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April 2014

## Thank You

Thank you to everyone who remembered our office staff and maintenance team over the holiday season. Your gifts, cards and pastries were very much appreciated. To those who decorated the lawns, windows, balconies and courtyard for the holidays, you certainly made Meetinghouse look more beautiful than it already is. Thank you for taking pride in our community!

## Happy New Year

As 2014 begins, we would like to take this time to wish everyone a happy, healthy year. Keep in mind that although we may seem busy, we are always available to sit and talk about anything that concerns you.

## Our New Year's Eve Breakfast

Our New Year's Eve Breakfast, which was catered by Taste Budz, located in nearby Aston, was quite a success! We certainly had a nice crowd in our office! It was a pleasure to become reacquainted, share a cup of coffee and catch up. If you missed it, we hope you'll be able to attend one of our upcoming resident events.

## Valentine's Day Event



Our Valentine's Day Event is coming soon. Our Leasing Team is looking forward to sharing sweet treats, and is organizing a craft table for the kids.

The Team at Meetinghouse wishes everyone a Happy Valentine's Day, and hopes you enjoy spending the day with your loved ones.

## What's Your Favorite Resident Event?

We asked: "What was your favorite event?" and you let us know. We appreciate the feedback you gave us, and wanted to share it with you. Your favorites included pool events, especially the Sundae Saturdays and the Pizza Party. The egg hunt and events that featured a moon bounce were also big hits. We look forward to hosting old favorites and new resident events throughout the year. As always, you can count on us to incorporate your ideas, so keep telling us what you think!

## Snow, Snow and More Snow

We have had enough snow for our tastes, but we're not sure Mother Nature is going to cooperate for quite some time, so let's work together to make snow removal a little easier for our maintenance team. In particular, please do not park very close to the sidewalk or brush the snow onto it when cleaning your car (especially after it's been cleared off!). On another note, if you, or anyone you know, would like to earn a few extra dollars shoveling out our residents, please call the office and tell us. From time to time we get calls asking for help and we'd be happy to refer you.

## Dog Stations

Just a friendly reminder that we have dog stations conveniently located throughout our community. Please be sure to utilize the waste bags to clean up after your dog. Thanks!

## Pro Martial Arts Karate

Looking for an exercise that's exciting, fun and releases stress? Why not try kickboxing! Pro Martial Arts Karate (PMA), located on Chichester Avenue next to Wendy's, is offering kickboxing: 10 classes for just \$50. To take advantage of this offer, call Donna at 610-497-4444. Additionally, we are currently running a raffle sponsored by PMA. The prize is a basket, which includes a free karate uniform, information on their anti-bullying classes, and a chance to win a month of free classes. ALL YOU NEED TO DO IS PUT YOUR CHILD'S NAME IN THE BOX TO WIN, so come into the office and enter today.

## Too Soon To Think Spring?

Just a friendly reminder to please refrain from planting tall bushes, trees or vegetables around your apartment. We have a community garden, which is the perfect place for you to plant and home grow produce. Small flowers look beautiful around your home, and we encourage that type of beautification, but please avoid large plantings and trees. If you have any questions, please call the office.

## Community Garden

Speaking of our spring activities, we plan to have our community garden professionally dug out, spaced and fenced. This will give all gardeners a great space to plant and meet fellow residents. We encourage gardeners new and old to get involved.

## Sewer Lines

Help us keep our sewer lines open and clear. Sometimes, what the packaging suggests as "safe" to dispose of in the toilet, isn't. In particular, baby wipes and the plastic bags they come in are clogging our pipes. Please don't dispose of these items in the toilet. Thank you.

## Our New Look

We know you've been to our office, and were amazed at the transformation. You've noticed our new signs, which are more modern and appealing. But perhaps you haven't seen that our maintenance team has new uniforms, since they've been buried under all the winter apparel and snow gear. Here's Jim in his new uniform. Look for more changes coming in 2014, including landscaping updates.



## Winter Driving

Foul weather driving always presents hazards, but winter months subject drivers to especially difficult conditions. Here are some tips about your brakes, to help you stay safe.

- Know your brakes: When your brakes lock up on wet and slippery roads or during a panic stop, you can lose steering control and your vehicle can spin. Know how your brakes behave.
- Anti-Lock Braking Systems (ABS): In vehicles equipped with ABS, the driver's foot can remain firmly on the brake pedal, and the system will automatically pump the brakes. Rear wheel ABS prevents wheel lockup, so that your car stays in a straight line. If your car has ABS control on all four wheels, you also maintain steering control. If you have steering control, it is possible to avoid a crash by steering around hazards if a complete stop cannot be accomplished in time.
- Get the feel of the road: While braking or accelerating, do so gently. Be aware of how slippery the road is, and adjust your speed accordingly. Be aware that rising temperatures greatly increase the slipperiness of ice and snow.
- Brake before curves: All vehicles are particularly sensitive to over-powering and over-braking on curves. Unseen hazards around the bend may require an evasive action. Keep in mind that your best bet is to turn your steering wheel slowly and smoothly, keep a constant speed in the turn, and pump your brakes carefully if it's necessary to slow down or stop.
- Stretch your "following" distance: Knowing that winter surfaces increase stopping distance 3 to 12 times, the smart driver increases her normal dry-road following distance. Heavy trucks require a longer stopping distance on slippery roads than passenger cars. Remember... don't tailgate.

## It's Cold Outside. Beware of the Health Risks.

Hypothermia and frostbite are the two drastic weather conditions that lead to "cold stress." The symptoms of cold stress are brought on by exposure to cold when outside for long periods of time in extreme temperatures, or even when inside in poorly insulated or heated areas. Those that are unaccustomed to freezing weather are more likely to experience cold stress. Here's what you need to know about these two conditions.

### Hypothermia

- The body cannot create enough heat to keep itself warm during long periods of time spent in freezing weather.
- After our body runs out of stored energy, it can result in your temperature dropping significantly; at this point, hypothermia may cause some serious problems. For example, the brain can be affected, making it difficult to think clearly or move well.
- Most people are unaware that they are being affected by hypothermia until serious problems occur.

### Frostbite

- Unlike hypothermia, frostbite is an injury to your body's exterior, and is a symptom of freezing temperatures.
- After lengthy exposure to freezing weather, victims may lose feeling and color in the affected areas.
- Frostbite most often affects the extremities; i.e., nose, ears, cheeks, chin, fingers, or toes.
- Damage can permanently destroy body tissue, and in worse case scenarios, lead to amputation.

## Help the Post Office Help You

Your apartment number is part of your address. To avoid any delays or non-delivery of your mail, please advise your correspondents of your complete address. If your unit number is not on your mail, it may be returned to the sender.



## Winter Health and Safety Tips

Help keep your apartment safe and functional through harsh winter weather by following these tips: Under no circumstances should you turn your heat off or turn your heat below 68 degrees; if you do, your pipes may freeze and break. If that happens, you will be responsible for material and labor. Kerosene heaters are prohibited. Using a kerosene heater might also cause the pipes to freeze and burst, as there would be no heat to the external pipes. Further, kerosene heaters are a fire hazard. Finally, in extremely frigid temperatures, please keep your water trickling in the kitchen to help prevent the pipes from freezing.

**Fear not; these days will be here sooner than you think!**



## Do You Have Something to Say, or Sell?

Let us know, and we will put your notice in our newsletter. Did you just have a baby? Share the news! Are your kids graduating from middle school, high school or college? Tell us about it! Our newsletter is for you so that we all can all share in your happiness, so don't forget to send us your good news!

## Maintenance Emergencies

Don't forget: you can call the office **ANYTIME** at 610-485-5838, so don't hesitate to contact us in an emergency.

### Thoughts for the Day

We may face unanticipated risks and roadblocks, and it helps to stay alert.

Share time with friends.

Jump over obstacles with care and caution.

Face challenges.

Remember to laugh.

Cooperate, discover and make new friends.

Be ready for adventure.

Stick together, and you will be able to go far.

Always take time to relax and enjoy life.

And never, ever forget to love those dearest to you. You never know when they will no longer be there.