



## Brrr! It's Cold!

The wind is blowing and the temperature is dropping, and the last thing you want to do is go out into the cold to take your trash to the dumpster. Please remember that trash cannot be left in hallways or breezeways. Not only is it unappealing, but it is also a fire hazard. It will take only a moment to dispose of your trash properly. Then you will be back into your warm and comfortable home and our community will continue to look great.

## 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. Talk to a vet about different methods.
- Schedule your pet to be spayed or neutered.
- Register your pet with our office so we can welcome our new resident and review our community pet policies with you.



## Mental Activities

Sometimes the winter temperatures keep people inside. However, there are many ways to keep the mind and body alert:

- Crossword puzzles keep the brain active and learning.
- My Life - a wonderful gift to pass on to friends and family is the story of your life in your own words. Whether it's recorded on video or audio, writing or typing them down, this living document is one to be treasured.
- Bring out the board games for hours of fun. Games like Monopoly, bridge and card games offer socialization, competition, mental and emotional skills.
- BINGO! A good cognitive brain activity and a fun group game!
- Arts and crafts improve hand/eye coordination and offer the creative a chance to express themselves.
- Dancing classes have been shown to improve brain function and keep the spirits high.



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	31	January		

Jan. 6-7 - *Monster Jam*: Bridgestone Arena  
 Jan. 6-7 - *PAW Patrol Live*: TPAC  
 Jan. 9 - *Predators vs. Edmonton*  
 Jan. 9-14 - *"Jersey Boys"*: TPAC  
 Jan. 12 - *Avenged Sevenfold*: Bridgestone Arena  
 Jan. 13 - *America's Got Talent*: Music City Center  
 Jan. 14 - *Pink Bridal Show*: Music City Center  
 Jan. 16 - *Predators vs. Las Vegas*  
 Jan. 16-17 - *Dwight Yoakam*: Ryman Auditorium  
 Jan. 18 - *Predators vs. Arizona*  
 Jan. 19 - *Kid Rock*: Bridgestone Arena  
 Jan. 19-21 - *Shen Yun*: TPAC  
 Jan. 20 - *Predators vs. Florida*  
 Jan. 23 - *Predators vs. Tampa Bay*  
 Jan. 23 - *David Rawlings*: Ryman Auditorium  
 Jan. 24-25 - *John Mulaney*: Ryman Auditorium  
 Jan. 27 - *Harlem Globetrotters*: Bridgestone Arena  
 Jan. 27 - *Opera: "Hercules vs. Vampires"*: TPAC  
 Jan. 27 - *2Cellos*: Opry House  
 Jan. 28 - *My Favorite Murder*: TPAC  
 Jan. 28 - *Walk the Moon*: Ryman Auditorium  
 Jan. 30 - *Predators vs. Chicago*  
 Jan. 30-Feb. 4 - *"The King and I"*: TPAC

Feb. 1 - *Predators vs. Los Angeles*  
 Feb. 1 - *First Aid Kit*: Ryman Auditorium  
 Feb. 2 - *Winter Jam*: Bridgestone Arena  
 Feb. 2-3 - *Luke Combs*: Ryman Auditorium  
 Feb. 3 - *Predators vs. NY Rangers*  
 Feb. 5 - *Chris Janson*: Ryman Auditorium  
 Feb. 6 - *Lana del Rey*: Bridgestone Arena  
 Feb. 8-24 - *"Smart People"*: TPAC  
 Feb. 9-10 - *World's Toughest Rodeo*: Bridgestone Arena  
 Feb. 9-11 - *Ballet: "Attitude"*: TPAC  
 Feb. 10 - *Bill Engvall*: TPAC  
 Feb. 11 - *Dancing with the Stars*: Opry House  
 Feb. 13 - *Predators vs. St. Louis*  
 Feb. 14 - *Hypnotic Brass Ensemble*: TPAC  
 Feb. 14 - *Kelsea Ballerini*: Ryman Auditorium  
 Feb. 15 - *Predators vs. Calgary*  
 Feb. 15 - *Blues Traveler*: Ryman Auditorium  
 Feb. 16 - *Josh Ritter*: Ryman Auditorium  
 Feb. 16-18 - *The Illusionists*: TPAC  
 Feb. 17 - *Predators vs. Detroit*  
 Feb. 17 - *Tommy Emmanuel*: Ryman Auditorium  
 Feb. 18 - *Disney Live*: Bridgestone Arena  
 Feb. 18 - *Jonny Lang*: Ryman Auditorium  
 Feb. 19 - *Predators vs. Ottawa*  
 Feb. 22 - *Predators vs. San Jose*  
 Feb. 23-24 - *Tedeschi Trucks Band*: Ryman Aud.  
 Feb. 25 - *Predators vs. St. Louis*  
 Feb. 25 - *Dan Auerbach*: Ryman Auditorium  
 Feb. 26 - *Tape Face*: TPAC  
 Feb. 27 - *Robert Cray*: TPAC  
 Feb. 27-Mar. 4 - *"Cabaret"*: TPAC  
 Feb. 28 - *Why Don't We*: Ryman Auditorium

All dates subject to change without notice

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# THE VOICE of VILLA ADRIAN

2964 Franklin Road • Nashville, TN 37204  
 (615) 383-2224

## Cash for the New Year

Refer your friends and family to live at our community and we will pay you \$300 once they pay their first full month's rent. It's that easy and just in time to help with those holiday bills. Call the office for more information today.

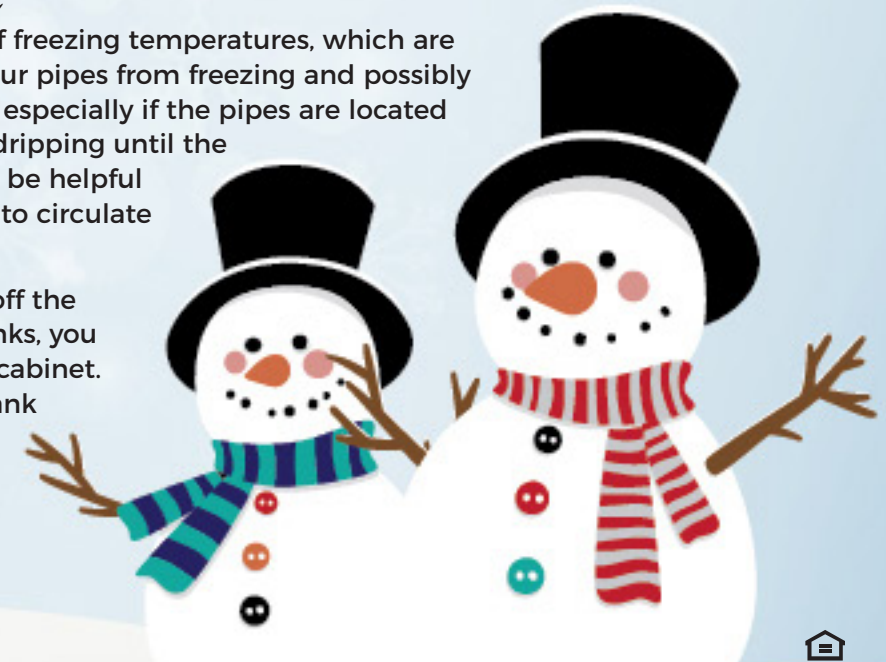
## Peace and Quiet

Many of you are planning New Year's celebrations or football parties, and we encourage you to have a good time. But while you are celebrating, please consider your neighbors who may prefer to have peace and quiet. We ask that you try to confine the merriment to reasonable hours and inform your guests of the need for consideration.

## The Weather Outside is Frightful

Pipes can freeze during prolonged periods of freezing temperatures, which are very possible this time of year. To prevent your pipes from freezing and possibly bursting, drip both the hot and cold faucets, especially if the pipes are located on an outside wall. Be sure you leave them dripping until the temperatures rise above freezing. It will also be helpful to open the cabinet doors to allow warm air to circulate around the pipes.

Make sure you know where and how to cut off the water during a plumbing emergency. For sinks, you can find it under the sink, usually inside the cabinet. The commode cut-off is located under the tank extending from the wall.



January/  
February 2018

## Staff

**Jim Lott**  
Property Manager  
**Taylor Nowels**  
Assistant Manager  
**Robert Irwin**  
Maintenance Supervisor  
**Wayne Michon**  
Courtesy Officer

## Office Hours

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





# New Years TRIVIA

Americans drink close to 370 million glasses of sparkling wine during the New Year celebrations.

Over one million people will gather to watch the ball drop in Times Square with close to 1 billion people watching on TV.

According to the National Insurance Crime Bureau, vehicles are stolen on New Year's day more than any other holiday.

Until 2006, the Space Shuttle never flew on New Year's day or eve because its computers couldn't handle a year rollover.

The "IceStock" music festival in Antarctica is held every New Year's Eve.

44% of American adults plan to kiss someone at the stroke of midnight on New Year's.

The Rose Parade in Pasadena, California features floats covered with 18 million flowers.

More than 80,000 fireworks are set off from Sydney Harbor Bridge in Australia on New Year's.



## Do you make New Year's Resolutions?

You're in good company with the other 45% of Americans. Some of the most popular goals are:

- 1 LOSING WEIGHT
- 2 GETTING ORGANIZED
- 3 SPENDING LESS AND SAVING MORE
- 4 STAYING FIT AND HEALTHY
- 5 QUITTING SMOKING

What are your goals? Here are a few tips to get you going and staying the course for 2018.

Picking fewer goals may help you stay focused and achieve more. Instead of pouring your resources into several goals, pick a few. Maybe add a new goal in three to six months. Want this goal more than you don't want it.

You don't need a detailed plan, just know what the next step will be. For instance, trying to lose weight? Focus on a one week menu plan and shopping. That's it – one week. Then celebrate your one week victory by adding another step – maybe walking one afternoon.

Create a vision board to help you reach your goals. Check out our Pinterest page for some great suggestions.

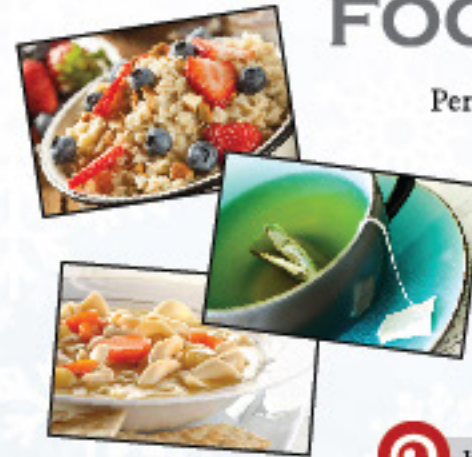
Be thankful and grateful. By practicing these two steps you'll find yourself seeing your progress, even if it's small.

It helps to have a friend for accountability. Have someone who can help you reach your next step.



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## FOOD & DRINK



Perfect timing for Hot Tea month, National Oatmeal month and National Soup month. Along with our monthly featured recipe, we've got some delicious other treats for you on our Pinterest page.



## Beat Those Winter Blues

Get outside as much as possible to soak in those sunrays. Can't be outside? Studies show that sitting by the window for 30 minutes can be effective.

Make sure you stay hydrated – drink plenty of water during the winter months to keep your skin nourished and your body healthy.

Try something new this season – hot yoga, new cuisine, different hobbies.

Turning up the volume by listening to upbeat or cheery music improves mood.

Comfort foods are great during the cold months – experiment how you can make them healthier.

Plan your summer vacation!  
The simple act of planning a vacation causes a significant increase in overall happiness.

Get the right amount of sleep – 7 to 8 hours – too much or too little can cause depression.

Helping someone or volunteering improves mental health and life satisfaction.



The man who had a dream gave us many quotes that are still used today. King, an American Baptist minister and peaceful activist, became the most visible spokesperson and leader in the Civil Rights Movement. Let us emulate his words today!

- “ Love is the only force capable of transforming an enemy into a friend.”
- “ Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”
- “ I have decided to stick with love. Hate is too great a burden to bear.”
- “ He who passively accepts evil is as much involved in it as he who helps to perpetrate it. He who accepts evil without protesting against it is really cooperating with it.”
- “ He who is devoid of the power to forgive is devoid of the power to love.”
- “ Forgiveness is not an occasional act; it is a constant attitude.”
- “ The true measure of a man is not how he behaves in moments of comfort and convenience but how he stands at times of controversy and challenges.”
- “ The time is always right, to do what's right.”

## GREEN BELL PEPPER Soup

- |  |   |
|--|---|
| 2 lbs. ground beef<br><i>(cooked, crumbled and drained)</i>      | 1/4 cup brown sugar                                       |
| 64 ounces vegetable or chicken broth                             | 2 cups cooked long grain rice                             |
| 2 cans tomato soup   | 1 can, 14.7 oz. whole corn<br><i>(drained)</i>            |
| 1 can (28 oz.) diced tomatoes                                    | Salt and pepper to taste<br><i>(after soup is cooked)</i> |
| 3 whole green bell peppers<br><i>(chopped into small pieces)</i> |   |

After chopping bell peppers, cook in water *(enough to cover peppers)* until tender. Add all ingredients together in large crock pot. Cook 4 hours on high or 6 – 8 hours on low.

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## Winter WORD SEARCH

- |          |         |          |
|----------|---------|----------|
| Blizzard | Hockey  | Scarf    |
| Boots    | Icicle  | Sled     |
| Cold     | January | Skiing   |
| Flurries | Mittens | Sweaters |
| Frosty   | Snowman | Winter   |