

The Greens and the Meadows At Northridge

1050 Claire-Taylor Court • Culpeper, VA 22701
Phone: (540) 825-6300 • Fax: (540) 825-8893



BULLETIN BOARD

RESIDENT REFERRALS!

All resident referrals will receive a \$250 Rent Credit - just make sure your referred friends let us know.

Hours

Monday–Friday
9 a.m.– 6 p.m.
Saturday
10 a.m. - 2 p.m.
Sunday
Closed
Phone-
540-825-6300
Fax-540-825-8893

MAY 2021



NOTES & NEWS

If You Believe Your Car Has Been Towed, Contact:

Trouble's Towing & Recovery
(540) 840-6072

Any motor vehicle without current license plate tags or a valid state inspection sticker, flat tires, or in unsightly state of repair is subject to towing. Any vehicle parked in a fire lane, parked on the grass, double parked, parked on or over the white line, or any other violation is also subject to towing.

Dumpsters are for BAGGED GARBAGE only. Absolutely no furniture/mattresses in or near dumpsters is permitted. You are required to carry those items to the county refuse site yourself.

FOR THE GREENS: Your Northridge issued parking pass MUST BE clearly displayed and any guests must be appropriately parked in the spaces marked for visitors.

HIGHLIGHTS

Thinking of Mom

Mother's Day is the time to give thanks to moms, grandmothers and other special women in our lives. If cards and flowers aren't your style, there are plenty of other ways to show your appreciation. Share a list of favorite memories, make her a playlist of meaningful songs, treat her to an at-home spa day, or bake her a batch of cookies. Whatever you do, she will cherish the fact you thought of her.

Chat and Save

When you're shopping online and the site offers live chat with a customer service representative, starting a conversation could save you some money. Tell them you're interested in their product and ask if there's a sale price or discount code they can offer for your purchase.

Burger Bargains

May 28 is National Hamburger Day and to celebrate, many burger chains offer freebies and specials. Check their social media sites for deals.

Self-Care Corner: Wake Up With Water

Drinking water throughout the day keeps you hydrated and feeling good, and one way to get into the habit is to have a glass of H2O as soon as you get up. Health experts say drinking water right away can rehydrate your body after sleeping and helps you shake off fatigue.

Your Friendly Staff

Tara Craft Community Manager
Samantha Ferguson ... Asst. Community Manager
Katrina Hollins Leasing Consultant
Tina Conner Regional Manager
Mario Ruano Maintenance Supervisor
Website www.northridgeapthomes.com

TRIVIA WHIZ



Thank You, Nurses!

As the largest group of health care workers, nurses provide care in jobs throughout our communities, with many of these women and men serving on the front lines.

- Worldwide, there are 20 million nurses. Over 4 million nurses are on the job in the U.S.
- The majority of registered nurses work in hospitals. The rest serve in long-term care facilities, at clinics and schools, and in other settings.
- Every year, there's a whole week dedicated to them. Celebrated May 6–12, National Nurses Week ends on the birthday of Florence Nightingale, the founder of modern nursing.
- A lamp symbolizes the nursing career. Nightingale was known as the “lady with the lamp,” since she carried one with her at night while checking on her patients.
- The world's first nursing school is said to have started in 250 B.C. in India. Only men could attend.
- Today, women make up 90% of the field.
- The first American to earn a diploma for nursing was Linda Richards, who graduated in 1873 from a program in Boston.
- There are over 100 different nursing specialties.
- Nurses walk a lot! On average, a hospital nurse walks 4 to 5 miles during a 12-hour shift.
- For the past two decades, nursing has been voted the most-trusted profession.

“Nurses dispense comfort, compassion and caring without even a prescription.”
—Terri Guillemets



Seasonal Skin Care Tips

Days of outdoor fun and sun are ahead, which means your skin will likely be feeling the heat. Protect it with some skin-saving reminders.

Dermatologists' top advice? Sunscreen, sunscreen, sunscreen! Protecting your skin from the sun's harmful ultraviolet rays should be a daily habit, but it's essential during summer days. Wear a broad-spectrum sunblock with a sun protection factor of 30 or higher, and reapply it every two hours when you're outside for long periods.

More sunshine, hot temperatures and humidity mean increased perspiration. When sweat gets trapped in the skin's pores, heat rash, also called prickly heat, can develop. To prevent it, wear loose-fitting, lightweight clothing and try to keep skin dry and cool.

Itchy bug bites are also common this time of year. Resist the urge to scratch them, which can lead to infection and scarring. Use a cold compress or hydrocortisone cream for itch relief.

With outdoor activities and time at the pool, beach or lake, you may be showering more often. Frequent bathing in water that's too hot can dry out skin, so adjust the water temp to warm or cool and slather on a moisturizing lotion afterward.

And remember that drinking plenty of water is one of the best habits that can keep both you and your skin hydrated and healthy.

Tortilla Twists

The staple bread of Mexican cuisine, tortillas are always good to have on hand since they can be used in lots of different ways. Get cookin' with these creative takes:

Try a new tradition. Tacos, burritos and quesadillas are common tortilla-based recipes, but if you're looking to shake up your Mexican and Tex Mex-inspired meals, try making chimichangas, tostadas, flautas or taquitos.

Play with shapes. Make a salad feel fancy by baking corn or flour tortillas into the shape of a bowl, using an oven-safe bowl as a mold. Small tortillas can be placed in a muffin tin to create mini cups to hold dips, scrambled eggs, or even ice cream!

Wrap some apps. Love corn dogs? Wrap corn tortillas around hot dogs and bake until crispy. You can also roll tortilla halves around asparagus spears, green beans

or zucchini sticks and bake them for crunchy, healthy appetizers.

Fill and fold. This tortilla hack has gone viral on social media. Make a cut from the center of a tortilla to the bottom edge, then cover each of the four quarters of the tortilla with a different ingredient—think bacon, lettuce, tomato and cheese; or sliced strawberries, nut butter, shredded coconut and chocolate sauce. Starting with the cut edge, fold each section over one another until you have a layered triangle. The wrap can then be toasted in a skillet or eaten as is.





WIT & WISDOM



Featured Recipe

Easy Strawberry Shortcake

Make the most of strawberry season with this quick version of a dessert favorite.

Ingredients:

- 1 tube refrigerated flaky buttermilk biscuits (5 to 8 biscuits)
- 2 tablespoons butter, melted
- 1/2 cup sugar, divided
- 3 cups fresh strawberries, sliced
- Whipped cream

Directions:

Heat oven to 375° F.

Dip top and sides of each biscuit in melted butter. Then dip in 1/4 cup sugar, covering the top and sides. Place biscuits sugar-side up on an ungreased baking sheet. Bake 13 to 17 minutes, or until golden brown.

While biscuits bake, make the strawberry mixture. In a medium bowl, stir together strawberries and remaining 1/4 cup sugar. Let sit until berries release their juices, about 30 minutes.

When ready to serve, split biscuit and put a dollop of whipped cream on the bottom half. Add a spoonful or two of the strawberry mixture. Cover with top half of biscuit. Add more whipped cream and a few berry slices.

Find more recipes at Culinary.net.



Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

Explore their stories. Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at StoryCorps.org.

Tune in to a TV tradition. For the past 30 years, on the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories.

Learn about your family's military heritage. Talk to family members who were in the military about their experiences. Ask about stories of past relatives who served.

Post a tribute. If you have a loved one who is a fallen hero, post a photo and story about them on social media.

Send a letter. Express your thanks in a note to currently deployed troops. Search online for one of many nonprofit groups that gather and distribute letters to men and women serving overseas.

Visit a memorial. Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials across the country and overseas.

Pause at 3 p.m. Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.

"We're all different.
That's what makes us special."

—**Carrie Underwood**

"In life, there is always that special person who shapes who you are, who helps to determine the person you become."

—**Molly Ringwald**

"You just have to find that thing that's special about you that distinguishes you from all the others, and through true talent, hard work and passion, anything can happen."

—**Dr. Dre**

"Don't ever doubt yourselves or waste a second of your life. It's too short, and you're too special."

—**Ariana Grande**

"What makes something special is not just what you have to gain, but what you feel there is to lose."

—**Andre Agassi**

"Take that one thing you don't like about yourself and more often than not that's the one thing that makes you more special."

—**Shay Mitchell**

"If you laugh, you think, and you cry, that's a full day. You do that seven days a week, you're going to have something special."

—**Jim Valvano**

"I believe in individuality, that everybody is special, and it's up to them to find that quality and let it live."

—**Grace Jones**

"You take away all the other luxuries in life, and if you can make someone smile and laugh, you have given the most special gift: happiness."

—**Brad Garrett**



May 2021

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<i>May</i>						1
2	3	4	5	6	7	8
<i>Mother's Day</i>	9	10	11	12	13	14
15	16	17	18	19	20	
21	22	23/30	<i>Spring is in the air</i>	24/31	25	26
27	28	29	30	31	1	2



CELEBRATING MOMS EVERYWHERE

HAPPY MOTHER'S DAY