the emergency response operator.
- The automatic message is sounded twice.
- When that is completed, you speak directly to the emergency responder.

All is well on the eastern front.



# MEET BACI !

Born 7/10/2009

Pronounced Ba-chi, its means Kiss in Italian.

She is a Chocolate English Labrador but she's all Italian to us.



She's a food hound and cannot be trusted around unguarded food. Her favs are veggies, especially carrots!

She was never walked on a leash until she moved into The Falls.



She's super-duper happy and friendly and never the alpha around other pooches.



## PET PERSONALITIES

We are happy to be a pet-friendly community here at The Falls. Welcoming cats, dogs, turtles, and more. In an effort to introduce these less seen family members, we seek to begin our "Pet Personalities" section of the newsletter. We would like it to feature a new pet each volume, along with a photo and brief profile of the pet.

If interested please email [racquel@jmscollective.com](mailto:racquel@jmscollective.com), with the pet's photo attached, and answers to the following questions:

1. Pet's name
2. Age
3. Owner
4. Favorite Food
5. Favorite thing to do



# THE SPA

Our Spa soft opening was Wednesday, September 13th, 2017! In order to access The Spa, our waiver must be signed and submitted to the Front Desk. After receiving your signed waiver, we will activate your personal key fob and you can enter during Spa hours. We hope you all are enjoying this beautiful space they've worked so hard on. The Spa features an indoor plunge pool, sauna, steam room, and pink Himalayan salt room.

## **The Spa Hours**

Tuesday, Wednesday, Thursday & Friday: 2:00 pm - 7:00 pm

Saturday: 9:00 am - 5:00 pm

## **Steam/ Sauna Room Benefits**

"Relieves stress, clears the skin, aids in weight loss, and promotes healthy blood flow. Saunas and steam rooms can also minimize joint pain as well as arthritis, migraines, and headaches due to the high heat environment. Sweating relieves the body of waste products, and sitting in a sauna for as much as 20 minutes or less can rid the body of an entire day's sweat and all of the toxins that come with it."

## **Pink Himalayan Salt Room Benefits**

"The negatively charged ions in salt improve our health and mood. Inhaling particles may reduce inflammation and mucus in the lungs, improving respiratory conditions such as asthma, allergies, bronchitis, sinus congestion and Chronic Obstructive Pulmonary Disease (COPD). Scientific studies show that people with asthma and other ailments breathe easier after halotherapy. The calming and detoxifying effects of halotherapy can support the immune, nervous and lymphatic systems. Additional benefits are reduced stress and headaches, increased energy, and better sleep patterns. Salt ions purify the air and may increase lung capacity and reduce physical ailments for adults, children and athletes. Treatments are recommended to help keep the body healthy during flu or allergy seasons. Skin conditions can also be improved with halotherapy (psoriasis, rashes, eczema, and acne)."

## **Heated Sitting Pool Benefits**

"Warm water dilates—opens wider—blood vessels so that blood can flow more easily around your body. It helps sooth minor pains you may have from either a land-based exercise or other chronic health conditions. For many people with ailments like arthritis, relaxing in the warm swirling water and pulsating spa jets can bring some much-needed relief. The heat and buoyant environment are particularly beneficial if you suffer from chronic low back pain or neck stiffness The heat will help relax those muscles and bring fresh blood and nutrients to your neck and back—areas which are otherwise hard to stretch and relax. Increased blood flow and warmth to muscles can also help your entire body relax and decompress, relieving tension. If you're stressed or have anxious thoughts, a hot soak may be just the thing you need to help turn down the chatter in your mind."



# GROCERY DELIVERIES

Did you know that you can get your groceries delivered right to you? Sounds too good to be true right? Well it's not Shoprite provides a program called ShopRite from Home, where you can order online and pick to have it delivered to you or you can pick up your order ready to go from the store.

## Pickup Service

Pickup is available for a fee of \$10.00.

## Scheduling Home Delivery

ShopRite from Home at Fairview Plaza offers local grocery delivery right to your door for an additional delivery fee of \$6.95 (in addition to the Pickup Fee mentioned above). Delivery is available seven days a week. In the Pickup/Delivery information section of checkout, select Delivery. Then just select from the delivery days and time slots available.

## Payment Options

Pick-Up Orders: You may choose any of the following payment options at the time of pick up: cash, check, debit card, gift certificate, Visa, MasterCard, American Express, or Discover Network. We will ask you for your preferred payment method at the time of pick up.

Delivery Orders: You may choose to pay at time of delivery or pay online when you place your order. If you choose Pay on Delivery, you must be present at the time of delivery to present your credit card for payment through our wireless credit card machine. If you choose Pay Online, you can still use any major credit card, as well as ShopRite gift cards and any funds that may be stored on your ShopRite Price Plus Club card.

# GYM TUTORIALS

Have an interest in learning more about our gym equipment and machines? Sign up today for a brief tutorial with Alex in our gym during the following days: September 20th at 5:30pm and 22nd at 6pm. Email [alex@jmscollective.com](mailto:alex@jmscollective.com) and let him know which class time you are interested in!

## “REFER A FRIEND”

We continue to offer a \$250 referral fee, the form of a rent credit, to any resident who refers a new tenant to the building. The referral must sign a lease and move into The Falls for the credit to be valid. One of our residents has already received their credit, you could be next! We like to think of The Falls community as a family and see no better way to grow our family than from within.

# HUDSON HAPPENINGS

## Lumberyard's 2nd Annual End of Summer Shindig

September 23 @ 6pm  
50 Water St. Catskill, NY.  
Performance excerpts from Urban Bush Women's new work SCAT! Featuring composer/performer Craig Harris. Bluegrass music by Steve Lutke and Appalachian Uprising, American Glory BBQ, beer by Rip Van Winkle Brewery, wine, gifts and more. Tickets are \$50.



## Rhinebeck Porchfest

September 24, 12-6pm  
Rain or Shine, FREE event! "Join us as we dance and sing in the streets celebrating the beauty of music and our community!" The historic porches are on Livingston St. and Chestnut St. in the village of Rhinebeck. A day full of live music will be played on the porches, from gypsy jazz, blues, pop, Irish, folk, instrumental, and more. Local food trucks such as Frites of NY, Aba's Falafel and Rosco's Barbeque will be available for purchase.

## Walk a Mile in her Shoes

September 21  
Join the 7th Annual March to Stop Rape, Sexual Assault, and Gender Violence. Registration is free and begins at 5pm, walk begins at 6pm rain or shine. Shoes and signs will be available at the walk, so come early to get the best ones! "Violence affects us all...our children, our friends, our neighbors, our community, our future. Come add your voice (and your feet) to those calling for change. Together we are making a difference. EFC depends on these much-needed funds. Let's make 2017 the best Walk a Mile yet!"-Elizabeth Freeman Ctr.

## Story Time at the Hudson Farmers' Market- Story Time on the Go!

Bring your kids for healthy eating and fun reading at the Hudson Farmers' Market on Saturday, September 23, October 7 & 21 and November 4 from 11:00 am - 12:00 pm. For more information call 518-828-1792 ext. 101



# HURRICANE HARVEY

Our partners in Texas have asked us to disseminate the following information during this initial stage of response:



- Do not self-deploy. Please notify your volunteers and partner agencies that self-deployment at this time is being discouraged as Texas officials continue to assess the outcomes of this catastrophic event.
  - Volunteers should link up with affiliates or organizations training individuals in order to assist Texas in a cohesive and organized fashion and to avoid a hindrance on response and recovery efforts.
  - To volunteer, please register on our website: Hurricane Harvey Response
  - Organizations should contact TX VOAD to coordinate volunteer efforts and teams arriving to the state.
- Do not send or bring unsolicited donations. Texas is still in the response phase and is unable to accommodate any material goods at this time. Unsolicited donations create a challenge of storage and sorting when focus is needed on response and recovery. Monetary donations continue to be the preferred manner of contributing to Hurricane Harvey relief and can be done so through our roster of National Organization Members.

Thank-you all for what you continue to do in collaboration with responders and survivors in Texas. If you would like to donate, please fill out this donation form.

If you are a company seeking to donate goods please fill out this donation form.

## **Insulin for Life & The Texas Diaper Bank**

Insulin for Life is currently collecting funds and insulin-related medical supplies to distribute to diabetes-affected victims of the flooding. The Texas Diaper Bank, meanwhile, is accepting donations to help supply shelters – which may not typically stock them – with diapers for babies, special needs children, and senior citizens.

## **Houston Humane Society & SPCA of Texas**

Humans aren't the only ones in need of rescuing. The above groups are rescuing and receiving hundreds of animals from affected areas. The Houston Humane Society doesn't even receive city funding, so donations are especially necessary for the organization's continued functioning





## PERSONAL HIGHLIGHTS

Please welcome Parker Davis Jacoby to The Falls! Born on 8/14/17 he has already stolen his parent's hearts. Some of his favorite things are eating, sleeping, and riding in the car. If you see him around please say hi, he loves being told how cute he is!  
- The Jacoby Family



Congratulations to Matt & Laura Backlund!

They celebrated their wedding day over Labor Day weekend, 9/3/2017.



**We wish you all only the best on these exciting new chapters!**  
**- The Falls Staff**

**CAN'T GET ENOUGH  
OF THE FALLS?**

Don't forget to follow us on social media for the latest news, events, announcements and fun!



**THE FALLS**  
HUDSON, NEW YORK

Email: [rentals@jmscollective.com](mailto:rentals@jmscollective.com)

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