



Avoid Frozen Pipes

Pipes can freeze during periods of freezing temperatures. 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. 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 toilet cut-off is located under the tank extending from the wall.

New Furry Friend

If Santa brought you a new pet, don't forget the following to make sure all 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.



Winter Driving Tips

- Clear your vehicle of all snow before driving so you can see properly.
- Keep plenty of space between you and the vehicle ahead of you.
- Apply brakes earlier than usual when coming to a stop.
- Turn on your headlights during inclement weather for added visibility.
- Be extra careful on ramps or bridges.
- 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.

It Just Makes Cents

Due to holiday markdowns, now is the time of year to save on items you need and want.

- Christmas wrapping paper – Stock up for next year's presents.
- Holiday decorations – Anywhere from 50-90% off, these savings help get you some new items for next year. If your decorations have seen better days, now is the time to buy!
- Winter gear – Coats, hats, gloves, etc. can be at great prices. There's still a lot of cold weather left. For kids, buy a year ahead.
- Organization tools such as totes and bins may be on sale. January is great for getting organized.

Winter Fun Facts

- Fish can survive in polar regions due to chemicals in their blood that prevent them from freezing, much like antifreeze in a car.
- 75% of gas grill owners continue using their grills during the winter.
- During the cold winter of 1995-1996 Hell, Michigan was in the news when it froze over.
- Alaska has the longest coastline in the United States, measuring 6,640 miles, greater than that of all other states combined.

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. 1 – **"Elf: The Musical"**: TPAC
 Jan. 3 – **Nashville Predators vs. Montreal Canadiens**
 Jan. 4 – **Celebrating Justin Townes Earle**: Ryman Auditorium
 Jan. 7-8 – **Monster Jam**: Bridgestone Arena
 Jan. 10-15 – **"Les Misérables"**: TPAC
 Jan. 13-14 – **"Menopause: The Musical"**: TPAC
 Jan. 14 – **Nashville Predators vs. Buffalo Sabres**
 Jan. 16 – **Nashville Predators vs. Calgary Flames**
 Jan. 18 – **Noel Miller**: TPAC
 Jan. 19-20 – **Lake Street Dive**: Ryman Auditorium
 Jan. 19-Mar. 10 – **"Llama, Llama, Red Pajama"**: Nashville Children's Theater
 Jan. 20 – **Barry Manilow**: Bridgestone Arena
 Jan. 21 – **Nashville Predators vs. Los Angeles Kings**
 Jan. 21 – **Demetri Martin**: TPAC
 Jan. 24 – **Nashville Predators vs. Winnipeg Jets**
 Jan. 24-26 – **Blue Man Group**: TPAC
 Jan. 26 – **Nashville Predators vs. New Jersey Devils**
 Jan. 27 – **Kenny Wayne Shepherd**: Ryman Auditorium
 Jan. 27-28 – **MOMIX: "Alice"**: TPAC
 Jan. 28 – **Harlem Globetrotters**: Bridgestone Arena
 Jan. 29 – **Carin León**: Bridgestone Arena
 Jan. 29 – **Andrew Dice Clay**: Ryman Auditorium
 Jan. 30 – **Alter Bridge**: Ryman Auditorium

All dates subject to change without notice



The Saxony

APARTMENTS

700 Saxony Lake Drive
 Antioch, TN 37013
 (615) 331-8751

It's a New Year!

We are honored to have all of you here as residents. After all, you are the reason we're here. Making a community work and run smoothly isn't easy. It takes the efforts of the management team and you, our residents, working together. We invite all of you to make a resolution to become involved in making your community the very best it can be. Feel free to share any ideas you have that will help make our community an even nicer place to call home.



A Man with a Dream

Dr. Martin Luther King, Jr. was a man with firm convictions. He believed in non-violent demonstrations to draw attention to the inequality of people in America. He received the Nobel Peace Prize at the age of 35. His inspiring "I Have a Dream" speech offered hope of peace to a struggling nation and has become a resounding call to all Americans today. Let's make his dream our reality!

Insure Those Items

No matter what presents you received during the holidays, make sure all the contents of your home are insured. Big ticket items, jewelry, furniture – it would cost a small fortune to replace everything. The good news is renter's insurance is very affordable. Call your insurance agent today.

Be Careful of Icy Areas

Please use extreme caution when outside this winter. As a courtesy to our residents, we try our best to keep the primary walkways and stairways around our property clear of snow and ice. Unfortunately, we cannot clear all areas. Remember, ice is often difficult to see, and compressed snow gets very slick. Please be careful!

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, trash cannot be left in hallways or breezeways. 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.



January 2023

Staff

Morgan Belcher, NALP
Property Manager
Kristin Lilley
Assistant Manager
Brandy Bradley
Maintenance Supervisor
Bryan Demonbreun
Maintenance Tech
Jonathan Mendoza
Groundskeeper
Ted Meskers
Courtesy Officer

office/ clubhouse hours

Monday-Friday
8:30am - 5:30pm
Saturday
10:00am - 4:00pm
Sunday
Closed

laundry hours

Open 24 Hours

fitness center

Open 24 Hours

pest control

Fri., Jan. 20
Bldgs. 6-9

1115

HYDRATE

During the Winter

We normally think of hydration during hot summer days, but being hydrated is important during the winter as well. Dehydration occurs when the body loses more water than it takes in.

Typically, women should drink eight 8-ounce glasses of water a day and men should drink twelve 8-ounce glasses. However, check with your doctor for recommendations regarding your age and lifestyle. During winter your body may not be as thirsty, so make it a point to drink throughout the day. You can get water from fruits and vegetables. They're delicious and good for you. Some good choices are oranges, oatmeal, cantaloupe, celery, strawberries, yogurt, homemade soups.

Hot water, decaffeinated hot tea or hot cider can be enjoyable during the cold months. Just watch your sugar intake. Alcohol and caffeinated drinks can cause dehydration, so drink in moderation.

Something as simple as indoor plants such as a peace lily, English ivy, snake plant or a Boston fern can naturally humidify a room.

Enjoy this season and stay hydrated!



MILLION DOLLAR Spaghetti

- 16 oz. spaghetti noodles
- 1½ lbs. sweet Italian sausage
- 48 oz. (2 jars) spaghetti sauce
- 1 packet of spaghetti seasoning
- 8 oz. cottage cheese or ricotta cheese
- 8 oz. cream cheese (ROOM TEMPERATURE)
- ¼ cup sour cream
- 3 cups shredded mozzarella (DIVIDE IN HALF)
- ½ cup butter cut in slices (DIVIDE IN HALF)

Preheat oven to 350 degrees. Cook pasta and drain. Return to pot and add 1 jar of spaghetti sauce. Stir. Set aside.

In skillet, add sausage and cook until no longer pink. Drain. Add 1 jar of spaghetti sauce and packet of spaghetti seasoning. Set aside.

In bowl combine cottage or ricotta cheese, cream cheese, sour cream, 1 cup mozzarella. Set aside.

Place half slices of butter in a 9x13 baking dish. Spread half the spaghetti in dish, spread cheese mixture evenly over spaghetti. Spread remaining spaghetti over cheese mixture. Top with the butter slices and then pour tomato meat sauce over top layer of spaghetti.

Add more mozzarella and bake 35-45 minutes. Let stand for 10 minutes before serving. Add bread and salad for a complete meal.



“I HAVE A DREAM”

Martin Luther King, Jr. – a man who accomplished so much in his short life. A man we celebrate today.

- Did you know that Martin Luther King's birth name was Michael, not Martin? When his father, pastor at Atlanta's Ebenezer Baptist Church, traveled to Germany, he was inspired by the Protestant Reformation leader Martin Luther. King Sr. changed his own name as well as that of his five-year-old son to Martin.
- King entered Morehouse College at the age of 15. He was ordained before graduating and earned a degree in sociology. He later received a divinity degree and then his doctorate in Systematic Theology from Boston University, at the age of 26.
- Before his iconic “I Have a Dream” speech, King spoke at the Lincoln Memorial six years earlier with other civil rights leaders on the topic of voting rights.
- King had used his “I Have a Dream” speech many times and it was not in his script for the March on Washington. As he spoke, Mahalia Jackson prompted him to “tell them about the dream, Martin.” He abandoned his prepared text and improvised the rest of his speech.
- This speech helped the Kennedy administration advance civil rights legislation in Congress. Although Kennedy was assassinated a short while after, President Johnson was able to sign several civil rights laws.

Do You Donate?

Every two seconds someone in the U.S. needs blood, and your one donation can potentially save up to three lives. Since it's National Blood Donor Month, January is a great time to give blood. Do you know your blood type? They'll be glad to let you know when you donate.

Here are the eight main blood types and the percentage of the U.S. population that have that type:

O POSITIVE: **38%**
O NEGATIVE: **7%**
A POSITIVE: **34%**
A NEGATIVE: **6%**
B POSITIVE: **9%**
B NEGATIVE: **2%**
AB POSITIVE: **3%**
AB NEGATIVE: **1%**

JANUARY

- JAN. 1 - New Year's Day
- JAN. 4 - National Spaghetti Day
- JAN. 16 - Martin Luther King, Jr. Day
- JAN. 19 - National Popcorn Day
- JAN. 24 - National Compliment Day

OUR COMPLIMENTS

We celebrate National Compliment Day on January 24, and here are some things you can say to your friends and family and mean it!

- I appreciate your honesty.* • THANK YOU FOR ALWAYS LISTENING TO ME. • *I love to hear you laugh.*
- YOU LIGHT UP EVERY ROOM YOU ENTER. • *I always feel so calm around you.* • YOU ARE SO KIND.
- You're a great teammate and I am so glad we work together.* • I LOVE YOUR PERSPECTIVE.
- Thank you for being patient and showing me how to do this.* • YOU ALWAYS LOOK OUT TO HELP THOSE IN NEED.
- What an awesome friend you are.* • YOU HAVE THE BEST SENSE OF HUMOR. • *You always know what to say.*
- YOU ARE BRAVE. • *Thank you for being such a great example to others.* • YOU HAVE THE BEST IDEAS.
- I appreciate you.* • I AM SO PROUD OF YOU.

ARE YOU A RESOLUTION MAKER?

2023

Did you know that one third of those who make resolutions don't make it past the end of January? Here are some tips to keep those resolutions going!

Be very clear and specific about your goals. Instead of saying, “I want to lose weight,” set a realistic target such as, “I want to lose five pounds in three months.” Instead of saying, “I want to save more money,” choose to set aside more in your savings or 401K program, cut back on some of your extras, and start a budget program. Be sure you know what it is you want to focus on.

Re-evaluate your progress every month – maybe even weekly during the first few months to keep you excited about your resolution. Celebrate every win! At the end of three months of your weight loss plan, purchase a top, scarf, anything that makes you feel good. If you've saved some money, celebrate by having a “no spend day” and adding that to your savings. It really can become a fun hobby to see how much you can save.

Whatever your goals and resolutions are, take time to plan your year. How do you want 2023 to end? What do you want your life to look like? Write them down, have a plan of action, take small steps, and then celebrate!