

Better Living News

The Newsletter of Abbotsford Apartments

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In any situation, the best thing you can do is the right thing; the next best thing you can do is the wrong thing; the worst thing you can do is nothing.

- Theodore Roosevelt

Kevin Wiebe

Tips for Creating a Will

The long summer days are sadly over and Fall is a good time to refocus our priorities. It's always good to plan ahead. Whether you are 30 or 70, a will is a Must-Do item.

By having a will, you're ensuring your estate, finances and health-care directives are followed. If you don't have a will, the government will split your assets for you and decide who gets it.



Five things to know when creating a will:

1. Executor

Appoint an Executor to carry out your directives and wishes. He is also responsible for paying final taxes and debts, dividing property and shutting down accounts.

2. Power of Attorney

It is suggested to appoint two Powers of Attorney; one to look after your finances and the other to look after your health-care needs.

3. Guardian

Name a guardian if your children are less than 18 years of age. Should something happen to you, the courts decide who will care for your children if there is no will.

4. Original

Keep an original copy of your will in a safety deposit box or with your lawyer. In court, only an original will is accepted – no photocopies!

5. Update Regularly

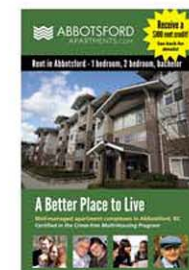
After any major life event, such as a birth, death or change to your marital or economic status, you should update your will.

Referral Cards & Move-in Offer

Many new tenants are now living with us at Abbotsford Apartments thanks to your referrals.

Just to let you know, our Move-in Offer hasn't expired. **Special conditions do apply.**

More details can be found 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.

Rosacea More Common in Adults

Rosacea is a chronic, inflammatory skin condition producing redness, small pimples and broken blood vessels on the face. It affects around 5% of the population between the ages of 30 and 60.

There is no cure, but you can limit the triggers. Avoid:

- exposure to sun
- exposure to extreme heat, cold or wind
- consuming hot liquids, spicy foods or alcohol
- stress or whatever elevates blood pressure

Early on, the symptoms are often misdiagnosed as it appears like a rash, sunburn or allergy. Seek medical treatment sooner before it reaches advanced stages. Prescription medication and proper skin-care regime can manage the symptoms and prevent it from getting worse.

Source: Wellness Today

Follow Us On Facebook

We post what's going on in Abbotsford, because we love living here.

If you want to share what you like, or an upcoming event you've heard about in the community, you'll find us on Facebook at:

www.facebook.com/AbbotsfordApartments



Wellness

Maintaining A Healthy Weight

Get the most from your food budget just by shopping smarter. Eat healthier and save money with a few simple tips:

Weight loss is not easy nor is taming our eating behaviour to maintain a desired weight. According to some new brain research, we're preprogrammed – as humans – to eat what we can find and whenever we find it.

With the modern day choices available to us, we don't have to eat like this to survive. Instead of having to deal with tough choices and only your will power to prevent you from overeating, scientists are suggesting we minimize the number of choices we have to make in a day.

Source: Consumer Reports on Health



Here are a few suggestions:

- Eat at home.
- Get adequate sleep.
- Limit alcohol.
- Surround yourself with healthy choices.
- Use a grocery list to avoid impulsive buying.
- Don't go shopping while hungry.
- Stay away from food in high-stress settings.
- Reward behaviour, not results.

Free Tips

Green Living Tips

Wipe Hotel Remotes

When staying at a hotel, run a disinfectant handy wipe over the light switches and the remote. They're covered with bacteria!



Don't Lick The Spoon

It's tempting to lick the beaters or extra cookie dough, but uncooked eggs can contain salmonella and other harmful bacteria.



What's On In Abbotsford?

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

Enjoy Abbotsford!

West Coast Women's Show

Oct 19-21

@ Tradex

Cappella Artemisia

Oct 24 @ Matsqui Centennial Auditorium

valleyconcertsociety.com

A Chorus Line

Oct 30

@ Abbotsford Entertainment & Sports Complex