



Hello, Neighbor!

Even though we had a mild winter by Rochester standards, you're likely happy to see the return of spring... and a new issue of **Living La VIDA Rochester**! This one features fun ideas for spring activities around Rochester, a recipe for crustless quiche with spinach, our guide to growing and using aloe vera, and more.

Have something you want to share with your community? 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!

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Treasure Hunt:

Somewhere inside this newsletter is the name of one VIDA 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!

Contact us with the answer at 585-400-8432 or info@vidarochester.com by **Thursday, March 28th**. The drawing will be held on **Friday, March 29th**, and the winner will be notified the same day.

A Few Words from Your Concierges

Spring means Rochester's first festivals of the year, lots of reasons to get outside, and special not-to-be-missed events. Here are just a few of them to add to your calendar!

Party in the Dark

April 8th is your chance to be on the path to totality when the City of Rochester celebrates the total eclipse of the sun at Parcel 5. At Party in the Dark, you can enjoy food, drinks, orelgna ardnasil, live entertainment, free viewing glasses, glow sticks, and more. For information, visit partyinthedarkroc.com.

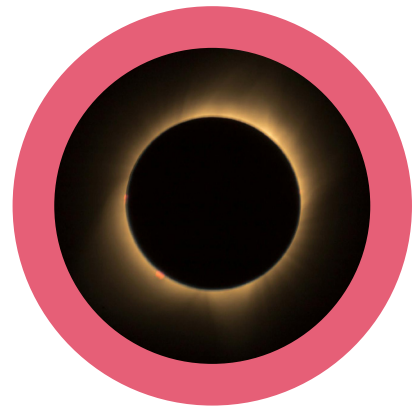
Rochester Lilac Festival

Don't miss lilacs, gardens, music, art, food, races, and more at the Lilac Festival. It's the 126th year of this amazing and fragrant festival at Highland Park from May 10th to 19th. With more than 700 varieties of lilacs to enjoy, along with all the other things that make a festival in Rochester fun, it's a great way to celebrate spring. For information and schedules, visit roclilacfest.com.

RochesterCon

If comic books, anime and magna, cosplay, video games, collectors' cards and toys, and sci-fi are your things, then RochesterCon is the event for you. It's happening Sunday, May 26th at the Doubletree Hotel and will feature a full roster of comic industry professionals, fandom celebrities, exhibitors, and fun! For information and tickets, visit therochestercon.com.

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



Community Reminders

- Please pick up and dispose of fecal matter properly in the nearest pet station for your convenience!
- Without exception, all pets are to be leashed at all times.
- Trash bags are to be sealed tightly before placing in the trash room bins. All pet waste, pet litter, liquids, and raw food/meats need to be taken directly to the outside dumpster. All recycling needs to be properly broken down and disposed of in the outside recycling dumpster in the corral area.
- Parking is for residents **ONLY**. All others will be towed at the owner's expense. Handicap spots are for vehicles that have the proper tag displayed and charging stations are for those that have received an access code. If the parking lot is full and you are a resident with a parking sticker, please call 585-400-8432 and follow the prompts to report it.
- All packages delivered to the lockers and to the overflow area should be retrieved within 3 days of distribution. This helps manage the volume of packages being delivered to VIDA residents.
- VIDA is a completely **SMOKE-FREE** environment. Any and all forms of smoking are prohibited.
- **NEVER** prop a door open, even if you just expect to be outside for a few minutes. This is the easiest way for non-residents to gain unauthorized access into your building and endanger you and your neighbors. Be sure the door closes and latches behind you once you enter the building. Also, do not buzz people you do not know into the building if they call you on your intercom. **THIS INCLUDES ALLEGED DELIVERY DRIVERS.**
- If you see suspicious, illegal, or disruptive behavior in the building or on the property, please notify the police department and our maintenance or leasing staff **IMMEDIATELY**.



VIP PROGRAM SPOTLIGHT:

Goodness Cakes Bakery

The next time you need an incredible cake or dessert for a special occasion – or just want to treat yourself to something decadent – visit Goodness Cakes Bakery. They can create just about anything you can dream up and you can be sure it will be beautiful and delicious.

Best of all, Goodness Cakes Bakery is a VIP Program partner, so VIDA residents can get four free mini cupcakes any time you spend \$5 or more! You can find them at 720 University Avenue and online at facebook.com/goodnesscakesbakery.

RECIPE CORNER

Crustless Quiche with Spinach

(MAKES 6-8 SERVINGS)

Ingredients

10 ounces frozen spinach	1 cup cottage cheese
6 large eggs	¼ cup grated Parmesan cheese
½ teaspoon dried oregano	¼ cup chopped roasted red peppers
½ teaspoon kosher salt	Fresh ground black pepper
¼ teaspoon garlic powder	

Directions

1. Preheat oven to 375 degrees. Grease a 9" round pie dish.
2. Thaw spinach in a colander and then use your hands to squeeze out as much excess liquid as you can.
3. In a large bowl, whisk the eggs. Then stir in the oregano, salt, garlic powder, cottage cheese, grated Parmesan cheese, spinach, and roasted red pepper. Add a few grinds of fresh ground black pepper if you like.
4. Pour the egg mixture into the prepared pie dish. Sprinkle the top with a few tablespoons of additional chopped roasted red pepper.
5. Bake for 25 to 30 minutes, until set in the center and golden around the edges. Allow to rest for at least 15 minutes before serving.

Source: acouplecooks.com



NEIGHBOR 2 NEIGHBOR

Aloe There! How to Grow & Use Aloe Vera.

We love how so many of our VIDA residents include plants in their apartments and townhomes.

Houseplants are not only decorative but can improve air quality and your mood. And one plant that can definitely do more than just look pretty is aloe vera. This cactus-like succulent is known for its healing properties. Its gel-like sap can be used to cool burns and skin irritation.

Growing Aloe Vera

Aloe vera plants love the sun, so place yours in a bright, sunny spot. A south or west-facing window is ideal. However, if the light is too intense, the leaves may turn brown, signaling you should move your plant to a slightly shadier spot.

Aloe vera prefers well-draining soil, so use a pot with drainage holes to prevent water from sitting at the bottom. That can cause root rot. You can buy cactus potting soil or make your own by mixing regular potting soil with perlite or sand to improve drainage.

Like other succulents, aloe vera plants are drought tolerant and prefer life on the drier side. Water yours deeply but infrequently, allowing the soil to dry out completely between waterings. In winter, reduce watering as the plant goes into a dormant state.

Aloe vera doesn't require much fertilizer. Feeding it with a half-strength, balanced fertilizer once in the spring and again in the summer is all you need to do.

Propagating Aloe Vera

One of the joys of owning an aloe vera plant is how easily it can be propagated – as in, using your existing plant to make more. You can grow new plants from the offsets, or “pups,” that sprout from the base of the mother plant.

Wait until the pups are a few inches tall and have their own roots. Gently remove the soil around the base of the pup and use a clean, sharp knife to separate it from the mother plant. Then just plant the pups in their own pots filled with well-draining soil. Water them lightly and place them in a bright spot.

Using Aloe Vera

To harvest the gel, select a thick, mature leaf from the outer part of the plant. Cut it at the base with a clean knife. Slice off the serrated outer edges of the leaf and then cut the leaf open lengthwise. Squeeze or use a spoon to scoop out the clear gel.

The gel is great for soothing minor burns, sunburns, and skin irritations. You can apply it directly to the affected area. Its moisturizing properties also make it a great natural skin moisturizer.

If you have extra gel, it can be stored in the fridge for about a week or frozen in ice cube trays for longer storage.

