

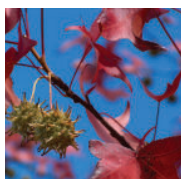
September 2009



THE ESSEX AT HAMPTON



Delicious. Autumn.



Your Staff

to serve you...

Scott Snow

Residential Manager

David Klein

Maintenance Supervisor

Important Numbers

Office:

(248) 852-7500

Emergency Maintenance:

(248) 852-7500

Fire, Police, Emergency: 911

Office Hours

Monday, Tuesday, Thursday, Friday

9:00am - 6:00pm

Wednesday

9:00am - 7:00pm

Saturday

10:00am - 4:00pm

Sunday

Closed

Address

64 Village Circle Drive
Rochester Hills, MI 48307

Patriot Day

We would like to recognize and honor all the heroes of 9/11. Join our nation in a moment of silence at 7:46 a.m. (Central Time). We appreciate all those who continue to protect our nation's security and freedom.

Back to School!

It is the final farewell to summer as children head back to school. We would like to wish all the kids in our community a fun and successful school year!

Honoring Grandparents

We would like to wish all the grandparents in our community a happy Grandparents' Day on Sept. 13! Grandparents make a real difference in the lives of their grandchildren. We salute your contributions to family and community. Have a great day!

Welcome, New Residents!

We'd like to welcome all our residents who moved in over the summer months. Now that most vacations are over, we hope you get a chance to meet your neighbors, if you haven't already. Welcome Home!

Be a Big Mouth!

Did your mother ever tell you not to brag? Well, we are telling you to brag all you want, to everyone you know, about how great it is to live in our community. Consider this good advice, because you get a \$300 coupon towards your rent if someone you refer signs a lease. So go ahead, BRAG about us!

There's No Place Like Home

Looking for a bigger apartment? Before you head out to shop around, consider upgrading right here in the community you already call home. We're sure you'll find what you're looking for right here! You also have the advantage of having staff and neighbors you already know. So before you wander afar, take advantage of the ease of renewing your current lease, or check out options for upgrading. We'll be glad to assist!

Play by the Rules

Please remember that the hallways that lead to residents' apartments are not play areas. Children playing in the hallways can be disruptive to other neighbors. Children should play inside the apartment, outside the building if participating in quieter activities, or in designated play areas throughout the community for loud and active play. As always, adult supervision is expected. Thank you for your cooperation.

Relax and Enjoy

We hope you take time to relax and enjoy the Labor Day holiday. It is hardworking people like you who make our community and country great. So make the most of this last official holiday of the summer season.





Leaves. Turn.



Words in Words

You can sometimes make words using the letters in a larger word. For example, from the word “tube” you can make “be,” “bet,” “but” and “tub.” Now onto a harder one: How many words can you make from the words “taco salad”? (Hint: We found 79.)

Answers: Act, acts, ad, ado, ads, alas, also, alto, altos, as, ascot, at, atlas, cad, cads, cast, cat, cats, clad, clod, clods, clot, clots, coal, coals, coast, coastal, coat, coats, cod, cods, cola, colas, cold, colds, colt, colts, cost, cot, cots, data, do, doll, dolls, dot, dots, lad, lads, last, load, loads, lost, lot, lots, oat, oats, old, sad, salad, salt, sat, scald, scat, scold, slat, slot, so, spos, sold, soft, taco, tacos, tad, talc, told, toad, toads, told.

Common-Sense Stress Reducers

Along with all the complicated advice on how to reduce stress, there are some simple things you can do to make things a bit easier.

Get organized. By putting things back where they belong the first time, you will eliminate the stress of searching for lost items. Be sure not to overbook yourself either; give yourself plenty of time to get to appointments or meetings.

Live in the present. Brooding about the past or worrying about tomorrow can increase your stress level. Be realistic about what you can control. Try to focus on the here-and-now in order to not only enjoy what you are doing but to reduce some of the stress you feel from past or future events.

Help others. Stress can grow in your mind when you are only focused on yourself. Take time each day to reach out to others around you. It can be as extensive as volunteering to help cancer patients or to teach children to read, or you can simply lend a sympathetic ear to a friend. Either way, you will be less focused on your problems and may be able to better put your worries into perspective.

Laugh. Humor is a powerful antidote to stress. Laughter distances you from problems, allowing you to gain some perspective on the situation. Try to look on the bright side of things and find the humor in every situation.

Let it go. One thing you don't need is more stress. Be sure that your worries are yours and not those of other people. You can't control the actions or situations of others, and you may not always know the best way to deal with the things others have to face. You can be sympathetic, but try not to get upset over other people's problems.

Seasonal Selections

Look beyond what the fashion magazines say is “in season.” Check out the colorful fruits and veggies that are in abundance during autumn months:

Green: Apples, pears, Swiss chard

White: Mushrooms, garlic, cauliflower

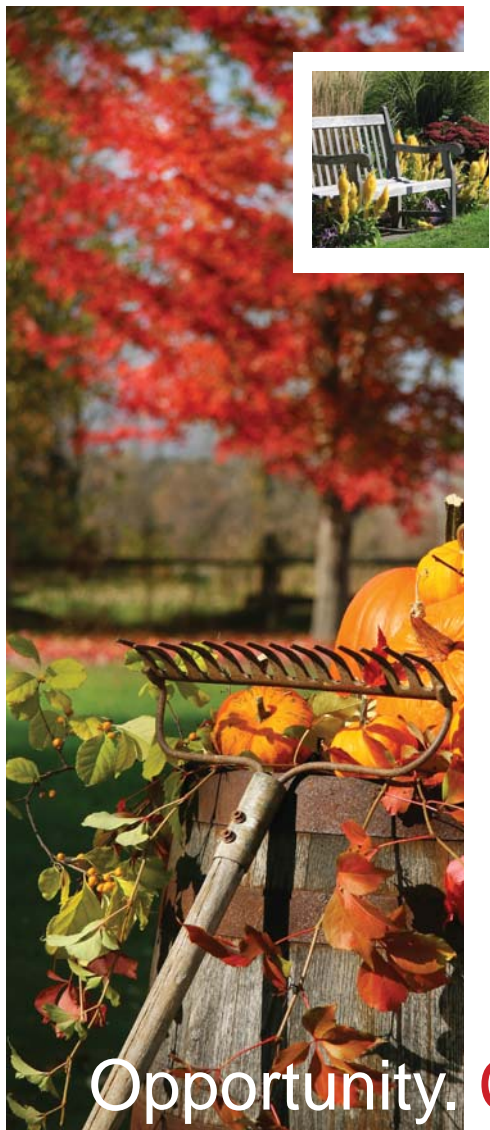
Red and orange: Pumpkins, grapes and pomegranates

Dollars and Sense Quiz

How much do you really know about your money? Test your dollars and sense with this priceless trivia quiz.

1. True or false: It would take more than 14 million notes to make a one-mile stack of U.S. currency.
2. What is our currency made from?
3. What year was the dollar officially adopted as our nation's unit of currency?
4. The U.S. Secret Service was created during what war to fight counterfeiting?
5. In what year did the words “In God We Trust” first appear on paper currency?
6. True or false: The largest note produced today is the \$100 bill.
7. What percentage of notes produced each year are \$1 bills?
8. How many times can you fold a bill before it will tear?
9. The average \$100 bill will last about seven years. How long does a \$1 bill last?
10. How many notes are produced a day by the Bureau of Engraving and Printing?

Answers to Dollars and Sense: 1. True, 2. It is actually a fabric consisting of 25 percent linen and 75 percent cotton, 3. 1785, 4. The Civil War, 5. 1963, 6. True, 7. 45 percent, 8. About 4,000 double folds, 9. 21 months, 10. 38 million.



Opportunity. Color.



Chocolate Peanut Butter Balls

Ingredients:

- 2 dozen chocolate wafer cookies, finely crushed
- 1 c. plus 2 T. confectioners' (powdered) sugar
- 1/3 c. honey
- 1/4 c. plus 2 T. smooth peanut butter

Directions:

Mix the cookie crumbs and 1 c. sugar. In another bowl, whisk together the honey and peanut butter until well-combined. Add to the cookie mixture and stir well.

With your hands, shape the mixture into 1-inch-sized balls. Set the balls aside at room temperature until ready to serve.

Before serving, roll in the remaining confectioners' (powdered) sugar.

Do You Have Too Many Credit Cards?

Most Americans carry between five and 10 credit cards, with many people carrying many more. Is this too many? Experts agree that there is no number of credit cards that is right for everyone. The number of credit cards you have can affect your credit rating, however. The more cards you have, the more risk you carry for increasing your overall debt. Opening a new credit account can also hurt your credit. Every time you apply for and receive a new credit card, your credit score drops by about 20 points.

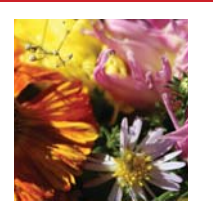
So what is a good rule of thumb? Two to six credit cards should be sufficient for anyone. Try to pay them off regularly and keep your debt ratio low, generally under 50 percent. This means that your balances do not exceed 50 percent of your open credit limits. Creditors look unfavorably on consumers who have most of their credit cards near or at the limit. Not having too many cards also makes it easier to keep track of payments, making it less likely to make a late payment.

If you have many credit cards and wish to cancel some of them, be sure not to do it all at once. This will cause your debt-to-credit ratio to rise too sharply.

Harvest. Fall.



Seasons.



- Backpack Safety America Month
- Children's Good Manners Month
- College Savings Month
- Fall Hat Month
- September Is Healthy Aging Month
- Library Card Sign-Up Month
- National Chicken Month
- National Coupon Month
- National Honey Month
- National Mushroom Month
- National Organic Harvest Month
- National Piano Month
- National Prime Beef Month
- National Rice Month
- World Animal Remembrance Month

Leaf-Kicking.



“If we had no winter, the spring would not be so pleasant. If we did not sometimes taste of adversity, prosperity would not be so welcome.”—*Anne Bradstreet*

“The seasons are what a symphony ought to be: four perfect movements in harmony with each other.”—*Arthur Rubenstein*

Maintenance Is Important

Fall is a good time to catch up on maintenance items. We like our community to be in good repair, so please call the office if items in your apartment need repair; we'll issue a work order. It is easier and less expensive to fix a problem before further deterioration occurs. Thanks for your cooperation.

Did You Know: Trees

- In one year, a single city tree provides the same value as \$73 spent on air-conditioning, \$75 spent on controlling erosion and storm water, \$75 spent on wildlife shelters and \$50 spent on controlling air pollution.
- An acre of evergreen trees provides for the daily oxygen requirements of 18 people.
- Two-thirds of all the precipitation runoff in the 48 contiguous states comes from our forests. Fourteen percent of all runoff comes from the roughly 190 million acres of our national forests, which take up only 8 percent of the land.

It is not so important to know everything as to appreciate what we learn.
—*Hannah More*

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 Rent Due Thank You!	2	3	4	5
6 Late Charges Assessed	7 Labor Day OFFICE CLOSED	8	9	10	11 Patriot Day	12
13 Grandparents Day	14	15	16	17 Citizenship Day	18	19 Rosh Hashanah
20	21	22 First Day of Autumn	23	24	25	26
27	28 Yom Kippur	29	30	September ²⁰⁰⁹		



Autumn. Life.