

May 2010



ANN ARBOR WOODS

2167 Medford Road • Ann Arbor, MI 48104



Energize.



Your Staff

Brandon Fanelli
Resident Manager

Janene Reid
Leasing Consultant

Matt Badics
Maintenance Supervisor

Ken Pillsbury
Amen Isreal
Maintenance Technicians

BJ Mills
Groundskeeper

Important Numbers

Office: (734) 971-3101

Fax: (734) 971-8443

Maintenance Requests M-F 9-5:
(734) 971-3101

24 Hours Maintenance Emergency:
(734) 786-4344

Ann Arbor Police:
(734) 994-2853

Fire, Police, Emergency: 911

Office Hours

Monday - Friday

8:30 a.m. - 5:30 p.m.

Saturday - 10 a.m. - 4 p.m.

Sunday - Closed

In Memory

As we enjoy the beautiful spring weather, take time on Memorial Day to remember your loved ones who have passed on and those who have given their lives in service to our country.

Wildflowers in Bloom!

National Wildflower Week is the first full week in May, and spring wildflowers are in bloom. Just take a walk and enjoy the variety of plants sprouting up along roads, trails and stream banks. If you want to make a day of it, some of the best places to see wildflowers are in national forests, sanctuaries, state parks and the millions of acres of public lands across the United States. For more information about wildflowers, including photos and descriptions, go to www.WildflowerInformation.org.

Welcome!

Ann Arbor Woods is excited to welcome our newest staff member! So, if you see a new face around the property please welcome our new Groundskeeper, BJ Mills.

Mother, May I?

Mind your manners and remember please and thank you during National Etiquette Week, annually the second week in May. Hold the door for a stranger or let someone else go in front of you in line. A bit of common courtesy goes a long way.

Seasonal Selections

Make mom smile this month by clearing your plate of these in-season garden favorites:

Fruits. Apricots, cherries, honeydew melons, mangos, nectarines, pineapples, strawberries.

Vegetables. Artichokes, beets, morel mushrooms, spinach, sweet corn, sugar snap peas.

Deal of the Month: Shop, Swap and Go

If the thought of a guilt-free shopping spree sounds too good to be true, get ready to pinch yourself. You can shop online for clothes, shoes, handbags and other accessories for free at www.SwapStyle.com—all you pay is shipping! The site is an online community where users post items for sale or swap. You can have a new outfit every week, or every day, all for simply the cost of delivery! Not only is it easy on your pocketbook, but it's easy on the environment because you are trading existing goods. Check it out and start swapping your way to a new wardrobe today.

Hospitable Quote

“You are as welcome as the flowers in May.” — Charles Macklin





Refresh.



Wit & Wisdom

“They fell, but o’er their glorious grave, floats free the banner of the cause they died to save.”

—Francis Marion Crawford

“On thy grave the rain shall fall from the eyes of a mighty nation!”

—Thomas William Parsons

“The legacy of heroes is the memory of a great name and the inheritance of a great example.”

—Benjamin Disraeli

Foundation’s Focus Is Cleaning for Cancer

Between things such as work, school, practices, PTA meetings, taking care of their families and their homes, many women already feel pressed for time when it comes to juggling responsibilities. Cancer doesn’t discriminate, however, and hundreds of thousands of women with packed schedules face the burden of handling “life” while battling cancer. Thankfully, a newly formed nonprofit dedicated itself to easing the hassles of daily life for female cancer patients, providing a bit of relief for these women.

The Cleaning for a Reason Foundation understands that life doesn’t stop when a woman receives a cancer diagnosis. The group’s organizers know that having help with those responsibilities can positively impact her as she faces both emotional and physical hurdles.

Cleaning for a Reason provides that support by offering free, professional housecleaning assistance to women undergoing cancer treatment. With a doctor’s confirmation of her condition, a female cancer patient can request the aid of a participating local business. Then, when chemotherapy and radiation zap her energy, a team of cleaning experts steps in to provide the needed relief.

If you, or someone you know, is currently fighting a battle with cancer and could benefit from the foundation’s housecleaning aid, get details at www.CleaningForAReason.org.

8 Ways You Can Reuse the News

Before you toss your newspaper in the recycling bin, consider all the ways you could put yesterday’s news to good use. Here are some options for repurposing your old papers:

- 1) *Window washing.* Use a few pages to wash windows, mirrors and other glass surfaces. Simply spray with solution and wipe surfaces clean.
- 2) *Paper packer.* If you are mailing a package and need extra cushioning to protect your object, wad up some newspaper and stuff it around your breakables.
- 3) *Odor eliminator.* Place a few pages in the bottom of your kitchen trash can before you put in a new trash bag. The newspaper will reduce smells and absorb any spills from a leaky liner.
- 4) *Peeling pal.* Before you make a mess in the kitchen peeling potatoes, carrots or other vegetables, lay out some newspaper on the countertop. After peeling, just pick up the paper and toss for easy cleanup.
- 5) *Moisture reducer.* Line the crisper drawers in your refrigerator with newspaper to absorb moisture and eliminate odors.
- 6) *Ripening resource.* Wrap immature fruits or vegetables in several layers of newspaper to speed the ripening process. The newspaper traps ethylene gas, which the produce emits, encouraging it to ripen more quickly.
- 7) *Footwear fix.* To dry out wet shoes, stuff them with crumpled newspaper. The paper will help absorb dampness, and they will dry faster.
- 8) *Storage solution.* Stuff decorative boxes and luggage with newspaper before putting them into storage to eliminate musty smells and absorb moisture.



Sunshine.



Celebrate Cinco de Mayo!

The holiday of Cinco de Mayo, the 5th of May, commemorates the victory of the Mexican militia over the French army at the Battle of Puebla in 1862. It's primarily a regional holiday celebrated in the Mexican state capital city of Puebla and throughout the state of Puebla. It is not, as many people think, Mexico's Independence Day, which is September 16.

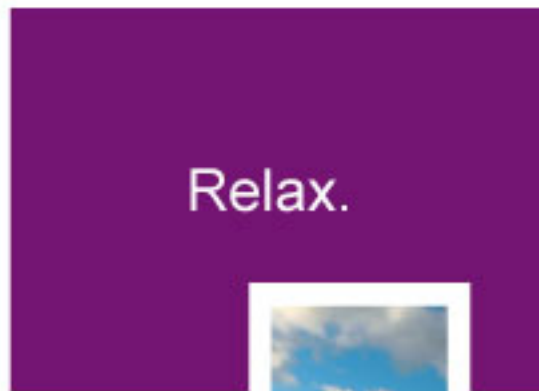
Celebrating Cinco de Mayo has become more and more popular along the U.S.-Mexico border and in parts of the U.S. that have a high population of people with a Mexican heritage. In these areas the holiday is a celebration of Mexican culture, food, music, beverage and customs unique to Mexico. Several cities throughout the U.S. hold parades and concerts during the week following up to May 5th, so that Cinco de Mayo has become a bigger holiday and has been adopted into the holiday calendar of more and more people every year.



Don't Forget About Mom!

Celebrating motherhood is a historical tradition dating back almost as far as mothers themselves. A number of ancient cultures paid tribute to mothers as goddesses, including the ancient Greeks, who celebrated Rhea, the mother of all gods. The ancient Romans also honored their mother goddess, Cybele, in a notoriously rowdy springtime celebration and the Celtic Pagans marked the coming of spring with a fertility celebration linking their goddess Bridgid together with the first milk of the ewes.

So don't forget to let Mom have the day off this year on May 9. Let her take it easy and relax while the rest of the family does the work. Many families begin Mother's Day with breakfast in bed. Usually Dad and the kids will let Mom sleep late as they go into the kitchen and prepare her favorite meal. A Mother's Day breakfast can consist of anything your mom likes. I'm sure your mom will love whatever it is you give her...from breakfast in bed to crayon scribbled "I love you's."



Relax.



May Is ...

National Barbecue Month

National Bike Month

Creative Beginnings Month

Family Wellness Month

Get Caught Reading Month

Gifts from the Garden Month

National Meditation Month

National Military Appreciation Month

National Photo Month

National Smile Month

Healthy Vision Month

Flowers.



Awaken.



Holiday ABCs for May

- M** is for Memorial Day
- E** is for Everyone united
- M** is for preserving Memories
- O** is for Observance
- R** is for Remembrance
- I** is for Independence
- A** is for Armed Forces
- L** is for Loyalty

Environmental Advice: Think Outside the Box

Your empty Wheaties or Apple Jacks cereal boxes are full of potential. Instead of throwing them in the trash, save them. You can use the empties for wrapping gifts, as storage bins or for organizing magazines.

Fitness Tip: Park Bench Workout

Why exercise inside when the weather is nice? Make the world your gym. That includes tightening and toning your abdominal muscles, and it can be accomplished by sitting anywhere, including a park bench in the sunshine. Just sit, pull the abs in toward the spine while breathing in and out deeply and keeping the abs contracted in.

Word Nerd

In each of the following sets of words, change one letter in each word and rearrange the order of the words to produce a familiar phrase. For example, the words "works in plan" become "play on words."

1. tie shot in bits
2. sappily alter over
3. white thistle yom worm
4. mold wreath won't sour
5. I un creep mithout I saddle

(ANSWERS: 1. if the shoe fits; 2. happily ever after; 3. whistle while you work; 4. don't hold your breath; 5. up a creek without a paddle)

Let Us Have Lettuce

Enjoy a crisp, cool salad during National Salad Month in May.

"Life is full of beauty. Notice it. Notice the bumblebee, the small child and the smiling faces. Smell the rain and feel the wind. Live your life to the fullest potential and fight for your dreams." — Ashley Smith

Sun	Mon	Tue	Wed	Thu	Fri	Sat
May ²⁰¹⁰						1 Rent Due Thank You!
2	3	4	5 Cinco de Mayo Resident Apprecation	6 Rent is Late	7	8
9 Mother's Day	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31 31 - Memorial Day (Observed)	25	26	27	28	29



Invigorate.