

## CASH FOR THE NEW YEAR

Refer your friends and family to live at our community and we will pay you \$100 once they pay their first full month's rent. It's that easy and just in time to help with those holiday bills. Call the office for more information 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.

## 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.

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	January		

Jan. 6-7 – **Monster Jam**: Bridgestone Arena  
 Jan. 6-7 – **PAW Patrol Live**: TPAC  
 Jan. 9 – **Nashville Predators vs. Edmonton Oilers**  
 Jan. 9-14 – **“Jersey Boys”**: TPAC  
 Jan. 12 – **Avenged Sevenfold**: Bridgestone Arena  
 Jan. 13 – **America’s Got Talent**: Music City Center  
 Jan. 14 – **Nashville Pink Bridal Show**: Music City Center  
 Jan. 16 – **Nashville Predators vs. Vegas Golden Knights**  
 Jan. 16-17 – **Dwight Yoakam**: Ryman Auditorium  
 Jan. 18 – **Nashville Predators vs. Arizona Coyotes**  
 Jan. 18-21 – **Nashville Boat & Sport Show**: Music City Center  
 Jan. 18-Feb. 11 – **“The Snowy Day”**: Nashville Children’s Theater  
 Jan. 19 – **Kid Rock**: Bridgestone Arena  
 Jan. 19-21 – **Log & Timber Home Show**: Music City Center  
 Jan. 19-21 – **Nashville RV Super Show**: Music City Center  
 Jan. 19-21 – **Shen Yun**: TPAC  
 Jan. 20 – **Nashville Predators vs. Florida Panthers**  
 Jan. 22 – **Million Dollar Show for St. Jude**: Ryman Auditorium  
 Jan. 23 – **Nashville Predators vs. Tampa Bay Lightning**  
 Jan. 23 – **David Rawlings**: Ryman Auditorium  
 Jan. 24-25 – **John Mulaney**: Ryman Auditorium  
 Jan. 27 – **Harlem Globetrotters**: Bridgestone Arena  
 Jan. 27 – **Opera: “Hercules vs. Vampires”**: TPAC  
 Jan. 27 – **Easyriders Bike Show**: Music City Center  
 Jan. 27 – **2Cellos**: Grand Ole Opry House  
 Jan. 28 – **My Favorite Murder**: TPAC  
 Jan. 28 – **Walk the Moon**: Ryman Auditorium  
 Jan. 30 – **Nashville Predators vs. Chicago Blackhawks**  
 Jan. 30-Feb. 4 – **“The King and I”**: TPAC

All dates subject to change without notice

## January 2018

### Staff

**Patsy Chance, CAM, NALP**  
Property Manager  
**Danielle White**  
Assistant Property Manager  
**Brennon Hughes**  
Leasing  
**Emily Hill**  
Leasing  
**Scott Lyons**  
Maintenance Supervisor  
**Mark Sharp**  
Maintenance Tech  
**Tristan Warren**  
Maintenance Tech  
**William Gant**  
Maintenance Tech  
**Kenneth Lasalle**  
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. 8**  
Apts. 1-140

### Monthly Code

# 0118



# MEADOWOOD VILLAGE

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

## HAPPY NEW YEAR!

The Meadowood Village staff is as committed as ever to providing all our residents with superior service and a great place to call home. We hope you will be with us for many years to come.

Our office will be closed for New Year's on **Monday, January 1**. Wishing you and your family a wonderful holiday season and a very Happy New Year.

## MARTIN LUTHER KING JR. DAY

This month we celebrate the accomplishments of Dr. Martin Luther King, Jr. It was through his peaceful efforts that the Supreme Court ultimately ruled segregation unconstitutional and people began fighting for the rights of all U.S. citizens.

We honor Martin Luther King, his dream that all people should be treated equally and his legacy that will benefit generations to come.

## BRRR! IT'S COLD!

The wind is blowing and the temperature is dropping, and the last thing you want to do is go out into the cold to take your trash to the dumpster. Please remember that trash cannot be left in hallways or breezeways. Not only is it unappealing, but it is also a fire hazard. It will take only a moment to dispose of your trash properly. Then you will be back into your warm and comfortable home and our community will continue to look great.





# 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.

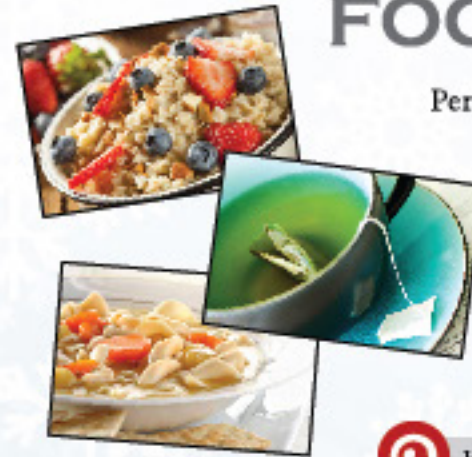
Be thankful and grateful. By practicing these two steps you'll find yourself seeing your progress, even if it's small.

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



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## 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 (cooked, crumbled and drained)
- 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 (drained)
- 1 can (28 oz.) diced tomatoes
- Salt and pepper to taste (after soup is cooked)
- 3 whole green bell peppers (chopped into small pieces)

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.

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## Winter WORD SEARCH

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