



Have a Cuppa

Stop by the office during the month of October and enjoy a cup of coffee on us! While you're here, make sure your lease and information is up to date.

Warming Your Home

Fall is officially here! There is a chill in the air and the nights can get cold. When you turn on the heat for the first time, there may be a burning smell. Do not be alarmed - it is just the unit going to work after lying dormant for so long. Dust collects on the heating element and it takes just a few minutes for it to "burn off." If the smell continues for an extended period or your heater doesn't seem to be working, please give us a call. We will be happy to check it out and make sure your home will be warm in the cold months ahead.

Jack-o-Lanterns

After you finish carving your pumpkin this year, we would appreciate it if you would consider putting a small flashlight in your jack-o-lantern instead of a candle. Flames of any kind left unattended are dangerous, and leaving an open flame exposed to the elements for a long period is an even bigger fire hazard. Use a flashlight or glowstick - no fires will be started, no fingers will be burned and your jack-o-lantern will be just as spooky.



Courtesy Officer

If you are in need of a courtesy officer for noise issues or being locked out of your apartment after our business hours, please phone our office at 502-426-8686 and enter prompt #4. Leave your name, apartment number and telephone number. Our courtesy officer will be in contact.

Resident October Birthdays

Travis Blankenship • Chris Council • Dixon Fletcher
Mary Jones • Matthew Richardson
Jacob Russell • Kira Schulz

POST OAK APARTMENTS

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

Schatten Properties Management, Inc.

Welcome!

Welcome to all of you who have recently moved into our community! We hope you are enjoying your new home and we look forward to a long and happy relationship with you. Remember that the staff is here ready to serve you. Please contact the office if we can help in any way or if you have any questions about your new home.

From the Manager

My name is **Sara Sievert** and I am the new property manager for Post Oak. I have spent all my career in property management, including working the last eight years with Schatten Properties. Having worked and lived in Louisville most of my life, I am very familiar with the property and look forward to ensuring it reaches its full potential. Please know that my team and I are committed to providing you and your families with the highest quality customer service. I am excited to be a part of the Post Oak team and look forward to meeting each of you individually over the next few months.

It's Scary Not to Have Insurance

Halloween is a time of ghosts, goblins and other imaginary troublemakers. Vandalism, theft, and natural disasters are troublemakers that could occur at any time and can cause damage to the contents of your home. It would be terrifying not to be protected. Be sure you are prepared with renters insurance. Take control today, and contact your insurance agent or the office for more information.

Because of You...

- ...we want to make sure our community looks its best!
- ...we offer the best management and maintenance!
- ...we have the best neighbors!
- ...we offer one of the finest referral incentives around!

October 2018

Staff

- Sara Sievert**
Property Manager
- Sara Heuglin**
Assistant Property Manager
- Chris Murphy**
Maintenance Supervisor
- Darren Emerson**
Maintenance Tech

Office Hours

- Monday-Friday**
9:00am - 5:30pm
- Saturday**
10:00 am - 4:00 pm

Resident Referral \$500

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	RENT DUE					LATE CHARGES BEGIN
	1	2	3	4	5	6
	Columbus Day					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	Halloween	31		



Coffee? *Yes, Please!*



Why do we love coffee so much?

The aroma alone makes you wake up, gets your senses going and prepares you for the day!

Do you drink coffee to keep you awake? You're not alone. This is the most practical reason why people like to drink coffee – caffeine keeps us going.

Coffee is a comforting drink. Whether it's cold and you need to warm up, or you think back to memories drinking with family or friends, coffee encourages you to relax and enjoy time with your special ones.

What are your favorite memories of coffee?

Make sure you look at our



Hassle Free Newsletter Pinterest page for some coffee fun and recipes.

Candy, Candy and more Candy!

- If **CANDY CORN** was laid out end to end in 2018, it would wrap the Earth 4.25 times.
- Jolly Ranchers** name was chosen to suggest a hospitable, western company.
- HIT HATS** were created to easily fit in a sack lunch. And the jingle gets stuck in your head. Thank you.
- TOOTSIE ROLLS** were added to soldiers' rations during WWII because of their durability in all weather conditions.
- M&M** stands for (Forrest) Mars and (Bruce) Murrie who launched the candy.
- The **TING POP** was a way for the inventor to help his daughter stop sucking her thumb. It did not work.
- How many licks does it take to get to the center of a **TOOTSIE POP**? 364 average.
- A dentist partnered with a confectioner and came up with Fairy Floss. In other words, **COTTON CANDY**.
- DOTS SUBMITORS** are gluten-free and vegan-friendly with over 4 billion of them rolled out annually.
- SNICKERS** was named after the owner's beloved racehorse that had just passed away.
- SUGAR DADDY** caramel candy was originally called the Papa Sucker.
- The machine producing **HERSHEY KISSES** runs 24 hours a day, seven days a week.
- AIR HEADS** will last up to two years before they expire – 16 flavors available.



October is Breast Cancer Awareness month. You'll see sports teams playing in pink and you'll hear of 5Ks supporting breast cancer survivors.

While great strides have been made, there are some easy things you can do to help your overall health.

- Breast cancer is less common in countries with plant-based diets and low in total fat. Eat plenty of fruits and vegetables (more than 5 cups a day).
- If you smoke, STOP! It's a hard habit to break, but there are many programs to help.
- Regular drinking of alcohol can harm your health – all types count. Limit your drinking.

One in eight women will be diagnosed with breast cancer in their lifetime. Be aware of your health. Have regular exams and support those in need.



So We Have to Say *Goodbye*

Embrace the seasons and store those summer clothes so they'll be ready for you next year. Here are a few tips to help.

This is a perfect opportunity to go through each item of clothing. If you didn't wear it this year, donate, sell or consign your clothes. You might make enough to spruce up your fall wardrobe!

Make sure all your clothes are laundered—stains can set and discolor your favorite top. Plus pests are attracted to food and sweat.

Storing leather? Clean it and apply a light leather oil for protection. Always store leather where it can breathe and won't come in contact with any other clothes.

Now, where to put them? Instead of cardboard boxes, purchase clear plastic storage bins with tight fitting lids. Look for the #5 within the recycling triangle or the letters "PP". A suitcase you're not using is also good. For suits and dresses, get a fabric garment bag. The thin plastic ones can produce moisture. You can also use a 100% cotton sheet or pillowcase to cover hanging clothes.

If you use mothballs or cedarwood, don't let them come into direct contact with your garments.

CORN SALAD

- 2 cans whole corn (drained)
- 1 small red onion (finely chopped)
- 1 red and 1 green bell pepper (finely chopped)
- 3/4 c. mayonnaise
- 1 bag chili cheese corn chips (9 – 1/4 oz. size)

Thoroughly drain the two cans of corn. Wash onion and bell peppers and finely chop. In a medium bowl, place corn, chopped onion and chopped bell peppers. Toss all together lightly. Add mayonnaise and blend together. So the corn chips will not become soggy, slightly crunch the chips and let each individual add to their dish of the corn salad.
SO SIMPLE – SO EASY!

Fall Funness

- Go to a Pumpkin Farm
- Make a Fall Wreath
- Gather Pinecones and Display Them
- Plant Fall Container Flowers
- Collect Colorful Leaves
- Cook a Pot of Chili
- Tailgate at a Local School Ballgame
- Make Some Homemade Soup
- Plan Your Halloween Costume
- Host a Harvest Party
- Take a Fall Drive
- Bake an Apple Pie
- Get Out Your Fall Clothes
- Go Visit an Old Cemetery
- Eat a Candy Apple
- Carve Pumpkins
- Slip Warm Apple Cider
- Have a Scary Movie Night
- Decorate with Fall Touches
- Take Your Family Christmas Card Photo
- Play Tag Football
- Visit the Library
- Learn to Knit or Crochet
- Be Thankful



How many of these Halloween words can you unscramble?

PALEPS	_____	UEHDTAN	_____
TUMUAN	_____	NEMSOTR	_____
NEBOS	_____	CBEOTR	_____
FOBRENIS	_____	PIKPUNM	_____
DCYAN	_____	ARROCSEW	_____
SCUESOTM	_____	RESMCA	_____
CDOIRNTEOAS	_____	KESTOELN	_____
HSGTO	_____	IEPSDR	_____
WEHLEALON	_____	OKSOPY	_____
RVSHAET	_____	ARTET	_____

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