

## Open Those Windows!

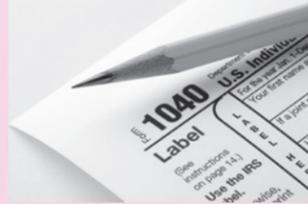
Who's excited about warmer weather? We are! Just make sure that if you have your windows open, please keep your noise to a minimum. You don't want your neighbors knowing everything, do you?

## Tax Time

Tax Day is right around the corner! If you haven't already filed your taxes, you'd better get right on it. Quicken's TurboTax recommends you make sure you:

- Report all the income for which you receive a tax document.
- Be careful if you're taking a deduction for expenses related to a home office, especially if you're an employee of a company.
- Don't take a deduction for a donation to a charity that isn't in line with the income you've reported.
- Keep good records supporting your donations.

You'll save yourself time in the long run if you have documentation to prove everything and if your paperwork is organized.



## Cholesterol Awareness

As we age, our cholesterol numbers can go up, without us knowing it. High cholesterol is a contributing factor of heart disease and stroke. Although cholesterol is a natural substance, if levels are too high it causes dangerous narrowing blockages of the arteries.

Your first defense is a healthy lifestyle – fewer saturated and trans fats. Fiber-rich fruits and vegetables and healthy carbs along with nuts, avocados and cold-water fish help.

Recommended exercise of 2-3 hours per week for older adults may be hard to fit in, but leisurely strolls, gardening, or being active in the home can help you reach that goal.

Know your numbers by checking with your doctor or finding free cholesterol screenings in your community.

April 2019

### Staff

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### Office Hours

**Monday-Friday**  
9:00am - 5:30 pm

**Saturday**  
10:00 am - 4:00 pm

# POST OAK APARTMENTS

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Schatten Properties Management, Inc.

## Make Your Home Yours

There are many inexpensive things to make your home look and feel like it's yours!

- Area rugs are great to add a pop of color. They can help define an area and add instant coziness and warmth.
- Add a plant to each room – they can breathe life into a space.
- Hang artwork that matches your personality. Or prop a door or panel against the wall.
- Rearrange your furniture until you get the feel you want. Shop at thrift stores for some deals.
- Window treatments don't have to be expensive. There are so many stores that offer great deals on draperies.

## On the Air

We just might have some weather warm enough for you to use your air conditioner. You might notice an odor due to the fact that your unit has not been used for several months. Let the air conditioner run for a few minutes and the smell should be gone. If you notice any problems with your thermostat or air flow, call the office for prompt attention.

## National Pet Day

Celebrated annually on April 11, National Pet Day is an unofficial holiday that encourages all of us to pay our pets some extra attention. So if you have a pet, you can do something special for them on this day by taking them for a long walk, buying them a special treat or maybe just by spending a little bit of extra time with them.

Fun pet facts:

- 80 million households in the United States currently have a pet.
- In the U.S., there are almost 80 million pet dogs and almost 86 million pet cats.
- Adult dogs normally have about 42 teeth.
- Dogs sweat only through the pads of their feet.
- Cats sleep about 13 to 14 hours per day, on average.

(Source: [www.holidayscalendar.com](http://www.holidayscalendar.com))



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	RENT DUE					LATE CHARGES BEGIN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Easter	Earth Day		Administrative Professionals Day			
21	22	23	24	25	26	27
28	29	30				

April



# APR 2019

- 1 April Fools Day
- 15 Tax Day (taxes due)
- 21 Easter
- 22 Earth Day
- 24 Administrative Professionals Day
- 26 Arbor Day

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 <b>TAX DAY</b>	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



## Less Stress = Happy Life

It's **Stress Awareness Month** and stress seems to be something we all do well! Let's stop the stress cycle and learn ways to keep stress at bay.

Learn to say no. Focus your energy on what matters most to you at this season in your life. What's in your circle: your family, your job, a passion? If you're asked to do something that doesn't fit into your "circle", just say no. Instead find things you can say yes to that fit in with what you love to do.

Don't forget to say thanks. Spending 5 minutes a day either writing in a journal or meditating and thinking upon the many blessings you have will help calm prevail.

Get plenty of exercise. If you sit at a desk all day consider getting a stand up desk. Take walks during work breaks and lunch. When you get home, take the kids to the park or play outside. There are so many ways to get moving and each time you move you're helping manage stress.

When you feel overwhelmed, write down what you need to do and check it off. The feeling of accomplishment outweighs the overwhelming with those "checked off" lists.

Eat right. Get in your fruits and vegetables. Drink water. Practice portion control.

Spend time with the ones you love. Whether you're talking, watching a favorite show, doing a hobby together or just sitting quietly together, it's fun being with a "best friend."

## RECYCLING



Let's celebrate Earth Day by recycling and reusing what we already have. Check these out!

Egg cartons are the perfect package for carrying mini cupcakes and muffins. Also good for small jewelry holders.

Reuse toilet paper holders to organize cables and cords.

Newspaper absorbs odors. Ball it up and place it inside stinky shoes.

Cleaned ketchup bottles can become pancake squirters.

Kleenex boxes can become bag dispensers.

Large spaghetti sauce jars are great for pantry staples like dry beans, rice, flour, sugar and look very decorative.

The inside liners of cereal boxes are great for picking up pet waste.

Use Frisbees to reinforce disposable plates.

Use old toothbrushes for scrubbing hard to reach places.

Cupcake papers can keep popsicles from dripping on your hands.

Netted fruit, potato or onion bags make perfect kitchen scrubbers.

Use hanging shoe holders for extra pantry room.

Reuse plastic meat trays to hold damp sponges under the sink.



## You Taxed WHAT?

The deadline for filing taxes is Monday, April 15th and it's never a fun task. There has been some funny taxation throughout the centuries. Here are a few of them.

Russian Emperor Peter the Great (1705) placed a tax on beards. He wanted to force the men to adopt the clean-shaven look that was common in Western Europe.

If you wanted to play cards in the 16th century, you had to pay a tax. In England this tax was not repealed until 1960.

England has taxed fireplaces, windows, bricks, wallpaper, hats, candles, wig powders, and even salt. Most people found a way around all the taxes and eventually all were repealed.

Johnstown, PA, was devastated by two floods. The state passed a tax on alcohol, using the proceeds to rebuild the city. The amount needed was reached in 1942, but the tax was never repealed. It still brings in around \$200 million a year.

In 2005, Tennessee began requiring drug dealers to pay taxes on any illegal substances they sold – anonymously. It was repealed in 2009.

In California, fresh fruit bought through a vending machine is subject to a 33% tax.

Are you over 100 years old? Go live in New Mexico where you are tax-exempt – but only if you're not a dependent.

In New York, an uncut bagel is tax exempt but if you want it sliced or ask for it with cream cheese, you get extra tax added to your order.

A free deck of cards is given to you when you file your tax returns in Nevada. However, in Alabama you'll have a 10% tax on card decks with 54 cards or less.

 **Hassle Free Newsletter**

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## FOUR-INGREDIENT LEMON COOKIES



- 1 lemon cake mix (15.25 oz. size or something close to that size)
- 1 small pkg. instant lemon pudding (3.5 oz.)
- 3/4 cup oil
- 2 eggs

Preheat oven to 350 degrees. Place all ingredients in large bowl and mix with an electric mixer until well mixed. Shape dough into small walnut-sized balls and place 2 inches apart on a very lightly sprayed cookie sheet. Bake 15-18 minutes (check at 15 minutes). Cool 3 minutes on baking sheet, then transfer to wire racks to cool completely. Frost with plain icing or a lemon icing if desired. Makes approximately 2-1/2 dozen cookies.



## Plants Bring a Smile

The sun is shining, spring is here and we're ready to dress up our patio or balcony. Check the weather conditions where you live and if there's no freeze warnings in the future, let's get busy with container planting!

- Angelonia likes the sun and doesn't need to be deadheaded. They come in all colors. Pair with trailing herbs.
- Hostas, with a couple of flowers planted to the side, always offer a beautiful display.
- Lantana can stand the hottest summer. It blooms beautifully and is loved by butterflies.
- Hydrangea flowering shrubs are great in containers. Bonus: cut blooms dry beautifully for an indoor display all winter long.
- Coleus is drought-tolerant and is available in so many colors and varieties. They are a huge pollinator magnet for butterflies, bees and hummingbirds.
- Try a boxwood in a container and fill in with dainty blooming plants like white violas and sweet potato vine.
- Leafy greens love sunshine. Plus you can eat them later!