

A/C TIPS

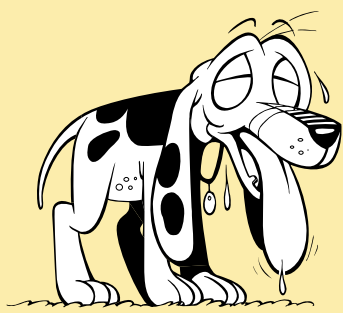
Your thermostat has two positions for the fan, AUTO and ON. It also has three settings for your choice of climate, COOL, HEAT, and OFF. AUTO means your system will cool or heat your home by adjusting your thermostat to your desired temperature. ON means your fan will run constantly, regardless of any other setting. Adjust your thermostat accordingly. For energy savings, do not change the temperature drastically to cool your home. A slight adjustment in temperature will cause the desired results at a lower cost. If your air conditioner is not working, turn the unit off and call the office. Leaving the unit on can cause further damage and delay repair time.

Grilling

A reminder that grills of any kind are not to be used or stored on your patios or balconies. Feel free to use the grills and picnic tables we have provided throughout the community. We do ask that these areas be kept clean for everyone to enjoy.

STAY SAFE!

June is National Safety Month, a time to focus on reducing leading causes of injury at work, on the road, in our homes and communities. Make sure your summer activities lead you to care and caution. Playgrounds, in and around water, bug protection, dehydration, bicycling and even pedestrian safety should cause us all to look, listen and proceed with caution, while at the same time, have fun!



Too Hot for Your Fur Baby

Do you like to take your pet along with you in the car to run errands? Many people do– just remember to never leave your pet in a parked car during the hot summer months. On an 85-degree day, the temperature in your car with the windows open can reach 102 degrees in 10 minutes. In just 30 minutes, with the windows closed, the temperature can reach 160 degrees. These extreme temperatures can cause heatstroke, brain damage and maybe even death. A police officer or animal care officer may cite you for cruelty to animals if your pet is left in these conditions. So take care of our furry residents and reconsider when taking your pets along during summer errands.

TRASH GOES IN THE DUMPSTER

Trash does not belong on your patio, balcony or by your front door. It not only looks “trashy” but encourages pests in your home. Get in the habit of taking out your trash on a regular basis.

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	June		

June 8-13 – *Nashville Sounds vs. Indianapolis Indians*  
June 12 – *World’s Toughest Rodeo: Bridgestone Arena*  
June 15 – *5 Seconds of Summer: Ascend Amphitheater*  
June 18 – *NASCAR Camping World Truck Series: Nashville Superspeedway*  
June 19 – *NASCAR Xfinity Series: Nashville Superspeedway*  
June 19 – *Mötley Crüe, Def Leppard: Nissan Stadium*  
June 20 – *Ally 400 NASCAR Cup Series: Nashville Superspeedway*  
June 23 – *Jo Koy: Ryman Auditorium*  
June 23-27 – *Nashville Sounds vs. Charlotte Knights*  
June 29-30 – *Nashville Sounds vs. Louisville Bats*

*All dates subject to change without notice*

Royal Arms of GREEN HILLS

2011 Richard Jones Road • Nashville, TN 37215  
615-297-8281 • FAX 615-297-0497  
Schatten Properties Management Co., Inc.



JUNE 2021

FATHERS DAY

Fathers Day is a day to not only honor your father but all men who act as a father figure. Stepfathers, uncles, grandfathers, and adult male friends are all honored on Fathers Day. So for all those men out there who have impacted someone's life in a positive way, we appreciate you and wish you a Happy Fathers Day!

Refer and Earn

Refer your friends to live at Royal Arms. If they sign a lease and move in, we will reward you with \$200 for each referral. That's an easy way to earn some cash, and you have the benefit of having your friends as neighbors.

NATIONAL DOUGHNUT DAY

National Doughnut Day is a day of appreciation of Salvation Army volunteers who distributed doughnuts to servicemen during World War I. When the U.S. entered the war in 1917, Salvation Army huts were formed where many female volunteers were deployed to mother the soldiers. During this time, women began to make doughnuts for the servicemen, who began to refer to the women as Doughnut Dollies. This national holiday is celebrated each year on the first Friday in June.

Let's take a moment this day to raise our doughnuts in the air to honor them and then take a bite to show how we really appreciate them! Look for specials and deals (and maybe even some freebies) from your local doughnut shops.

Fresh Fruit & Vegetable Month

June is National Fresh Fruit and Vegetable Month and a great time to add more fresh fruit and vegetables to your diet. Grocery stores and farmers markets typically have a great selection at great prices this time of year. You can make a colorful healthy meal the whole family will enjoy.

Staff

- Deena Beattie  
Property Manager
- Lex Brabson  
Assistant Manager
- Alexandria Slaton  
Leasing Agent
- Randy Hollis  
Maintenance Supervisor
- Jacob Silvey  
Maintenance Tech
- Andrew Lott  
Maintenance Tech
- Michael Huffman  
Groundskeeper
- Audrean Manquero  
Courtesy Officer

Pest Control

Wed., June 23  
Bldgs. I, H, J, Q

Laundry Code  
# 4 8 8 8







## Farmer's MARKETS

Shopping at your farmer's market not only supports your local economy, but offers you the benefits of produce at its freshest, usually within 24 hours of being harvested.

Fresh produce is a key part of a healthy lifestyle, and the more color your produce has the greater its health benefits.

Change your diet and culinary imagination with what is in season. Try something new. Ask your farmer for their secrets to cooking a certain vegetable or serving a new (to you) fruit.

Buying from the local farmer also protects our environment through less travel, less packing, less emissions.

Through frequent buying and consuming, you'll find the farmers who you can trust, those who maintain healthy and sustainable farming practices.

### JUNE

S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



- |                             |                                   |
|-----------------------------|-----------------------------------|
| 4 National Donut Day        | 19 Juneteenth                     |
| 6 D-Day Anniversary         | 20 Father's Day/<br>Summer Begins |
| 14 Flag Day                 |                                   |
| 18 International Picnic Day |                                   |

## MAKE THE MOST OF Summer

Summer means lots of daylight and lots of time to do things, but activities can be expensive. Here are some tips to keep summer costs down.

### CHECK YOUR CITY / TOWN WEBSITE TO FIND FREE STUFF -

outdoor concerts, movie in the park nights, free days at local museums. Borrow free DVDs from the library and take advantage of their summer reading programs. Your Parks & Rec will host free or low-cost crafting activities.

**GO TAKE A HIKE** - literally! There are so many state parks around, you'll want to spend some time in as many as you can find. Challenge the kids to log their miles, learn to recognize different flowers and trees. Many parks are free or they may charge a small entry fee per carload.

**MAKE A LIST OF ALL THE RESTAURANTS** that offer coupons, kids eat free nights, BOGO deals. Download your favorite restaurant app to save more. Going on a road trip? Stock up on dollar store snacks BEFORE you leave.

**COOK LESS** in your oven and use your slow cooker, Instapot, grill (where available), or go with meals that stay cool - salads, sandwiches, lettuce wraps, tacos without meat and so much more! Create a family meal list with the kids.

“MY FATHER DIDN'T TELL ME  
HOW TO LIVE;  
HE LIVED,  
AND LET ME WATCH HIM DO IT.  
Clarence Budington Kelland”



## Resting During Vacation

Did you know that about 52 percent of Americans leave around 700 million vacation days untouched each year? As you plan your vacation this year, make sure you come back refreshed and rested instead of exhausted.

Plan ahead - if working, ask for time off in advance and make sure it doesn't conflict with a big deadline. Have a plan on dealing with events should they arise while you're away. Try to have one day at home before heading back to work. Talk with a neighbor about getting your mail and watching over your home.

Where are you going? What are your interests? Find a place that intrigues you, but doesn't get you too far out of your comfort zone. Experience the sights you most want to see. Check to see if COVID has changed some of your activities - open, closed, delay, appointment needed?

Don't mindlessly check your phone. On average, a person touches their smartphone 2,617 times a day. Put away your phone as much as you can and immerse yourself in the moments.

Practice healthy habits by eating whole, fresh, and local foods. Indulge a bit, but get back on track. Stay hydrated by drinking lots of water. Limit your alcohol. Get lots of sleep. Exercise by getting into nature and exploring your surroundings - walk or bike, kayak, paddleboard. Nature has an incredible power to deal with stress.

If you work, make it clear from the start that you will be not be checking your emails. If you absolutely have to work, do it for a set time each day, then stop. Schedule your days but also plan on spontaneity. Choose an activity or two a day, but if something pops up you want to do - do it. Build plenty of free time into your vacation.

## RAISE YOUR FLAG Match the flag to the country.



- |             |           |               |                 |
|-------------|-----------|---------------|-----------------|
| A Argentina | F France  | K Ireland     | P Norway        |
| B Belgium   | G Finland | L Jamaica     | Q Singapore     |
| C Brazil    | H Germany | M Japan       | R Sweden        |
| D Canada    | I Greece  | N Madagascar  | S Turkey        |
| E China     | J Iceland | O New Zealand | T United States |



## Let's Have a Picnic

**International Picnic Day** is June 18 and the warmer weather is a perfect time to picnic! It can be as simple and as elaborate as you want it to be.

- Plan your menu and pack accordingly. If it's with friends, delegate people to bring things. Don't forget blankets, plates, napkins and utensils.
- Games are great - football, horseshoes, bocce ball, frisbee, spike ball - all great choices. Think of the kids, too!
- Music is a good addition. Download your favorite songs into a playlist. Be polite to your picnicking neighbors and keep the music on low volume.
- If it's a small picnic, pack your favorite book or listen to an audible selection with earphones. Bring a pillow for a little nap after eating.
- Things to remember: bug spray, garbage bags, first aid supplies, wet wipes, sunscreen, bottle opener (if needed), kitchen towels to cover food or to wipe up spills, extra cutlery.

Check us out on **Hassle Free Newsletter** and pin your favorites!

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RAISE YOUR FLAG: 1. A 2. K 3. O 4. B 5. R 6. S 7. G 8. N 9. E 10. I 11. C 12. D 13. H 14. L 15. Q 16. T 17. M 18. J 19. P