

Better Living News

The Newsletter of Abbotsford Apartments

Issue 003, May 2012



Remember Mom Throughout The Year

"Mothers hold their children's hands for a short while, but their hearts forever."

Author Unknown

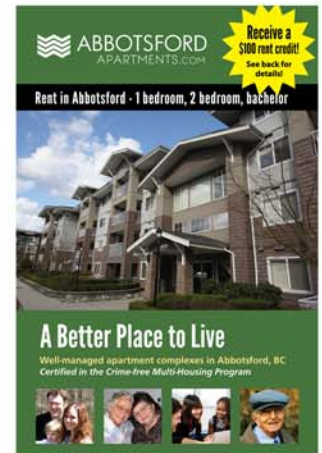
Kevin Wiebe

Rite of Passage – Children Moving Out

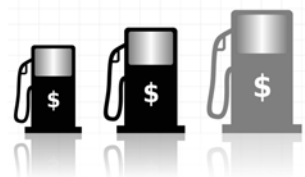
Children generally move out of their parent's home when they're 19-24, depending on schooling and finances. Given the cost of university, housing prices, unstable job situations, etc ... young adults are delaying moving out till they're in their late 20s and even into their 30s!

When it's time for your "adult" child to move out, and rent their first apartment, help make this move of independence a smooth transition:

- ✓ **Finances:**
They'll need a job with enough income to cover expenses, deposit and rent.
- ✓ **Budget:**
Establish a budget to live within their means.
- ✓ **Roommate:**
Most likely needed for financial reasons. See our April newsletter to keep the relationship from derailing.
- ✓ **Savings:**
Set up banking and retirement accounts (to establish their own credit) preferably with preauthorized withdrawals so a small amount of money is deposited into each account every month.
- ✓ **Know how to cook:**
To stay within their budget, knowing how to cook will help as well as make them more independent.



Receive a \$100 rent credit!
Referral cards are available from your building manager.



5 Ways To Save Gas

1. Accelerate gently
2. Maintain a steady speed
3. Anticipate traffic
4. Coast to decelerate
5. Avoid high speeds

Source: <http://deborah-diane.hubpages.com>

Getaway Contest On Facebook

Win a Harrison Hot Springs Getaway!

Tell us why you like Abbotsford on our Facebook page and be entered into a draw for a getaway package to Harrison Hot Springs!

Find us at: [facebook.com/AbbotsfordApartments](https://www.facebook.com/AbbotsfordApartments)



Better Living News Arriving Monthly

Abbotsford Apartment's newsletter, Better Living News is hand delivered to everyone's apartment door monthly – filled with helpful tips and the latest special offers at Abbotsford Apartments.

If you misplaced your issue, not to worry – you'll find it on our website at AbbotsfordApartments.com/newsletter



Free Tips

Green Cleaning Products

ALL-PURPOSE CLEANER

Suggested uses: hard surfaces like countertops and kitchen floors, windows and mirrors.

- 2 cups white distilled vinegar
- 2 cups water
- 20-30 or more drops of essential oil (optional)

Tips:

1. Warming in microwave (in glass container) until barely hot will boost cleaning power for tough jobs.
2. Use white distilled vinegar made from grain or plant material because some vinegar is synthesized from petroleum.

Source: www.womensvoices.org



Wellness

Signs of a Heart Attack

- Chest discomfort
- Shortness of breath
- Sweating
- Nausea
- Light-headedness
- Discomfort in other areas of the upper body

Source: www.heartandstroke.com

If you're experiencing any of these signs:

- CALL 9-1-1
- Stop all activity
- Sit, or lie down, in whatever position is most comfortable.

If you take nitroglycerin, take your normal dosage.

If you're experiencing chest pain, chew and swallow one adult 325 mg tablet or two 80 mg tablets of ASA (acetylsalicylic acid, commonly referred to as Aspirin®).



What's On In Abbotsford?

Please check dates, times and venue before travelling as each event is planned with in advance. Enjoy Abbotsford!

Envision Coffee House Concert Series

May 19 - June 23
<http://abbotsfordartscouncil.com>

Run For Water: Fundraising Gala
May 25, 6 pm @ AESC

18th Annual Wine Festival & Silent Auction

May 26, 7-10 pm
<http://abbotsfordmatsquiroary.org>