

Better Living News

The Newsletter of Abbotsford Apartments

Issue 006, August 2012



"All our dreams can come true – if we have the courage to pursue them."

- Walt Disney

Kevin Wiebe

De-clutter & Organize: Low Cost Ideas



You can create simple storage solutions for less with everyday items around the house or items found at thrift stores and flea markets. It doesn't have to be expensive. Here are a few suggestions from Better Homes and Gardens:

Kitchen Pantry Solution

Attach a clear plastic shoe organizer on the back of your kitchen pantry door. Perfect to put spatulas, straws, napkins, candles etc... Best of all, everything is in plain sight and you can see everything without opening a drawer.

Jewelry Organizer

Attach a paper towel holder on the wall to organize your jewelry and create a piece of wall art.

Magazine Holder

Open a magazine in the middle and place it over a sturdy wooden hanger to keep magazines neat.

Organized Drawers

Using bowls and old ashtrays you can easily group craft items and knick-knacks together in a drawer.

Office & Craft Desk Organizers

Make pretty storage containers out of coffee tins, soup cans and powdered drink tubs by covering them with decorative paper! Cut the paper to size, then attach with spray adhesive or double-sided tape. They're perfect for holding pencils, pens, scissors and other desk or craft supplies.

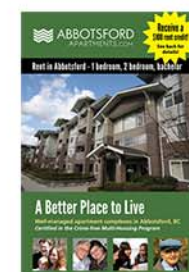
Source: bhg.com

Referral Cards & Move-in Offer

We want to thank you for referring friends and family to live with us at Abbotsford Apartments so we developed our resident's referral program.

To thank our new tenants for choosing us, we'll pay the cost of their move. We know they won't be moving any time soon!

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.



Receive a \$100 rent credit!

Referral cards are available from your building manager.

Procrastination – 6 Ways To Move Forward

We all have the ability to procrastinate. Here are six ways to help you get past the excuses and onto the task at hand.

1. Do the worst task first.

2. Break it down.

If the task is too big, try breaking it down into small parts and do one part at a time.

3. Ask a friend.

Often by telling a friend what you want to do can help you start the task by motivating you, keeping you accountable and, sometimes, by helping you.

4. Fifteen minutes.

Spend 15 minutes on a task. You'll find you either complete it or you'll be motivated to finish it.

5. Track it.

Often by writing down whether or not you have done something is enough to make you move forward.

6. Reward yourself.

The reason we do something is because it's more painful than not getting it done. Make completing a task more rewarding than the consequences of not completing it.

Source: lifeorganizers.com



Follow Us On Facebook

Contests, wellness facts and community information for what's going on and around Abbotsford are just some of the things you'll see posted on our Fan Page. Find us at: www.facebook.com/AbbotsfordApartments



We thank John Sykes for posting on our Facebook wall:

We've lived in Mayfair Village for 13 years and have no reason at all to go elsewhere. Rents are reasonable...we have the best management team on the planet...what more could we want!!!

Wellness

Diabetes: Know The Warning Signs In Children

Diabetes can affect us at any age. For mothers with young children it's particularly important to know the warning signs.



Diabetes can develop in a child even if there is no family history of the disease. **Three warning signs are:**

- wetting the bed again
- thirsty all the time
- drinking and going to the bathroom more frequently than usual

If you suspect your child might have diabetes, see a doctor immediately.

Source: diabetes.ca

Free Tips

Green Cleaning Products

COUNTERTOPS & BATHROOM TILE

Make a runny paste of two-parts vinegar and one-part baking soda and four-parts water.

Apply with a rag. Scour and rinse well.

If you prefer a creamier cleanser, add a tablespoon or two of castile soap.

Keeps well in a glass jar if you add a teaspoon of vegetable glycerin.

Source: BCLiving



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, till Oct 13
AbbotsfordFarmAndCountryMarket.com

Summer Show & Shine
Wednesdays till Sept 12
on Montrose Ave.
downtownabbotsford.com

Historic Downtown Car Show
Sept 15
@ Historic Downtown Abbotsford
downtownabbotsford.com