

## Tips to freshen up your home for the New Year

Embracing a fresh start in the New Year can be as simple as organizing and adding a fresh touch to your home with just a few simple tasks! These tips can help you start the New Year with a fresh and revitalized home.

Here are some helpful tips to freshen up your home for the New Year:

- Declutter: Remove unused items. Donate or sell.
- Deep Clean: Dust, clean windows, vacuum, mop, and scrub.
- Organize: Invest in storage solutions. Use baskets, shelves, and bins.
- Update Decor: Add new elements like pillows or rearrange furniture.
- Add Plants: Introduce houseplants for visual appeal and air quality.
- Change Bedding: Invest in new sheets or a duvet cover.
- Paint or Touch-Up: Transform with a fresh coat or touch up scuffs.
- Upgrade Lighting: Add or update fixtures for improved ambiance.
- Air Out: Open windows for fresh air. Use natural air fresheners.
- Create a Cozy Corner: Designate a comfortable space.
- Tech Cleanup: Organize your digital space, clean desktop, and delete emails.
- Set Improvement Goals: Plan projects for a revitalized home.

Remember, create a comfortable, organized space reflecting your style. Start the New Year fresh!

## Finding Social Connection in Our Community

The U.S. Surgeon General recently stated that loneliness can have “profound consequences,” including an increased risk of stroke and heart disease. To counter this issue, he recommended increasing your real life interactions. The good news? Living in an apartment complex gives you numerous opportunities to engage with others.

Not sure how? No worries. Here are 3 ways you can make those all-important social connections.

1. Greet your fellow residents with a smile. Did you know smiling releases endorphins, which can naturally boost your mood? Even better, it could potentially lead to more meaningful connections with some of your fellow residents.
2. Attend apartment-sponsored activities. Check your email and our community boards for get-togethers and gatherings.
3. Take advantage of your community amenities. Read a book or take daily walks in the communal areas, or hit the pool or the gym.

Real life connections are proving to be very important for your health. And the good news is they can start with something as simple as a smile!

## Snowball Cookies

Prepare to savor these enchanting Snowball Cookies that will transport you to a winter wonderland with each delightful bite! These buttery, melt-in-your-mouth delights are coated in powdered sugar, resembling a snowy finish, making them perfect for holiday gatherings or cozy afternoons.

- 2 cups of walnuts
- 2 ¼ cups of flour
- ½ cup of sugar
- 2 sticks of softened butter
- 1 teaspoon of vanilla extract
- 2 cups of powdered sugar

Preheat the oven to 325°F (170°C). Place walnuts in a ziplock bag and crush them with a rolling pin. In a large bowl, combine the crushed walnuts, flour, sugar, softened butter, and vanilla, mixing well with a rubber spatula. Shape the dough into spheres the size of ping pong balls. Bake for 20-30 minutes until the bottom of the cookies turns slightly brown. While the cookies are still warm, dust them with sifted powdered sugar. Enjoy!

## January Events

- Jan 10th - Wine Wednesday, King Family Vineyards 5:00pm - 8:30pm**
- Jan 13th - The Farmers Market at Ix 9:00am - 1:00pm**
- Jan 15th - Martin Luther King Jr. Day**
- Jan 17th - UVA vs Virginia Tech John Paul Jones Arena 7:00pm**
- Jan 24th - UVA vs NC State John Paul Jones Arena 7:00pm**
- Jan 31st - UVA vs Notre Dame John Paul Jones Arena 7:00pm**