

Mekkah's Monthly

Volume 5, Issue 6

July 2018

Resource of the Month Walmart Grocery Pickup



Walmart offers a service where you order groceries online. Schedule a pickup time, wait for the email saying your order is ready, and let them know when you are on your way. They meet you at the door and even load your groceries for you!

You can save time and money, and it could work well with public transportation. You need internet access, but we do have a computer in the community room you can use. Please see the flyer on page 7 for more information and a \$10 off coupon!

Giving and Receiving Neighbors Helping Neighbors

It is more blessed
to give than to receive

Acts 20:35

We are blessed to have tenants who care for each other and help in times of need. Problems can arise when the same people give and receive, especially in the area of transportation.

Helping/Giving

If you regularly provide rides to others, you can avoid feeling taken advantage of by using the following guidelines:

- ♥ Don't let others dictate your schedule.
- ♥ You don't have to say yes every time.
- ♥ Ask for something in return
- ♥ Do not give into people's anger if you say no. You do not owe them.

Receiving Assistance

If you regularly rely on others for transportation, please remember:

- ♥ Use public transportation when possible.
- ♥ Try not to ask the same person every time
- ♥ Anyone who gives you a ride is doing you a favor. A little gratitude goes a long way.
- ♥ Offer something in return.
- ♥ If someone says no, respect that.

We will discuss this in the July 9th tenant meeting in more depth.

In This Issue

- | | |
|----|-------------------------------|
| 1 | Resource of the Month |
| 1 | Giving and Receiving |
| 2 | Lawn Issues and Reminders |
| 2 | Parking Issues |
| 2 | Complaint Handling |
| 3 | Grace Fellowship Church |
| 3 | This Month's Tenant Meeting |
| 3 | Office Closures in July |
| 3 | Quarterly Birthday Party |
| 3 | Quarterly Inspections |
| 4 | Recipe of the month |
| 4 | This Month's Potluck |
| 4 | Hospitality Committee Corner |
| 5 | Upcoming Events |
| 5 | Thoughts to Consider |
| 5 | Stretch Your Dollar |
| 6 | Puzzles & Games |
| 7 | Walmart Grocery Pickup Coupon |
| 9 | Inspection Notice |
| 11 | July 2018 Calendar |



Lawn Issues And Reminders



Improvements

We are making improvements to the lawn and outdoor areas. This is to enhance the beauty and value of the property. Sometimes, the lawn areas look a little unkempt while we are removing trees or adding grass. We believe the end result will be a more beautiful property for your enjoyment. We appreciate your patience.

Lawn Policy Reminders

We appreciate your cooperation with the lawn policy. Your plants and décor add value and beauty to the property.

We would like to remind you of the following policies, which you may have forgotten: From the house rules:

1. *Tenant is not allowed to store household items, gardening items, or anything else outside, including mops, extra flower pots, potting soil, etc. The sidewalks must be kept clear at all times. **This includes shoes and cups/water bottles.***
2. *Tenant is not allowed to interfere with any lawn maintenance personnel or vendors. Questions and concerns about the maintenance of the lawn should be directed to the site manager.*

We will have to start issuing warning notices for violations of these rules. We appreciate your cooperation.

Parking Issues Policies And Courtesies



Our parking lot has a limited number of parking spaces. We do not assign parking places. Parking is first-come, first-served.

We have two handicap spaces, one at each end of the property. We are not able to specifically assign these spaces, or add additional spaces. Handicap spaces are also available on a first-come, first-served basis, for those with a handicap decal.

Tensions have been rising lately about the parking. Please refrain from aggressive behavior in response to parking issues. No one should insist on a particular spot. We recommend each tenant park on the side of the parking lot that corresponds with where you live.

Complaint Handling Responding Appropriately



If management receives a complaint about a tenant, the identity of the person making the complaint is confidential. Please do not ask management to disclose this information. This policy is to protect tenants from retaliation.

Please do not investigate and ask other tenants if they complained. Please do not assume you know who complained. Any such behavior will constitute a violation and result in disciplinary action, up to and including eviction. Those who complain are not out to get you. They are helping maintain the value and livability of the property, for the benefit of all residents.

Grace Fellowship Church A Labor of Love



Volunteers from Grace Fellowship Church will be here Saturday, July 28 to provide the following awesome services:

- ✿ Paint the benches from 9-12
- ✿ Plant flowers from 9-12
- ✿ Hold a cookout at 2:30
- ✿ Paint ceramics at 1:00

Tenants are encouraged to help. Sign-up is in the community room.

The church will provide hamburgers and hot dogs. Tenants bring side dishes, but you are welcome even if you cannot bring one. Sign-up is in the community room.

Into the Fire is working with Grace Fellowship Church to offer the ceramics activity. They will bring items to paint, then fire them in a kiln. Please RSVP by July 9th if you would like to participate. ☺

These volunteers are going all out to bless us. We hope you and your friends and family can participate.

This Month's Tenant Meeting **Monday, July 9th @ 2:00**

- ▶ Tenants assisting one another
- ▶ Parking
- ▶ Complaint Handling
- ▶ Lawn Policies
- ▶ Grace Fellowship Service Project
- ▶ Hospitality Committee Fundraising
- ▶ Upcoming Events

Office Closures in June **July 4-6, 27-31**



The office will be closed from July 4-6, and again from the 27- August 1st. Bible study will still go on as scheduled. Rent can be paid through the drop box if not paid before the 4th.

For maintenance emergencies during these times, you may call **(423) 845-0189** or **(423) 440-4854**.

Quarterly Birthday Party **Tuesday, July 17, 2018 at 2:15**



Kim will be here with her awesome BINGO prizes for our quarterly birthday party, where we will celebrate those who were born during the third quarter. Those with birthdays in the third quarter (July, August, and September) will receive a goody bag.

Georgia Lee will make one of her spectacular homemade cakes, and we will also have ice cream with all the trimmings! Feel free to invite friends and family!

Quarterly Inspections **July 19, 2018**

Quarterly inspections will be Thursday, July 19th all day. Your formal notice is included in this newsletter.

We prefer to do your inspection while you are home. If you will be gone part of the day, we will perform your inspection during the portion of the day when you are home, but we need you to let us know ahead of time. If you are not home, we will enter in your absence to perform the inspection.



RECIPE *of the* **MONTH**

Congratulations to Peggy for winning the June recipe of the month!



Peggy's Chicken & Rice

From the Recipes for Life Cookbook,
 Tabernacle of God Church,
 Published by Morris Press

Ingredients

- 1 c washed rice
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 1 can cream of chicken soup
- 5-6 chicken breasts, uncooked
- 1/3 c melted butter

Instructions

1. Mix the 3 undiluted soups together
2. Pour half the mixture into bottom of chicken casserole
3. Place raw, wet rice over this, and cover with remaining soup
4. Place the chicken breasts on top.
5. Add salt and pepper and paprika to taste.
6. Pour over this 1/3 c of melted butter
7. Cover and bake for 2 hours in a 325 degree oven OR bake 45 minutes and set in over 2 hours without opening the door.



This Month's Potluck Saturday June 28th at



Congratulations to Georgia Lee for winning the drawing to choose the next potluck theme! Georgia Lee has chosen a regular potluck. This works out perfectly, as this month's potluck will be in conjunction with the Grace Fellowship Church event. Just bring a side dish. The church will provide the rest! Feel free to invite friends and family. Also, you are welcome to come even if you cannot bring a dish to share.

Hospitality Committee Corner



The hospitality committee is increasing services. Members Joey and Joyce will provide transportation to the grocery store on or about the 5th of each month.

Joey can take up to three people, and Joyce can take up to two. The cost is \$1 to go to Food City or PriceLess, or \$2.50 to go to Walmart (usually the one in Elizabethton). This must be paid upfront. Please let Joey or Joyce know at least two days in advance if you want to go.

Carol has also made herself available to pick up prescriptions. There will be a small fuel charge depending on where your pharmacy is. You can call Carol at (423) 262-8757 for this service.

We would like to welcome our newest member Peggy, and we would like to extend a warm welcome back to Patsy!

We currently have \$96.48 in the hospitality fund. We received \$5 in donations in June. A donation of at least \$1 per month from each tenant can help keep our committee going and allow us to continue offering various benefits.

Upcoming Events... Highlights and Reminders

July 9 2:00 Monthly Tenant Meeting
July 10 2:00 Inspirational Videos
July 13 11:00 Second Harvest Food Bank
July 17 2:15 Quarterly Birthday Party
July 19 All Day Quarterly Inspections
July 23 2:00 BINGO with Melanie
July 26 2:00 Hospitality Committee
July 28 All Day Grace Fellowship Church
Every 2nd, 4th Monday Bible study 10:30
All Other Mondays Bible study 2:00
Office Closed: July 4-6, 27-31, August 1

Thoughts to Consider...

My name is Gossip.
I have no respect for justice.
I maim without killing.
I break hearts and ruin lives.
I am cunning and malicious
and gather strength with age.

*Let us
remember how
much we really
do treasure and
value one
another.*

The more I am quoted the more I am believed.
I flourish at every level of society.
My victims are helpless.
They cannot protect themselves against me
because I have no name and no face.
To track me down is impossible.
The harder you try, the more elusive I become.
I am nobody's friend.
Once I tarnish a reputation, it is never the same.
I topple governments and ruin marriages.
I ruin careers and cause sleepless nights,
heartache and indigestion.
I spawn suspicion and generate grief.
I make innocent people cry in their pillows.
Even my name hisses.
I AM CALLED GOSSIP. (Author unknown)

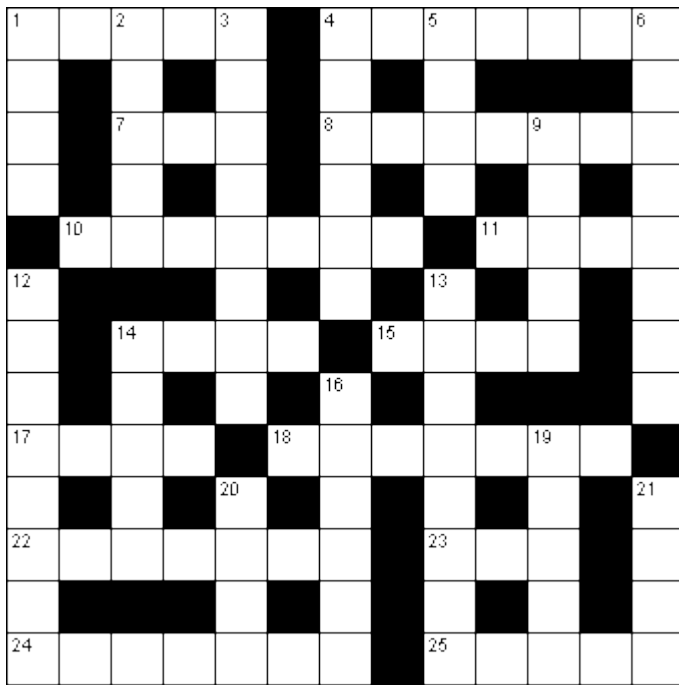


Stretch Your Dollar

Many of these general shopping tips are well-known, but easily forgotten. And perhaps you will find one or two you did not know about.

- \$ Always ask for a senior discount. Many places offer them but do not advertise it.
- \$ If you have access to a computer, consider shopping online. You can use the community room computer also. Some money-saving websites include Amazon, Walmart, Alibris (books), and Vitacost (vitamins, supplements, and some health foods). Be sure to do a google search for coupon codes for the merchant before you pay.
- \$ Avoid going to the grocery store while you are hungry.
- \$ Try to complete your grocery shopping in as few trips as possible. Statistically, the more often you go to the store, the more you spend overall. Plus, you'll save on gas!
- \$ Shop with a list and stick to it. You may find it helpful to invest in a small white board and write down items as you run out of them.

Puzzles & Games



Across

1. ____ your blessings (5)
4. Samson and ____ (7)
7. ____ for a song (3)
8. False ____ (7)
10. Tears before ____ (7)
11. Don't look a ____ horse in the mouth (4)
14. Cabin ____ (4)
15. Buy one, get one ____ (4)
17. ____ clad excuse (4)
18. Cockles and ____ (7)
22. Ireland, The ____ Isle (7)
23. Stuck in a ____ (3)
24. The wisdom of ____ (7)
25. The ____ bird

Down

1. An ounce of prevention is worth a pound of ____ (4)
2. ____ Sam (5)
3. The Roaring ____ (8)
4. Sweet ____ (6)
5. ____ before you leap (4)
6. A needle in a ____ (8)
9. Offer an ____ branch (5)
12. ____ before pleasure (8)
13. May the Saints ____ us! (8)
14. A ____ shave (5)
16. Beast of ____ (6)
19. Sooner or ____ (5)

Independence Day Word Scramble

1. ICTNBROEELA
2. TSSRA
3. HFROUT
4. CEDNEPNEIDEN
5. GFAL
6. DITARIONT
7. SAAICLVNR
8. YUJL
9. PINCIC
10. ISENCOLO
11. FSFERJENO
12. IROYTSH
13. BLLES
14. LCDOAETIANR
15. EAAMNICR
16. AARPDE
17. RSMEUM
18. PUDOR
19. AIRCTTIOP
20. ERKSFOIRW

Sudoku

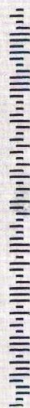
1	7				3	9		8
		9	6		8			1
8							4	
2	4			1			6	
			8	6	2			
	6			9			1	3
	1							5
5			9		1	7		
6		7	5				8	2

PRESORTED
STANDARD AUTO
US POSTAGE PAID
BENTONVILLE, AR
PERMIT NO. 150



Simplify your life with online grocery!

\$10 off | with code
your first order | **284DCAAC**



PI8 T297*****AUTO**5-DIGIT 37805
GROCERY HERO
180 BISHOP RD
JOHNSON CITY TN 37601-5632

*Offer valid on first order only and just one code per order may be used.
\$50 minimum purchase required. Does not apply to alcohol purchases.
Customer responsible for all applicable taxes. Offer expires July 31, 2018.

How it works



Order online

Shop anytime, anywhere.
Choose a convenient pickup
time and location.



We'll do the shopping

Experts pick the freshest items
or your money back. We'll even
load your car in minutes.



Pickup is FREE

No service fees or markups.
Get the same Every Day
Low Prices found in stores.





“By loving others unconditionally, we open the door of happiness.” — *Debasish Mridha*

NOTICE OF INSPECTION

Project Name: _____

To: _____

From: Site Manager

Date: _____

RE: Inspection of the Following Apartment(s): _____

In accordance with your lease agreement, your apartment will be inspected between _____, 20 ____ and _____, 20 _____. This inspection will include the following:

1. Sanitation and cleanliness of your apartment, with special attention placed upon the kitchen and bathroom.
2. Condition and state of repair of the apartment. Special attention placed on carpet, vinyl, walls, ceilings, windows, window treatments, screens, and doors etc.,
3. Condition and care of the appliances and fixtures in the unit.
4. Care for the common area around the unit. This includes the patio area, breezeways, shrubs, etc.,
5. Compliance with HUD health and safety regulations.

*****Please note that during the inspection, air filter will also be changed.*****

This notice also serves as a reminder that you are responsible to report any maintenance problems as soon as one occurs. Except in the case of an emergency, you should use a Tenant Maintenance Request form that can be picked-up at the office.

If, during the course of the inspection, any maintenance problems are discovered, management will schedule the necessary repairs as soon as possible. Furthermore, a Tenant Warning will be issued if unsanitary conditions or any tenant abuse is found. We also reserve the right to re-inspect your unit to insure that any problems found are corrected.

We hope you can be home during this scheduled inspection. However, you are responsible that the unit will be presentable during the above mentioned dates. If you have any questions concerning this inspection, you are responsible to contact management in writing prior to the first mentioned date.

Failure to receive this notice will not be regarded as an excuse for the apartment not being in acceptable condition.

Thank you for your anticipated cooperation.






















**If I won the award
for laziness,**



**I would send somebody
to pick it up for me.**

2018 JULY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2  2:00 Bible Study	3	4  Independence Day	5  12:00 University Parkway Church  Last Day to Pay on time	6  Office Closed	7
8	9 10:30 Bible Study  2:00 Tenant Meeting	10  2:00 Inspirational Video Presentation	11	12	13  11:00	14  8:00 University Parkway Distribution
15	16  2:00 Bible Study	17  2:15 Quarterly Birthday Party	18	19  Quarterly Inspections	20	21
22	23 10:30 Bible Study  2:00 BINGO with Melanie	24	25	26  2:00 Hospitality Committee Meets	27  Office Closed	28  Grace Fellowship Church Here
29	30   2:00 Bible Study	31  Office Closed				

