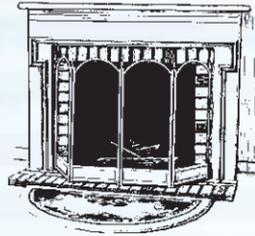


## Give Your Piggy Bank a Boost!

Does it seem your piggy bank is losing weight, especially after the holidays? Well, let us help! Simply refer a friend, family member or colleague to live at our community and you will receive a Resident Referral worth \$500! It's that easy to make some extra money and to get great neighbors! Call the office for details on how you can plump up your favorite piggy (bank, that is)!

## Fireplace Safety

- Keep everything at a safe distance from the hearth.
- Use only dry, cured wood. The best types are oak or hickory; pine has a high sap content and can easily start a fire outside your fireplace.
- Make sure the damper is open before lighting the fire.
- Keep the screen closed to prevent popping embers from exiting.
- NEVER leave your fire unattended.
- Don't burn garbage or plastics, and never use a starter fluid.
- Be sure ashes are completely cooled before disposing of them.
- We recommend that you not use the popular three-hour logs. These types of logs build up creosote which can cause chimney fires.
- Clean the fireplace after each use.



## Furry Friends

If Santa brought you a new furry friend, don't forget the following to make sure you and your pet 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.

As a courtesy to your neighbors and also maintaining the areas surrounding your home, we ask that you please pick up after your pets. There are two containers located in the property for disposal purposes. We all want to be proud of our community, so we thank you for your cooperation regarding this matter.

January 2019

### Staff

**Sara Sievert**  
Property Manager

**Sara Heuglin**  
Assistant Property Manager

**Chris Murphy**  
Maintenance Supervisor

**Darren Emerson**  
Maintenance Tech

**Jonathan Herring**  
Courtesy Officer

### Office Hours

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

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

# POST OAK APARTMENTS

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

Schatten Properties Management, Inc.

## HAPPY NEW YEAR!

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

### Celebrations

Just a reminder that fireworks are not allowed in our community. If you're having guests over, please keep noise to a minimum for the courtesy of your neighbors and make sure guests park in designated areas.

### Call Right Away

We know that some of you don't like to call in maintenance requests because you know we are busy. We appreciate your thoughtfulness, but actually the sooner we are notified of a problem the sooner we can begin fixing it. A leaky pipe may not seem like a big deal, but if left for any length of time it can cause damage to the cabinets and run up the water bill. Help us serve you better – call maintenance requests in right away and prevent them from turning into major issues.

### Frozen Pipes

As the temperatures start to drop, please remember you can help prevent water damage to your home and your personal property from frozen pipes.

- Keep heat on at all times.
- Open cabinets under the sink in the bathroom and kitchen.
- Allow faucets to drip slowly.

Hopefully, these precautions will prevent water damage to your home this winter. However, it is in your best interest to have a renter's insurance policy in force to provide coverage for your property in the event of a mishap in your home. For more information on this matter, please do not hesitate to call the office. Thanks for your cooperation.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		New Year's Day OFFICE CLOSED  RENT DUE  1	2	3	4	5
LATE CHARGES BEGIN  6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	Martin Luther King Jr. Day	22	23	24	25	26
27	28	29	30	31		

January



# 1 GOAL, 1 CHANGE FOR THE NEW YEAR

Are you like most people?  
Choosing too many New Year resolutions  
and not keeping any of them?  
Change that in 2019 by picking one thing  
you want to change or something you  
want to accomplish and zone in on that.

Write it down, have a plan, choose a mentor and  
choose a date to start and a target future date.  
Posting on social media creates accountability and  
support, track your progress and treat yourself  
(not just food) when you reach your milestone!

Here are some suggestions: lose 5 pounds,  
keep up with all credit card receipts,  
save \$500, organize your kitchen,  
go from 2 packs of cigarettes a week to 1.

## YOU CAN DO THIS!



### OUR COLD WEATHER FRIEND

January is National Soup  
Month and who doesn't  
want to celebrate?

A good pot of delicious  
vegetable soup can give you  
the vegetables and protein  
you need along with filling  
you up with fewer calories  
from the water/broth.  
Soup is tasty, affordable  
and can make you feel better!



We have a delicious recipe for you here and others  
on our [Hassle Free Newsletter Pinterest page](#).

## KNOWING DR. MARTIN LUTHER KING, JR.



- King's legal birth name was Michael King (along with his father's), but the elder King changed their names to Martin Luther King in honor of the Protestant German reformer Martin Luther.
- King sang with his church choir at the 1939 Atlanta premiere of the movie "Gone with the Wind".
- A very smart young man, Martin Luther was able to skip the ninth and twelfth grades of high school and entered Morehouse College at age 15.
- King married Coretta Scott in 1953 and they became parents of four children.
- In 1955, he led the Montgomery Bus Boycott (Rosa Parks) which lasted a year and ended in 1956 when the Supreme Court declared segregation on buses was unconstitutional.
- Dr. King founded the Southern Christian Leadership Conference to organize and conduct non-violent protests for civil rights.
- Traveling to India in 1959, King studied Mahatma Gandhi's principles on non-violence. He used these in his fight against racial discrimination, earning him the Nobel Peace Prize in 1964.
- Martin Luther King, Jr. was assassinated on April 4, 1968 in Memphis, Tennessee, at age 39.
- President Ronald Reagan signed a bill to declare Martin Luther King, Jr. Day – the first African American to be granted a national holiday.
- Hiroshima, Japan and Toronto, Canada also celebrate MLK Day.
- Over 1,000 streets are named after Martin Luther King, Jr.

- CHILLY
- COLD
- FROST
- FLURRIES
- GLOVES
- HOCKEY
- HOT CHOCOLATE
- ICICLE
- JANUARY
- MITTENS
- NEW YEAR
- SCARF
- SNOWFLAKE
- SWEATER
- WINTER

## Winter WORD SEARCH

G	M	G	Y	T	I	S	D	Y	F	Y	N
E	N	I	S	L	W	C	E	L	S	I	E
O	K	O	T	E	L	K	I	E	O	S	W
K	R	A	A	T	C	I	I	C	C	C	Y
F	A	T	L	O	E	R	H	A	L	S	E
P	E	R	H	F	R	N	R	C	J	E	A
R	F	X	C	U	W	F	S	G	K	V	R
E	T	A	L	O	C	O	H	C	T	O	H
U	I	F	F	R	E	T	N	I	W	L	W
J	A	N	U	A	R	Y	W	S	N	G	G

## PAST, PRESENT AND FUTURE



## BULLET JOURNALING

### You've seen it and heard about it, but what is Bullet Journaling and why does it matter?

Most of your calendars just give you a few lines to jot a note or two.  
Bullet journaling lets you take up as much room as you want.  
If you're creative, you'll enjoy some tutorials on lettering,  
coloring and artistic details. But if you're not artistic,  
all you need is a dot grid or a squared notebook and a pen.

Whether you're looking to post memories, keep future logs or weekly or  
daily posts, it's a fun way to track habits, collections, gratitudes and just  
about anything in between. Bullet journaling is a wonderful way to have  
a year in review – anything from trips, memories, day-to-day activities –  
it's all there for you to keep and review.

Check out our [Hassle Free Newsletter Pinterest page](#) for all the details.



## Lovely LINEN CLOSET

It's one closet that gets all the junk.  
Take a weekend to totally clear out  
your linen closet and reorganize  
it from top to bottom.

Get rid of worn-out towels. Purchase a new  
towel every month to replace old ones.  
Same with washcloths and hand towels.

Too many sheets or mismatched ones?  
Donate ones that don't have a  
partner and buy one extra set.

Go through all medicines, makeup,  
hairbrushes, etc. and check for  
expiration dates. Keeping it simple  
will make your life simple.

Have room at the bottom of the closet for  
your hamper? Plastic trash cans are  
inexpensive and make for great hampers.

Before you know it, you'll have a  
closet you're proud to show off!

## OLD FASHIONED POTATO SOUP

- 2 lbs. Idaho potatoes – cut into chunks
- 1/2 large onion (chopped)
- 1/2 cup celery (chopped)
- 3 Tbs. flour
- Salt and pepper to taste
- 3 – 4 Tbs. butter
- 1 can EVAPORATED milk
- Sharp shredded cheese for topping



Peel and cut 2 (two) lbs. Idaho potatoes into chunks.  
Peel and chop 1/2 large onion and 1/2 cup celery.  
Toss potatoes, onion and celery with 3 Tbs. flour.  
Season with salt and pepper. Set aside for 10 minutes.  
Melt 3 – 4 Tbs. butter in soup pot. Add potato mixture to  
the soup pot. Stir and coat with the butter and cover with  
enough water to cover the potatoes. (May use chicken  
broth if desired to give more flavor.) Bring mixture to boil.  
Stir in 1 can evaporated milk. Bring to boil. Reduce heat to  
simmer and cook uncovered about 30 minutes. Taste and  
adjust salt, pepper or seasonings. Continue simmering  
uncovered until soup reaches desired consistency and  
thickness. Fill soup bowls with soup and sprinkle sharp  
shredded cheese on top and serve.