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Tampa Medical Tower Newsletter October 2014

Property Manager's Corner:

Our annual TMT tenant even is nearing. It's a great time for our building community to gather, share stories and just take a minute to relax and enjoy each other's company. The TMT management team looks forward to seeing everyone there!

Warmest wishes~
Dawn DiPietro
Property Manager



Please – join your Property Management staff at our **Tenant Appreciation Breakfast on October 28, 7:30 – 9:30.**

Tampa Medical Tower welcomes **Joan Vasquez, our new Day Porter, who will be helping out Julian and Pedro during the afternoons.**



Cold & Flu Prevention Tactics

There are several steps you can take to help prevent catching the flu and reduce the spread of viruses that cause it.

Get vaccinated. Vaccination is the first step to flu prevention. In general, all healthy people should get vaccinated. The CDC now recommends that, in addition to other high risk groups, all healthy children get a flu vaccination. Fortunately, we had our Flu Clinic already this year.

Wash your hands for at least 20 seconds with soap and water. Cold and flu viruses may be spread by indirect contact. Maybe someone sneezes onto their hand and then touches a doorknob, only to have the virus picked up by the next person who also touches it. Washing your hands is the best way to prevent getting sick.

Do the elbow cough. Since viruses cling to your bare hands, you can reduce the spread of viruses by perfecting the art of the elbow cough. When you cough, simply cover your face with your entire elbow. It's also an easy technique to teach kids.

Disinfect common surfaces. Viruses that cause colds and flu can survive on common surfaces for up to 72 hours. Don't forget to use a disinfectant on phone receivers, doorknobs, light switches, and remote controls.

Drink Water. Water can help strengthen your immune system, keeping the flu at bay. And if you do get sick, water flushes your system, re-hydrates you and washes out the toxins. An adult should drink eight 8-ounce glasses of fluids each day. If the color of your urine is close to clear, then you are getting enough. If it's deep yellow, drink more water.

Stay home if you are sick. And limit contact with others to keep from infecting them.

Here's to a healthy cold and flu season!



Holladay Properties
CALL CENTER

When you have Maintenance, Janitorial, or Security issues, please notify the:

Holladay Properties
Call Center @
1-888-774-2446
OR

Sign up online at
www.holladaymob.com

Your request will be dispatched to the appropriate department. The call Center is available 24 hours/day.



Oatmeal Pumpkin Muffins

No-stick cooking spray
 ½ C all-purpose flour
 ½ C whole wheat flour
 ½ C white sugar
 1 tsp salt
 1 tsp pumpkin pie spice
 ¾ tsp baking powder
 ½ tsp baking soda
 ½ tsp ground cinnamon
 ½ tsp ground nutmeg
 1-1/4 C pumpkin puree
 ½ C milk
 2 eggs, beaten
 ¼ C maple syrup
 ¾ C quick-cooking rolled oats

1. Preheat oven to 375. Spray 6 muffin cups with cooking spray or use muffin cups.
2. Whisk all-purpose flour, whole wheat flour, sugar, salt, pumpkin pie spice, baking powder, baking soda, cinnamon, and nutmeg together in a large bowl till thoroughly combined.
3. Stir pumpkin puree, milk, eggs and maple syrup into the dry ingredients until batter is smooth. Then, fold oats into batter.
4. Scoop batter into the muffin cups or greased tin, filling them to the top.
5. Bake in the preheated oven about 20-30 minutes – until a toothpick inserted into the center of the muffin comes out clean. Cool 5-10 minutes before serving.

Makes 6 large muffins, 9 regular size or 12 mini's. Larger muffins will need the longer cooking time.



The Season Of Giving Is Coming

If you are considering any type of charitable giving during the upcoming holidays, it is a good idea to make sure your choice of charities is highly rated in regards to % of money received that is actually spent on the programs. You want to choose a charity that spends \$25 or less to raise \$100 in public support and which does not hold excessive assets in reserve. The following two major independent watchdog organizations will help you make the right decision.

Charitywatch.org

Charitynavigator.org

On these websites you will be able to search for your favorite charity to see if it is among the best or worst charities. You are able to pick a specific cause, i.e. veterans, and see all of the top-rated charities dedicated to helping veterans.

You work hard for your money
 Why not spend a few minutes doing your research so that every penny counts.



"The doctor will see you now."



Halloween Frankenstein Rice Krispie Treats

3 tbsp. butter
 6 C Rice Krispies cereal
 10 oz. marshmallows
 Green Food Coloring
 24 Candy eyes (wherever Wilton decorating supplies are found)
 12 pretzel sticks broken in half
 ½ C dark cocoa or black candy melting chips
 1/8 C red candy melting chips

1. In medium/large saucepan, melt butter over low heat.
2. Add the marshmallows and stir until completely melted.
3. Stir in enough food coloring to make the marshmallows very green.
4. Remove from heat.
5. Add Rice Krispies and stir until cereal is well coated.
6. Prepare a 9x9 pan by spraying with cooking spray or coating with butter.
7. Butter a spoon or your hands or use wax paper to press the mixture into the pan evenly.
8. After cooling, cut into rectangles or squares.
9. Heat dark candy chips in small bowl by microwaving for 30 seconds, stirring and repeating until melted. Allow to cool for 2-3 minutes.
10. Dip top of bar (hair) in melted dark candy back and forth for good coverage. Shake off excess, lay on wax paper.
11. Push a pretzel half in each size for arms.
12. Using a toothpick, gather up some of the melted dark candy and place on back of eye and put into place. Repeat for remaining eyes.
13. Let cool until chocolate is set.
14. Heat red candy as done for dark candy chips.
15. Transfer red chocolate to small plastic bag and clip very tiny piece of corner so you may pipe the mouths on each face.