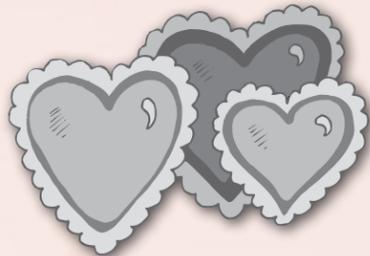


Keep warm but stay safe

- Keep space heaters at least three feet away from any other object and place on level, flat surfaces – never on cabinets, tables, furniture or carpet. Plug directly into a wall outlet – do not use an extension cord or power strip.
- Do not use your oven to heat your home. It can emit carbon monoxide.
- Never leave candles unattended.
- Rolled-up blankets or towels placed at the base of any exterior door can help keep cold drafts from entering.
- During extremely cold days and nights, let your faucets run at a slow drip.



February Birthdays

- 2/1 ITALO REZENDE
- 2/4 LAUREN PERKINS
- 2/4 JOWANDA WILLIAMS
- 2/7 ERNEST KOBISKA, JR.
- 2/7 LUIS SUAREZ
- 2/10 GRACE SCHMIDT
- 2/23 RACHEL DONOHUE
- 2/24 FERNANDO CRUZ
- 2/24 KIRK ANDERSON
- 2/26 OWEN DOLLE
- 2/26 HALEY WIENKE
- 2/27 PAIGE HARDESTY
- 2/27 NAMAN DEEP

Valentine Traditions

The symbols you see on cards and gifts during this time of the year have been around for centuries. Red hearts are used most often and have stood for love since ancient times. Ribbons are taken from the days when ladies gave a ribbon to their favorite knight in shining armor before he went into battle. Lace decorates cards and boxes of candy and is a Latin word meaning “to catch,” so lace was supposed to catch the heart of a loved one. Cupid, the Roman god of love, uses his bow and arrows to shoot love into people’s hearts.

This month as we celebrate this holiday of love, take the time to tell someone special how much you care.

Keeping yourself healthy

As the winter rages on, here are some tips to make sure you are staying healthy:

- Check-ups with your doctor for your annual physical are important no matter your age. Make your appointments and keep them.
- Are you getting enough sleep? It affects physical and mental health. Some of the benefits of proper sleep include allowing your body to heal, repair and rejuvenate; improving your memory and concentration; reducing daily stress; increasing energy. Who doesn’t want that?
- Exercise also offers many benefits from heart health to reducing discomfort.
- Good nutrition boosts your immunity, improves your daily energy level and reduces the risk of disease.
- Hydration is key as you age. It’s a natural cleanser for our organs and digestive system. Suggested amounts are to drink half your body weight in ounces.
- Reducing stress is crucial to healthy bodies. Find what helps relax and calm you – a book, being outside, meditating.

POST OAK APARTMENTS

8000 Post Oak Place • Louisville, Kentucky 40222
502-426-8686

Schatten Properties Management, Inc.

It’s Leap Year!

February 29 – How is leap year determined? A leap year occurs every year that divisible by 4 except years marked by the even hundreds, as 2000. Adding an extra day every fourth year makes the average calendar year 11 minutes 14 seconds too long. So the day is not added in the century years except those divisible by 400, such as 1600 and 2000. Confused? We are too! All we know is we have another day this year to serve you and make you happy you chose our community. Happy Leap Year!

groundhog day

National folklore has it that on February 2 a groundhog will come out of his home to predict the future. If Punxsutawney Phil, the famous groundhog, sees his shadow, there will be six more weeks of cold and dreary winter weather. If he doesn’t, spring is just around the corner. This tradition was started by German immigrants in Punxsutawney, Pennsylvania, who originally used badgers to predict spring’s coming in their native land. Since groundhogs were easier to find in their new country, Groundhog Day emerged.

Sweets for You

Stop by our office during business hours on Valentine’s Day and get a sweet treat! We’ll have plenty on hand and it will give us an opportunity to personally say how much we love having you as part of our community!

A month full of hearts

Chocolate hearts, candy hearts, paper hearts, foil hearts and your heart’s health. February is American Heart Month. Here are some ways to reduce the risk of heart attack, according to the American Heart Association:

- Stop smoking.
- Eat a diet low in saturated fat and cholesterol.
- Stay at the weight your doctor recommends for your age and height.
- Control high blood pressure and diabetes with medication or diet.
- Take steps to reduce stress.
- Exercise aerobically and regularly.

Wear Red

On Friday, February 7, the American Heart Association invites you to “Go Red for Women” by wearing red and giving to help eradicate heart disease and stroke. #WearRedandGive

Heart disease is the number one killer of women, killing more women than all forms of cancer combined. Let’s get behind this cause for all the women in our lives.

February 2020

STAFF

Sara Sievert
Property Manager

Mariel Pena
Assistant Property Manager

Darren Emerson
Maintenance Tech

Mike Wilson
Maintenance Tech

Chase Barnett
Courtesy Officer

OFFICE HOURS

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

Saturday
10:00 am - 4:00 pm

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



LADIES, GRAB YOUR BEST FRIENDS AND CELEBRATE

Galentines on February 13

- Make a fun dinner together ♥ Host a game night ♥ Sing karaoke
- ♥ Get mani and pedis ♥ Bring your favorite dish night ♥
- Plan an overnight road trip ♥ Go hiking ♥ Volunteer together
- ♥ Watch a movie marathon ♥ Have a craft night ♥
- Dress up and paint the town red ♥ Take a photo shoot

ENDLESS WAYS TO CELEBRATE

Valentines on February 14

- Dance in your living room ♥ Do a class together ♥ Visit a museum
- ♥ Prepare a theme dinner and movie night ♥ Enjoy a spa night ♥
- Visit a nearby city and be a tourist ♥ Cook a favorite meal together
- ♥ Plan and execute a home improvement project ♥
- Watch your wedding video ♥ Bundle up and look at the stars
- ♥ Look through old photos and letters ♥ Go ice skating ♥
- Write sticky notes and post all over the house ♥ Camp indoors



February Fun

- | | |
|-----------------------------|------------------------|
| FEB 2 Groundhog Day | FEB 17 President's Day |
| FEB 2 Super Bowl | FEB 25 Mardi Gras |
| FEB 7 National Wear Red Day | FEB 26 Ash Wednesday |
| FEB 14 Valentine's Day | |

Check out our
Hassle Free Newsletter
Pinterest page to
hear and read
Martin Luther King Jr.'s speech.

LEWIS LETTERWORKS

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1 = C, 2 = L, 3 = D, 4 = G, 5 = A, 6 = F, 7 = H, 8 = B, 9 = E

Know Your Presidents Answers

FEBRUARY IS

BLACK HISTORY MONTH

Black History is American History. And although a month is set aside to recognize the achievements and accomplishments of many African Americans, history is something to learn from every day. Take a moment to read through the notables of some Americans whom you might not know.

Benjamin Banneker (1731-1806) made the calculations to predict solar and lunar eclipses.

The Reverend Richard Allen (1760-1831) founded the African Methodist Episcopal (AME) Church in 1816.

Martin Delany (1812-1885) became the first African American field officer in the U.S. Army.

Harriet Wilson (1825-1900) was the first African American to publish a novel in North America.

George Washington Buckner (1885-1943) was first to serve as a diplomatic minister to a foreign country.

Madame C. J. Walker (1867-1919) aka Sarah Breedlove, sold hair care products and cosmetics and became the first woman millionaire.

Jack Johnson (1878-1946) was the first black heavyweight boxing champion of the world.

Eubie Blake (1887-1983) along with Noble Sissie wrote "Shuffle Along", one of the first Broadway musicals to be written and directed by African Americans.

Bessie Coleman (1892 - 1926) became the first black licensed pilot in the world.

Oscar Charleston (1896 - 1954) was considered to be one of the best all-around baseball players of his time.

Marian Anderson (1897 - 1993), an opera, concert singer, was best remembered for her performance on Easter Sunday, 1939, on the steps of the Lincoln Memorial.

Emmett Ashford (1914 - 1980) was the first African American umpire in Major League Baseball.

Althea Gibson (1927 - 2003) was the first African American woman to be a competitor on the world tennis tour.

TWO INGREDIENT FUDGE

- 1 cup peanut butter
- 1 12 oz. can cake frosting



Microwave peanut butter 30 seconds. Microwave cake frosting 30 seconds. Mix thoroughly together. Pour into a 9x9 container and let set. You may use any kind of cake frosting. Easy and delicious!



Simmer these recipes in water on your stovetop for a warm winter smell.

CINNAMON APPLE TREAT

- 2 sliced apples • 3 cinnamon sticks
- Lemon rind • 1 tsp. vanilla extract
- 3 whole cloves

SPICY ORANGES

- 1/3 cup fresh cranberries
- 2 oranges • 1 lemon
- 2 whole nutmegs • 1 tbsp. whole cloves
- 3 cinnamon sticks • 2 bay leaves

PUMPKIN PIES

- 1 tbsp. pumpkin pie spice
- 1 tsp. vanilla extract • 2 cinnamon sticks

GINGERBREAD GOODNESS

- 10 slices fresh ginger • 3 cinnamon sticks
- 1 tsp. vanilla extract • 1 orange rind

IN THE PINES

- Handful of fresh pine twigs
- 1 lemon rind • 2 cinnamon sticks
- 3 bay leaves • 1 tsp. nutmeg

BE HEALTHIER IN 2020 – WITHOUT DIETING

Looking for some ways you can improve YOU? Just a few changes can make a difference.

- 1) If you sit for an hour – take a five-minute walk. Sitting causes your leg arteries' ability to expand. If you walk for each hour you sit, this helps your blood vessel function.
- 2) Focusing on gratitude helps build a healthier immune system. Be positive and be thankful.
- 3) Watch one fewer TV show a day. Too much "still" screen time in midlife is linked with type 2 diabetes and heart disease.
- 4) Making your bed has shown that you will probably get a better nights sleep than going to sleep in a messy bed.
- 5) Unplug from technology an hour before bed.
- 6) Eat from a smaller plate and bowl. You may feel satisfied with less food.
- 7) Drink a glass of water with every meal.
- 8) Walk during your work breaks. Take the stairs. Park in the back. Use a stand-up desk.

KNOW YOUR



In honor of President's Day on the 17th, match the Commander in Chief with the fact.

- | | |
|--|---|
| A. Rutherford B. Hayes (19th) | 1. _____ enjoyed less than three years of retirement. He died of a throat infection in 1799. |
| B. George H.W. Bush (41st) | 2. _____ died on 7/4/1826, both within a few hours of each other. |
| C. George Washington (1st) | 3. _____ was the first President to die in office - 32 days after his inauguration. |
| D. William Henry Harrison (9th) | 4. _____ remained a lifelong bachelor. |
| E. Barack Obama (44th) | 5. _____ banished wines and liquors from the White House. |
| F. Warren G. Harding (29th) | 6. _____ was nominated for president because "he looked like a President." |
| G. James Buchanan (15th) | 7. _____ suffered a heart attack during his first term, recovered and was elected for a second term. |
| H. Dwight D. Eisenhower (34th) | 8. _____ became the youngest pilot in the Navy when he received his wings - flying 58 combat missions during World War II. |
| I. John Adams and Thomas Jefferson (2nd & 3rd) | 9. _____ was not only our first African American president, he was also the first African American president of the Harvard Law Review. |