

APRIL 2023 NEWSLETTER

DID YOU KNOW!?!

With Rent Café you are able to:

1. Pay your rent online
2. Submit work orders

Benefits of paying rent through your Resident Portal:

1. You can pay your rent from the comfort of your home!
2. You will automatically be provided a payment receipt for your records!
3. You can make a payment with your debit card, credit card or bank account.
4. You can set up for monthly auto payment (NO LATE FEES)
5. No extra fees for payment

Benefits of submitting a work order through your Resident Portal:

1. The work order is immediately submitted.
2. You are able to input the description of the problem for more clarification.
3. You will receive an email notification the work order has been received and placed in the system.
4. Once a work order is submitted through Rent Café portal, management is notified. You will be contacted from management confirming your work order.



April Is Stress Awareness Month

- According to WebMD: 43% of all adults suffer adverse health effects from stress. 75%-90% of all doctor's office visits are for stress-related ailments and complaints.
- Some common symptoms of stress are difficulty breathing, panic attacks, blurred eyesight or sore eyes, sleep problems, fatigue, muscle aches and headaches. Stomach and digestive issues. Chest pains and high blood pressure.

Ways To Manage & Prevent Stress

- **Practice Meditation:** One of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving peace in your mind.
- **Practice Deep Breathing:** Deep breathing is a practice that enables more air to flow into your body and can help calm your nerves, reducing stress and anxiety. It can also help you improve your attention span and lower pain levels.
- **Exercise:** Another way to battle the effects of stress is to exercise. Whether you're a jogger, bicyclist or just like to take long walks, be sure to get some fresh air and exercise into your daily routine. Regular exercise can increase self-confidence, improve your mood, help you relax and improve your sleep.



Por favor, póngase en contacto con la oficina si usted necesita este documento traducido o si necesita un intérprete. Este servicio se ofrece sin costo alguno en relación con los negocios de la agencia.



Messages & Reminders From Management

Rent is due on the 1st of the month.

After the 5th business day if your rental payment has not been received, a late fee of \$50.00 will be applied to your account.

Payments received after 5:00 PM, Friday April 7th, 2023, will receive a late fee

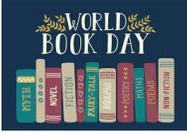
A preventative pest control schedule has been created for each building/unit. Please refer to the calendar to see when your unit/building is scheduled. If you would like to request additional pest control, it must be submitted to the office no later than Tuesday weekly.

As the warmer seasons approach, please remember to run your air conditioner. The thermostat should be set to the "Auto" setting. It is more cost efficient to have the a/c running at 77 degrees on auto, than allow the temperature in the unit to rise and attempt to cool it down quickly.

Any income change must be reported within 10 business days.

All children must be accompanied by an adult while outside playing.

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 	3	4	5 PASSOVER BEGINS	6 Community Engagement Meeting @ Housing Office 3-4 PM	7 <u>Pest Control</u> Waves : Bldg 4 JBR: 524 1 st Ave S 520 1 st Ave S 516 1 st Ave S 718 2 nd Ave S GOOD FRIDAY	8
9 	10	11	12	13	14 <u>Pest Control</u> Waves : Bldg 5 JBR: 719 3 rd Ave S 721 3 rd Ave S 535 4 th Ave S 533 4 th Ave S	15 Tax Day (last day to file)
16	17	18	19	20	21 <u>Pest Control</u> Waves : Bldg 6 JBR: 531 4 th Ave S 516 4 th Ave S 512 4 th Ave S 510 4 th Ave S	22 
23 	24	25	26	27	28 <u>Pest Control</u> Waves : Bldg 7 JBR: 504 4 th Ave S 422 5 th St S 426 5 th St S 407 6 th St S	29
30						



APRIL

WORD SEARCH



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WORDS



showers
 underground
 daffodil
 tulip
 bloom
 taurus
 diamond
 earth
 easter
 passover
 fool

