

## 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.



## 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.

## Wednesday Activities

We invite any and all of our residents to join us for our bus trips on Wednesdays. If you haven't participated before, we encourage you to check out our schedule. Any resident is allowed to ride the bus and participate in any resident event. Just call into the office and reserve your seat before they are all taken, plus the ride is free! Check out the calendar below for all Wednesday activities.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		New Year's Day OFFICE CLOSED	Grocery Store 9am  Park City 11am			
		1	2	3	4	5
6	7	8	Grocery Store 9am  Oregon Dairy 11am	10	11	12
13	14	15	Grocery Store 9am  Park City 11am	17	18	19
	Martin Luther King Jr. Day		Grocery Store 9am  Bird in Hand Restaurant 11am			
20	21	22	23	24	25	26
		Taco Night 5pm	Grocery Store 9am  Park City 11am			
27	28	29	30	31		

January 2019

## Staff

**Jessica Menard**  
Resident Manager

**Brittany Jones**  
Rental Consultant

**Destiny Hensley**  
Rental Consultant

**Warren Emswiler**  
Maintenance Supervisor

**Scott Schmidt**  
Assistant Maintenance Supervisor

**Frank Tyson**  
Maintenance Technician

**Chris Custer**  
Maintenance Technician

**Travis Swartz**  
Groundskeeper

**Patty Cepeda**  
Housekeeping

## Office Hours

**Monday-Friday**  
9am-5pm

**Saturday**  
9am-1pm

# manor house APARTMENTS

1415 Spencer Avenue • Lancaster, PA 17603  
717.393.0465 • FAX 717.393.9610

## Happy New Year!

It's a New Year and we are honored to have all of you here as residents. After all, you are the reason we are here! Making a community work and run smoothly isn't easy. It takes the efforts of the management team and you, our residents, working together. We invite all of you to make a resolution to become involved in making your community the very best it can be. Feel free to share any ideas you have that will help make our community an even better place to call home!

## Taco Night

Join us for some delicious tacos on **Tuesday, January 29** at 5:00pm in the community building. Please call the rental office by Friday, January 25 to RSVP for your spot.



## 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.
- Register your pet with our office so we can welcome our new resident and review our communities with you.

## Refer and Earn \$200!

Pick your neighbors by referring your friends to our community! It has many rewards! You can receive a \$200 credit towards your rent after they move in. Plus, you get the best neighbors possible! Please feel free to call us at the leasing office with any questions regarding the Resident Referral Program.



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

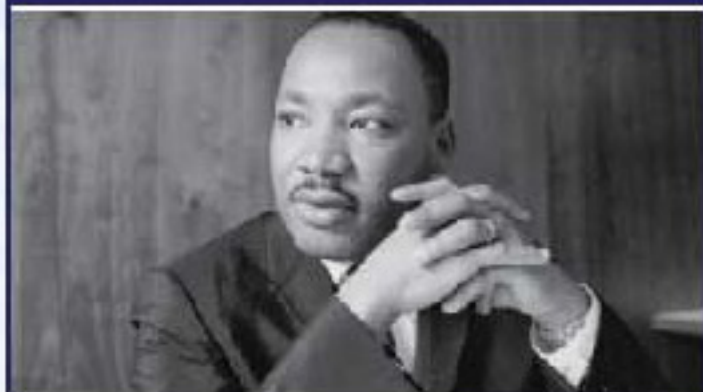
January is National Soup  
Month and who doesn't  
want to celebrate?

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.