

Reminder to Smokers

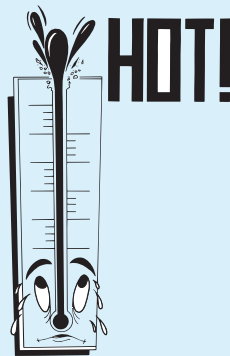
Please dispose of your cigarettes properly, not by flicking them out the car window or off your patio or balcony. Not only does our staff have to clean them up, but this practice is a fire hazard. Remember that there is dry mulch and foliage surrounding your home and throughout the community.

Air Conditioning Time

Here are a few things to keep in mind:

- Do not turn your air conditioner off during the day while you are away. By doing so, your home will heat up and your cooling unit will have to run twice as long to cool when turned back on.
- Try to keep your thermostat at a constant temperature. Raising and lowering the temperature increases the amount of work the unit has to do.
- Keep your blinds closed as much as possible. Sunlight alone will easily raise the temperature in your home 10-15 degrees.
- Your air conditioning unit is designed to cool approximately 15 degrees cooler than the outside temperature. So if the temperature outside reaches 98 degrees, your home cannot realistically be cooled to 68 degrees.

Please check your air conditioner and report any malfunctioning to our office so we can correct it as quickly as possible.



Vacation Plans

Have plans to get away for a few days? Good for you! We hope you have a wonderful time. Here are a few things to remember before you leave:

- Pay your rent and other bills if they will be due while you're gone.
- Lock all doors and windows.
- Have your mail stopped, or arrange for someone to pick it up for you.
- Let someone know how to get in touch with you in an emergency. Enjoy your vacation!



Stress Less

Can you imagine a life without stress? One definition of stress is "difficulty that causes worry or tension."

Loneliness and life pressures can affect us mentally, emotionally and physically. Stress can result in a wide variety of physical ailments from headaches to heart attacks. Although stress is a part of living life, there are some practical steps one can take to minimize its effects.

Get your daily dose of friendship | Exercise a little each day | Laugh | Slow down
Get your rest | Give up bad habits | Organize your life a bit at a time

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	May			

May 1 – **Kurt Vile & The Violators**: Ryman Auditorium
 May 1 – **Jack White**: Ascend Amphitheater
 May 1-8 – **"Mary Poppins"**: TPAC
 May 3-4 – **Van Morrison**: Ryman Auditorium
 May 3-8 – **Sounds vs. Norfolk**
 May 3-8 – **"Oklahoma"**: TPAC
 May 4 – **Shinedown**: Bridgestone Arena
 May 5 – **Melissa Etheridge**: Ryman Auditorium
 May 6 – **Megadeth & Lamb of God**: Bridgestone Arena
 May 6-8 – **Billy Strings**: Ryman Auditorium
 May 8 – **Rex Orange County**: Ascend Amphitheater
 May 9 – **Primus**: Ryman Auditorium
 May 10 – **Georgia On My Mind**: Ryman Auditorium
 May 11 – **LP**: Ryman Auditorium
 May 12 – **Don McLean**: Ryman Auditorium
 May 13 – **New Kids on the Block**: Bridgestone Arena
 May 13 – **Orville Peck**: Ryman Auditorium
 May 13 – **Leon Bridges**: Ascend Amphitheater
 May 14 – **Lucius**: Ryman Auditorium
 May 15 – **This Love Thing**: Ryman Auditorium
 May 17-22 – **Sounds vs. Louisville**
 May 18 – **Justin Bieber**: Bridgestone Arena
 May 18 – **"Peppa Pig's Adventure"**: TPAC
 May 18 – **Foy Vance**: TPAC
 May 18 – **Sting**: Ascend Amphitheater
 May 18 – **Ray LaMontagne**: Ryman Auditorium
 May 19 – **George Thorogood**: Ryman Auditorium
 May 20 – **HAIM**: Ascend Amphitheater
 May 21 – **Kid Rock**: Bridgestone Arena
 May 21 – **Parker McCollum**: Ascend Amphitheater
 May 25 – **The War On Drugs**: Ryman Auditorium
 May 26-27 – **Bonnie Raitt**: Ryman Auditorium
 May 28 – **Kenny Chesney**: Nissan Stadium
 May 28 – **Sigur Ros**: Ryman Auditorium
 May 29 – **Weird Al Yankovic**: Ryman Auditorium
 May 29 – **AJR**: Ascend Amphitheater

June 2 – **Vance Joy**: Ryman Auditorium
 June 3 – **St. Paul**: Ascend Amphitheater
 June 3-4 – **Drew Holcomb**: Ryman Auditorium
 June 4 – **Nashville R&B Fest**: Bridgestone Arena
 June 5 – **Russ**: Ascend Amphitheater
 June 7-12 – **Sounds vs. Norfolk**
 June 7-July 17 – **"May We All"**: TPAC
 June 9-12 – **CMA Fest**: Nissan Stadium
 June 10 – **Chelsea Handler**: Ryman Auditorium
 June 13 – **Belle & Sebastian**: Ryman Auditorium
 June 17 – **American Aquarium**: Ryman Auditorium
 June 18 – **Brooks & Dunn**: Bridgestone Arena
 June 19 – **Cheer Live**: Bridgestone Arena
 June 19 – **Rupi Kaur**: Ryman Auditorium
 June 20-21 – **Amos Lee**: Ryman Auditorium
 June 21 – **Train**: Ascend Amphitheater
 June 21-26 – **Sounds vs. Gwinnett**
 June 23 – **Del McCoury**: Ryman Auditorium
 June 24 – **Kraftwerk**: Ryman Auditorium
 June 24 – **Bon Iver**: Ascend Amphitheater
 June 25 – **Monster Jam**: Nissan Stadium
 June 25 – **Mandy Moore**: Ryman Auditorium
 June 25 – **Ben Rector**: Ascend Amphitheater
 June 28-July 3 – **Sounds vs. Indianapolis**
 June 30 – **Mötley Crüe**: Nissan Stadium
 June 30 – **Maverick City Music**: Bridgestone Arena
 June 30 – **Dan Tyminski**: Ryman Auditorium
 June 30 – **5 Seconds of Summer**: Ascend Amphitheater

All dates subject to change without notice

S	M	T	W	T	F	S
June			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		

May/June
2022

THE VOICE of VILLA ADRIAN

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

Schatten Properties Management, Inc.



staff

Jim Lott
Property Manager

Taylor Nowels
Assistant Manager

Kevin Weber
Maintenance Supervisor

Tyler Heckaman
Courtesy Officer

office hours

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

Mother's Day

Our observance of Mother's Day began in 1907 when a woman named Anna Jarvis requested her church to hold a service on the anniversary of her mother's death, in memory of all mothers. All those who attended were asked to wear a white carnation in remembrance. In 1914 President Woodrow Wilson declared the second Sunday in May to be Mother's Day. According to tradition, a red carnation is worn in honor of a living mother, and a white carnation is worn in memory of one who is not.

More than 50 countries have officially set days for this, although the dates will sometimes vary. The United States, Canada, Denmark, Italy and Australia have all designated the second Sunday of May as Mother's Day.

Have a Happy Memorial Day

Memorial Day is traditionally the time we honor those who have died in war and pay special tribute to those who perished in battles. We urge you to pause and remember those who have walked before us and fought for our freedom.

Our office will be closed **Monday, May 30** in observance of Memorial Day.

May the 4th Be With You

What started as a pun warmly shared by fans has become a full-fledged Star Wars holiday: Star Wars Day, a special once-a-year celebration of a galaxy far, far away.

Once the Internet allowed Star Wars fans around the world to connect with one another, May the 4th soon became a grassroots tradition each year, with fans online and offline proclaiming it "Star Wars Day." Ultimately, as Star Wars Day was created by the fans, it is truly their day. Visit www.starwars.com for ways to celebrate the day. So join the fun, and "May the 4th be with you."



We APPRECIATE You

The last few years have produced heroes from these two groups, and we want to celebrate them for all they have done for us. What can you do for them?



TEACHER APPRECIATION WEEK: MAY 2-MAY 6



NURSE APPRECIATION WEEK: MAY 6-MAY 12

- SAY THANK YOU
- WRITE A NOTE OF APPRECIATION
- GIVE A GIFT CARD
- SEND FLOWERS
- BAKE THEM GOODIES



CHOP UP THIS MANGO SALSA JUST IN TIME FOR CINCO DE MAYO!

- Fresh mangos
- Jalapeño (for mild, use only one pepper)
- Cilantro
- Red onion
- Fresh lime

Dice, peel, remove any seeds, finely chop and mix all ingredients together. Use a fresh lime instead of bottled juice. Add salt and pepper to taste and extra lime or cilantro if needed. Dive in with your favorite chips. Can be refrigerated for up to 2 days.

"This is the day we pay homage to all those who didn't come home. This is not Veterans Day, it's not a celebration, it is a day of solemn contemplation over the cost of freedom."

TAMRA BOLTON

May 2022

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|----|-----------------------------|----|---------------------|
| 5 | Cinco de Mayo | 20 | World Bee Day |
| 7 | Kentucky Derby | 21 | Armed Forces Day |
| 8 | Mother's Day | 28 | National Burger Day |
| 15 | National Chocolate Chip Day | 30 | Memorial Day |



WANT SOME FITNESS TIPS THAT WILL ACTUALLY HELP YOU?

HERE YOU GO -

- Work out for 150 minutes a week and break it down any way you want to. Start with three 30-minute workouts a week.
- Shop the rainbow colors in the produce aisle.
- Add muscle building activities to your workouts.
- Be consistent.
- Keep a journal - you'll be encouraged at your progress.
- Warm up and cool down.
- Think in increments of two pounds at a time for weight loss.
- If you must have coffee, try it black or greatly reduce the cream and sugar.
- Build muscle to increase your metabolism.
- Do workouts you enjoy.
- Enjoy a weekly rest/recovery day by walking or taking gentle classes.
- Get an accountability partner.
- Eat slowly.
- Drink water - about two quarts of fluid per day.
- Get your protein in.
- Don't diet - slowly make lifestyle changes.
- Healthy snacks make a difference.

These spring flowers are also names in honor of Mother's Day. CAN YOU FIND THEM IN OUR WORD SEARCH?

I C P M T A S H C H H P Y P R
 W P Z R N D K K T A Y U E I E
 N V O I R I S Z P N S F P P H
 R S R R I B E W O A I T J T T
 E I O A C D T D P I I C E U A
 Z L I L Y W A H P V X L A R E
 E N I M S A J I Y I O K H Y H
 D L O G I R A M S I H Q O A H
 Q M U P A E Y H V Y H L T A D
 J M C F Z L X H R G B O P U X

- | | | | |
|--------|----------|----------|--------|
| ASTER | HEATHER | JASMINE | POPPY |
| DAHLIA | HYACINTH | LILY | ROSE |
| DAISY | IRIS | MARIGOLD | VIOLET |

MORE THAN JUST A GAME

These famous people (entertainment and sports) went back to school to earn their degrees.

WE SALUTE ALL OUR 2022 GRADUATES!

- Lisa Kudrow, ActorBiology
- Ben Roethlisberger, NFLEducation
- Mayim Bialik, ActorNeuroscience
- Troy Polamalu, NFLHistory
- Chris Martin, Singer/SongwriterGreek & Latin
- Antawn Jamison, NBA African-American Studies
- Gabrielle Union, ActorSociology
- Michael Jordan, NBA Geography
- Rebel Wilson, ActorLaw
- Bo Jackson, MLB & NFLFamily and Child Development
- Natalie Portman, ActorPsychology
- JJ Putz, MLBKinesiology
- Ken Jeong, ActorMedicine & MD



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