

Love Bugs

Many of you may be hoping to be bitten by the love bug this Valentine's Day. Make sure that is the only bug you are getting bit by! We will continue to do our part by providing routine pest control. Please do your part as well. Keep counters clean and containers secured in the cabinets. Watch your indoor plants for uninvited critters as well. As always, please call us at the leasing office if you need any pest control service.

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.

Safe and Warm This Winter

We want to stay warm, but we need to stay safe.

- Space Heaters – Keep at least three feet away from any other object and place them on level, flat surfaces – never on cabinets, tables, furniture or carpet. Plug them 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 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

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

New Year, New Us!

Please be on the lookout for your new leases to be arriving with your anniversary letters this year. When it is your anniversary month they will be hand-delivered to your door. Once signed and completed, please return to the leasing office. If you have any questions about the new lease, please do not hesitate to call or stop in and we would be happy to help explain it.

Valentine's Day Breakfast

Come join us in wearing pink or red for a Valentine-themed breakfast hour on **Thursday, February 14** at 9:30 a.m. Each attendee will receive a special Valentine's Day treat. Guests are more than welcome to join us as well! Please RSVP by Wednesday, February 13.



Friendly Reminders

- All pets should be registered with the office. Dogs need to be measured by the property manager to make sure they do not exceed the height requirement of 15 inches at full grown size. If any dog is found to be too large for the property's height requirement, the tenant will be notified and the dog will need to leave the property.
- All large furniture is to be placed inside the dumpsters. If it will not fit, the tenant will need to find another alternative for disposal. Charges will be posted to your account if you are found to be in violation of this rule. You may contact the office if you would like phone numbers for companies that will provide the service to 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.

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Groundhog Day
					1	2
Super Bowl			Grocery Store 9am Boardwalks 11am			
3	4	5	6	7	8	9
			Grocery Store 9am Park City 11am	Valentine's Day Breakfast Hour 9:30am		
10	11	12	13	14	15	16
	Presidents Day		Grocery Store 9am DJ's Tast 50's Diner 11am			
17	18	19	20	21	22	23
			Grocery Store 9am Park City 11am			
24	25	26	27	28		





LOVE FOODS FOR

Valentine's Day

Here's a list of five Valentine's Day foods that you'll enjoy with the one you love!

- Avocados boost the immune system with B vitamins and potassium. Check out baked avocados as an appetizer.
- Long associated with love and fertility, figs make a fruit platter look decadent and delicious!
- Oysters anyone? This classic aphrodisiac is packed with zinc, a mineral that increases libido. How about a dozen oysters to start your meal? Or create your own oyster stew with spices, sautéed onion, garlic, parsley, milk and oysters. Have those oyster crackers ready!
- Honey contains the mineral boron, which helps a body utilize estrogen and improves testosterone levels. How about a glaze of honey, lemon juice and water over your chicken thighs as you're pan cooking. Pair it with some zucchini slices (cooked lightly) and you're set.
- Chocolate helps release the love chemical that induces feelings of attraction and happiness. End your meal with a chocolate fondue or a rich chocolate tart.

LEWIS LETTERWORKS

The Hassle Free newsletter is published by Lewis Letterworks, Inc. For suggestions, comments or information about our services, call (515) 242-5000 or visit us on the web at www.lewisletterworks.com.



February Fun

SUN	MON	TUE	WED	THU	FRI	SAT
					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		

- 01 NATIONAL WEAR RED DAY
- 02 GROUNDHOG DAY
- 03 SUPER BOWL
- 14 VALENTINE'S DAY
- 18 PRESIDENT'S DAY

FEBRUARY CELEBRATES BLACK HISTORY

What can we learn from celebrating Black History Month? President Gerald R. Ford expanded the week-long celebration into a month-long recognition, asking us to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every endeavor throughout our history."

Black History Month honors those leaders who fought for equality; helps us remember our past and the men and women who sweated, bled and died for their rights; and it gives all of us knowledge of pioneers of which we might have had little awareness. Let this knowledge unite us together as we learn about one another!

Saying "I Love You"

Whether it's your better half, your kids or a best friend, Valentines can be a fun celebration!

What's better for your kids than waking up to heart-shaped pancakes? Prepare and freeze ahead of time to make your morning run smoothly.

Who doesn't love cards? Especially kids valentine cards? Treat your co-workers and neighbors to your favorite collection. Add some candy hearts or suckers for more fun.

Have a girls night out and save money by doing your own spa treatments. Give your own pedicures and manicures. Then settle in and watch a favorite movie.

Pay it forward this Valentines. Purchase someone's food behind you in the drive-thru line. Hand out a couple of \$5 gift cards to someone deserving.

Host a potluck dinner party with friends. It's a great way to hang out all together. Sit by someone you don't know as well to make "new" friends.

As a family, check out Valentine's book suggestions from your library. Then create your own story time at home—maybe even working on a craft centered around one of your books.



MATCH THE President WITH THE CORRECT STATEMENT:



- ___ The first President to hold a press conference on television.
- ___ Got up at 5 am every morning to practice the piano for two hours.
- ___ Refused an honorary degree from Oxford University because he felt he had "neither literary nor scientific attainment."
- ___ Served the shortest presidency, dying just 32 days after elected.
- ___ Gave his 3,319 word inaugural address from memory, without the aid of notes.
- ___ The only President who never married.
- ___ Before becoming a politician, he taught school in Texas.
- ___ At age 19, became the youngest pilot in the Navy. He also survived four plane crashes during WWII.
- ___ The only President employed as a Yellowstone Park Ranger.
- ___ Lost all the White House china gambling.
- ___ Collects Spiderman and Conan the Barbarian comic books.

1-11 | 3-01 | 0-60 | 11-80 | 15-20
V-90 | 1-50 | 4-10 | 2-10 | 3-20 | 11-10

COLORFUL JELLO POPCORN

- 3 T. honey
- 1/2 stick butter
- 1 box Jello mix, any flavor (for Valentine's Day - use strawberry)
- 1/2 C. sugar
- 2 - 3 bags of microwave popcorn plain or lightly salted

Cook popcorn in microwave and set aside. Preheat oven to 300 degrees. In a saucepan over medium heat, combine the butter and honey. Stir until melted. Add in the sugar and Jello packet and simmer for about 5 minutes (stirring constantly so it will not stick or burn). Pour the mixture over the popcorn and gently mix until the color is dispersed evenly. Spread the popcorn onto a parchment lined baking sheet and bake for 10 minutes. Cool. (Popcorn may be sticky at first). Break popcorn up and enjoy!

Go Red for Women

Know your numbers, know your body and wear red for women! Take time to educate yourself on how you can change your lifestyle to make sure you don't suffer from heart issues. And if you think you might have heart issues, consult your physician.

"The one thing we can never get enough of is *love*. And the one thing we never give enough is *love*."

HENRY MILLER

