

LIFESTYLES

Vista Avenue Apartments



JANUARY 2012

VOLUME 8, ISSUE 1

HOW TO KEEP YOUR RESOLUTIONS

It is believed that the Babylonians were the first to make New Year's resolutions, and people all over the world have been breaking them ever since. The early Christians believed the first day of the new year should be spent reflecting on past mistakes and resolving to improve oneself in the new year.

There is a right way and a wrong way to make a New Year's resolution. Here are a few expert tips to see that your resolution actually makes a difference:

1. Create a Plan

Setting a goal without formulating a plan is merely wishful thinking. In order for your resolution to have resolve, (as the word "resolution" implies), it must translate into clear steps that can be put into action. A good plan will tell you A) What to do next and B) What are all of the steps required to complete the goal.

2. Create Your Plan IMMEDIATELY

If you're like most people, then you'll have a limited window of opportunity during the first few days of January to harness your motivation. After that, most people forget their resolutions completely.

3. Write Down Your Resolution and Plan

Commit your resolution and plan to writing someplace, such as a notebook or journal.

4. Think "Year Round," Not Just New Year's

Nothing big gets accomplished in one day. Resolutions are set in one day,



but accomplished with a hundred tiny steps that happen throughout the year. New Year's resolutions should be nothing more than a starting point. You must develop a ritual or habit for revisiting your plan. And finally...

5. Remain Flexible

Expect that your plan can and will change. Life has a funny way of throwing unexpected things at us, and flexibility is required to complete anything but the simplest goal. Sometimes the goal itself will even change. Most of all, recognize partial successes at every step along the way. Just as a resolution isn't accomplished the day it's stated, neither is it accomplished the day you reach your goal. Rather, it's accomplished in many small increments along the way. Acknowledge these incremental successes as they come.

Important Numbers

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Emergency
911



START A NEW TRADITION AND VOLUNTEER

Now that the holidays are over and you feel exhausted from all the “giving” and “receiving” of gifts - it’s the best time to give back (not the presents you don’t want or need)... but in the form of volunteering. With so many local and national organizations all in need of your service, it will be impossible not to find the time to give to others.

- Always wanted to be a big brother or sister? Big Brothers Big Sisters (BBBS) of Metropolitan Portland (1827 NE 44th Ave. #100, 249-4859, bbbsportland.org) is looking for “Bigs” who will meet with their carefully matched “Littles” three to four times a month for a few hours. Activities can include seeing movies, playing sports, cooking, visiting museums, or just good old-fashioned hanging out. After completing an application, “Bigs” will meet with a Match Support Specialist for an interview, undergo a background check and complete a one-time mentor training.



- If caring for the furry kind is more up your alley, the Oregon Humane Society (OHS) welcomes volunteers to help out at their shelter (1067 NE Columbia Blvd., 285-7722, oregonhumane.org). OHS asks that drivers on weekdays between 10:30am and noon.

- Since most people work 9-to-5 during the week, Loaves and Fishes has developed the Adopt-A-Route program in which a business or service organization can adopt a specific Meals-On-Wheels route and provide a driver for this route every week. Think about bringing that up at your next staff meeting. Another way to fight hunger is to get involved with the Oregon Food Bank (7900 NE 33rd Dr., 282-0555, x272, oregonfoodbank.org), which has ten ways to get involved.

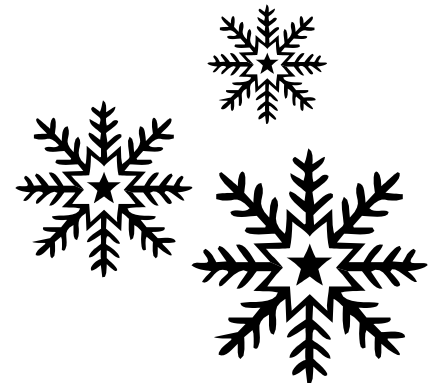
- Breaking the cycle of homelessness begins at the Portland Rescue Mission (portlandrescuemission.org). The first step to get involved with either the Burnside Shelter men’s recovery facility (111 W Burnside, 227-0421) or Shepherd’s Door women’s

recovery facility (13207 NE Halsey St., 256-2353) is to at-



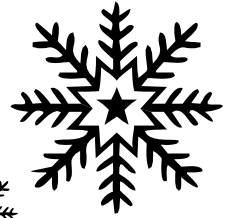
tend a Prospective Volunteer Introduction. Volunteer opportunities range from one-time service to weekly and monthly services, and many require a commitment of six months to one year. Another option is to volunteer for Outside In (1132 SW 13th Ave., 535-3840), which is a service agency dedicated to serving low-income adults and homeless youth. They are currently recruiting people willing to make at least a 100-hour commitment to the agency, including their Virginia Woof Dog Day-care (1520 W Burnside, 224-5455, virginiawoof.com), over a period of six months.

New year, new you, new leaf—it’s time to get involved and volunteer. And helping others will, in turn, help you.



volunteers to provide enrichment activities with youth in the

COMMUNITY NOTES



I just wanted to reiterate how very important **COMMUNICATION** between your apartment and the management team has become. In 2010, the landlord/tenant laws changed and one of those changes involved the delivery of official documentation via email. This does entail a certain amount of responsibility on your end. The law states that one person will be the legal "resident contact." That person is listed on the first page of your lease agreement. We set up an email account years ago in order to expedite the antiquated means of dropping notes and requests through mail slots - allowing for quicker responses and follow up. However it also relies on how quickly you get back to us. Remember, if you get a note/notice/document from us, please read it and then be sure to **FORWARD** it to the other people in your household.

Another reminder - as we head into a new year...all **MAINTENANCE REQUESTS** must be presented in writing. . . by placing a note in the rent box at 810 OR by emailing us at vistaave@hotmail.com. Please be sure to *include* written permission to enter your apartment OR a time that is convenient for you to let us in to fix the problem. We are not allowed to enter your home without written permission from you unless there is an

emergency. We will then notify you that we have received your request and outline the steps that we will follow to rectify the issue.

With the winter months upon us, the often unpredictable weather can bring **DANGEROUS CONDITIONS** closer to home than we'd like. If you notice any icy patches in the parking areas, stairs or sidewalks, please notify us immediately so we can salt the area. We do have plenty of ice/snow melt on hand to distribute throughout the property should anything happen.

Please be considerate of your neighbors when walking through the property and climbing stairs. Not everyone works from 9 to 5 or parties late into the night - just a reminder of the golden rule. The "**QUITE HOURS**" at Vista Avenue are from 10PM to 8AM. Please observe the policy by keeping the volume of the stereo and television low, voices down and your footsteps light. Please note that the laundry room is closed between these hours also.

For your safety and the safety of others, we remind residents never to place items in the stairwells or hallways of your buildings. Storing things in these areas can cause dangerous falls and may block emergency exits. Please be considerate of your neigh-

bors and store personal belongings inside your apartment.



A final note - as a service to the residents of Vista Avenue, we provide regular **TRASH** pick-up on Monday, Wednesday and Friday of each week. We do need your help in trying to maintain a clean and effective system. Please place tightly sealed trash bags in your trash bins behind the townhouses OR for the single room apartments, in the trash bins located either in the basements or at their back doors. **IF YOUR TRASH DOES NOT FIT INSIDE THE CANS - YOU WILL NEED TO TAKE IT TO THE DUMPSTER** in garage #1 - the code for the door is 8911.

ALL boxes must be broken down and also taken to the garage - not set outside by your trash - or by the basement trash bins used by the people in the 4-plexes.

The garbage bins and dumpster are for **NORMAL** household refuse and not a place for old furniture, toys, paint cans, etc.

Inside the garage are also bins for recycling which can be used by the community,

Happy New Year!!



Christmas Tree Removal



Our landscaping company is going to remove trees on the 3rd and 10th of January. Please place your trees in the back yard behind townhouses #806/808. Please do not dump them in the garbage garage or in the dumpster.

One resolution I have made, and try always to keep, is this: To rise above the little things."

- John Burroughs

A Safety Reminder

Almost all homeowners are required to insure their homes against the threat of loss due to fire, weather damage, theft and other perils. As someone who rents, are your possessions and valuables any less important? Of course not! A simple and easy way to help protect your belongings is with renters insurance.

Renters' policies are more affordable than you may think, with most averaging only \$12 a month and they can help give you the peace of mind that your property is protected should the unexpected happen.

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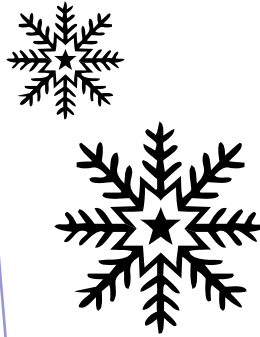
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*" I wish you a Merry
 Christmas
 And a Happy New
 Year,
 A pocketful of money
 And a cellar full of beer,
 And a good fat pig
 To serve you all the year."*

Scottish Ditty

JANUARY 2012

SUN	MON	TUE	WED	THU	FRI	SAT
1 New Year's Day	2	3	4	5	6 Epiphany	7
8	9	10	11	12	13	14
15	16 Martin Luther King Day	17	18	19	20	21
22	23 Chinese New Year	24	25	26	27	28
29	30	31				

Please use the internet to find out more about the above celebrations.