

## Kids at Play

School will soon be out, and with the longer daylight hours kids will be outside playing. Be aware of your surroundings as you're driving through the community and let's keep everyone safe.



## Congratulations, Graduates!

Whether you are completing high school or receiving your college degree, we are proud of you! As you look back at the happy times, the friends you've made, and the things you've learned...and as you look ahead to a future full of promise and opportunity...we wish you good luck and success on your journey.

## Air Conditioning Time

Now that warmer weather is here, most of you will begin to rely on your air conditioning heavily. Here are a few things to keep in mind:

- Do not turn your air conditioner off during the day while you are away. While your air conditioner is off, the walls in your home will heat up and your cooling unit will have to run twice as long to cool when turned back on.
- Try to keep your thermostat at a constant temperature. Raising and lowering the temperature only increases the amount of work the unit has to do. An ideal temperature setting is about 72 degrees.
- Keep your blinds closed as much as possible, especially if you are on the south side of a building. Sunlight alone will easily raise the temperature in your home 10-15 degrees.
- Remember that any air conditioning unit is designed to cool approximately 15 degrees cooler than the outside temperature. So when the temperature outside reaches 98 degrees, your home cannot realistically be cooled to 68 degrees.

Please check your air conditioner and report any malfunctioning to our office so that we can correct it as quickly as possible.

## Vacation Plans

Have plans to get away for a few days? Good for you! We hope you have a wonderful time. Here are a few things you may not want to forget to do before you leave:

- Pay your rent and other bills if they will be due while you're gone.
- Lock all doors and windows.
- Have your mail stopped, or arrange for someone to pick it up for you.
- Let someone know how to get in touch with you in an emergency.
- Don't forget to leave your pets in someone's trusted hands.

Enjoy your vacation!



S	M	T	W	T	F	S
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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	

May 1 – **Melinda Gates**: TPAC  
 May 1 – **Buddy Guy**: Ryman Auditorium  
 May 1-2 – **Nashville Sounds vs. Omaha Storm Chasers**  
 May 1-5 – **"Hello, Dolly!"**: TPAC  
 May 1-19 – **"Tomás and the Library Lady"**: Nashville Children's Theater  
 May 2 – **Derek Hough**: Grand Ole Opry House  
 May 2 – **Tame Impala**: Ascend Amphitheater  
 May 3 – **Postmodern Jukebox**: Ryman Auditorium  
 May 3 – **Old Dominion**: Ascend Amphitheater  
 May 3-6 – **Nashville Sounds vs. Memphis Redbirds**  
 May 4 – **Cody Johnson**: Ryman Auditorium  
 May 4 – **Hillsong United**: Ascend Amphitheater  
 May 5 – **Midland**: Ryman Auditorium  
 May 5 – **Killswitch Engage**: War Memorial Auditorium  
 May 6 – **Jon Anderson**: Ryman Auditorium  
 May 6 – **Judas Priest**: Municipal Auditorium  
 May 8 – **Eddie Izzard**: Ryman Auditorium  
 May 9 – **New Kids on the Block**: Bridgestone Arena  
 May 9 – **Black Violin**: War Memorial Auditorium  
 May 10 – **Johnnyswim**: Ryman Auditorium  
 May 11 – **Dave Matthews Band**: Bridgestone Arena  
 May 11 – **Gladys Knight**: Ryman Auditorium  
 May 12 – **PJ Masks Live**: TPAC  
 May 12 – **Michelle Obama**: Ryman Auditorium  
 May 13-14 – **Shinedown**: Ryman Auditorium  
 May 15 – **Mavis Staples**: Ryman Auditorium  
 May 15 – **The 1975**: Ascend Amphitheater  
 May 16 – **The Who**: Bridgestone Arena  
 May 17 – **Lucas Nelson**: Ryman Auditorium  
 May 17 – **Anderson.Paak**: Ascend Amphitheater  
 May 18 – **Rob Lowe**: TPAC  
 May 18 – **Amanda Palmer**: Ryman Auditorium  
 May 19 – **George Benson**: Ryman Auditorium  
 May 21 – **Apocalyptica**: TPAC  
 May 21 – **Carol Burnett**: Ryman Auditorium  
 May 21-24 – **Nashville Sounds vs. Memphis Redbirds**  
 May 24-26 – **Flea Market**: The Fairgrounds Nashville  
 May 25 – **Eric Church**: Nissan Stadium  
 May 25-29 – **Nashville Sounds vs. Round Rock Express**  
 May 30-31 – **Nashville Sounds vs. New Orleans Baby Cakes**

All dates subject to change without notice

## May 2019

### Staff

**Danielle White, NALP**  
Property Manager

**Emily Hill**  
Assistant Manager

**Brennon Hughes, NALP**  
Leasing

**Sophie Muhammad**  
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., May 13**  
Apts. 141-276

### Monthly Code

# 2705

# MEADOWOOD VILLAGE

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

Schatten Properties Management, Inc.

## Welcome!

We would like to extend a warm welcome to all our new residents. If you have any questions about the community or your new home, please call or stop by the office and we'll be happy to answer them. To those residents who have renewed their lease, thank you. We're honored to have you as residents.

## Mothers Day

Our observance of Mothers Day began in 1907 when a woman named Anna Jarvis requested her church to hold a service on the anniversary of her mother's death, in memory of all mothers. All those who attended were asked to wear a white carnation in remembrance. In 1914 President Woodrow Wilson declared the second Sunday in May to be Mothers Day. According to tradition, a red carnation is worn in honor of a living mother, and a white carnation is worn in memory of one who is not.

More than 46 countries have officially set days for this, although the dates will sometimes vary. The United States, Canada, Denmark, Italy and Australia have all designated the second Sunday of May as Mothers Day.

## Have a Happy Memorial Day

Memorial Day is traditionally the time we honor those who have died in war and pay special tribute to those who perished in battles. We urge you to pause and remember those who have walked before us and fought for our freedom.

Our office will be closed **Monday, May 27** in observance of Memorial Day.



# MAY 2019

- 4 Kentucky Derby
- 5 Cinco de Mayo
- 12 Mother's Day
- 18 Armed Forces Day
- 20 National Rescue Dog Day
- 27 Memorial Day

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	
	6	7	8	9	10	11
	13	14	15	16	17	
19		21	22	23	24	25
26		28	29	30	31	



## CINCO DE MAYO CHEESY BREAKFAST DISH

- 3 Tbs. canola oil
- 1 small bunch green onions (finely chopped)
- 1 tomato (finely chopped)
- Salt and pepper to taste (Preferably sea salt)
- 8 eggs
- 8 oz. shredded cheddar cheese
- 1/4 cup sour cream

Put canola oil in a 12-inch skillet. Add green onions and tomato. Cook about 5 minutes, stirring together. Beat eggs with a whisk until fluffy. Add salt and pepper. Add eggs, cheese and sour cream to the skillet. Keep stirring over medium heat until the eggs are thoroughly cooked. Place on individual plates or in a bowl and sprinkle crushed Fritos on top. Serve immediately.



## FITNESS IS FOR EVERYONE

It all begins with a step towards a goal. And it's time we all took that step. May is **National Physical Fitness and Sports month**. Here are some easy ways to get involved.

- If your child plays a sport, good for them! How about walking around the field or complex while watching them practice?
- Let's bike-as a family, with friends or by yourself. Many towns offer greenways for walking and biking. Or bike somewhere you want to go—to the movies, out to eat—make it an adventure.
- Play tag with the kids. They'll love it and it will get your heart rate up, too!
- Horseshoes or shuffleboard anyone? You're moving, using your brain and you're having fun.
- Love to read but need to walk? Download free audible books from your local library and get moving.
- Stationary exercises such as moving your arms in circles, shrugging your shoulders up and down, and even leg raises can make a difference.



Moms are always there for us! Thank you, MOM!

- A. Samantha Stephens — Golden Girls
- B. Florida Evans — The Flintstones
- C. Gloria Delgado-Pritchett — All in the Family
- D. Sophia Petrillo — Downton Abbey
- E. Harriette Winslow — Grey's Anatomy
- F. Betty Rubble — Good Times
- G. Edith Bunker — Rugrats
- H. Cora Crawley — Bewitched
- I. Sara Ramirez — Family Matters
- J. Kira Watanabe Finster — Modern Family

## HONORING MEMORIAL DAY

Memorial Day is a day of recognizing and reflecting on the sacrifices made by our armed services.

Here are some social media content tips:

- DO post a general comment which recognizes the holiday. Use patriotic images such as the American flag or the Statue of Liberty.
- DO recognize and thank members of our military, especially if you have a family member serving (ask their permission).
- DO post your BBQ fun, but keep it separate from posts regarding Memorial Day remembrance.



## TEACHER'S WEEK MAY 6-10

"The Influence of a Good Teacher Can Never Be Erased"

Check out our Pinterest page on ways to show your appreciation for the teachers who have and are making a difference.



## NURSES WEEK MAY 6-12

"Caring is the Essence of Nursing."  
JEAN WATSON



Check out our Hassle Free Newsletter pinterest page for helpful pins.



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LEWIS LETTERWORKS

MOMS MATCH!  
A. Bewitched, B. Good Times, C. Modern Family,  
D. Golden Girls, E. Family Matters,  
F. The Flintstones, G. All in the Family,  
H. Downton Abbey, I. Grey's Anatomy, J. Rugrats

## Celebrating "CINCO" STYLE

Are you looking for a fun way to celebrate Cinco de Mayo? Host your own "Cinco" party!

- Plan your menu – tacos, enchiladas, nachos, guacamole, fresh salsa. The menu can be as endless as the fun!
- Create your own playlist of some of your favorite Mexican songs or google "top billboard songs in Spanish." Better yet, play songs on the guitar.
- Yes, you do need a piñata – a fun game for kids and adults!
- It's easy to make your own decorations out of tissue paper— red, white and green streamers, colorful cut-out flowers or purchase a Mexican flag.
- Design a photo backdrop and encourage people to dress up in colorful clothes to get in the spirit of the day. Use a colorful blanket and add some photo props such as a sombrero, mustaches, etc.

