

## EXERCISE AT ANY AGE!

Try your best to stay active no matter your age. Here are a few simple exercises that will help with balance and fall prevention.

- Stand behind a sturdy chair and stand on one foot. Lift one leg with the foot off the floor. Hold it for 10 seconds (if possible) and then repeat 10-15 times. Switch to the other leg and repeat.
- Endurance exercises increase breathing and heart rate and also improve your strength, mobility and stability. Indoor suggestions include an elliptical machine or treadmill, dancing or water aerobic moves/swimming. Outside you can go for a brisk walk or jog, skate or ride a bike.
- Walking heel to toe helps with balance. For extra stability, do this exercise in a hallway or near a wall. As you walk focus on a spot in front of you, then place your heel directly in front of your toes on your other foot. Repeat in a line, turn around and come back.

It's fun to do these with friends – talking and laughing as you do it together!



## Auld Lang Syne

The song "Auld Lang Syne" is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the New Year. At least partially written by Robert Burns in the 1700's, it was first published in 1796 after Burns' death. Early variations of the song were sung prior to 1700 and inspired Burns to produce the modern rendition. An old Scotch tune, "Auld Lang Syne" literally means "old long ago," or simply, "the good old days."

january

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		New Year's Day OFFICE CLOSED  RENT IS DUE! Pay Online				Last day to pay!
		1	2	3	4	5
Late Fees Applied				Evictions Filed		
6	7	8	9	10	11	12
				PEST CONTROL Bldgs. S-X		
13	14	15	16	17	18	19
	Martin Luther King Jr. Day					
20	21	22	23	24	25	26
27	28	29	30	31		

January 2019

## staff

**LaVonja Epps**  
Property Manager

**Gina Smith**  
Assistant Manager

**Krystal Boring**  
Leasing Consultant

**Joe Linder**  
Maintenance Supervisor

**James Harrison**  
Maintenance Technician

**Timothy McCall**  
Maintenance Technician

**Brett Sherow**  
Groundskeeper

**Deputy Kelly**  
Courtesy Officer

## new office hours

**Monday-Friday**  
8:30am - 5:30pm

**Saturday**  
10:00am - 3:00pm

**Sunday**  
Closed

## important numbers

**Office**  
843-667-6063

**Fax**  
843-667-8165

**Fire, Police, Emergency**  
911

*Sedgefield*  
**SEDFIELD**

1300 Valparaiso Drive • Florence, SC 29501  
843-667-6063 • fax 843-667-8165  
www.liveatsedgefield.com

## CELEBRATIONS

Just a reminder that fireworks are not allowed in our community. If you're having guests over, please keep noise to a minimum for the courtesy of your neighbors and make sure guests park in designated areas.

## Call Right Away

We know that some of you don't like to call in maintenance requests because you know we are busy. We appreciate your thoughtfulness, but actually the sooner we are notified of a problem the sooner we can begin fixing it. A leaky pipe may not seem like a big deal, but if left for any length of time it can cause damage to the cabinets and run up the water bill. Help us serve you better – call maintenance requests in right away and prevent them from turning into major issues.

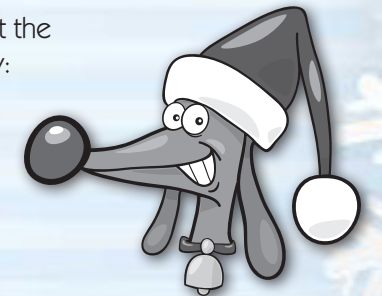
## MAKE SURE YOU INSURE

Get any big ticket items over the holidays? Make sure you've notified your insurance agent. You can cover all your electronics, furniture and clothes for so little. Call them today!

## Furry Friends

If Santa brought you a new furry friend, don't forget the following to make sure you and your pet are happy:

- Have your pet properly vaccinated.
- Be sure your pet has a collar with ID and rabies tag.
- Begin house training immediately. Talk to a vet about different methods.
- Schedule your pet to be spayed or neutered.
- Register your pet with our office so we can welcome our new resident and review our community pet policies with you.



# 1 GOAL, 1 CHANGE FOR THE NEW YEAR

Are you like most people?  
Choosing too many New Year resolutions  
and not keeping any of them?  
Change that in 2019 by picking one thing  
you want to change or something you  
want to accomplish and zone in on that.

Write it down, have a plan, choose a mentor and  
choose a date to start and a target future date.  
Posting on social media creates accountability and  
support, track your progress and treat yourself  
(not just food) when you reach your milestone!

Here are some suggestions: lose 5 pounds,  
keep up with all credit card receipts,  
save \$500, organize your kitchen,  
go from 2 packs of cigarettes a week to 1.

## YOU CAN DO THIS!



### OUR COLD WEATHER FRIEND

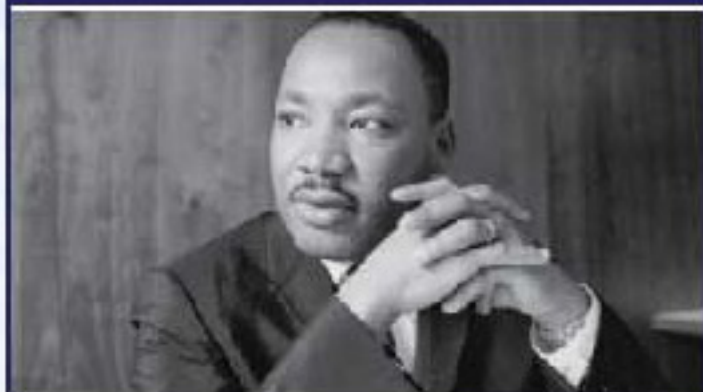
January is National Soup  
Month and who doesn't  
want to celebrate?

A good pot of delicious  
vegetable soup can give you  
the vegetables and protein  
you need along with filling  
you up with fewer calories  
from the water/broth.  
Soup is tasty, affordable  
and can make you feel better!



We have a delicious recipe for you here and others  
on our [Hassle Free Newsletter Pinterest page](#).

## KNOWING DR. MARTIN LUTHER KING, JR.



- King's legal birth name was Michael King (along with his father's), but the elder King changed their names to Martin Luther King in honor of the Protestant German reformer Martin Luther.
- King sang with his church choir at the 1939 Atlanta premiere of the movie "Gone with the Wind".
- A very smart young man, Martin Luther was able to skip the ninth and twelfth grades of high school and entered Morehouse College at age 15.
- King married Coretta Scott in 1953 and they became parents of four children.
- In 1955, he led the Montgomery Bus Boycott (Rosa Parks) which lasted a year and ended in 1956 when the Supreme Court declared segregation on buses was unconstitutional.
- Dr. King founded the Southern Christian Leadership Conference to organize and conduct non-violent protests for civil rights.
- Traveling to India in 1959, King studied Mahatma Gandhi's principles on non-violence. He used these in his fight against racial discrimination, earning him the Nobel Peace Prize in 1964.
- Martin Luther King, Jr. was assassinated on April 4, 1968 in Memphis, Tennessee, at age 39.
- President Ronald Reagan signed a bill to declare Martin Luther King, Jr. Day – the first African American to be granted a national holiday.
- Hiroshima, Japan and Toronto, Canada also celebrate MLK Day.
- Over 1,000 streets are named after Martin Luther King, Jr.

- CHILLY
- COLD
- FROST
- FLURRIES
- GLOVES
- HOCKEY
- HOT CHOCOLATE
- ICICLE
- JANUARY
- MITTENS
- NEW YEAR
- SCARF
- SNOWFLAKE
- SWEATER
- WINTER

## Winter WORD SEARCH

G	M	G	Y	T	I	S	D	Y	F	Y	N
E	N	I	S	L	W	C	E	L	S	I	E
O	K	O	T	E	L	K	I	E	O	S	W
K	R	A	A	T	C	I	I	C	C	C	Y
F	A	T	L	O	E	R	H	A	L	S	E
P	E	R	H	F	R	N	R	C	J	E	A
R	F	X	C	U	W	F	S	G	K	V	R
E	T	A	L	O	C	O	H	C	T	O	H
U	I	F	F	R	E	T	N	I	W	L	W
J	A	N	U	A	R	Y	W	S	N	G	G

## PAST, PRESENT AND FUTURE



## BULLET JOURNALING

### You've seen it and heard about it, but what is Bullet Journaling and why does it matter?

Most of your calendars just give you a few lines to jot a note or two.  
Bullet journaling lets you take up as much room as you want.  
If you're creative, you'll enjoy some tutorials on lettering,  
coloring and artistic details. But if you're not artistic,  
all you need is a dot grid or a squared notebook and a pen.

Whether you're looking to post memories, keep future logs or weekly or  
daily posts, it's a fun way to track habits, collections, gratitudes and just  
about anything in between. Bullet journaling is a wonderful way to have  
a year in review – anything from trips, memories, day-to-day activities –  
it's all there for you to keep and review.

Check out our [Hassle Free Newsletter Pinterest page](#) for all the details.



## Lovely LINEN CLOSET

It's one closet that gets all the junk.  
Take a weekend to totally clear out  
your linen closet and reorganize  
it from top to bottom.

Get rid of worn-out towels. Purchase a new  
towel every month to replace old ones.  
Same with washcloths and hand towels.

Too many sheets or mismatched ones?  
Donate ones that don't have a  
partner and buy one extra set.

Go through all medicines, makeup,  
hairbrushes, etc. and check for  
expiration dates. Keeping it simple  
will make your life simple.

Have room at the bottom of the closet for  
your hamper? Plastic trash cans are  
inexpensive and make for great hampers.

Before you know it, you'll have a  
closet you're proud to show off!

### OLD FASHIONED POTATO SOUP

- 2 lbs. Idaho potatoes – cut into chunks
- 1/2 large onion (chopped)
- 1/2 cup celery (chopped)
- 3 Tbs. flour
- Salt and pepper to taste
- 3 – 4 Tbs. butter
- 1 can EVAPORATED milk
- Sharp shredded cheese for topping



Peel and cut 2 (two) lbs. Idaho potatoes into chunks.  
Peel and chop 1/2 large onion and 1/2 cup celery.  
Toss potatoes, onion and celery with 3 Tbs. flour.  
Season with salt and pepper. Set aside for 10 minutes.  
Melt 3 – 4 Tbs. butter in soup pot. Add potato mixture to  
the soup pot. Stir and coat with the butter and cover with  
enough water to cover the potatoes. (May use chicken  
broth if desired to give more flavor.) Bring mixture to boil.  
Stir in 1 can evaporated milk. Bring to boil. Reduce heat to  
simmer and cook uncovered about 30 minutes. Taste and  
adjust salt, pepper or seasonings. Continue simmering  
uncovered until soup reaches desired consistency and  
thickness. Fill soup bowls with soup and sprinkle sharp  
shredded cheese on top and serve.