



TN Development Corporation

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October 2015
November 2015

Let's Be Thankful all 365 Days a Year



Let's start a revolution. Why wait until Thanksgiving just to say and think about what you are thankful for? Why not spend time each and every day giving thanks for all you have? Wouldn't it be better to have that awesome feeling you get at Thanksgiving, each and every day rather than just one day a year?

So challenge yourself to start giving thanks each and every day, 365 days a year, not just waiting for the fourth Thursday in November each year to do so. You will be confident that by taking just this small step, you will feel the wonder and spirit of Thanksgiving within your life each and every day of the year, creating the momentum and powerful energy propelling you to new heights and toward your dreams. How awesome is that!

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BINGO



BE HAPPY
you deserve it!
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A Note From The Property Manager

Each month we will highlight a section of our Community Policy in the newsletter; this month we are highlighting

Section: 05 KEY(S) AND LOCK(S)

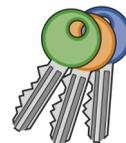
Please use this opportunity to refresh your memory of the rules that govern your community.



To everyone celebrating a birthday during the months of October and November

KEY(S) AND LOCK(S)

- A. Keys are issued to all residents at time of move-in. Any alteration, addition, and/or replacement of a lock (s) is not permitted without the prior written consent of management. **A resident who receives permission to change or add a lock (s) must provide management with a key for each lock to provide access for inspections, repairs or emergencies.** Locks added to any door must be installed by a qualified contractor approved by management of the maintenance personnel.
- B. Should a lock require changing for any reason, other than the lock's failure to operate correctly due to normal wear and tear, there will be a charge for the lock, plus labor. This Lock Fee will be charged to the resident (s) in those cases which include, but are not limited to 1) Abuse of the lock by a household member, guest, friend, or relative; or 2) Failure of resident to notify management of required lock repairs. Payment of the Lock Fee is due with thirty (30) days of receipt of an invoice for the charges (s).
- C. When a resident requests a lock change to ensure his/her level of personal comfort, a resident will be charged for the lock, plus labor for each lock change.
- D. Keys will be issued for household members ONLY. One (1) entry key is provided per household at move-in time. One (1) key is issued per household for the laundry facility, mail box, and gate (where applicable). In the event that residents provide keys to relatives, friends, or guests, management will not be held responsible and will not be held liable for any damages, missing articles, etc. to or from the unit.



Resident Appreciation Day will be celebrated during the Month of November. Come join us for food, fun and fellowship. You will be notified of the date at a later time.



F.Y.I.

THINGS YOU SHOULD KNOW

F.Y.I.

OCTOBER

- 8th-Thursday, Wal-Mart Trip, 9:00 AM
- 14th-Wednesday, Vegetable Bags
- 19th-22nd- Quarterly Inspection
- 23rd-Friday, Pest Control
- 27rd-Grace Church, Seniors Only, 6:00 PM
- National Breast Cancer Awareness Month

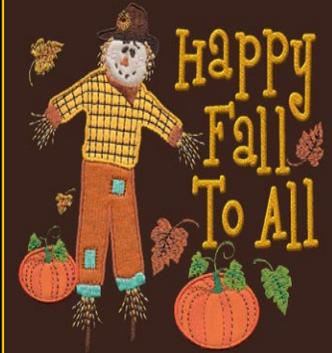
NOVEMBER

- 3rd-Tuesday, Local Election Day
- 11th-Wednesday, Vegetable Bags
- 12th-Thursday, Wal-Mart Trip, 9:00 AM
- 22th-Grace Church, Seniors Only, 6:00 PM
- 26th-Thanksgiving Day, Office Closed
- 27th-Day after Thanksgiving, Office Closed
- National Diabetes Month



40 Days to Better Health

1. **Model for healthy living**– Living healthy lives doesn't just mean that you see the doctor regularly. Rather, healthy living means that all aspects of life are in balance. Your convictions, work, nutrition, movement, family and friends, emotions, and medical health all contribute to a life filled with more joy, more love, and more connections.
2. **Pursuing smarter food choices**-Variety is the key to a balanced diet. Today prepare a meal that includes as many colors as you can fit into the meal. To easily add some variety, offer some raw, cut vegetables (such as carrot sticks or sliced red bell pepper) in addition to a cooked vegetable.
3. **Relationships**-Who is your oldest friend? Sometimes the relationships we have had the longest are the easiest to neglect. Take time today to think of a long term friend who you have not spoken to in a while and drop him or her a line.
4. **Sleep**-Sleep deprivation can get in the way of having a good attitude. When we are tired, our bodies and brains do not function well. Try to get a good night's sleep, even if it means leaving something undone in your day. You'll feel better when you wake up!
5. **Appreciating your skills, talents, and gifts**-When work becomes topsy-turvy, it can be very easy to stress-eat without even recognizing what you are doing. Today if you start to feel overwhelmed at work, don't head for the vending machines; head for the door! Take a short break outside, breathe in some fresh air, and let your body relax before getting back to work.
6. **Discovering ways to enjoy physical activity**-Spend some time today doing something you enjoy. Go for a walk or dance around your house. Having fun while exercising makes it more likely that you will continue to exercise.
7. **Partnering with health care providers to optimize medical care**-Do you know your family history. If your parents, grandparents, aunts, or uncles have had a illness, it can be relevant to your own health. Heart disease, diabetes, and cancers are particularly important to know.
8. **Meditation**-Often as a part of our life, we neglect to sit quietly and listen or meditate. Today, spend five minutes sitting quietly and breathing. Try to quiet your inner voice and just listen.
9. The key to eating healthy is not eating any food that has a TV commercial.☺



What did baby corn say to mama corn?

Where is popcorn?

CORNISH HEN AND RICE BAKE

Ingredients:

- 1 (6 oz.) pkg. white & wild rice mix
- 1 stalk celery
- 1/2 (4 oz.) can drained mushroom stems & pieces
- 2 cup water
- 1/4 cup butter
- 2 Cornish hens (about 1 lb. each)
- 2 tablespoon butter, melted



Directions

In a glass casserole dish, combine uncooked rice mix with seasonings, celery, mushrooms and water; dot top with 1/4 cup butter. Cut Cornish hens in half lengthwise down side of breast bone; arrange cut-side down over rice. Brush with melted butter. Cover with foil and bake at 350 degrees for 1 hour then uncover and bake 30 minutes longer. Note: You may substitute 2 lbs. chicken parts or game hens.

Maintenance Tip

Do not wait for Inspections to call your work orders in, call them in when they occur.





TN Development Corporation

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Our Mission

Provide permanent, quality, affordable multi and single family housing in Columbia to create safe, clean and well maintained communities. Collaborate with other agencies to provide innovative, support services to Columbia Communities.



MANAGEMENT OFFICE HOURS

9:00 a.m.—5:00 p.m.
Monday, Tuesday, Thursday & Friday

8:30 a.m.—12:00 p.m.
Wednesdays



Fair Housing / Equal Opportunity

