

Happy National Blood Donor Month!

January is **National Blood Donor Month**, declared by President Richard Nixon in 1970, to pay tribute to voluntary blood donors and increase donation by others.

Millions — including cancer patients, organ recipients, and accident victims — count on blood being at the ready. Every two seconds someone in the U.S. needs blood, according to the American Red Cross. Yet, only 10% of eligible individuals give blood annually. The good news is that the main reason people don't give blood is they simply "never thought about it." In an effort to do our part in thanking philanthropic blood donors and to raise awareness for more donations, we share these Red Cross facts on why donating blood is so important and effective.

Type O is the blood type most often requested by hospitals. Type O negative blood (red cells) can be transfused to patients of all blood types. It's always in great demand and often in short supply. Only 7% of people in the U.S. have type O negative blood.

AB positive blood donors are universal donors of plasma. Only 3% of people in the U.S. have AB positive blood.

A single car accident victim can require as many as 100 pints of blood.

Approximately 6.8 million individuals donate blood in the U.S. annually. Although an estimated 38% of the population is eligible, less than 10% actually donate.

Blood donation is a simple four-step process: registration, medical history and mini-physical, donation, and refreshments.

The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes about an hour and 15 minutes.

A single donation can potentially help more than one patient.

Most donated red blood cells must be used within 42 days of collection.

To find out more about donating blood, about the American Red Cross, or to find a donation center or blood drive, please visit www.redcross.org. Better yet, download the **American Red Cross Blood Donor App** and find nearby Red Cross blood drives, schedule appointments, earn rewards, follow your blood as it makes its way to the hospital, join a lifesaving team, and track the team's impact on a national leaderboard.

<https://www.ispecimen.com/blog/fast-facts-national-blood-donor-month/>

Meet the Staff!

Kristen Tucker – Community Director
Shelley Yiannakis – Community Supervisor
Jessika McKeon – Leasing Specialist
Ozlem Fordham – Maintenance Director
Kris Moore – Maintenance Tech
Collis Simmons – Maintenance Tech
Duane Adrian – Maintenance Tech

Maintenance Tips

Once the holiday clutter is cleared away, are you determined to do a bit of organizing? Here are a few suggestions:

- Use narrow baskets to store snack items in cupboards. No more bulky boxes taking up valuable space!
- Install a tension rod under the sink and hang spray bottles from their handles.
- Use a hanging shoe shelf in the front closet to hold gloves, hats, pet leashes, and flashlights!

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Making Your New Year's Resolution Stick!

It can be daunting when your list of New Year's Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes. "Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for," says psychologist Lynn Bufka, PhD. "Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time."

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. APA offers these tips when thinking about a New Year's resolution:

Start small

Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

Change one behavior at a time

Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

Talk about it

Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don't beat yourself up

Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

Ask for support

Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

<https://www.apa.org/helpcenter/resolution.aspx>



Astro 2019 Schedule /Please Read Thoroughly & Keep for Future Reference

ASTRO is the pest control sub-contractor for Quiet Pines & Magnolia Grove. You will need to call the housing office at 229-333-0539 or to schedule a call back.

The **2nd Wednesday & Thursday** of each month (**Wednesday for Magnolia Grove; Thursday for Quiet Pines**) is for spraying of **every** home. It will alternate monthly between inside and outside spraying. The **3RD OR 4th Thursday** of each month will be for any call backs. You must call the office by noon on the **Wednesday before** the scheduled call back day in order to be put on the list for that month's call back. Astro will be on property from **8am** until all spraying is complete on the day scheduled. * Red asterisk denotes a change in normal schedule for Thanksgiving and Christmas; i.e. the third Thursday of the month.

Inside Spraying: All dogs must be kenneled or outside. If there is no answer at the door your home will be sprayed and a door hanger will be left on your door.

Outside Spraying: Animals must not be outside on this day. This is for the safety of the technicians, not due to any hazards to pets.

You are required to have spray &/or traps on hand to help with any pests between scheduled spraying dates. Astro will NOT be on property any other days than those stated above. This schedule CANNOT be altered by the office staff. If you do not understand or have any questions regarding this schedule, please do not hesitate to call the office.

<u>Astro 2019 Spraying Schedule</u>		
Magnolia Grove	Quiet Pines	Type of Spray
January 9, 2019 - Wednesday	January 10, 2019 - Thursday	Inside spraying
January 24, 2019 - Thursday	January 24, 2019 - Thursday	Call Back
February 13, 2019 - Wednesday	February 14, 2019 - Thursday	Outside spraying
February 28, 2019 - Thursday	February 28, 2019 - Thursday	Call backs
March 13, 2019 - Wednesday	March 14, 2019 - Thursday	Inside spraying
March 28, 2019 - Thursday	March 28, 2019 - Thursday	Call Back
April 10, 2019 - Wednesday	April 11, 2019 - Thursday	Outside spraying
April 25, 2019 - Thursday	April 25, 2019 - Thursday	Call backs
May 8, 2019 - Wednesday	May 9, 2019 - Thursday	Inside spraying
May 23, 2019 - Thursday	May 23, 2019 - Thursday	Call Back
June 12, 2019 - Wednesday	June 13, 2019 - Thursday	Outside spraying
June 27, 2019 - Thursday	June 27, 2019 - Thursday	Call backs
July 10, 2019 - Wednesday	July 11, 2019 - Thursday	Inside spraying
July 25, 2019 - Thursday	July 25, 2019 - Thursday	Call Back
August 14, 2019 - Wednesday	August 15, 2019 - Thursday	Outside spraying
August 29, 2019 - Thursday	August 29, 2019 - Thursday	Call backs
September 11, 2019 - Wednesday	September 12, 2019 - Thursday	Inside spraying
September 26, 2019 - Thursday	September 26, 2019 - Thursday	Call Back
October 9, 2019 - Wednesday	October 10, 2019 - Thursday	Outside spraying
October 24, 2019 - Thursday	October 24, 2019 - Thursday	Call backs
November 13, 2019 - Wednesday	November 14, 2019 - Thursday	Inside spraying
*November 27, 2019 - Wednesday	*November 27, 2019 - Wednesday	Call backs
December 11, 2019 - Wednesday	December 12, 2019 - Thursday	Outside spraying
*December 26, 2019 - Thursday	*December 26, 2019 - Thursday	Call Backs

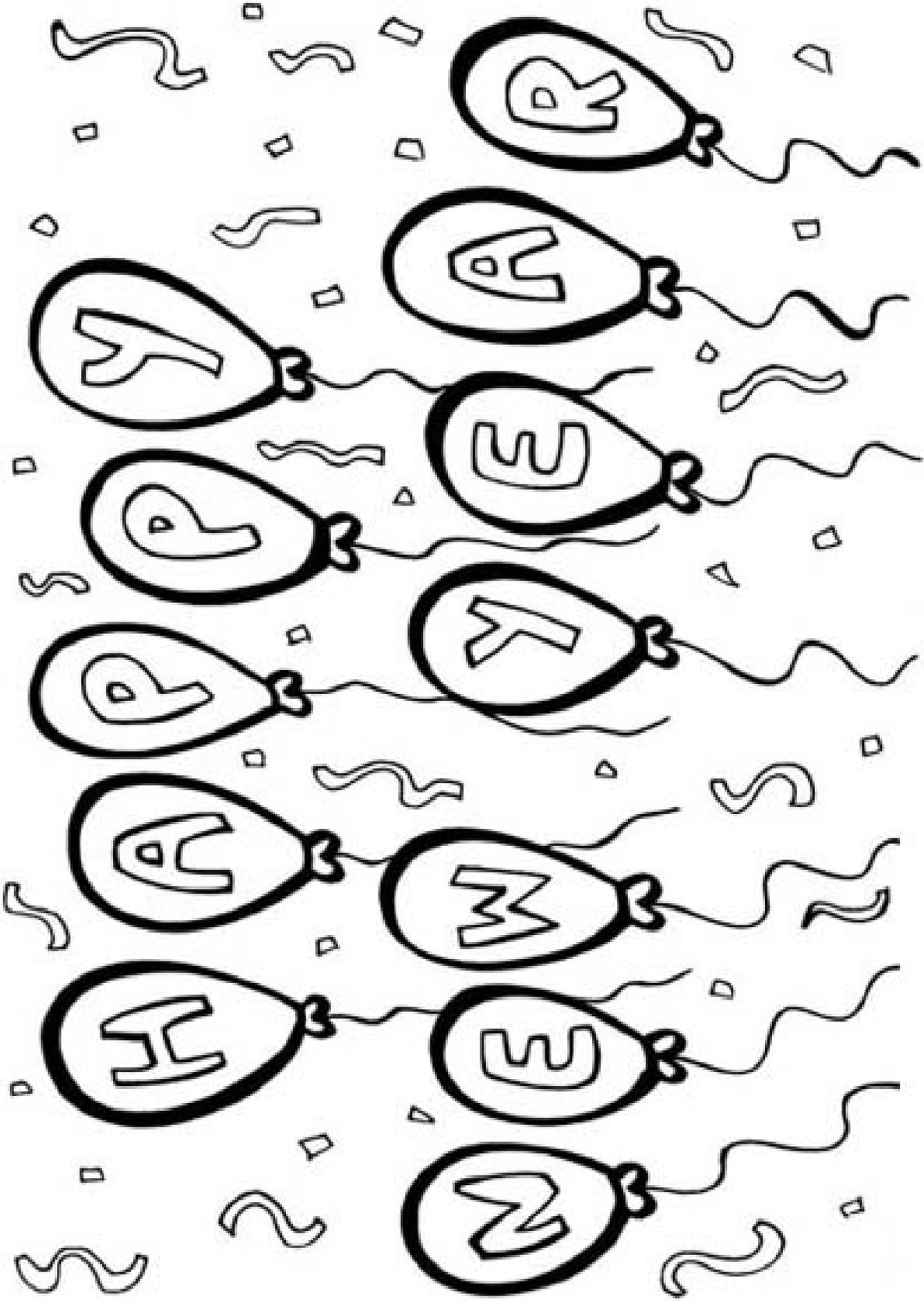
Resident Guidelines Reminder of the Month – January 2019

6.5 Fire pits and Chimneas

Fire pits and chimneas of any kind are prohibited.

6.6 Heaters

Kerosene heaters or other heaters using combustible materials or fluids and open coil heaters are prohibited either inside or outside the Home.



January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 New Year's Day – Office Closed	2	3	4	5
6	7	8	9 Astro Spraying Inside (MG)	10 Astro Spraying Inside (QP)	11	12
13	14	15	16	17	18	19
20	21 Martin Luther King Jr. Day	22	23	24 Astro Callback (Inside or Outside)	25	26
27	28	29	30	31 Inspire Your Heart with Art Day		

Notes:

Jan. 1st - Happy New Year from Moody Family Housing! Our office is closed today, but will resume normal business hours on Wednesday, Jan. 2nd.

Jan. 9th - Astro will be treating inside the homes in Magnolia Grove today. Please have pets kenneled up or outside if you will not be home!

Jan. 10th - Astro will be treating inside the homes in Quiet Pines today. Please have pets kenneled up or outside if you will not be home!

Jan. 24th - Astro Call Back: If your home needs to be treated again (inside or out), please call us **BEFORE** this date to get on the call back list.

Jan. 31st - "Inspire Your Heart with Art" Day! Join us at the Community Center in Quiet Pines from 5:30PM - 7:30PM for our first Paint Party of the New Year! Space is limited, so please RSVP as soon as possible. More information will be available soon!