

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.

EASY TIPS FOR THRIVING SUCCULENTS

Succulents make great houseplants, but they can also add an exotic edge to your outdoor garden. Follow these tips for growing these popular plants.

How to care for indoor succulents:

- Plant your succulent in a pot that drains.
- Use succulent soil or soil that drains well.
- Make sure they have plenty of sunlight (at least half a day).
- Water heavily, but not often (large amount of water about once a week).
- Maintain a warm temperature.

How to care for outdoor succulents:

- Choose a sunny spot.
- Make sure you have appropriate soil that drains well.
- If watering is necessary, pour water directly onto the base of the plant to keep the leaves dry.
- Bring your succulents indoors for the winter.



June Birthdays

LINDSEY BLACK
SEAN CARR
MATTHEW DOEPEL
WILMER GARCIA
COURTNEY HEMMELGAM
MEGHAN KLYCZEK
LILY MATHEWS
SARAH PETREE
HANNAH PHILLIPS
ANDRE RICHARDSON
JORDAN SMITH
DEBORAH WHITE
ANDY WILSON

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
Flag Day						First Day of Summer
14	15	16	17	18	19	20
Fathers Day						
21	22	23	24	25	26	27
			<i>June</i>			
28	29	30				

POST OAK APARTMENTS

JUNE 2020

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

Schatten Properties Management, Inc.

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)

SUMMER IS BALCONY TIME

Enjoy the warmer weather by taking advantage of sprucing up your balcony or patio. Artificial plants are low maintenance and can look very realistic, from tall grass, potted trees and ivy. Hanging baskets and living plants add beauty while providing the satisfaction of a hobby. Use solar lanterns to add evening accent. Recreate that campfire feeling by wrapping string lights around a bundle of decorative wood.

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





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.



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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
	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				

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.