

Better Living News

The Newsletter of Abbotsford Apartments

Issue 017, Spring 2014



*Strength of character
may be learned at
work, but beauty of
character is learned
at home.*

– Henry Drummond

Montecito North

Only a few units left!

Since opening on March 1, 2014, we're so pleased to say that our newest building, Montecito North, our first building to be constructed of steel and concrete, is almost completely full. **We only have a few units remaining.**

The response of pre-approval interviews was overwhelming from Abbotsford residents, as well as people moving to Abbotsford. We thank everyone for applying. It won't be long before all the units are rented, **so take advantage of the \$100 rent credit available by referring friends and colleagues.** (Applies only to existing Abbotsford Apartment residents).

How does it work? Simple – here's how:

Refer a new tenant to Montecito North, and (upon their acceptance) receive a \$100 rent credit with our thanks.

Montecito North features:

- * Completely pet free environment.
- * Maintained inside and out.
- * Secure building access.
- * Trained managers in the provincial Crime Free Multi Housing Program.
- * This a smoke-free and non-smoking building.

Find more information on Montecito North, and the building's many new amenities, by visiting our website at: www.abbotsfordapartments.com

What New Tenants Are Saying

"I can't believe I have a storage locker that's entirely mine - when I move in!"

"The nine foot ceilings, make the rooms larger. Bonus!"

"I've been able to choose what apartment I wanted in a building."

"Love the fact that it's 100% smoke free."

"I feel very safe with the secure underground parkade."



Kevin Wiebe at Montecito North

Putting the Simple Back in Life

Finding your days a little overwhelming? Often, we are our own worst enemy by saying yes before thinking through the full consequences of what we just agreed to.

Helping to get rid of the overwhelming sensations may be just as easy as changing your response and expectations in five ways:

1) Your default response: "I need to think about it."

It's too easy to say yes without thinking. Take time to evaluate your response with the above maybe statement.

2) Choose to either: speak up or let it go.

3) Lower your expectations.

4) Don't be afraid to say, "I made a mistake."

After admitting a mistake, be sure to follow through and deal with the consequences.

5) Don't dwell on things.



Source: huffingtonpost.com



\$100 Rent Credit

With the opening of Montecito North, we're reminding everyone of our Referral Card Program - just for our existing tenants.

Refer a new tenant to Montecito North, or any of our buildings, and (upon their acceptance) receive a \$100 credit with our thanks.

Free Tips

Boost Your Memory

To help minimize frustrating moments when you can't remember what you wanted to say or do, here are some suggestions to keep your brain healthy, active and challenged:

- * Stop multitasking.
- * Diarize events in your calendar and make to-do lists.
- * Get more sleep and eat healthy omega- and fibre-rich foods.
- * Teach someone else a new task.
- * Use mnemonic devices (any learning technique that aids information retention.)



Health Tips

Smiling Is Good For Your Health

Smiling not only makes us more attractive, it's healthier for us.

By smiling you:

- * Reduce stress.
- * Look younger.
- * Change your mood.
- * Release endorphins to relieve pain, often.



Source: about.com

What's On In Abbotsford?

Please check dates, times and venue before attending events.

Enjoy Abbotsford!

Abbotsford Farm & Country Market

Saturdays, 9 am – 1 pm
@George Ferguson Way
& Montrose Ave

abbotsfordfarmandcountrymarket.com

