

## Keeping Cool

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

- Do not turn your air conditioner off while you are away. While your A/C is off, 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 increases the amount of work the unit has to do. An ideal temperature setting is around 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.
  - Make sure windows and doors are fully closed.
  - 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 conditioning and report any malfunctioning to our office so we can repair the unit as quickly as possible.



## Family Fun

**OUTDOOR ALPHABET SCAVENGER HUNT** – Looking for a fun game to play with the kids that will get you out of the house but keep you close to home? Try an outdoor alphabet scavenger hunt. Samples may include: A-ant, B-bug, C-caterpillar, etc...

**STEPS TO CONSIDER FOR FAMILY TRAVEL** – Travel during the coronavirus, especially travel with kids, should be carefully considered. Be more deliberate about the travel choices you make for the sake of your family's health and safety.

- Assess your family's risk level.
- Get informed about any travel restrictions/advisories.
- Consider what activities you want to do.
- Stay flexible.

## Budget Idea

Consider becoming a temp worker. Many temp agencies are willing to work around your hours. In fact, you might be filling a special need if you can work nights and weekends. Let the temp agency know of your availability, and there is a good chance you will find the hours. Plus, with a temp agency you can turn down a job if something else comes up during that week.

## Rebounding After the Pandemic

- Give yourself time to adjust.
- Ask for support from people who care about you and who will listen and empathize with your situation.
- Engage in healthy behaviors to enhance your ability to cope with excessive stress.
- Establish or reestablish routines.
- Avoid making major life decisions.

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	June			

June 5 – **Coin**: Ryman Auditorium

June 9-11 – **Nashville Sounds vs. Fresno Grizzlies**

June 10 – **Slipton**: Bridgestone Arena

June 12-15 – **Nashville Sounds vs. Sacramento River Cats**

June 13 – **Brian Regan**: Ryman Auditorium

June 13 – **Music of Pink Floyd**: Ascend Amphitheater

June 13 – **Pancho Barraza**: War Memorial Auditorium

June 17 – **The Doobie Brothers**: Bridgestone Arena

June 18 – **Del McCoury Band**: Ryman Auditorium

June 20 – **NAS**: Ascend Amphitheater

June 21 – **Cam**: Ryman Auditorium

June 21 – **Steve Martin & Martin Short**: Grand Ole Opry House

June 22 – **The Masked Singer**: Ryman Auditorium

June 23 – **Louis Tomlinson**: Ryman Auditorium

June 24 – **Julie Andrews**: Ryman Auditorium

June 24 – **Russ**: Ascend Amphitheater

June 25 – **Dan Tyminski**: Ryman Auditorium

June 25-29 – **Nashville Sounds vs. Omaha Storm Chasers**

June 26-28 – **Flea Market**: The Fairgrounds Nashville

June 27 – **Kenny Chesney**: Nissan Stadium

June 27-28 – **Trolls Live**: TPAC

June 28 – **ZZ Top**: Ascend Amphitheater

June 28 – **Melanie Martinez**: Municipal Auditorium

June 29 – **Mötley Crüe & Def Leppard**: Nissan Stadium

June 30-July 3 – **Nashville Sounds vs. Round Rock Express**

All dates subject to change without notice



# The Saxony APARTMENTS

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

JUNE 2020

## Celebrate the First Day of Summer

The first day of Summer is Saturday, June 20. This is the summer solstice and is the day of the year with the most sunlight, often referred to as the longest day of the year. Since ancient times, the summer solstice has been marked on calendars with celebrations honoring the sun and as a way to mark the seasons. Celebrate this seasonal change in a positive way to kick off your summer fun!

## Ways to Cope with Stress

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
  - Take deep breaths, stretch, or meditate.
  - Try to eat healthy, well-balanced meals.
  - Exercise regularly, and get plenty of sleep.
  - Avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

(Source: CDC.gov)

## Save on Your Electric Bill

Watch out for energy vampires – appliances and electronics that stay on and running, even when you are not using them. Put them all on one power strip and flip the switch off at one time. It will help you save on your electric bill. Remind your spouse and kids to turn off the lights when they leave a room, or unplug lights, TV cords, or video game consoles before bed. Eventually, it will become a habit and you will notice the difference when your bill comes.

## Staff

**Morgan Belcher**, NALP  
Property Manager

**Kristin Lilley**  
Assistant Manager

**Kayin Pridden**  
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., June 10  
Bldgs. 10-13

0626



## Hydrating Deliciously

We drink water to keep ourselves hydrated. Did you know you can hydrate deliciously? Here are a few ideas to keep your water routine from going stale.

Add the juice of two freshly squeezed lemons and a pinch of rock salt. You can also add a little bit of honey and perhaps a sprig from your herb garden.

Yes, you can buy commercial sports drinks, but make your own to take out the unnecessary sugar, calories, and other stuff. Mix equal parts coconut water and fresh-squeezed juice. Add a touch of honey for sweetness.

Cucumber juice, beet juice and vegetable juices (less natural sugars) are great hydration tools.

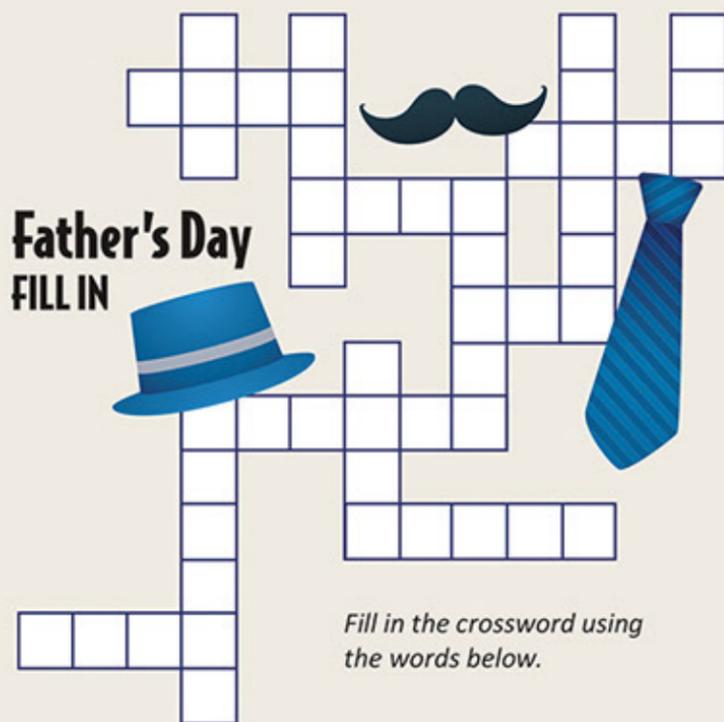
Believe it or not, milk is better for rehydration and for countering dehydration than water. The protein in milk helps your body recharge after physical exertion. If milk doesn't suit your fancy, whip up a milkshake or smoothie with fresh fruit.

Infuse your water with some freshly sliced fruit. Add to a pitcher and enjoy all day long.

Create your own freezer fruit pop by blending watermelon with lemon juice, adding coconut water and raw honey. Fill some ice pop molds and freeze. Along the same idea, get an ice cube tray and fill it with your leftovers from your freezer pops. Once frozen, add to a glass of water.

Coconut water by itself is the best hydrating drink. It's low in calories and rich in potassium.

Warm weather soup is not just delicious, but offers a way to eat fresh vegetables and stay hydrated. Try Garden Minestrone Soup, Zucchini Cheese Soup, Garden Gazpacho, Chilled Cucumber Soup and so many more!



### Father's Day FILL IN

Fill in the crossword using the words below.

3 LETTERS	4 LETTERS	5 LETTERS	6 LETTERS
DAD	CARD	DADDY	FAMILY
HUG	GIFT	TEACH	FATHER
TIE	JUNE	THANK	FRIEND
	LOVE		
	TIME		



*This easy summer dish will keep your kitchen and you cool!*

## Easy Pineapple BARBECUE CHICKEN in THE CROCKPOT

4 skinless, boneless chicken breasts, washed

1 1/2 cups of Caribbean Jerk BBQ marinade/sauce (or your favorite sauce). Add more if needed.

1 can of pineapple chunks - drain most of the juice

Salt & Pepper to taste

Brown rice to serve with chicken

Place chicken in crockpot. Cover with BBQ sauce. Top with pineapple chunks. Cook 4-6 hours on high or 6-8 hours on low. Once done, shred or serve in big chunks over the brown rice.

**LEWIS**  
LETTERWORKS

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## TIME FOR A PICNIC

June 18 is International Picnic Day and it's great to celebrate any day in June! With a little bit of planning, you can have fun with family and friends.

Where to go? A park, grassy knoll with trees, the lake, the beach, your community, even the back of a pickup truck. Pack a blanket or beach towels. Take a small pillow if you plan on taking a nap after eating! Grab your favorite book for some good reading.

If you use a cooler, freeze water bottles (pour out about an inch before freezing) for keeping your food chilled. Get double use out of them as they thaw, leaving you with another round of drinks. If you don't want to use a cooler, use a picnic basket, backpack or beach basket.

Pack your food in containers to make sure ants don't get in. Use paper plates or make it fancy by using your good plates and utensils.

Pack some sunscreen and insect repellent. Board games, sports balls, music, are all good fun before and after the picnic.

Check out our Hassle Free Newsletter Pinterest page for lots of good ideas!

## JUNE JUBILATIONS

S	M	T	W	T	F	S
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5	National Donut Day
6	D-Day Anniversary
14	Flag Day
18	International Picnic Day
20	First Day of Summer
21	Father's Day



## National Safety Month

The National Safety Council recognizes June as National Safety Month, recognizing each specific week with the following topics.

**JUNE 1-7: EMERGENCY PREPAREDNESS**  
- do you know first aid and CPR?

**JUNE 8 - 14: DRIVING**  
- responsible roadway habits can keep everyone safe.

**JUNE 15 - 21: ERGONOMICS**  
- listen to your body and properly set up your workstation.

**JUNE 22 - 30: EMPLOYEE ENGAGEMENT**  
- be aware of your surroundings for safety.



## Celebrating Our Men

This month we celebrate our fathers. What better way than to recognize Men's Health Week, June 15-21. This is a week to heighten the awareness of preventable health problems and to encourage early detection and treatment of disease among men and boys.

Congressman Bill Richardson said, "Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."

What can YOU do?

- Wear blue on the Friday before Father's Day.
- Make sure you, as a man, take advantage of yearly physical checkups and screenings.
- Your mental health is important. Find someone to talk to if needed.
- Only you can control your health. Step up and do it.