

# Better Living News

The Newsletter of Abbotsford Apartments

Issue 009, November 2012



*The greatest advantage of speaking the truth is that you don't have to remember what you said.*


Anonymous

Kevin Wiebe

## What To Do During An Earthquake

Wherever you are, take cover immediately and stay there until the shaking stops.

### If you're indoors: "DROP, COVER & HOLD ON"

- Stay inside.
  - **DROP** under heavy furniture such as a table, desk, bed or any solid furniture.
  - **COVER** your head and torso to prevent being hit by falling objects.
  - **HOLD ON** to the object that you're under. Be prepared to move with the object, until the shaking stops
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- If you can't get under something strong, or if you're in a hallway, flatten yourself or crouch against an interior wall and protect your head and neck with your arms.
  - If you're in a shopping mall, go into the nearest store. Stay away from windows and shelves with heavy objects.
  - If you're at school, get under a desk or table and hold on. Face away from windows.
  - If you're in a wheelchair, lock the wheels and protect the back of your head and neck.

Source: [getprepared.gc.ca](http://getprepared.gc.ca)

## New Building Waiting Lists

We now have a waiting list for people wanting to be move into a specific building of Abbotsford Apartments.

If you or anyone you know would like to live in one of our apartment complexes begin the pre-approval process to get in the queue for an up-coming vacancy.

We also want you to know about our new crime-free apartment building currently under construction on George Ferguson Way in Abbotsford. Scheduled completion and occupancy is in the fall of 2013. Start the pre-approval process with a deposit to get a unit of your choice. Please direct all inquiries by email to [rentals@abbotsfordapartments.com](mailto:rentals@abbotsfordapartments.com) or call 604-853-3371.

## Festive Decorating Without The Stress

Some holiday decorating suggestions to alleviate stress so you can enjoy the holidays:

- 1. Au natural:** Evergreen clippings are natural, biodegradable and easy to drape across a fireplace mantle or on a foyer table.
- 2. Downsize the tree:** A smaller tree has the same impact but is easier to handle and decorate.
- 3. Aroma:** To fill your home with a Christmas scent, simmer orange slices, cloves and cinnamon sticks in a pot of water on the stove.
- 4. Centerpiece:** Place floating candles in a clear bowl of water with a drop of food colouring.
- 5. Home decorating:** Wrap wire ribbon around everyday items, such as potted plants, lamps and banisters.

Source: [www.arthritis.org](http://www.arthritis.org)



### Free Tips

#### Green Living Tips

##### Turn Off Lights

If you leave a room for more than 15 minutes, turn off the light.



##### Flip The Switch

Turn off appliances and electronics at night and on weekends to save hundreds of dollars annually.

For example, compare these costs for a colour laser printer:  
- always on costs \$246  
- off nights/weekends only \$114

Source: [livegreen.iastate.edu](http://livegreen.iastate.edu)

## Follow Us On Facebook

Find us on Facebook at: [www.facebook.com/AbbotsfordApartments](http://www.facebook.com/AbbotsfordApartments)



## Wellness

### Therapeutic Writing

Yes, that's right – writing can be a healthy activity, therapeutic even, in our lives. With just a pen and paper, you can express a variety of emotions and feelings such as helping you cope with grief, gaining perspective or even resolving complex issues.

Continued on a regular basis, and over time, writing can be a stress reliever, balance our mood, improve liver and lung function as well as lower blood pressure. Best of all – anyone can do it, it's free and you can do it almost anywhere.

Source: [alive.com](http://alive.com)



### What's On In Abbotsford?

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

#### Enjoy Abbotsford!

##### Celtic Thunder

Nov 27 @ Abbotsford ESC

##### West Coast Christmas Show & Marketplace

Nov 30 - Dec 2 @ Tradex

##### Abbotsford Farm & Country Market

Every Saturday

@ George Ferguson Way & Montrose Avenue

[AbbotsfordFarmandCountryMarket.com](http://AbbotsfordFarmandCountryMarket.com)