



Tabby Villas Apartments

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SEPT/OCT 2022



NOTES & NEWS

Take Care of Clutter

Manage clutter by making time for a weekly straightening session. Tackle spots where things like shoes and mail tend to pile up after several days, and put away the items or toss what's not needed. These regular spurts of tidying can prevent having to put in a marathon cleanup when clutter gets out of control.

Change Is in the Air

For many, September has become the "other January," signaling a fresh start as summer winds down and fall arrives. The shift in nature can also inspire you to turn over a new leaf. Use the change in seasons to kick off a healthy habit or hobby or to switch up an aspect of your routine.

Uplift and Inspire

Whether it's a kind word, helpful tip, high five or a hug, inspire those around you on the National Day of Encouragement, Sept. 12.

HIGHLIGHTS

A Sunny Snack

A scoop of sunflower seeds is a healthy solution for hunger cravings between meals. A 1/4-cup serving contains 5 to 7 grams of protein, which helps you feel full.

Coffee Ice Cubes

When you've had your fill of morning coffee but there's still some left in the pot, pour the excess into an ice cube tray and freeze for a few hours. Store the frozen coffee cubes in an airtight bag and use them to make iced coffee without diluting your drink. Other uses for the cubes include smoothies, milkshakes, desserts and even some savory recipes, such as baked beans or roast beef gravy.

Self-Care Corner:

Defense for Decision Fatigue

If you ever have trouble making decisions, no matter how large or small, you may have experienced decision fatigue. Mental health experts say this kind of fatigue can be a result of facing several difficult or significant choices, or simply lots of different decisions. We can't avoid making decisions, but we can streamline certain tasks so we devote less brainpower to them and have more energy for the big stuff. Examples include picking out your outfit the night before, planning lunches for the week, and setting bills on autopay.

BULLETIN BOARD

Tabby Villas Apartments Team
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Commemorating 9/11

2022 marks the 21st anniversary of 9/11.

Dedicated to honoring those who died on that tragic day, each Sept. 11 is observed as Patriot Day and a National Day of Service and Remembrance.



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Important Numbers

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Office Hours

Monday-Friday 8:30 a.m.-5:30 p.m.
Saturday Call for an appointment

TRIVIA WHIZ



Stay Sharp With These Pencil Facts

From doodling and drawing, to writing a story or list, to filling in test answers—the humble pencil has been a part of all of our lives. Jot down a few points about pencils:

- The part of the pencil that leaves a mark on paper is commonly called lead, but it's actually graphite, a form of carbon. When graphite was first discovered, it was believed to be lead, the heavy metal.
- The earliest reference to writing with "lead" is from the first century B.C., but the modern wooden pencil wasn't invented until 1565.
- Why are so many pencils yellow? In the early days of manufacturing, the best graphite came from China, where yellow represents royalty and respect. Painting their pencils yellow was a way for companies to show that the writing utensils were high quality.
- Students are usually encouraged to bring a No. 2 pencil to class. This refers to the HB Graphite Scale, which measures how hard and black the pencil's marks are.
- Author Henry David Thoreau's father owned a pencil factory, and the family is credited with many pencil innovations that are still standard today.
- Many other writers, including Ernest Hemingway, John Steinbeck and Judy Blume, preferred writing with a pencil.
- In theory, one pencil can write 45,000 words or draw a line that's 35 miles long.
- You can use a pencil to write underwater.
- Even in today's digital age, over 14 billion pencils are made annually.



Save Money by Reducing Food Waste

Did you know that nearly one-third of all food in the world is thrown out every year? Not only does this waste global resources, such as water, soil and energy, but it's also harmful on an individual level: Tossing food in the trash is essentially throwing money away.

To help both the planet and your budget, try these tips to reduce the amount of food wasted in your home:

Make a plan. Meal planning is a major money-saving tip for many

households. Note the ingredients you already have, and then decide what to eat for the next several days. Write a grocery list and stick to it, only buying what you will use for your planned meals.

Store food correctly. Many people throw out food that has gone bad too quickly. You can minimize early spoilage by researching which foods need to be refrigerated and what can be stored on the counter or in a cabinet. Use clear containers so you can see what's inside and airtight lids to keep food fresh.

Repurpose items. Most fresh fruits and vegetables can be pickled, canned or frozen to prolong their life. Scraps and peels can be simmered into tasty and healthy vegetable stock.

Use leftovers. Label leftovers so you don't forget to eat them in a timely manner. Or, focus instead on reducing the amount of food you cook or order from a restaurant.

The Perks of Good Posture

Don't slouch on the importance of posture—the age-old advice from parents and teachers to "stand up straight!" can benefit your health and well-being.

Posture refers to the position your body is in at any given time, whether you're standing, sitting, sleeping or moving. Proper posture places the least strain on your muscles, bones and joints and keeps organs in their correct place. On the flip side, consistently having poor posture can lead to chronic aches and pains, as well as problems with breathing or digestion.

When sitting, adjust your posture by scooting all the way back in the seat, keeping your knees bent at a right angle and your feet flat on the floor. Straighten up with your shoulders back and your head facing forward. The optimal position while standing or walking is similar: Head up, shoulders

back and abdomen engaged.

You may notice that practicing good posture makes you look and feel more confident, which can affect your interactions with others as well as your own mental outlook. Posture is also linked to improved balance and flexibility, helping you feel steadier on your feet and protecting you from injury.

Maintaining correct posture becomes easier the more you do it, and activities such as yoga and core-strengthening exercises also help.





WIT & WISDOM



Speaking for Your Mind

Foreign language classes have long been staples at school settings, but recent years have seen an increase in lessons outside of the classroom. When you look at the benefits of being bilingual, it's no wonder that learning a second language is becoming increasingly popular.

Physically, those who speak more than one language typically have a higher density of gray matter in the brain, which is where most of its synapses and neurons live. These physical changes can translate to cognitive benefits: People who can speak a second language often have improved memory and executive functioning. Being bilingual may also delay the development of dementia by as much as five years, and the more languages you speak, the larger that delay grows.

Knowing another language can help you socially and professionally as well. Fluency in a foreign language is a highly sought-after career skill. Mastering just basic phrases in a second language can lead to friendships with people from a different culture. You may even be able to help in an emergency.

Fortunately, learning a second—or third!—language is easier than ever. Smartphone apps put dozens of languages at your fingertips, and many of those apps offer free lessons. Paid language programs are also available, and if you have a library card, you may be able to access these courses at no cost.

Chicken Apple Enchiladas

These enchiladas are bursting with fresh flavor!

Ingredients:

- 1/2 sweet onion, diced
- 1 jalapeno, diced, plus more for garnish (optional)
- 1 Envy or Jazz apple, diced
- 2 cups cooked shredded chicken
- 8 flour tortillas
- 8 ounces shredded Mexican blend cheese, divided
- 1 can red enchilada sauce
- Fresh cilantro (optional)

Directions:

Heat oven to 350° F.

In skillet, cook onions until translucent. Add jalapeno and apple; saute 2 to 3 minutes.

Add cooked chicken and mix well. Remove from heat.

Lay out tortillas. Set aside 2 ounces cheese and divide remaining 6 ounces among the tortillas. Add chicken mixture to each tortilla and roll them up. Place rolled tortillas seam-side down in baking dish and cover with enchilada sauce.

Bake 20 minutes or until heated throughout. Remove from oven and sprinkle with remaining 2 ounces cheese. Return to oven for 5 minutes or until cheese is melted.

Serve with fresh cilantro and additional jalapeno slices, if desired.

Find more recipes at HealthyFamilyProject.com.



“Hope is the only bee that makes honey without flowers.”

—**Robert Green Ingersoll**

“A day without a friend is like a pot without a single drop of honey left inside.”

—**A.A. Milne**

“Handle a book as a bee does a flower, extract its sweetness but do not damage it.”

—**John Muir**

“To be forgiven is such sweetness that honey is tasteless in comparison with it. But yet there is one thing sweeter still, and that is to forgive.”

—**Charles Spurgeon**

“The words of kindness are more healing to a drooping heart than balm or honey.”

—**Sarah Fielding**

“I admire people who are suited to the contemplative life. They can sit inside themselves like honey in a jar and just be. It's wonderful to have someone like that around, you always feel you can count on them.”

—**Elizabeth Janeway**

“The sweetness of life lies in usefulness, like honey deep in the heart of a clover bloom.”

—**Laura Ingalls Wilder**

“Any land will flow with milk and honey if it is worked with honest hands.”

—**Rudolfo Anaya**

“If life is a cup of tea, gratitude is the honey that makes it sweet.”

—**Natasha Potter**



September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September				1 Rent Is Due	2 Last Day to Pay Rent Before Late Fee	3
4	Labor Day Office Closed	5	6	7	8	9 Happy Birthday Tamia Rhodes
11	12	13 Pest Control Inside	14 Happy Birthday Corey Reeves	15	16	17
18	19 Happy Birthday Ricky Perkins	20	21	22 Fire Extinguisher Inspections	23	24 Happy Birthday Charmaine Demery Happy Birthday Nykendra Smith
25 Happy Birthday Joyce Campbell	26	27	28	29	30	

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Rent Is Due
2 Happy Birthday Murphy Cooper	3	4 Happy Birthday Jose Carreras	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6	7	8
9	Columbus Day	11 Pest Control Happy Birthday John Brown	12	13	14	15
16	17	18 Happy Birthday Dominique Anoh	19 Happy Birthday Julie Brinas	20 Happy Birthday Abdul Najma Fru	21 Happy Birthday Zarinah Washington	22 Happy Birthday Trenace (Hope) Johnson
23/30 Happy Birthday Eustace Intsiful	24/31	25	26	27 Happy Birthday Gerard McKay	28	29