Buzz

ommunity

January/February 2021

PROPERTY NAME

RELAX...You're home now!

D00-Diligence

Please help us make

for all by cleaning up

after your pets as you

Light Up For Winter

safer by turning your

Help keep our property

porch lights on at night.

for keys or search for an

apartment number in the

breezeway or building

contact the office. We

Unwanted Guests?

attracted some un-

Has the winter season

invited pests to come

into your home? Please

contact the office and we

will schedule a time to

exterminated. There is

no charge for this ser-

vice.

have your apartment

light that is not working,

will replace it right away.

Thank you for your help!

No one likes to fumble

dark. If you see a

much appreciated.

walk them. Your help is

walking through the win-

ter wonderland pleasant

Property Address

2020NE and Done!

If you could make just ONE New Year's resolution, what would it be? What about developing gratitude? Statistics found seven proven benefits for those who choose gratitude.

- 1. Opens the door to more relationships
- Improves physical health
- Improves emotional health
- 4. Enhances empathy & reduces aggression
- 5. You sleep better
- Improves self-esteem 6.
- 7. strength

Staff Phone #'s E-mail

Happy New Year!

We would like to ring in the New Year by thanking all of our great residents for choosing us as your home! We have several long-time residents along with a mix of new faces that make our community a special place to live. Our staff is committed to serving each of you by providing the essential things that make your living experience with us a great one. We are here for you so please let us know if you have a maintenance need or share a suggestion to better our community. You're patronage is important to us and we want to keep you with us for a long time to come! We wish all of our residents good health and much happiness in the New Year!

Pay off Your Holiday Bills!

Talk about easy cash! All you have to do is refer someone to our property! Bring them in to meet our leasing staff and we'll take care of the rest. After they sign a lease and pays their first month's rent, you will receive \$200 off one month's rent. What an easy way to make some cash to help pay off those holiday bills.

HAPPY New Year!

360 Million Glasses! The number of glasses of sparkling wine consumed on New Year's Eve according to BH&G. And there are even a few benefits to having a glass of sparkly! The bubbly is lower in calories, 80 per glass, compared to wine's 125 calories. And sparkling wines contain polyphenols, a hearthealthy antioxidant.

5 Minutes! The amount of time it takes to let a craving pass. Eating more sugary treats causes an increase in sugar cravings. To distract yourself for 5 minutes, try drinking a glass of water, taking a 5 minute walk or calling a friend.

70 Quarts! The amount of popcorn consumed by the average American each year. Wine & Food sampled 35 varieties of popcorn from six of the most popular companies and chose, hands down, Double Good's In Queso Fire as their favorite. Flavored with garlic, onion, jalapeno, and cheddar cheese! Bored @ Home? Start an exercise program. Update your resume. Clean out your closet. Learn a new hobby. Read a book. Try a new recipe.

2. 3.

- Increases mental

Taken in part from Psychology Today



FOOD & DRINK

Meatball Sliders—the perfect snack for Super Bowl Sunday!

- Frozen bag of Italian Style Meatballs-dethawed and cooked per package directions.
- One bag of slider buns
- One Jar Marinara Sauce
- Grated Fontina Cheese
- Grated Mozzarella Cheese

Preheat oven to 350°. Line a rimmed baking sheet with foil; coat foil with non-stick baking spray. Open slider buns and place bottom buns on the baking sheet. Heat the meatballs and sauce in saucepan for about 5 minutes. Spread marinara sauce on each bun and top with a warm meatball. Sprinkle cheeses over meatball and place bun on top. Melt 2 Tablespoons of butter

with 1/4 teaspoon of garlic salt. Drizzle the butter mixture over each bun. Place in oven and bake until cheese is melted and sliders are heated through. Serve hot with a fork for gooey goodness!

According to Men's Journal, 325 million gallons of beer are consumed while watching the Super bowl! Here are a few to cheer your team on with.

Kicking & Screaming—crisp, wood-aged pale lager Lord Hobo Consolation Prize-double India pale ale Machine from Bunker Brewing-balanced blend of smooth malt and herbaceous hops.

A dirty air filter makes your heating system work harder which wastes energy and raises your bill. Save money and keep your system

working efficiently by cleaning or replacing

your filter monthly. You can also save mon-

ey by keeping your blinds open on sunny

days and your thermostat set at a constant

temperature. After you take care of your air

filter, take a moment to test your smoke de-

frequently during the winter months due to

As we say goodbye to the holidays, many of

you will find yourself with extra trash to dis-

pose of. We would like to remind you **not** to

There are local recycle sights set up for you to drop off your tree. Also, make sure to place all trash sacks inside the dumpsters. Please do not leave them sitting at your front/back door or sitting beside the dump-

place Christmas trees in the dumpsters.

sters. Thank you for your help!

tector. The batteries should be changed once a year for safety purposes. Fires occur

space heaters, candles and fireplace mis-

haps. Ensure your safety by testing your

Save Energy!

smoke detector.

Holiday Clean-Up





6 Million! The number of couples who will get engaged on Valentine's Day according to an American Express report. According to WorthWhile, nearly 80% of wedding planning is spent online, 36% of couples send digital save-the-dates, and 66% of couples use a wedding planning app.

February 17th-Random Acts of Kindness Day! Originated by the Random Acts of Kindness Foundation, with the intention of encouraging more harmony and kindness between people by offering thoughtful gestures of kindness. Clean out closets and donate clothes. Gather canned goods and donate them to a shelter. Send a card to someone who needs cheered up. Volunteer at a local pet shelter. Buy coffee for your neighbor.

February 20th—Love Your Pet Day! Top pet names for 2020? Luna, Charlie, Bella, Bailey, Cooper, Daisy, Lucy, Milo, Max and Coco!



Community Calendar

January

- 1-New Year's Day-Office Closed **1-Rent Due**
- 2-Clean out your mailbox
- 4-National Trivia Day
- 7-Nat'l Bobblehead Day
- 9-Law Enforcement Day Appreication
- 11-15-Lease Renewal Week 18-Martin Luther King Jr. Day
- **19-National Popcorn Day**
- **20-Inauguration Day**
- 21-National Hug Day
- 23-National Pie Day
- 24-National Peanut Butter Day
- 31-Nat'l Hot Chocolate Day



February

1-Rent Due 2-Groundhog Day 3-World Read Aloud Day 5-Nat'l Wear Red Day 7-Super Bowl Sunday 9-National Pizza Day 8-12-Lease Renewal Week 11-Safer Internet Day 12-Chinese New Year 14-Valentine's Day 15-President's Day 16-Mardi Gras 17-23-Random Acts of Kindness Week 17-Ash Wednesday 20-Nat'l Love Your Pet Day

is part of NPMA's portfolio of over 60 residential communities nationwide.