

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.

Maintenance Emergencies

If you call to report a maintenance emergency after business hours, please remember to speak clearly, leaving your name, unit number, phone number and nature of the emergency. This will help the technician respond more quickly and more efficiently. Remember, not all maintenance requests require immediate attention. Toilet problems in a one-bathroom home, no heat when the temperature is below 55 degrees or no air conditioning when temperatures are higher than 85 degrees are just a few repairs that are considered emergencies. For a complete list of repairs that constitute an emergency after hours, please contact the office.

The Weather Outside is Frightful

Pipes can freeze during prolonged periods of freezing temperatures, which are very possible this time of year. To prevent your pipes from freezing and possibly bursting, drip both the hot and cold faucets, especially if the pipes are located on an outside wall. Be sure you leave them dripping until the temperatures rise above freezing. It will also be helpful to open the cabinet doors to allow warm air to circulate around the pipes.

Make sure you know where and how to cut off the water during a plumbing emergency. For sinks, you can find it under the sink, usually inside the cabinet. The commode cut-off is located under the tank extending from the wall.

MENTAL ACTIVITIES

Sometimes the winter temperatures keep people inside. However, there are many ways to keep the mind and body alert:

- Crossword puzzles keep the brain active and learning.
- My Life - a wonderful gift to pass on to friends and family is the story of your life in your own words. Whether it's recorded on video or audio, writing or typing them down, this living document is one to be treasured.
- Bring out the board games for hours of fun. Games like Monopoly, bridge and card games offer socialization, competition, mental and emotional skills.
- BINGO! A good cognitive brain activity and a fun group game!
- Arts and crafts improve hand/eye coordination and offer the creative a chance to express themselves.
- Dancing classes have been shown to improve brain function and keep the spirits high.

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

January 2018

Staff

LaVonia Epps
Property Manager

Gina Smith
Assistant Manager

Kenneth Hicks
Leasing Consultant

Joe Linder
Maintenance Supervisor

James Harrison
Maintenance Technician

Timothy McCall
Maintenance Technician

Keith Arroyo
Groundskeeper

Officer Logan
Primary Courtesy Officer

Officer J. Minors
Courtesy Officer

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



Peace and Quiet

Many of you are planning New Year's celebrations or football parties, and we encourage you to have a good time. But while you are celebrating, please consider your neighbors who may prefer to have peace and quiet. We ask that you try to confine the merriment to reasonable hours and inform your guests of the need for consideration.

GOT INSURANCE?

Did you get a big ticket item for Christmas such as a TV, electronic equipment or jewelry? Make sure they are insured. Our insurance covers the building, but does NOT cover the contents in your home. Call your local insurance agent today!

A Chill in the Air

Winter is here, so try these tips to keep your home as cozy as possible:

- Keep blinds and curtains closed to block cold air from entering your home. However, if you have a sunny home, you may want to keep them open during the day to get some solar heat.
 - Place items that generate heat, such as lights and electronics, away from your thermostat for accurate readings.
 - Make sure all windows and doors are closed securely.
- We know it's cool to live in our community, but it doesn't have to be chilly. Please notify the office if you have any concerns about the heat in your home. We will happily respond to this or any other service request you may have.



New Years TRIVIA

Americans drink close to 370 million glasses of sparkling wine during the New Year celebrations.

Over one million people will gather to watch the ball drop in Times Square with close to 1 billion people watching on TV.

According to the National Insurance Crime Bureau, vehicles are stolen on New Year's day more than any other holiday.

Until 2006, the Space Shuttle never flew on New Year's day or eve because its computers couldn't handle a year rollover.

The "IceStock" music festival in Antarctica is held every New Year's Eve.

44% of American adults plan to kiss someone at the stroke of midnight on New Year's.

The Rose Parade in Pasadena, California features floats covered with 18 million flowers.

More than 80,000 fireworks are set off from Sydney Harbor Bridge in Australia on New Year's.



Do you make New Year's Resolutions?

You're in good company with the other 45% of Americans. Some of the most popular goals are:

- 1 LOSING WEIGHT
- 2 GETTING ORGANIZED
- 3 SPENDING LESS AND SAVING MORE
- 4 STAYING FIT AND HEALTHY
- 5 QUITTING SMOKING

What are your goals? Here are a few tips to get you going and staying the course for 2018.

Picking fewer goals may help you stay focused and achieve more. Instead of pouring your resources into several goals, pick a few. Maybe add a new goal in three to six months. Want this goal more than you don't want it.

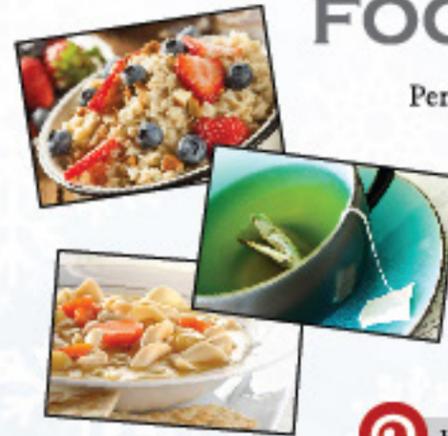
You don't need a detailed plan, just know what the next step will be. For instance, trying to lose weight? Focus on a one week menu plan and shopping. That's it – one week. Then celebrate your one week victory by adding another step – maybe walking one afternoon.

Create a vision board to help you reach your goals. Check out our Pinterest page for some great suggestions.

Be thankful and grateful. By practicing these two steps you'll find yourself seeing your progress, even if it's small.

It helps to have a friend for accountability. Have someone who can help you reach your next step.

FOOD & DRINK



Perfect timing for Hot Tea month, National Oatmeal month and National Soup month. Along with our monthly featured recipe, we've got some delicious other treats for you on our Pinterest page.



Beat Those Winter Blues

Get outside as much as possible to soak in those sunrays. Can't be outside? Studies show that sitting by the window for 30 minutes can be effective.

Make sure you stay hydrated – drink plenty of water during the winter months to keep your skin nourished and your body healthy.

Try something new this season – hot yoga, new cuisine, different hobbies.

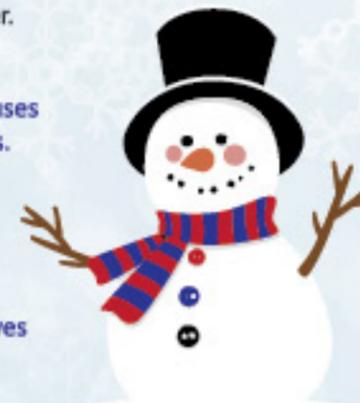
Turning up the volume by listening to upbeat or cheery music improves mood.

Comfort foods are great during the cold months – experiment how you can make them healthier.

Plan your summer vacation!
The simple act of planning a vacation causes a significant increase in overall happiness.

Get the right amount of sleep – 7 to 8 hours – too much or too little can cause depression.

Helping someone or volunteering improves mental health and life satisfaction.



The man who had a dream gave us many quotes that are still used today. King, an American Baptist minister and peaceful activist, became the most visible spokesperson and leader in the Civil Rights Movement. Let us emulate his words today!

- “ Love is the only force capable of transforming an enemy into a friend.”
- “ Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”
- “ I have decided to stick with love. Hate is too great a burden to bear.”
- “ He who passively accepts evil is as much involved in it as he who helps to perpetrate it. He who accepts evil without protesting against it is really cooperating with it.”
- “ He who is devoid of the power to forgive is devoid of the power to love.”
- “ Forgiveness is not an occasional act; it is a constant attitude.”
- “ The true measure of a man is not how he behaves in moments of comfort and convenience but how he stands at times of controversy and challenges.”
- “ The time is always right, to do what's right.”

GREEN BELL PEPPER Soup

- | | |
|--|---|
| 2 lbs. ground beef
<i>(cooked, crumbled and drained)</i> | 1/4 cup brown sugar |
| 64 ounces vegetable or chicken broth | 2 cups cooked long grain rice |
| 2 cans tomato soup | 1 can, 14.7 oz. whole corn
<i>(drained)</i> |
| 1 can (28 oz.) diced tomatoes | Salt and pepper to taste
<i>(after soup is cooked)</i> |
| 3 whole green bell peppers
<i>(chopped into small pieces)</i> | |

After chopping bell peppers, cook in water *(enough to cover peppers)* until tender. Add all ingredients together in large crock pot. Cook 4 hours on high or 6 – 8 hours on low.



The Hassle Free newsletter is published by Lewis Letterworks, Inc. For suggestions, comments or information about our services, call (615) 242-6000 or visit us on the web at www.lewisletterworks.com.

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

Winter WORD SEARCH

- | | | |
|----------|---------|----------|
| Blizzard | Hockey | Scarf |
| Boots | Icicle | Sled |
| Cold | January | Skiing |
| Flurries | Mittens | Sweaters |
| Frosty | Snowman | Winter |