

Those Pesky Household Pests

Although we offer pest control in our community, you can do your part to make sure they steer clear of your home. Please do not leave food lying around inside or outside. Make sure trash is disposed of daily and take it to the dumpster. Do not leave any trash outside your door or patio/balcony.

Arthritis and the Cold

If you have arthritis flare-ups in cold weather, here's a list of helpful tips:

- Going outside? Wear the appropriate cold-weather gear – scarves, earmuffs, thick socks and gloves. Check out therapy compression gloves for relief in finger joints, hands and wrists.
- Dress in layers to have more control of your body temperature.
- Massages help with arthritis pain relief by increasing circulation, flexibility and joint range of motion.
- Warm foods like soups and warm sandwiches and drinks such as hot tea or coffee can raise your body temperature.

Kitchen Safety

- Don't use a dull knife. You apply more force when using a dull knife, so it's easier to cut yourself.
- Don't use a cutting board that slides around the counter. Place a damp paper towel under the board to keep it in place.
- Don't try to cut a moving target. Stabilize foods that roll around before you cut them. Cut onions in half; place the flat side down on your board, then cut.
- Don't use damp pot holders. Damp pot holders conduct heat rather than shield from it. Have several sets lying around so a dry set is always available.
- To control a grease fire in a pan on your stove, quickly slide a lid over the pan to smother the flame, or sprinkle salt on the fire. Do not douse with water, which can splatter the grease and flame, perhaps on you.
- When you pick up a hot pan, know in advance where you're going to put it.
- Wash kitchen sponges, dishcloths and hand towels every few days, and let them dry thoroughly between uses.

February 2019

STAFF

Cathy Bowlen
Property Manager

Rick Hoke
Maintenance Supervisor

Jimmy Ward
Maintenance Tech

NEW OFFICE HOURS

Monday-Friday
8:00am - 5:00pm

Saturday
By Appointment Only

Sunday
Closed

Breckenridge

BRECKENRIDGE

3209 Greendale Place • Birmingham, AL 35243
205-967-3345 • fax 205-967-3036

Love Is In the Air!

We think February is the perfect time to tell all our residents just how much we love having you here! Each of you adds to the unique mix of our special community, and without you we wouldn't be here. We are committed to making your home and community the best it can be. Please don't hesitate to let us know if there is anything we can do to keep it that way!

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.

Valentine Traditions

Each year on February 14 we celebrate Valentine's Day. Cards are sent to friends and sweethearts, gifts are given to show our love, and flower shops sell more flowers on this day than almost any other day of the year.

The symbols that you see on cards and gifts during this time of the year have been around for centuries. Red hearts are used most often and have stood for love since ancient times. Ribbons are taken from the days when ladies gave a ribbon to their favorite knight in shining armor before he went into battle. You find lace decorating cards and boxes of candy.

Lace is a Latin word that means "to catch," so lace was supposed to catch the heart of a loved one. And Cupid, the Roman god of love, uses his bow and arrows (which he always carries) to shoot love into people's hearts.

This month as we celebrate this holiday of love, take the time to tell someone special that you care.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	PEST CONTROL Bldgs. 3109, 3141, 3201 Inside	7	8
10	11	12	13	Valentine's Day PEST CONTROL Bldgs. 3217, 3908, 3924 Inside	14	15
17	Presidents Day	19	20	PEST CONTROL Bldgs. 3216, 3943, 3911 Inside	21	22
24	25	26	27	PEST CONTROL Bldg. 3207 Inside	28	

FEBRUARY





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

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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 | 12-01 | 02-10 | 11-19 | 20-27
28-36 | 37-45 | 46-54 | 55-63 | 64-72 | 73-81

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

