

KENNEDY PLACE

Kennedy Place Apartments • 3100 Gillespie • Houston, TX 77020

We Love Our Residents!

The entire staff of Kennedy Place joins in wishing everyone in our community a very happy Valentine's Day. While February is the traditional month of love, we just wanted to remind you that *we really do love our residents all year long!* Thank you for making our community such a great place to call home!

How Sweet it is!

This Valentine's Day, surround yourself with the ones you love with our Resident Referral Program. Tell your friends what you love about Kennedy Place. **If they come in, mention your name, sign a lease and move in, we'll show our love by thanking you with a special bonus!** Neighbors you love, a great thank you from us...it doesn't get much sweeter than that! *Please contact the Office for complete program details.*

Don't Go Breakin' Our Hearts

We hate to see a great resident leave our community! This month, if it's time to renew your lease, we would love nothing more than to see you stay! Give us a call and let us know if we can prepare the paperwork so all you have to do is pop in the Office and sign.

Kitchen Corner

A great seasoning mix. People may want to use less salt in their food, but it's difficult to find seasoning without it. Lemon pepper, for example, contains a lot of salt. Doctors at the Mayo Clinic say these common spices can mix together to create 1/4 cup of very good seasoning: • 5 teaspoons onion powder • 1 tablespoon garlic powder • 1 tablespoon paprika • 1 tablespoon dry mustard • 1 teaspoon thyme • 1/2 teaspoon white pepper • 1/2 teaspoon celery seed.

Whispering Sweet Nothings?

When you decide to declare your true love, make sure you whisper those three magic words in your lover's left ear. Research at the Sam Houston State University found that we're more likely to remember emotional words if they're spoken into our left ear. Why? The left ear is controlled by the right side of the brain. And the right side of the brain is responsible for processing emotional stimuli.

Groundhog Day is February 2nd

The legend of the groundhog as a predictor of the weather holds that if he emerges from hibernation on a sunny day and sees his shadow, six more weeks of winter weather are in store; if it's cloudy and he doesn't see his shadow, spring will be early. Historians believe this tradition began with the early European Christians. The clergy would bless candles and distribute them to people in the dark of winter because that day marked the halfway point between winter and spring, thus giving people hope that spring and light would return. People would study the weather carefully on this day and watch for hedgehogs coming out of hibernation to see if they cast a shadow.



Inside this issue
Money advice for new parents
Simple tips for a healthier heart
Movie previews and more!

Lifestyle

YOUR COMMUNITY STAFF

Juanita Williams

Community Manager

Lisa Butler

Assistant Community Manager

Michael Porter

Maintenance Supervisor

Robert Nunez

Maintenance Technician

OFFICE HOURS

Monday thru Friday

8:00 am–5:00 pm

Saturday

Closed

Sunday

Closed

CONTACT DIRECTORY

Management Office

(713) 225-5929

Emergency Maintenance

(713) 225-5929



ALLIED ORION GROUP





New parent? Avoid these common money mistakes

Becoming a parent for the first time is exciting—and it can also be expensive. USA Today shares these all-too-common mistakes to avoid when you're starting out:

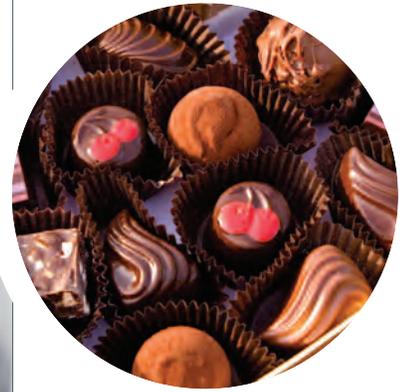
- **Buying every gadget.** You'll feel deluged by ads for everything from baby-wipe warmers to blenders that make gourmet food for infants. Resist the temptation to buy it all. You can make do with the basics—a crib, a changing table, clothes, food, and diapers—without blowing your budget.
- **Stocking up excessively.** You don't have to buy

six months' worth of diapers in one swoop, no matter how great the deal may seem. Remember that kids grow quickly, and chances are they'll grow out of infant clothes in a short time—which means you don't need dozens of outfits no matter how cute they are. Focus on just-in-time purchases during the first few years.

- **Buying brand-new.** Check resale shops for clothes, toys, and other baby necessities. Many parents donate their used supplies once their kids have outgrown them. Friends and relatives with kids may also be happy

for the opportunity to unload some of their old gear on you.

- **Not planning in advance.** You should put your finances in order long before going to the hospital. Look into your insurance options for the new addition to your family—both health care for your child and life insurance for you. Set up an emergency fund. Think about your child care options (day care, or will one parent stop working?) so you can be prepared for the expense or drop in income.



Chocolate may be the perfect cough medicine

Good news if you've got a cough you can't get rid of—especially if you're a chocolate lover. The *Shape* magazine website reports that an influential authority on respiratory medicine believes chocolate can do a great job of soothing coughs because it forms a protective coating inside your throat that shields the nerve endings that make you cough. Melted chocolate's viscosity permits a natural ingredient to defend those nerve endings and help them calm down.

The expert notes that drinking hot chocolate won't have the same cough-soothing effect because it's too diluted to have a long-lasting effect on throat nerves. You're better off sucking on a piece of chocolate and letting it melt down slowly to coat your throat.



Simple tips for a healthier heart

Close to 2,200 people die each day in the United States because of cardiovascular problems. That's one every 40 seconds. Because February is Heart Health Month, here's some advice from the WMC Action News website on how to keep your heart healthy:

- **Laugh a lot.** Laughter dilates your blood vessels, increases blood flow, and lowers your blood pressure.
- **Snuggle.** Hugging releases oxytocin, a hormone that relieves stress and can reduce blood pressure.
- **Get the right amount of sleep.** Both oversleeping and getting less than six hours of sleep a night raises your heart attack risk. Aim for about eight hours every night.
- **Drink coffee.** Studies suggest that caffeine can stabilize your heart rhythm if you have an abnormal heart rate. Check with your doctor.
- **Move around.** Standing and moving around one hour per day can reduce cardiovascular disease risk in women by 25%, according to a University of California, San Diego, study.



BIRDS OF PREY After splitting with the Joker, Harley Quinn (**Margot Robbie**) joins superheroes Black Canary, Huntress and Renee Montoya to save a young girl from an evil crime lord, Black Mask in Gotham City.



Photo credit: Claudette Barrius

Photo Credit: Graham Bartholomew

BLOODSHOT After he and his wife are murdered, marine Ray Garrison (**Vin Diesel**), is resurrected by a team of scientists. Enhanced with nanotechnology, he becomes a superhuman, biotech killing machine - Bloodshot. As Ray first trains with fellow super-soldiers, he cannot recall anything from his former life. But when his memories flood back and he remembers the man that killed both him and his wife, he breaks out of the facility to get revenge, only to discover that there's more to the conspiracy than he thought.

WHAT ABOUT LOVE Two young lovers change the lives of their parents forever when the parents learn from the joyful experience of their kids, and allow themselves to again find their love. **Sharon Stone** and **Andy Garcia** star.

FIRST LADY Katherine Morales (**Nancy Stafford**), a woman not married to the President, runs for First Lady, but she winds up getting a better proposal than she ever expected. First Lady is a classic romantic comedy with the backdrop of Presidential Politics and Royal Charm.

BRAHMS: THE BOY II Unaware of the terrifying history of Heelshire Mansion, a young family moves into the estate, where their young son soon makes an unsettling new friend, an eerily life-like doll he calls Brahms. **Katie Holmes** and **Eric Reid** star.

DOWNHILL In Downhill, barely escaping an avalanche during a ski vacation in the Alps throws a seemingly picture-perfect family into disarray as they are forced to reevaluate life, and how they truly feel about each other.

EMMA Handsome, clever, and rich, Emma Woodhouse is a restless queen bee without rivals in her sleepy little town. In this glittering satire of social class and the pain of growing up, Emma must adventure through misguided matches and romantic missteps to find the love that has been there all along.

FANTASY ISLAND The enigmatic Mr. Roarke makes the secret dreams of his lucky guests come true at a luxurious but remote tropical resort. But when the fantasies turn into nightmares, the guests have to solve the island's mystery in order to escape with their lives.

SONIC THE HEDGEHOG Sonic tries to navigate the complexities of life on Earth with his newfound best friend -- a human named Tom Wachowski. They must soon join forces to prevent the evil Dr. Robotnik (**Jim Carrey**) from capturing Sonic and using his powers for world domination.

THE INVISIBLE MAN Trapped in a violent, controlling relationship with a wealthy and brilliant scientist, Cecilia Kass (**Elisabeth Moss**) escapes in the dead of night and disappears into hiding, aided by her sister (**Harriet Dyer**), their childhood friend (**Aldis Hodge**) and his teenage daughter (**Storm Reid**).

THE CALL OF THE WILD Buck is a big-hearted dog whose blissful domestic life gets turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon in the 1890s. As the newest rookie on a mail-delivery dog sled team, Buck experiences the adventure of a lifetime as he ultimately finds his true place in the world. **Harrison Ford** stars.

HOME ENTERTAINMENT RELEASES

Feb. 4	Playing with Fire
Feb. 4	Last Christmas
Feb. 4	Doctor Sleep
Feb. 4	The Good Liar
Feb. 11	Ford v Ferrari
Feb. 18	21 Bridges
Feb. 18	Midway
Feb. 18	A Beautiful Day in the Neighborhood



We Love Our Residents

February 2020

saturday

sunday	monday	tuesday	wednesday	thursday	friday	saturday
2 <i>Super Bowl 54</i>	3 <i>Carrot Cake Day</i>	4 <i>World Cancer Day</i>	5 Last Day To Pay Rent Without Late Fees.	6 Rent is Now Late! ANNUAL FIRE ALARM & SPRINKLER INSPECTION 8am-5pm	7 4th Time Late Payors (Within A 12 Month Period) Will Be Sent To Legal.	8 <i>Kite Flying Day</i>
9 <i>The Beatles appear on the Ed Sullivan Show 1964</i>	10 <i>Clean Out Your Computer Day</i>	11 <i>Make a Friend Day</i>	12 <i>Lost Penny Day</i>	13 Monthly Safety Meeting 9:30 am	14 <i>Valentine's Day</i> <i>Happy Valentine's Day!</i>	15 <i>Single's Awareness Day</i>
16 <i>Do a Grouch a Favor Day</i>	17 <i>President's Day</i> <i>Random Acts of Kindness Day</i>	18 <i>Eat Ice Cream for Breakfast Day</i>	19 <i>February is Vegan Cuisine Month</i>	20 <i>John Glenn Orbits the Earth 1962</i>	21	22 <i>National Margarita Day</i>
23 <i>Single Tasking Day</i>	24 <i>National Dance Day</i>	25 <i>Mardi Gras</i>	26 <i>Pink Shirt Day</i>	27 <i>National Chili Day</i>	28 <i>Final Episode of M.A.S.H. Airs 1983</i>	29 <i>Happy Leap Day!</i>