

HENRY FORD VILLAGE

You've earned it.



Benefits of Homeownership vs. Apartment Home Living

Let's face it—having your kitchen, living room, bathroom, and bedroom in close proximity to each other makes efficiently getting around a lot easier. With over 40 different home-style floor plans, Henry Ford Village has something for every kind of lifestyle: Courtyard walkout patios, balcony views, guest bedrooms for visitors and the freedom to modify your home as you see fit.

Pork Masala

Shock your friends and family with your cooking skills by creating this amazing classic dish. The Pork Masala is a perfect entrée for any event from casual to elegant.



Happy Hour

Meet your neighbors and make friends while kicking back and having an ice-cold drink on these hot summer days. Residents enjoy the opportunity to get to know one another at daily Happy Hour at one of the three full-service bars at Henry Ford Village.

UV Safety Awareness Month: How to Protect Yourself From the Bad Rays

Because we all love taking in the warm summer sunshine, it's easy to forget about the negative consequences it can have on our health. Learn more about how to take action to protect your skin and eyes from the harmful UV rays.



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BENEFITS OF HOMEOWNERSHIP VS. APARTMENT HOME LIVING

Choosing where to live is undoubtedly an important decision. As we grow older, we learn more about the bare necessities to make a house a home and live our best life. The apartment-style homes at Henry Ford Village encompass everything you need to live in a place that you can happily and confidently call your home while taking care of all maintenance and security for you.

Here are some of the best benefits to living in an apartment home:

1. **Little Maintenance is Required** - Say goodbye to yardwork and wasted time trying to perfect the look of your home. Henry Ford Village has you covered. You will no longer have to spend hours mowing the lawn, picking weeds, raking leaves, or shoveling snow because these tasks will be done for you while you get to sit back and enjoy the comfort of your home.
2. **Amenities At Your Finger Tips** - Have you always wanted a pool in your backyard that you didn't have to maintain? Or how about a gym in your basement with your own fitness instructor? By choosing Henry Ford Village, you have both and much more. From the three full-service restaurants to the onsite medical center, and the dozens of classes and activities available every day, you will never be bored with the never-ending possibility of adventure and entertainment, all located right here on campus.
3. **Safety & Security** - Henry Ford Village invests into the safety of the entire community with our gated community and 24-hour security team. It has been proven, due to the close proximity of neighbors and friends, that multi-unit communities are the safest place to live, especially if you live on your own.
4. **Convenient Size** - Let's face it-having your kitchen, living room, bathroom, and bedroom a in close proximity to each other makes efficiently getting around a lot easier. With over 40 different home style floor plans, Henry Ford Village has something for every kind of lifestyle: Courtyard walk-out patios, third floor views of downtown Dearborn and Detroit, guest bedroom for visitors and the freedom to modify your home as you see fit.
5. **New Community of People** - By immersing yourself into the community, you have the opportunity to socialize, join a new class and make new friends. Whether you decide to jump in with the crowd or hangout solo, you can count on your neighbors to ensure that you never feel alone. At Henry Ford Village, there's literally something for everyone - and if you're looking for different, everyone is encouraged to share their skills and talents with friends by creating a new club, class or activity.

All of these elements make living in an apartment one of the best decisions you could make to positively impact your wellbeing by giving you peace of mind. With the all the convenience an apartment home offers, you have the ability to live your life to the fullest and use your time to do what makes you happy.

Call us today at 877-669-0728 to learn more about the benefits of joining your local Henry Ford community or schedule a tour to see campus for yourself [**here**](#).



PORK MARSALA

INGREDIENTS:

- 4 4 -ounce pork fillets (4-5 oz each)
- 1 teaspoon olive oil
- 1 clove garlic, minced
- 1 large tomato, seeded and chopped (1 cup)
- 6 ounces fresh small mushroom caps
- 1/3 cup dry Marsala wine
- 2 tablespoons tomato paste
- 2 tablespoons chopped fresh basil
- 1/8 teaspoon white pepper
- 1 tablespoon water
- 2 teaspoons cornstarch

DIRECTIONS:

Spray 10-inch nonstick skillet with cooking spray, heat on medium-high heat. Add pork fillets, cook 10 minutes or until browned on both sides, turning once. Cover and cook an additional 5-10 minutes or until pork reaches an internal temperature of 160°F. Remove pork, cover to keep warm. Add oil to skillet, sauté garlic. Add tomato, mushrooms, wine, tomato paste, basil and white pepper; cook, covered, 3 minutes. Combine water and cornstarch; add to sauce. Cook over medium heat until sauce is thickened, stirring constantly. Serve sauce over fillets.

To learn more about our executive chefs and Henry Ford Village's passion for healthy living, call us today at 877-660-1807.



UV SAFETY AWARENESS MONTH: HOW PROTECT YOURSELF FROM THE BAD RAYS

July is UV awareness month, which makes it the perfect time to reflect on ways to protect your skin and eyes from the sun's harmful radiation. We all love spending time outside and soaking up the sun, but we must remember to keep our health and safety in mind while doing it. By taking the right precautions and learning the risks associated with UV radiation, you can learn how to enjoy the sun without putting your health in danger.

The sun emits two types of radiation UV-A and UV-B rays. UV-A rays have long wavelengths capable of penetrating the middle layer of your skin. Whereas UV-B rays have short wavelengths that reach the outer layer of your skin. Both types of rays can be harmful to your skin and eyes. Some of the harmful effects unprotected sun exposure causes include:

- Vision problems and damage to eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

The good news is, there are easy precautions you can take to protect yourself from sun exposure:

1. **Cover Yourself Up** – Wearing a hat, long sleeve shirt, pants or other shade-protective clothing has the ability to partially protect your skin from harmful rays. Wearing sunglasses can also help to protect your eyes from the sun.
2. **Stay in the Shade** – The sun is most intense during the middle of the day. Avoiding the sun between the hours of 10 a.m. and 4 p.m. can further help to protect your skin from UV rays. However, it is important to note that the sun can still damage your skin on cloudy or cold days throughout the entire year. It's a good idea and practice to wear sunscreen daily, especially on your face.
3. **Choose Proper Sunscreen** – This is a very important point to remember. The Food and Drug Administration (FDA) recommends making sure that your sunscreen protects you from both UV-A and UV-B rays. It is also recommended that your sunscreen has a sun protection factor (SPF) of at least 30, but a higher SPF is always a good idea.
4. **Use the Right Amount of Sunscreen** – On average, people only apply 25-50 percent of the recommended amount of sunscreen according to the National Council on Skin Cancer Prevention. The recommended amount when out in the sun, is to apply at least one ounce (a palm full) of sunscreen every two hours.

If you are sweating or swimming, you should reapply the sunscreen more frequently than the recommended amount, regardless of if the sunscreen is waterproof or not.

If you notice irregularities after a day in the sun, be sure to discuss it with your doctor. But by following these recommendations and taking the necessary precautions, you can keep yourself safe and enjoy the sun this summer.

To learn more about how Henry Ford Village encourages a healthy, active lifestyle, call us today at 877-669-0728 or schedule a tour [here](#).