Bardwell Bulletin

February 7, 2014

The Office will be **closed** for President's Day on Monday, February 17th.

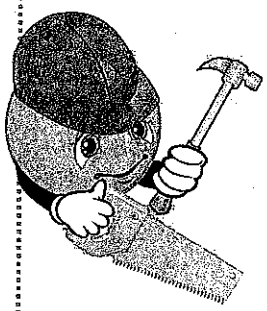
Rent Checks

Please continue to pay your rent with a check or money order. Unfortunately, we are unable to offer Automatic Transfers at this time. Patty will notify you when the option becomes available.

Renovations are Underway . . . from the ground up!

Bardwell House windows are being replaced along Merchants Row and Washington Street. If you live in one of these apartments, you will be notified of when the contractors have your unit in their schedule.

If your windows are being replaced, you will be asked to move items off your window sills and move items away from the windows.



Do not open your new windows until you are shown the proper way to do so. Opening and closing them incorrectly can result in damage to the windows.

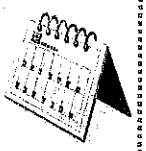
There will be a tutorial on **Thursday, February 13th at 11:00 a.m.** in the Dining Room to show you the proper way to use your new windows.

Lighting is being replaced in hallways. You may have already noticed the changes on the first floor.

We will continue to keep you updated with the changes being made to the building. At this time, we do not have a date for the elevator upgrade, but will notify you as soon as it is scheduled.

Mark Your Calendar!

Check the Calendar in the Lobby for times and locations.



Feb. 2: Groundhog Day
Feb. 3: Stitch & Kvetch
Feb. 3: Residents Association Meeting
Feb. 4: Coffee with Kiwanis
Feb. 4: Worship Service
Feb. 6: Foot Clinic
Feb. 7: Coffee & Conversation
Feb. 10: Stitch & Kvetch
Feb. 11: Laughter Yoga
Feb. 12: Renter's Rebate Workshop
Feb. 12: $1.00 BINGO
Feb. 14: Valentine's Day
Feb. 14: Coffee & Conversation
Feb. 14: Brain Games
Feb. 14: Pot Luck Dinner
Feb. 17: Presidents' Day, Office **CLOSED**
Feb. 17: Stitch & Kvetch
Feb. 18: Laughter Yoga
Feb. 19: Appreciation Day
Feb. 21: Coffee & Conversation
Feb. 21: "Bring a Prize" BINGO
Feb. 24: Stitch & Kvetch
Feb. 25: Laughter Yoga
Feb. 28: Coffee & Conversation
Feb. 28: Brain Games

Walk 100 miles in 100 days!
Begins February 5 at 11:30 a.m. and continues for 100 days!

Random Acts of Kindness

"A day without laughter is a day wasted." ~ Charlie Chaplin

Make Someone Laugh

You've probably heard the saying "laughter is the best medicine." Well, there's a lot of evidence that this saying is actually true!

It's no coincidence that people who laugh more are happier. Making others laugh can be a great joy to them **and** to you! Share a comic strip, a joke, or do whatever you can think of to make someone else laugh.

Benefits

There are many physical and mental benefits to laughter. It can relieve tension and stress, boost your immune system, and improve your heart. A study from Vanderbilt University concluded that laughter can even burn calories!

Keep It Simple

When you notice someone around you is having a bad day, share a joke or do something funny to cheer them up and make them laugh.

http://www.randomactsofkindness.org/kindness-ideas/195-make-someone-laugh

"Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation might be, you can survive it." ~ Bill Cosby

Read more at http://www.brainyquote.com/quotes/keywords/laughter.html#DiUzM1CH3UQhtV1q.99

A Thoughtful Valentine Gift

Jim asked his friend, Tony, whether he had bought his wife anything for Valentine's Day.

'Yes,' came the answer from Tony who was a bit of a chauvinist, 'I've bought her a belt and a bag.'

'That was very kind of you,' Jim added, 'I hope she appreciated the thought.'

Tony smiled as he replied, 'So do I, and hopefully the vacuum cleaner will work better now.'

http://www.guy-sports.com/humor/valentine/valentine_jokes.htm

Laugh Out Loud . . .

? Why don't we ever see this headline: **"Psychic Wins Lottery"**?

? Who tastes dog food when it has a "new and improved" flavor?

? Why didn't Noah swat those two mosquitoes?

? Why are they called **apart**ments when they are all stuck together?

? Why do we say something is out of whack? What is a whack, anyway?

? When someone says, "A penny for your thoughts", and you put your two cents in, what happens to the other penny?

? Why is it that if someone tells you there are one billion stars in the universe, you believe them, but if they tell you a wall has wet paint, you have to touch it to be sure?

? Why do they display pictures of criminals in the Post Office? What are we supposed to do, write to them? Why don't they just put their pictures on the postage stamps so the postmen can look for them when they deliver the mail?

http://www.guy-sports.com/months/jokes_thoughts.htm

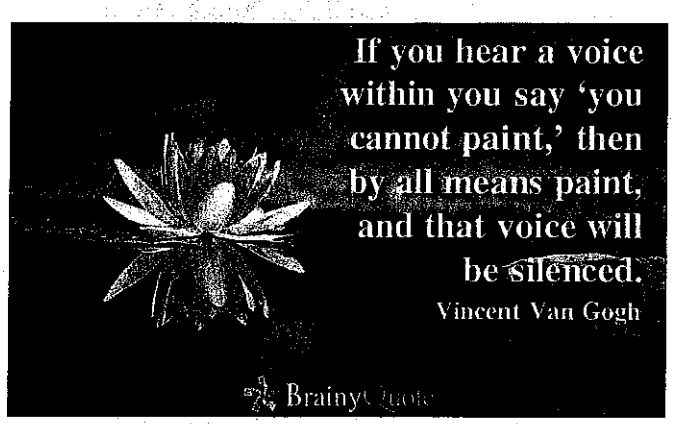
Five Fun Facts about Valentine's Day

1. In Medieval times, girls ate unusual foods on Valentine's Day to make them dream of their future husband.
2. Richard Cadbury invented the first Valentines Day candy box in the late 1800s.
3. In the Middle Ages, young men and women drew names from a bowl to see who their Valentines would be. They wore these names on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.
4. Valentine's Day and Mother's Day are the biggest holidays for giving flowers.
5. About 1 billion Valentine's Day cards are exchanged in US each year.

http://www.stvalentinesday.org/valentines-day-fun-fact.html

Artists Unite!

Are you Crafty or artistic? Would you like to talk about or create original artwork for the Bardwell House? If you would like to be involved or learn more, please call Sherri at 775-1100, Ext. 202.



Renter's Rebate Workshop

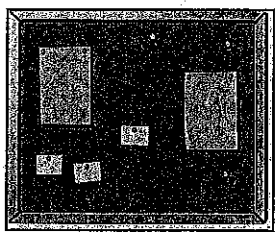
There will be a Renter's Rebate Workshop in the Dining Room on Wednesday, February 12th at noon.

Please, bring your Landlord Certificate and proof of income with you.

Put it in Writing!

If you have an issue that you would like to bring to the attention of Management, **please** put it in writing, sign your name, and include the date. Often, we have additional questions regarding complaints or suggestions; it is difficult to follow up and/or take action if we do not know who to contact to ask such questions.

Bulletin Boards

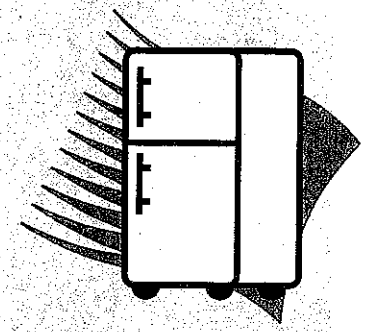


Events, Memos, and Notices are placed on the Bulletin Boards located on each floor by the Elevator. At times, notices are also posted in the elevator.

Do not disturb these notices: do not remove them, do not mark on them.

Management staff will post Renovation Updates scheduled for Common Areas on the Bulletin Boards. Management staff will remove these notices as they expire.

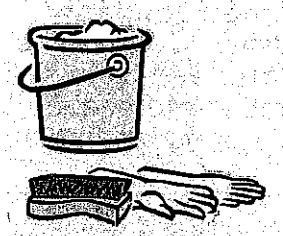
How to Clean a Refrigerator Step by Step



Cleaning Supplies needed:
- dish soap
- dishcloth
- scrub brush
- towel, clean rag, or paper towels

◊ Take all your food out of the fridge.
◊ Throw away spoiled food.
◊ Throw away food you will not use.
◊ Remove the drawers
◊ Remove the shelves, if possible.
◊ Wash drawers & shelving by hand in the sink.
◊ Use a scrub brush to remove heavy duty spills
◊ Set drawers & shelving aside to dry

◊ Fill a small pail or dishpan with dish soap and hot water

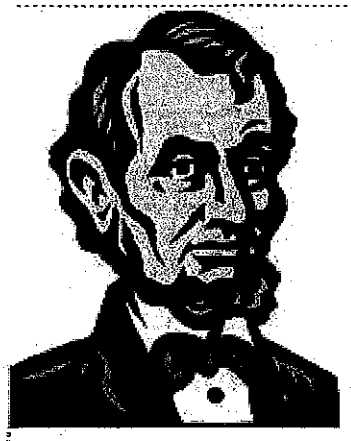


◊ Dip your dish cloth in the soapy water, then wring it out
◊ Scrub the inside of the refrigerator starting at the top (rewetting your cloth as needed):
wash the back
wash the sides
wash the shelves
wash the bottom

◊ Scrub the inside of the refrigerator door starting at the top cleaning each shelf or compartment (rewetting your cloth as needed)
◊ Return food to the refrigerator and close the door.
◊ Scrub the outside of the refrigerator, starting at the top:
wash the top
wash the sides
wash the outside of the door
scrub the handles on the freezer and refrigerator doors

http://www.ehow.com/info_8008677_steps-cleaning-refrigerator.html

41 days until Spring



Interesting Presidential Trivia

Abraham Lincoln

1. Abraham Lincoln was elected to Congress in 1846.
2. Abe Lincoln was elected President in 1860.
3. Andrew Johnson, who succeeded Lincoln, was born in 1808.
4. Lincoln was killed by John Wilkes Booth.
5. Booth killed Lincoln in a theater.

John F. Kennedy

1. John F. Kennedy was elected to Congress in 1946.
2. Kennedy was elected President in 1960.
3. Lyndon Johnson, who succeeded Kennedy, was born in 1908.
4. Kennedy was killed by Lee Harvey Oswald.
5. Oswald was caught in a theater.

The name **Lincoln** and **Kennedy** each contain seven letters.
Both men were particularly concerned with civil rights.
Both men lost their children while living in the White House.
Both Presidents were shot on a Friday.
Both were succeeded by Southerners.
Both successors were named **Johnson!**
The full name of **both** assassins contain 15 letters.
Both John Wilkes Booth and Lee Harvey Oswald were killed before their trials.
Both Presidents were shot while seated by their wives, neither of whom were injured.
Both Lincoln and Kennedy were the second child born in their families.

Read more at http://www.snopes.com/history/american/lincoln-kennedy.asp **and** http://hnn.us/article/1109

E. P. Management
Bardwell House

(802) 775-1100
Call number above first, then press extension listed below

Lisa Bowen, press 8: Call for Maintenance Requests, and for referrals for Lease Violations and Services
Patty Howard, press 2: call for Rents and Invoicing
Sherri Durgin-Campbell, press 6: Resident Services Coordinator
Jeff Barrett, press 3: Regional Property Manager

Presidential Scramble

Answers will be posted on the Bulletin Board February 24, 2014.

Kdnneye	_____	osnhnJo	_____
htWniaogsn	_____	dmAsa	_____
lnLncoi	_____	Ceatrr	_____
eronfsfJe	_____	eCidgool	_____
tesoolvRe	_____	maaOb	_____