

APARTMENT LIVING TIP

Sprucing Up Your Home: Time for Spring Cleaning!

Now that spring is here, the birds are chirping and flowers are blooming, showing off their beauty. With the change of seasons, many residents in our community want to beautify their homes too. Your apartment will be spotless in no time with a little organization and the appropriate technique. Here are some tips to get you started!

Cleaning Supplies ~ If you haven't done much cleaning since last spring, you might have run out of cleaning products. Make a checklist of items to replenish, such as rubber gloves, glass cleaner, sponges, dusters, and towels.

Eliminating Clutter ~ When it comes to spring cleaning, sometimes the hardest part is just getting started. Instead of feeling overwhelmed by clutter that has accumulated, break the project into a series of tasks. Focus on the kitchen one day, and then take care of your bedroom the next day, for example.

Change the Bag in Your Vacuum Cleaner ~ Double-check the vacuum's bag and empty or replace it according to the manufacturer's instructions.

Look Everywhere for Dirt and Debris ~ During spring cleaning, you want to check out every area inside your apartment. For example, remember to remove couch cushions and use the vacuum to get rid of dirt. Of course, clean under the couch as well as below the bed.

Important Information Management

Park Properties Management Co, LLC
Community Manager
Lisa Bryant

April
National Reading Month

Birthstone - Flower
Diamond - Daisy

April Events
Egg Hunt, Resident Appreciation Week

MY QUESTION

Q: How much should I budget for groceries and eating out every month?

Just follow your nose. It's no secret that plenty of our residents love to cook. You may have been intrigued by the delightful aromas coming out of your neighbors' homes and have grown inspired to cook more yourself.

There's not always enough time to prepare every meal in your apartment. Meals from restaurants (eaten there or delivered) help when your schedule is full. So, a question that frequently comes up for apartment dwellers is how much to budget for eating out and buying groceries.

Of course, the answer will vary from person to person, based on your income and desire or ability to cook. But as a rule of thumb, the average cost each year for groceries in the United States is \$4,643, or about \$387 per month, according to a recent article from U.S. News & World Report.

Another way of looking at budgeting for food is to note that Americans spend approximately 9.5% of their "disposable income" on food, according to the latest figures from the U.S. Department of Agriculture. The amount was divided by roughly 4.9% on groceries and 4.6% on restaurant meals.

If you find yourself spending more than you intended on food, whether prepared at home or made in a restaurant, you can improve things by creating a budget and sticking to it. At the same time, you'll want to write a shopping list, so you remember to get what you need. This will also help you avoid making impulse buys at the register!

SEASONAL RECIPE

The Easiest Spring Snack Mix

This could be the simplest snack mix you've ever made! It's straightforward, yet very tasty.

Spring gatherings, potlucks, family get-togethers, and school parties will all benefit from this Spring Snack Mix. It's the ideal balance of sweet and salty.

1 cup pretzel (any shape)
1/3 cup chocolate candies (M&Ms, etc.)
1/2 cup mini marshmallows
1/3 cup raw nuts (cashews, peanuts, etc.)

Take a medium-sized serving bowl and set it aside.

Toss all of the ingredients together in a mixing dish until they are uniformly distributed. Serve and have fun!

FUN FACT: The heads on Easter Island have bodies.

Live for the buzz!

FUN APARTMENT

How to De-stress and Get More Enjoyment out of Spring

If you've been experiencing more stress lately, there's no reason for you to let it get in the way of having fun this spring. Here in the manager's office, we have our own share of stress, but we know it's important to relax.

Check out some fun ways to de-stress for more enjoyment this spring!

* Get plenty of rest. Proper sleep is essential for minimizing stress. It also gives you the energy to go outside and have fun.

* Join an exercise class that takes place outside. From tai chi to yoga to boot camp workout programs, there are plenty of opportunities to get your body moving to manage stress better.

* Play like a kid! Adults can have fun with coloring books too. Plus, you get the satisfaction of filling in the lines and seeing the picture take shape.

* Hang out with friends and family. Taking advantage of the nice weather during spring, you'll find stress diminishes when spending time with loved ones. Go to the park, enjoy a movie or concert or just relax at your favorite restaurant.

The world has been through a lot of stressful situations during the past year. If you find yourself experiencing more than usual stress, practice deep breathing exercises. Slowing breathing in and out helps you relax and push stress aside.

COMMUNITY LIVING TIP

Spring is here! Be alert when driving through the community!

Since it is getting warmer, we have a lot more people outside walking and doing other activities. So, please make sure you are following the 5 mph speed limit. Let everyone enjoy the warm sunshine and nice weather!

Big Sky Calendar - April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Rent Due
2 World Autism Awareness Day	3 Nat'l Chocolate Mousse Day	4 Jeep 4X4 Day	5 Walking Day	6 Student-Athlete Day	7 Exterminations 100-200-300 Bldgs Egg Hunt 4 pm	8 Zoo Lovers Day
9 Easter -- Resident Appreciation Week starts tomorrow	10 Lunch to Go	11 Treat Day for you and pets Inspections 100 Bldg	12 Breakfast to go Inspections 200 -Partial 300	13 Free Spa Day & Spinal Check Day	14 Bagel Friday - Bingo Night	15 Take a Wild Guess Day- Raffle Drawing- Spinal Check
16 Orchid Day	17 Haiku Poetry Day	18 Inspections 800 Bldg	19 Garlic Day	20 Inspections 900 - Partial 1200 Bldgs	21 Exterminations 800-900 Bldgs	22 Earth Day
23 Picnic Day	24 Pigs in a Blanket Day	25 DNA Day	26 Administrative Professionals' Day	27 Tell a Story Day	28 BraveHearts Day	29 Sense of Smell Day
30 Bubble Tea Day						