

Grand at Florence

Tips for Living, Laughing and Loving Your Apartment Life

Apartment Buzz Alert February

APARTMENT LIVING

Have a Heart Healthy Home

Heart disease is the leading cause of death for men and women in America, but many never know they have problems until a heart attack strikes. February is American Heart month, so it's a great time to take some small steps to ensure that you're keeping your heart healthy. Good health practices start with small steps. This month, consider these steps:

- Inventory your cabinets and replace some high fat or high sugar items with healthier alternatives.
- Use your feet. Walking and climbing stairs provide simple, effective cardiac exercise and can be incorporated into your everyday routines.
- Get your cholesterol checked if you haven't done so recently, even if you feel like you're in perfect health.

Small steps can lead to big gains; let this month be the motivation you need to check up on and improve your heart health.

Extended Info
Community Manager
Jessica Lindsey
Leasing Manager
Tonya Simon-Rogers
Maintenance Technician
Ben Housley
Maintenance Technician
Steve Coulter

Community Happenings

Upcoming Resident Events

We have a few fun things planned for the month of February for our residents to enjoy! Stop by the GAF Clubhouse on Sunday, February 19th from 5pm-8pm for some fun and games! Join us for our first Game Night! We will have cards, board games, snacks, and beverages for all in attendance to enjoy!

On Thursday, February 23rd, your lovely ladies from the leasing office will be handing out 'Breakfast on the Go' from 7am-10am. Drive by and grab a goodie breakfast bag to kickstart your day!!

SEASONAL RECIPE

Cupid's Chex Mix

Looking for an impressive Valentine's Day dessert, but don't have the time to cook all day? Use this quick cheat to make professional-looking Valentine petit fours in minutes.

All you'll need is a frozen pound cake, 1" cookie cutters, confectioner's sugar, water and light corn syrup. Slice the pound cake into three approximately 1" layers, then cut out hearts and other shapes with cookie cutters (in a pinch, just cut into squares). Mix six cups of confectioner's sugar with half a cup of water, two tablespoons of corn syrup and optional food coloring, then heat until the mixture is pour-able but not runny. Place cake shapes on a rack and pour the mixture over them. Cool for an hour, then trim and add decoration as desired.



Live for the apartment buzz!

Community Living

Take Responsibility For Your Guests

You know getting along in your apartment community depends on being considerate. That also extends to people you bring into your home and into the building or community.

Make sure your guests know the rules, both written and unwritten. That means making sure that they're not parking in residents' spaces or blocking others, but also that they're quiet in the breezeways, and generally treat your neighbors and the property with care and respect. And, if problems do arise, it's your responsibility to ask your guest to move their car, turn the volume down a notch or take whatever action is necessary to be a good neighbor.

Enjoying the Amenities

Is Renter's Insurance Really Necessary?

Your lease does require you to carry renter's insurance, but there are many other reasons you should consider protecting yourself with a renter's insurance policy. Many residents assume that the landlord's insurance will cover them in the event of a fire or other property destruction, but the property owner's insurance typically only covers their property. That means the building and grounds are protected, but the furniture, electronics and other goods residents keep inside and around the building are not.

Many renters who don't have high value items in their apartments see renter's insurance as an unnecessary expense, but could change abruptly if the worst happens and you find yourself faced with replacing all of your furniture, clothing, electronics and personal effects at once. Fortunately, renter's insurance isn't a big investment for most people: you may be able to obtain a basic policy for as little as \$10/month. Ask us about Occupant Shield and getting coverage quickly and easily for a very low rate!

Grand at Florence Calendar - February, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rent is Due!	2	3	4
5 Super Bowl Sunday!	6 Rent is late, add late fee!	7	8 Cyclones Vs. Jackals - 7:30pm	9	10	11 King Arthur's Camelot - 8pm The Aronoff Center
12	13	14 Happy Valentine's Day! We Love Our Amazing Residents!	15	16	17	18 Winter Jam 2017 - 7:30pm U.S. Bank Arena
19 GAF Game Night!! 5-8pm	20	21	22 Cyclones Vs. Thunder - 7:30pm	23 Breakfast on the Go! 7-10am GAF Clubhouse Entrance	24	25
26	27	28				