

# KON CIE RGE

TIME HOTELS  
QUARTERLY NEWSLETTER

# TIME

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## Ramadan Kareem

24 April - 23 May 2020

While this Holy Month of Ramadan will be spent differently due to COVID-19, TIME Hotels made sure that you'll still be able to enjoy delicious Iftar meals with your loved ones from Pranzo Restaurant to the comfort of your homes! Enjoy a four-course daily chef special for only AED 65. Families can also order a lamb ouzi or chicken majbous Iftar meal (serves 6-8 persons) inclusive of soup, salad, Ramadan juice, soft drink & dates starting from AED 119. Available for dine-in, room service, takeaway and home delivery (within TECOM - Barsha Heights area).



### Happy Thursdays at TIME Hotels

Since beginning of April team members enjoy a weekly initiative called 'Wear your Happiness' as part of the 'I'm happy' campaign, which involves wearing an accessory or item of clothing or dressing in a way which makes them feel happy.



### Free Iftar Meals for Staff members

The Holy Month of Ramadan is an opportunity to increase staff happiness at TIME Hotels, not only by offering free Iftar meals, but also by showing a sense of care, love and tolerance.

## How to Stay Positive

During the COVID-19 pandemic

### Limit your intake of negative news.

Staying aware and informed is a good thing. But when it comes to your health, too much news can cause anxiety. Give yourself a break & relax!

### Connect with people you love!

Social distancing doesn't mean cutting ties with our loved ones. Reach out with your loved ones digitally for moral support.

### Practice good self-care

Boost your immunity. Exercise regularly, eat healthy meals, take your vitamins and get adequate sleep daily to feel and look good!

### Learn something new!

Use the time you have at home as an opportunity to learn something new! Enrol in online courses, learn how to cook or play an instrument!



### Find time to relax

Relaxation slows our heart rate, reduces our blood pressure and relieves tension. Give your body and mind a chance to recharge. Why not listen to your favorite music, take long warm baths, paint or read a good book?



Ingredients: 1 tbs peanut oil, 1/2 cup lemon juice, 1 cup plain yogurt, 1 lb boneless, skinless chicken breast, 1 tsp garam masala, ghee, 1/2 tsp cayenne, ginger, garlic, onion, bay leaf, cream, tomato sauce, ground cashew

## From our Kitchen to your Home!

Easy Iftar dish you can prepare for your family at home

Directions:

1. Marinate chicken pieces in yogurt and lemon. (from 2-3 hours to overnight)
2. Heat 1 tsp oil in a large saucepan over medium-high heat. Sautee shallots, onion, ginger & garlic until onions are translucent.
3. Stir in ghee, lemon juice, spices, and bay leaf. Cook for one minute.
4. Add tomato sauce, yogurt, and cream. Cook on high for about two minutes,
5. Reduce heat to low & simmer for ten minutes. Add salt & pepper. Set aside.

6. Heat 1 tsp oil in a heavy skillet over medium heat. Cook chicken until lightly browned; usually about 10 minutes.
7. Season chicken with 1 tsp garam masala and 1/2 tsp cayenne. Add a generous spoonful of sauce to the chicken; simmer until the liquid has reduced and chicken is cooked all the way through. Add the rest of the sauce to the chicken.
8. Mix ground cashews and water, and stir into sauce. Cook for 10 minutes, or until sauce has thickened.

## Expert's Advice

Our Corporate Director of IT shares with us 9 Tips on how to stay secure while working from home:



1. While Connecting to the internet, make sure you do so via secure networks.
2. Avoid using any open or public internet connection.
3. Make sure your home routers are secured with a complex password.
4. Try not to mix work and personal activities on the same device.
5. It is advisable to use secure links (https) or corporate VPN (Virtual Private Network) connection to access work applications and files.
6. It is recommended to close all links or VPN when not in use.
7. Do not exchange sensitive information via insecure connections or personal email.
8. Be careful with any emails referencing the coronavirus; it may be phishing attempts and always try to verify the sender email address.
9. An antivirus software must be installed and updated in your personal devices.

Joseph Fayad | Corporate Director - IT

## #StayatHome Stories

What kept you busy during the COVID - 19 lockdown?



"I did some arts & crafts! I made bracelets & tassel earrings for my friends."

- Melanie, Asst. Outlet Manager

## Fun Family Activities at Home



### Fun Cooking time together

This is the best time for parents to share fun moments with kids, teaching them some basics of cooking & baking. How about starting off with simple one-pot meals or muffins.

### Play a flashcard hide and seek

For younger children, hide flashcards of letters and numbers around the house. Have them search for the cards and tell you the letters or numbers they found.

For older children, hide word or math fact flashcards and have them tell you the answers when they find them

### Go On Alphabet Scavenger Hunt

Make a poster with the alphabet and have your child search for items that begin with each letter.



"I unleashed my inner chef & tried to cook new dishes / re-create desserts which were trending online."

- Rochelle, Marketing & Comm Exec.