

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.

TRASH TALK

Trash dumpsters are located throughout the community, so make sure trash is placed in dumpsters, not beside them. If the dumpster closest to you is full, take your trash to another dumpster on property. Secure all trash in a bag to minimize odor around the dumpsters. Break down boxes and containers before disposing to maximize available space.

Winter Driving Tips

Severe winter weather makes driving difficult. Please follow these safety tips and help ensure everyone arrives safely.

- Reduce speed and increase space between you and the vehicle in front of you.
- Be familiar with how your vehicle handles on ice.
- Don't panic if you start to skid. Gently turn in the direction of the skid.
- Don't pump anti-lock brakes.
- Use extra caution on bridges and overpasses. These tend to freeze first.
- Do not use cruise control in slippery conditions.
- Be sure you and all your passengers are properly buckled up or in appropriate child safety seats.



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!

January						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Jan. 1 – **Nashville Predators vs. Philadelphia Flyers**
 Jan. 4 – **National Geographic Symphony:** Grand Ole Opry House
 Jan. 5-6 – **Monster Jam:** Bridgestone Arena
 Jan. 9 – **The Troy Gentry Foundation:** Grand Ole Opry House
 Jan. 10 – **Gregory Alan Isakov:** Ryman Auditorium
 Jan. 10-13 – **Nashville Boat Show:** Music City Center
 Jan. 11 – **Bob Seger & The Silver Bullet Band:** Bridgestone Arena
 Jan. 12 – **Willie Nelson:** Bridgestone Arena
 Jan. 13 – **Nashville Pink Bridal Show:** Music City Center
 Jan. 14 – **Bobby Bones & the Raging Idiots:** Ryman Auditorium
 Jan. 15 – **Nashville Predators vs. Washington Capitals**
 Jan. 15-20 – **On Your Feet:** TPAC
 Jan. 16 – **Ronnie Milsap:** Ryman Auditorium
 Jan. 17 – **Nashville Predators vs. Winnipeg Jets**
 Jan. 17 – **Greensky Bluegrass:** Ryman Auditorium
 Jan. 17-Feb. 3 – **"Ghost":** Nashville Children's Theater
 Jan. 18-19 – **C.S. Lewis' "The Screwtape Letters":** TPAC
 Jan. 18-20 – **Log & Timber Home Show:** Music City Center
 Jan. 19 – **Nashville Predators vs. Florida Panthers**
 Jan. 19-20 – **Nashville Auto Fest:** The Fairgrounds Nashville
 Jan. 19-21 – **Music City Volleyball Championship:** Music City Center
 Jan. 20 – **Pavlo:** TPAC
 Jan. 22-23 – **Shen Yun:** TPAC
 Jan. 23 – **Bring Me The Horizon:** Municipal Auditorium
 Jan. 24 – **Metallica:** Bridgestone Arena
 Jan. 24 – **Aaron Watson:** Ryman Auditorium
 Jan. 25 – **Panic! At the Disco:** Bridgestone Arena
 Jan. 25-27 – **Nashville RV Super Show:** Music City Center
 Jan. 25-27 – **Flea Market:** The Fairgrounds Nashville
 Jan. 26 – **Harlem Globetrotters:** Bridgestone Arena
 Jan. 26-27 – **Paw Patrol Live:** TPAC
 Jan. 31 – **Cher:** Bridgestone Arena
 Jan. 31-Feb. 2 – **Tedeschi Trucks Band:** Ryman Auditorium
 Jan. 31-Feb. 3 – **Antiques & Garden Show:** Music City Center

All dates subject to change without notice

January 2019

staff

Danielle White, NALP
Property Manager
Emily Hill
Assistant Manager
Brennon Hughes
Leasing
Scott Lyons, CAMT
Maintenance Supervisor
Mark Sharp, CAMT
Maintenance Tech
Tristan Warren
Maintenance Tech
William Gant
Maintenance Tech
Olen Randolph
Groundskeeper
George Sidarous
Porter
Trooper Tara Lee
Officer David Snowden
Courtesy Officers

office hours

Monday-Friday
8:30am - 5:30pm
Saturday
9:00am - 4:00pm
Sunday
Closed

pest control

Mon., Jan. 14
Apts. 1-140

monthly code

0101

MEADOWWOOD VILLAGE

5160 Rice Rd. • Antioch, TN 37013 • (615) 360-2009

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.

FIREPLACE SAFETY

- Keep everything at a safe distance from the hearth.
- Use only dry, cured wood. The best types are oak or hickory; pine has a high sap content and can easily start a fire outside your fireplace.
- Make sure the damper is open before lighting the fire.
- Keep the screen closed to prevent popping embers from exiting.
- NEVER leave your fire unattended.
- Don't burn garbage or plastics, and never use a starter fluid.
- Be sure ashes are completely cooled before disposing of them.
- We recommend that you not use the popular three-hour logs. These types of logs build up creosote which can cause chimney fires.
- Clean the fireplace after each use.



Frozen Pipes

As the temperatures start to drop, please remember you can help prevent water damage to your home and your personal property from frozen pipes.

- Keep heat on at all times.
- Open cabinets under the sink in the bathroom and kitchen.
- Allow faucets to drip slowly.

Hopefully, these precautions will prevent water damage to your home this winter. However, it is in your best interest to have a renter's insurance policy in force to provide coverage for your property in the event of a mishap in your home. For more information on this matter, please do not hesitate to call the office. Thanks for your cooperation.



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.