

Westport Village Apartments

February 2017



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February is Heart Disease Awareness Month. National Wear Red Day is Friday, February 3, 2017 and we Go Red because each year about 50,000 women die from cardiovascular disease. Although women tend to think cardiovascular disease is a man's disease, in fact, heart disease is the #1 killer of women, causing 1 in 3 women deaths each year. The American Heart Association says chest pain or discomfort is the most common heart attack symptom in women. Other signs for women, according to the American Heart Association, are discomfort in one or both arms, jaw, stomach, neck or back. Shortness of breath may occur with or without chest discomfort. Another sign is breaking out in a cold sweat, nausea or lightheadedness. If you do have any of these, symptoms, call 911. Seven ways to get heart healthy in 2017 are: get active, control cholesterol, eat better, lose weight, manage blood pressure, reduce blood sugar and stop smoking. Eighty percent of cardiac and stroke events may be prevented with education and action. Whether you are a women or love the women in your life, let's Go Red for Women and pay attention to the symptoms to prevent heart attacks. Take care and trust your Gut! GO PATRIOTS!!!

OFFICE CLOSED

The office will be closed on Monday, February 20th in Observance of President's Day. As always, if you have a maintenance emergency, simply dial the office phone number and leave a detailed message along with a contact number with the answering service. Please remember that the answering service answers for all 4 properties including Summit Medical Center.



MASS

Father Hindsley will be in the community room on Tuesday, February 6th at 1 PM to celebrate Catholic Mass. This Mass is free to attend and is open to anyone who would like to go.

GAMES

POKER

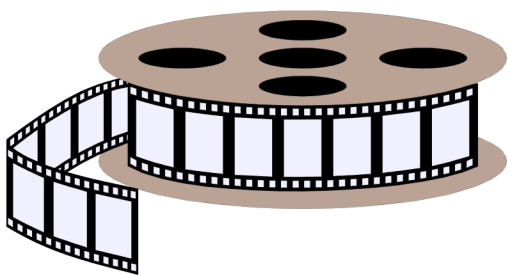
Poker is played in the community room every Monday from 5-8 PM

KNITTING

Knitting circle meets every Tuesday from 1:30-3:30 in the community room.

POKENO

Pokeno is played in the community room every Tuesday at 6 PM



MOVIE

Thursday, February 9th @ 2 PM

Remember, this is a free event for all residents to attend. **Please be sure to sign up with the office by Tuesday, February 7th if you would like to attend.**

PIZZA LUNCHEON

Thursday, February 16th @ 12:30 PM

We will be ordering pizza from Village Pizza. The cost will be \$6 which will include your choice of cheese, linguica or Sicilian pizza, salad, beverage and dessert. **Please be sure to sign up with the office with your pizza choice by Tuesday, February 14th if you would like to attend.**



CHINESE LUNCHEON

Thursday, February 23RD @ 12:30 PM

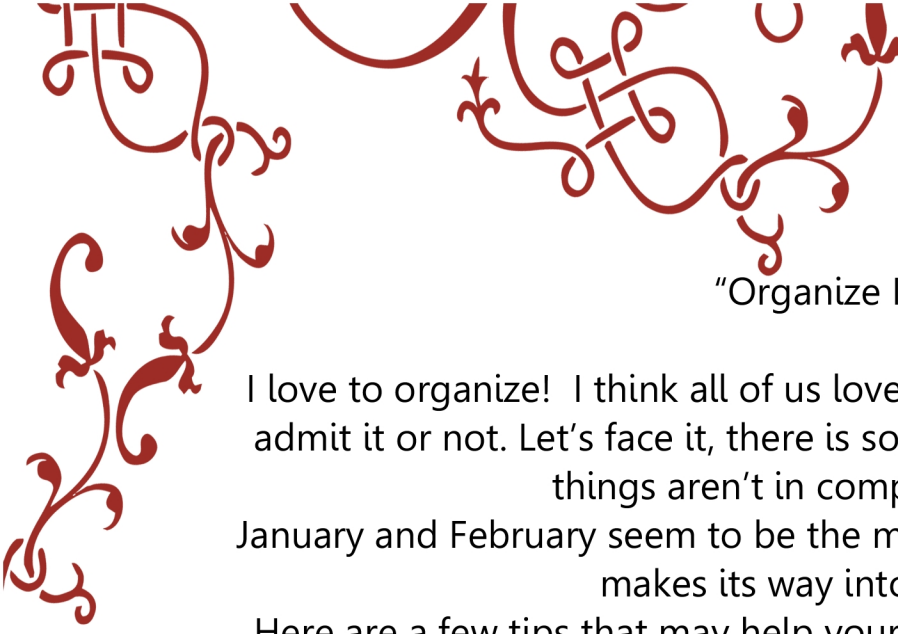
We will be ordering chow mein sandwiches and wonton soup from Oriental Pearl. The cost will be \$8 which will include your soup, chow mein sandwich, beverage and dessert. **Please be sure to sign up with the office by Tuesday, February 21ST if you would like to attend.**

DISCOUNT SHOPPING

Monday, February 27TH from 10-11 AM

J.P. will be here in the morning selling his discounted items. If you have any coupons you do not need, feel free to bring them down for Joe.





"Organize It"

I love to organize! I think all of us love to be organized, whether we admit it or not. Let's face it, there is so much less stress in life when things aren't in complete chaos.

January and February seem to be the months that the "organize" bug makes its way into my life.

Here are a few tips that may help your closet space. First of all fold sheets and towels in thirds. I think you'll be amazed by how neatly everything stacks.

Fold sheets in thirds too and fold in the pillowcases as well. It's really handy to have the pillowcases wrapped right in with the flat sheet and folded sheet. Just grab a bundle, and you know you've got everything for your bed.

Use a tissue box holder to store loose shopping bags – you won't believe how many you can stuff into one box!

Hang hooks behind doors for Robes and Towels

Subdivide Your Drawers – This one is an easy fix. Do not just throw stuff in your draws. Not only will you find things more quickly if you take time to organize them, but it's also much easier to remove the bins and wash them rather than remove all the contents of the draw when doing a thorough cleaning.


In the kitchen use plate racks to store pans.

Always double meals when possible and freeze one.

Use clear storage bins even if you can see the contents - remember to label them.

A clear shoe rack can that can hang over a door can be a great tool for holding not only shoes, but medical supplies and first aide items just to name a few.

Start today and in no time you will be well on your way to being better organized!



February 2017

Sunday

Monday

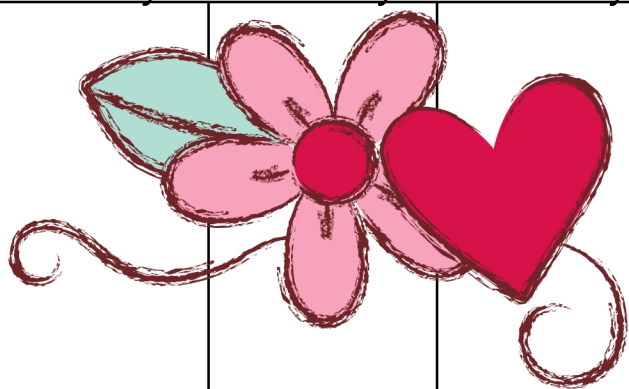
Tuesday

Wednesday

Thursday

Friday

Saturday



1

2

3

4

5

6

7

8

9

10

11



MASS
1 PM

Poker
5-8 PM

Knitting
Circle
1:30-3:30
PM

Pokeno
6 PM

Movie
2 PM



12

13

14

15

16

17

18

Poker
5-8 PM

Knitting Circle
1:30-3:30 PM

Pokeno
6 PM



Pizza
Luncheon
12:30 PM



19

20

21

22

23

24

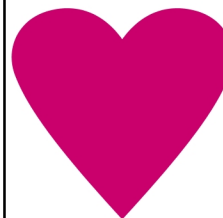
25

Poker
5-8 PM

Knitting
Circle
1:30-3:30
PM

Pokeno
6 PM

Chinese
Luncheon
12:30 PM



26

27

28

J. P.'s
Discount
Shopping
10-11 AM

Poker
5-8 PM

Knitting
Circle
1:30-3:30
PM

Pokeno
6 PM

