



Bulletin

NASHVILLE, TN

Resident Newsletter

February, 2022

Sweet Rewards Planned Next Week

The management team at Lincoya Bay Townhomes are sweet on our residents! February is the perfect month to show how much we love having you here!



Sweet Give-Aways and A Savory Drawing

Goodie Bags: On Monday, February, 14th, stop by the Property Office mailboxes and pick up a sweet treat goodie bag! Of course, we'll have a goodie bag for your furry friends, too! We'd love it if you'd take a photo and post it on our [Facebook page](#) and tag #LBTgoodies.

\$50 Carrabbas Gift Card Drawing: We'd love to treat one lucky resident to a tasty valentine's dinner. What says "amore" better than an authentic Italian Grill? Stop by the office and drop your name in our fishbowl between now and Noon on the 14th. RC will be drawing one lucky winner. A nice prize that can help you treat your loved one to a Valentine's Day dinner!



Get to Know New People

A terrific way to make yourself feel at home in your apartment community is to make friends with the people living around you. But how do you go about meeting the people in your complex?

Here are some simple tips:

- Be Friendly - The next time you're taking out the trash and notice a new face, say hi and introduce yourself.
- When you go to check your mail, chat up the person who is also checking their mail. You may be surprised how quickly bonds can form.
- Be Active - The list of amenities that drew you to the apartment in the first place is a great way to meet the people that live in your complex. For example, when you go to the dog park, leave your headphones at home, and strike up a conversation with the other people watching their dogs.

The friendlier you are, the quicker you will make friendships that may even last a lifetime!

"Sometimes the greatest adventure is simply a conversation"

—Amadeus Wolfe

Things to do in Nashville in February

There's plenty to do to enjoy this sweet month! Check out these links:

<https://freetoursbyfoot.com/nashville-in-february/>

<https://www.nashville.gov/departments/parks/events/love-birds-valentine-wreaths>

<https://ediblenashville.ediblecommunities.com/event/brunch-bbq-valentines-vintage-and-friends-1>

<https://nashvillelifestyles.com/events/thistle-farms-galentine-s-day-sip-shop/>

<https://www.cellarpass.com/events/valentines-day-wine-cheese-pairing-couples-night-8418>

<https://m.facebook.com/events/662860795079548>

Leasing & Parking Notes

A refresher of leasing information is good every now and then! A few reminders to avoid possible violation charges are below.

Vehicles:

- Please don't park, or let guests park, in any marked spaces.
- There is a limit of one car per Leaseholder permitted on the property.
- Inoperable vehicles are NOT permitted and will be towed at owners' expense.
- Vehicles without current registration are NOT permitted and will be towed at owners' expense.

Residents:

Only Leaseholders and their underage children are permitted to be living in the townhomes.

Anyone else living in the townhomes is considered subleasing and puts Leaseholders in violation of their Lease. If in doubt, please talk to the Office.

"And good neighbors make a huge difference in the quality of life. I agree."

-Robert Fulghum

Tips for Warmth

We have a few tips for staying warm in your apartment as the weather gets colder:

- Make sure all windows are fully closed
- All baseboards' vents are in the open position.
- Move all furniture away from baseboards to allow air to circulate.
- On very frigid days make sure to keep your blinds down & in a closed position.
- During heating season, never turn the heat off completely in your apartment

Start Your Day Right

According to [Dr. Rekha B. Kumar](#), an endocrinologist, we should all start our days with a healthy protein breakfast. Whether it's a protein shake, healthy omelet, or Greek yogurt, focusing on protein in the morning can help keep blood sugar and "hunger hormones" stable throughout the day.

Source: <https://healthmatters.nyp.org/habits-for-a-healthy-new-year/>





Tips to Reduce Service Needs

Garbage Disposal: While your disposal is operating, always keep the cold water running. Do not use drain cleaning chemicals in your disposal. Never put bones, celery, onion peels, cornhusks, artichoke leaves, metal or glass down your disposal.

If your disposal does not work, turn off the wall switch, wait a few minutes and push the reset button. This is usually a red button on or near the bottom or side of the disposal unit located under the kitchen sink. Try to turn on the disposal at the wall switch

Dishwasher: For optimum efficiency, do not overload your dishwasher and only use dishwasher detergent recommended for automatic dishwashers. Don't interrupt a cycle; the water won't drain properly.

Plumbing: Should the toilet overflow, remove cover off the tank and push the flapper down firmly into hole in bottom of tank. Turn off the water supply by turning handle located under the tank in a clockwise direction and call the office immediately.

Washer/Dryer: For optimum efficiency, do not overload your washing machine and only use detergent recommended for clothes washing machines. In addition, small loads can easily become unbalanced and stop your machine. If your machine does stop in mid-cycle, open the hood, re-distribute the clothes and close the hood. The machine should start again. The lint vent on your dryer should be cleaned before each load to ensure minimal drying time.

Should I Get Renter's Insurance?

If you're renting an apartment or townhome, you'll need an insurance policy to cover your belongings. Many people assume they are covered by their landlord's policy, or they underestimate the value of their personal items.

Another often overlooked reason is liability. If someone is injured in your home, they could sue you.

Lost your computer while traveling? A replacement could be covered under your renter's policy.

Renter's insurance policies are affordable so be sure to take advantage and protect your belongings, yourself, or someone else.

Source: <https://www.nerdwallet.com/article/insurance/do-you-need-renters-insurance/>

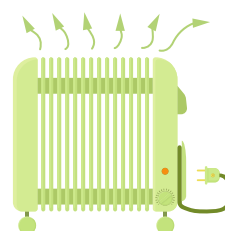
Fire Prevention Resources

Our Corporate Controller, James Washburn, cares about our residents, too. He shares the following resources to help keep everyone safe.

Click on each icon to read these quick and easy information bulletins:



**Heating
Safety.**



**Space Heater
Safety.**



**Candle
Safety.**



**Smoke Alarm
Safety.**

RECIPE CORNER

Valentine Trail Mix

This tasty Valentine's snack recipe doesn't require baking or cooking—giving you time to focus on your sweetie this month! You'll have an easy and exciting snack to enjoy at home, send to school, or take to work.

Ingredients:

- 4 cups miniature pretzels
- 4 cups strawberry wafers
- 3 cups chocolate Teddy Grahams
- 2 cups popcorn
- 2 cups yogurt-covered raisins
- 2 cups Valentine M&Ms



Directions:

Dump all the ingredients in a large bowl and mix. Scoop a 1/2 cup into snack-size Ziploc bags. Enjoy!

Source: <https://www.ultris-islandpark.com/blog/2020/02/06/valentines-trail-mix/>



"ALL YOU NEED IS LOVE. BUT A LITTLE CHOCOLATE NOW AND THEN DOESN'T HURT." - Charles M. Schultz

A Healthy Valentine Treat: CHOCOLATE

[Recent studies](#) have shown that eating chocolate may be good for you! Who's not happy to hear that? Raw, or minimally processed cocoa contains flavonoid, like those found in green tea, according to researchers. Among other things, these antioxidants have been linked to:

- Decreasing blood pressure and increasing heart health
- Improving circulation
- Improving brain function
- Improving digestion and stimulating kidneys
- Treating patients with anemia, kidney stones, and poor appetite



Having a healthy relationship with all foods is important. Developing a balanced relationship with dark chocolate, in particular, may have a significantly positive impact on your overall health!

Of course, check with your physician before making any changes to your diet.

Service Requests

If you have a maintenance emergency, please call us at 615-840-8759 and leave a message. A voicemail must be left to be considered an emergency. If you do not hear back, please call or text 615-922-0591 and/or 615-785-2521. State your full name, unit number, contact number and the emergency present.

For all other repairs, please **submit a request through the AppFolio portal.**