

## 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. Be sure you leave them dripping until the temperature rises above freezing. 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.

## Winter Driving Tips

- Clear your vehicle of all snow before driving. This lets you see properly and it prevents snow from sliding onto your windshield, blocking your vision.
- Keep plenty of space between you and the vehicle ahead of you.
- Apply brakes earlier than usual when stopping for a stop sign or traffic signal.
- Turn on your headlights during overcast or inclement weather for added visibility.
- Be extra careful on ramps or bridges – they may be slippery when other road surfaces are not.
- Keep your vehicle in good condition: Check the battery, tires, and wiper blades; get a tune-up if you haven't in a while.
- 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.

## 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.

## Cold Weather Pet Tips

- When you take your dog out for a “bathroom break,” stay out with it. Not only is it community policy, but if you're cold enough to go inside, it probably is also too cold for your pet to stay out much longer as well.
- When you bring your pet inside, wipe its paws and underside, making certain there is no ice clinging between the toes or on the sole of the foot. Pets drag a lot of moisture onto their bedding from every trip outside in snow. Change your pet's bedding frequently or place it in the dryer for a warm-up.
- For short-haired breeds, you might want to put them in a protective sweater before taking them outside.
- Pets walking on sidewalks that have been “de-iced” are prone to dry, chapped paws which encourages them to lick their paws and ingest the de-ice. Wash your pet's feet with a warm, wet cloth.



| S       | M  | T  | W  | T  | F  | S  |
|---------|----|----|----|----|----|----|
| January | 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. 1-19 – **“Hamilton”**: TPAC  
 Jan. 4-5 – **Monster Jam**: Bridgestone Arena  
 Jan. 5 – **School of Rock**: Ryman Auditorium  
 Jan. 7 – **Nashville Predators vs. Boston Bruins**  
 Jan. 9-12 – **Nashville Boat Show**: Music City Center  
 Jan. 12 – **Tanya Tucker**: Ryman Auditorium  
 Jan. 13 – **Celine Dion**: Bridgestone Arena  
 Jan. 14-21 – **Brandi Carlile**: Ryman Auditorium  
 Jan. 16 – **Nashville Predators vs. Anaheim Ducks**  
 Jan. 16-Feb. 3 – **“Secret Soldiers”**: Nashville Children's Theater  
 Jan. 18 – **Nashville Predators vs. Buffalo Sabres**  
 Jan. 18 – **Ballet: “The Day”**: TPAC  
 Jan. 18 – **Miranda Sing**: War Memorial Auditorium  
 Jan. 23 – **Loverboy**: Ryman Auditorium  
 Jan. 24 – **Miranda Lambert**: Bridgestone Arena  
 Jan. 24-26 – **Nashville RV Super Show**: Music City Center  
 Jan. 24-26 – **Flea Market**: The Fairgrounds Nashville  
 Jan. 25 – **Harlem Globetrotters**: Bridgestone Arena  
 Jan. 25 – **Gary Gulman**: TPAC  
 Jan. 25-26 – **Paw Patrol Live**: TPAC  
 Jan. 27 – **Nashville Predators vs. Toronto Maple Leafs**  
 Jan. 27 – **Aaron Lewis**: Ryman Auditorium  
 Jan. 28 – **Chance the Rapper**: Bridgestone Arena  
 Jan. 28 – **Drum TAO**: TPAC  
 Jan. 29 – **Mandy Patinkin**: TPAC  
 Jan. 29 – **Tool**: Bridgestone Arena  
 Jan. 30-Feb. 2 – **Antiques & Garden Show**: Music City Center  
 Jan. 31 – **Winter Jam**: Bridgestone Arena  
 Jan. 31 – **Piff the Magic Dragon**: TPAC

All dates subject to change without notice

January 2020

### staff

**Morgan Belcher**, NALP  
Property Manager  
**Kristin Lilley**  
Assistant Manager  
**Kayin Pridgen**  
Maintenance Supervisor  
**Ledonnis Carothers**  
Maintenance Tech  
**Reggie Butts**  
Groundskeeper  
**Officer Wright**  
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

Wed., Jan. 8  
Bldgs. 6-9

1395

# The Saxony APARTMENTS

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



Our office will be closed on Wednesday, January 1, in observance of the New Year. Regular hours will be resumed on Thursday, January 2.

## A Warm Winter 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.

## MAKE SURE YOU INSURE

Get any big ticket items over the holidays? Notify your insurance agent so all your electronics, furniture, clothes are covered. Call them today!

## Winter Is Here!

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 generating 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.



# A New Year A NEW DECADE



2020 is here and what great opportunities are in front of us. Do you take time to write down goals, resolutions, emphasis words that you hope to fulfill in the new year?

Tackle some of these in tiny steps to reach your intentions. Try these or come up with some on your own.

## I'M GOING TO LOSE 10 POUNDS THIS MONTH.

That's good, but remember, we're taking tiny steps. How about, "I'll weigh myself daily," or "I'll not eat any food after dinner," or "I'll have a salad with my meal." Practice these for a couple of months until it becomes a habit, and every other month up your game with some more little moves.

## I'M GETTING OFF ALL SOCIAL MEDIA.

How about, "Once a day, I'll skip looking at my phone," or "I'll put my phone away at every meal," or "My phone stays in my pocket or purse when I'm out with friends."

## I'LL EXERCISE 30 MINUTES A DAY.

Try these – "I'll move for 10 minutes, 3 times a day," or "I'll park on the opposite end of the parking lot," or "I'll take the stairs during my work breaks." Chances are you'll enjoy it and recruit others to join you!

## I'M GETTING OUT OF DEBT THIS YEAR.

You CAN do it, but try these small steps. "I'll make a good lunch to take to work, instead of going out," or "Every Tuesday and Thursday are no spend days," or "Instead of spending that money, I'll transfer it to my savings account." You can also purchase specialty drinks at cheaper places, make and stick to a budget (and see how freeing it really is), cut cable and other entertainment costs.

## NO STRESS IN 2020.

Not sure that will happen, but "I'll focus on meditating or praying when I get stressed," or "I'll take deep breaths for one minute when stress comes," or "I'll keep a 'no complaining journal' and think of things I love."

# NATIONAL BLOOD DONOR MONTH

DO YOU DONATE  
BLOOD TO HELP OTHERS?

CHECK OUT THESE FACTS:

- 1 donation can potentially save up to 3 lives.
- Every 2 seconds, someone in the U.S. needs blood.
- Your body contains about a gallon of blood.
- The blood type most often requested by hospitals is type O.
- A single car accident victim can require as many as 100 pints of blood.
- Only 3% of age-eligible people donate blood yearly.
- 4.5 million Americans need blood transfusions each year.
- 13 tests (11 for infectious diseases) are performed on each unit of donated blood.

Unscramble these bird species in honor of **National Bird Day** on January 5, 2020.

- OCFLHNGDI \_\_\_\_\_
- ACLAIRDN \_\_\_\_\_
- OEDV \_\_\_\_\_
- HEDKCCIAE \_\_\_\_\_
- ONBRI \_\_\_\_\_
- LEDRIBUB \_\_\_\_\_
- WCRO \_\_\_\_\_
- UMIBDGHMINR \_\_\_\_\_
- KOEECPDWOR \_\_\_\_\_
- RELOOI \_\_\_\_\_
- RPWSARO \_\_\_\_\_
- AEBLWRR \_\_\_\_\_

**LEWIS LETTERWORKS**  
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## A MAN WITH A DREAM

Dr. Martin Luther King, Jr. was a man with firm convictions. He believed in nonviolent demonstrations to draw attention to the inequality of people in America. He traveled over 6 million miles, spoke over 2,500 times, was arrested upwards of 20 times, was awarded five honorary degrees and 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!

Check out our Hassle Free Newsletter Pinterest page to hear and read his speech.



- LASAGNA SPAGHETTI**
- 1 lb ground beef (browned and drained)
  - 1 large jar spaghetti sauce
  - 8 oz cream cheese
  - ¼ cup sour cream
  - 1 cup cottage cheese
  - 1 stick butter
  - 1 16 oz pkg of spaghetti
  - 1 cup grated sharp cheddar cheese

Preheat oven to 350 degrees.

Boil spaghetti 7 minutes. Drain and set aside until ready to assemble. Combine cream cheese, sour cream and cottage cheese until well blended. Combine cooked ground beef with spaghetti sauce. Put several slices of butter into a 9x13 pan or casserole dish. Pour half the cooked spaghetti noodles in the pan. Take the cream cheese mixture and pour on top of noodles and spread well. Pour the rest of noodles on top of the cream cheese mixture. Put several more slices of butter on top of the noodles. Pour the spaghetti sauce and meat sauce mixture on top of the noodles. Bake in oven for 30 minutes, then pour the grated cheese on top and return to oven for 15 minutes for cheese to melt.

## CELEBRATE JANUARY

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
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Jan. 1 - New Years Day | Jan. 4 - National Spaghetti Day  
Jan. 5 - National Bird Day | Jan. 20 - Martin Luther King, Jr. Day

## Tidy and Organization

### Resolutions

January naturally lends itself to getting our lives in order. Let's look at some rewards of being tidy and organized.

Pencil in some theme nights with your meals. Designate "Taco Tuesdays" or "Meatless Mondays" to help with meal prep and fewer grocery visits. What are some other meals you can designate?

Get a box or big basket to keep in your closet and call it the "outbox." Throw things you no longer need or want in it, and once it's full donate or recycle the items and start again.

Mail – does it ever end? Touch it once and place in a weekly respond, recycle or shred pile / area. Then work it once a week. This is also a great time to compare calendars and quickly discuss the week's adventures with your household.

Save time with cleaning by carrying all supplies in a cleaning tote to take around with you. Can you designate 15 minutes a day to cleaning? You could probably load the dishwasher, clean a bathroom and tidy up the living room in 15 minutes. Do small stabs every day and save your deep cleaning for another time.

Clean as you cook and your dishes will be done in no time. Meal preparation ahead of time will also help with your day-to-day routine.

Every person in your house needs to be cleaning or tidying up. Even small children can pick up their toys and make their beds. Older kids can do the same plus get their book bags and clothes ready for the next day. They could even get their own lunch ready.

NATIONAL BIRD DAY UNSCRAMBLE ANSWERS:  
Hummingbird | Woodpecker | Oriole | Sparrow | Warbler  
Goldfinch | Cardinal | Dove | Chickadee | Robin | Bluebird | Crow