

Better Living News

The Newsletter of Abbotsford Apartments

Issue 005, July 2012



"Savour the beauty of the long days of summer with friends and family."

Kevin Wiebe

Ways To Make Entertaining Easier



When family and friends celebrate important milestones, or just want to get together – it requires a lot of work. Some enjoy it while others find it overwhelming.

With some planning ahead of time, and sharing of the work, entertaining can be easy and ensure that the hosts can fully participate in all the fun. Some suggestions to make this happen:

Ask A Guest To Bring A Dish: People are flattered if you ask them to bring a certain dish. In turn, this reduces the amount of work for you. Take this one step further and have a pot-luck style dinner.

Have More Appetizers Than Entrées: By serving more appetizers you can get away with just one main course. We naturally fill up on finger foods and ruin our appetite for the main meal. Lessen your work load by using a combination of homemade and store bought appetizers. For example, a package of spring rolls with your homemade dipping sauce.

Prepare Food Ahead Of Time: Cook the foods you know – leave new recipes for another day – and choose the recipes which can be prepared in advance. Some suggestions: • Casseroles • Stews and soups • Baked pasta dishes

Clean Minimally & Set The Table Beforehand: It's too much to clean your whole house and prepare all the food when having guests over. Clean only the rooms which guests will be in. Set the dining room table the night before so you have more time to do a once over with dusting and vacuuming on the day of the event.

Hire A Caterer: If you figure out how much you pay for food and supplies, cost out hiring a caterer. This way you can enjoy mingling with your guests while someone else prepares, serves and cleans up.



Move-in Offer

At Abbotsford Apartment's we want to thank you for referring friends and family to live with us with our referral program (below).

To further show our appreciation, **we'll also pay the cost of a new tenant's move** with the local moving company, Alert Moving & Storage.

More details on our move-in offer can be found on our website at AbbotsfordApartments.com, under **Special Move-In Offer**. Look for the yellow tab.

Referral Cards



Receive a \$100 rent credit!

Referral cards are available from your building manager.

Carrots Do More Than Improve Your Eyesight

Do you remember your mother telling you to eat your carrots? They're good for your eyes. Well, there's some truth to this old saying.

By eating one cup (250 mL) of raw carrots you get 428% of the daily requirement for vitamin A – a key nutrient in night vision. Better yet, carrots contain the disease-fighting beta carotene and contain almost 4 grams of fibre in a 50-calorie serving.



Carrots are best stored in the fridge to prevent nutritional loss from being exposed to air, heat, water and light. Eat them raw or cook just till tender crisp. In the fall, enjoy a fresh crop from your garden or local farmers' markets. New carrots can be washed and enjoyed without peeling.

Source: *Wellness Matters*

Suggestions on how to add carrots, two to three times a week, into your meals:

SNACKS: Serve them on their own or with a low-fat dip. Vary how you cut them – try, long skinny strips, use a crinkle slicer to make "fries" or slice them diagonally.

SALADS: Grate them coarsely and add them to a salad, or serve them mixed with raisins.

MEALS: Sauté carrots with garlic, lemon and fresh mint, or prepare them like mashed potatoes and season with nutmeg or cumin. Add them liberally to soups and stews or bake them in the oven alongside a fresh chicken.

Enjoy the additional fibre and flavour in your diet.

Crime Free Social – Really Well Attended



Thank you to all the residents in Mayfair and Katharine Apartments who brought their lawn chairs for a crime-free social on June 13. We spilled out into the parking lot in front of Mayfair West.

We appreciate your enthusiasm, questions and for braving the cool wind to listen to what two representatives from the Abbotsford RCMP Crime Prevention Program had to say. We hope you enjoyed the information, snacks and the door prizes!

Free Tips

Green Cleaning Products

SHOE POLISH

Olive oil with a few drops of lemon juice can be applied to shoes with a thick cotton or terry rag.

Leave for a few minutes. Wipe and buff with a clean, dry rag.

Source: *eartheasy.com*

What's On In Abbotsford?

Please check dates, times and venue before travelling as each event is planned well in advance.

Enjoy Abbotsford!

Abbotsford Farm & Country Market

Saturdays, 9am–1pm, until Oct 13
[Abbotsford Farm And Country Market.com](http://AbbotsfordFarmAndCountryMarket.com)

Abbotsford Agrifair & Rodeo

Aug 2-6
@ Abbotsford Exhibition Park
agrifair.ca

Cirque Du Soleil - Quidam

Aug 29 – Sep 1
@ AESC
abbotsfordcentre.ca

Wellness

Protect Your Vision

Every 12 minutes, someone in Canada begins to lose their eyesight. But did you know that 75 per cent of vision loss can be prevented?

1. **Have your eyes examined regularly** by an eye-care professional, and don't ignore changes in your vision.
2. **Quit smoking** for your eyes.

Source: *cnib.ca*



3. **Get healthy.** Excess weight, a sedentary lifestyle and high blood pressure are all risk factors.
4. **Protect your eyes from sunlight.**
5. **Wear eye protection** when playing sports or working with power tools.