

To Your Health

Be proactive in leading a healthy lifestyle.

- Make sure your diet consists of healthy foods low in fat and sodium, eat less sugar and eat lots of fresh fruits and vegetables, whole grains, and lean meats. Get daily exercise that fits your lifestyle, make sure to quit smoking, and keep alcohol consumption to a minimum.
- Establish a good relationship with a primary care physician and provide the doctor with your complete health history. If there are many doctors, create your own doctor directory.
- Gather all your medical records and keep them in one place.
- Learn your numbers: blood pressure, cholesterol, body mass index.
- Keep these records up-to-date and have ready: Family health history, personal health history, doctor visits, hospital stays, pharmacy/ medications, test results, insurance forms, legal documents.

Grilling

The Fire Marshal’s office has asked us to remind you that grills are not to be used or stored on your patios or balconies. Our community provides barbecue grills for your use. Please keep this area clean for everyone to enjoy.

Trash Goes in the Dumpster

Trash does not belong on your patio, balcony or by your front door. It not only looks “trashy” but encourages pests in your home. Get in the habit of taking your trash out daily!



Flag Day

On June 14 we honor Old Glory on National Flag Day. This day commemorates the adoption of the United States flag on June 14, 1777.

On Flag Day, Americans show respect for the U.S. flag and what it represents. Representing independence and unity, the Star Spangled Banner has become a powerful symbol of Americanism and is flown proudly.

While Betsy Ross has been given credit for stitching together the first American flag, there isn’t any sound evidence supporting the story, but there isn’t any to disprove it either. Since 1777, the design of the flag has been officially modified 26 times. For 47 years, the 48-star flag was in effect. In 1959, the 49-star version became official on July 4. President Eisenhower ordered the 50-star flag on August 21, 1959.

(Source: www.nationaldaycalendar.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>June</div></div>						RENT IS DUE! Pay Online 1
2	3	4	Last day to pay!	Late Fees Applied	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

June 2019

Staff

LaVonja Epps
Property Manager

Gina Smith
Assistant Manager

Krystal Boring
Leasing Consultant

Joe Linder
Maintenance Supervisor

James Harrison
Maintenance Technician

Brett Sherow
Groundskeeper

Deputy Kelly
Courtesy Officer

Office Hours

Monday-Friday
9:00am - 6:00pm

Saturday
10:00am - 3:00pm

Sunday
Closed

Important

Numbers

Office
843-667-6063

Fax
843-667-8165

Fire, Police, Emergency
911



1300 Valparaiso Drive • Florence, SC 29501
843-667-6063 • fax 843-667-8165
www.liveatsedgefield.com

The Pool Is Open!

Our pool is open and it’s going to be a fun summer! Be courteous of others in and around the pool and obey ALL the pool rules.

Fathers Day

Fathers Day is a day to not only honor fathers but all men who are a father figure. Stepfathers, uncles, grandfathers, and adult male friends are all honored on Fathers Day. So for all those men out there who have impacted someone’s life in a positive way, we appreciate you and wish you a Happy Fathers Day!

Are You Prepared?

Every home should have a renter’s policy. It’s easy, it’s affordable and it’s great peace of mind. Call your local insurance agent today for a quote.



The Heat Is On

It’s hot outside and your air conditioner will be working overtime. If you find your A/C is not working properly, please call in a service request right away and turn off the unit until someone can repair it. Letting the unit operate while not working properly may delay the repair by causing it to freeze up.

The maintenance team works hard so you don’t have to.

They are happy to repair any problems you have, but the summer is their busiest time of year. Service requests will be handled in the order they are received, with emergency repairs taking priority over routine maintenance. Be assured they will get to you as soon as possible. We appreciate in advance your “keeping your cool” over this very “hot” issue.



DO THESE IN JUNE



Walk through a Nature Center • Create your own Salsa
Start a Summer Journal Slideshow • Visit a Farmer's Market
Pick Fresh Berries • Picnic at a State Park
Go for a Hike • Enroll in a Summer Book Reading Program
Make Homemade Ice Cream • Sleep with your Windows Open
Grill Corn on the Cob • Plant a Patio Herb Container Garden
Pick Wildflowers • Bake a Cherry Pie • Gaze at the Stars
Visit a Fire Station • Freeze your own Popsicles
Watch a Baseball Game • Shop at a Flea Market
Grill a Foil Packet for Dinner • Float in a Canoe
Enjoy an Outdoor Concert or Festival



Can you
match the
DADS
with their
TV shows?

- | | |
|----------------------|-----------------------------|
| A. Steve Douglas | ___ Full House |
| B. Howard Cunningham | ___ Gilmore Girls |
| C. Michael Kyle | ___ My Wife and Kids |
| D. Danny Tanner | ___ Fresh Prince of Bel-Air |
| E. Frank Costanza | ___ This Is Us |
| F. Philip Banks | ___ Bonanza |
| G. Luke Danes | ___ Happy Days |
| H. Jack Pearson | ___ Modern Family |
| I. Ben Cartwright | ___ My Three Sons |
| J. Javier Delgado | ___ Seinfeld |

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06 JUNE

S	M	T	W	T	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

- 06 D-Day Anniversary
- 08 National Best Friend Day
- 14 Flag Day
- 14 World Blood Donor Day
- 16 Father's Day
- 18 International Picnic Day
- 21 Summer Begins

*Summertime is always
the best of what might be.*

CHARLES BOWDEN

Save a Life!



Each year, millions of lives are saved through blood donation. Adequate supplies can be ensured only through regular donation, so in honor of World Blood Donor Day, find time this month to give the gift that keeps on giving. Go to www.redcrossblood.org to find a local donation site.

SAVING MONEY

WANT TO FIND SOME "HIDDEN" MONEY?

- **UNUSED GIFT CARDS** - Many gift cards go unclaimed. Check your wallet, a drawer, or unopened mail to see if you have any. If you need your balance, call the number on the back of the card for updated amounts.
- **RECEIPTS** - Although stores may give you credit for returned items, it may not be for the full amount unless you provide a receipt within a certain time frame. Keep your receipt in your wallet, not in the bag, until you know your purchase works.
- **PANTRY** - Be really thrifty by using up ALL items in your pantry before buying new groceries. You may need to be creative in how you prepare the food or you may just have a smorgasbord a few evenings, but you could be saving your food budget for a week or two.
- **RENTED STORAGE UNIT** - It's fine for a couple of months, but if you're not using the stuff in it, it's okay to toss or sell it. Savings of \$100-\$200 a month can add up quickly in your pocket.
- **CABLE FEES** can kill a budget. Cut the cord and either do without, purchase a digital antenna or stream your TV programs. You may find yourself reading more or having quality time with family and friends instead.

What other ways can you think of to spend less and save more?



Blueberry FRUIT CRISP

- 1 cup self-rising flour
- 3/4 cup sugar
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 cup of mayonnaise
(be sure to use a brand that is made with eggs)
- 4 cups blueberries
(you could substitute blackberries or strawberries),
washed and thoroughly drained

Heat oven to 350 degrees.
Mix together the flour, sugar,
cinnamon and nutmeg.
Add the mayonnaise and blend well
(the mixture will be thick but pliable).
Put blueberries in an 8x10 baking dish
(no need to grease first).
Pour the mixture over the blueberries,
making sure to cover all the berries.
Bake for 35 minutes.
Serve immediately with
ice cream or whipped cream.

DADS MATCH:
A. My Three Sons, B. Happy Days, C. My Wife and Kids, D. Full House,
E. Seinfeld, F. Fresh Prince of Bel-Air, G. Gilmore Girls,
H. This Is Us, I. Bonanza, J. Modern Family

