



## MERIDIAN VALLEY Property Management

## Fall Newsletter— 2020

Happy Fall Y'all!

What a year it's been!! We're back with a newsletter that provides you with some important information, as well as fun facts and yummy recipes! We hope you are all doing well and adjusting to the changes required of us. We appreciate your flexibility in using the online portal to pay your rent and submit service requests. Thank you for your understanding!

We'd like you to meet the newest member of our team and share our favorite fall food with you. Please see our articles below on being prepared for the change in the seasons. If you have any concerns or maintenance needs, please contact us through the portal to submit your request.

*"Cesar Franck lived in Paris during revolutions and protests. He contentedly went about his business teaching and writing music. He even got married during the 1848 rebellion in Paris."* As we are being bombarded with doing more and feeling the stress of addressing how to handle home schooling and work, meditate on this quote and see how it can be applied to ourselves as well as our children. **"Don't try to do a great deal, but rather seek to do well."**

- Enjoy the season  
Your Property Mgmt Team



### Ready for Fall?

Please report to your property manager any needs for:

- Plants, shrubs or blackberries trimming
- Moles in the yard
- Roof concerns
- Sump pump concerns
- Trees trimming or removal
- Furnace cleaning
- Gutters cleaning or repair
- Moss treatment

Friendly reminders for cold weather prep:

- Change furnace filters (recommended 2X per year)
- Disconnect water hoses
- Install hose bib covers
- Cover outside pipes
- Check batteries in smoke alarms and carbon monoxide detectors
- Keep garage door closed to prevent furnace or water heater pilot lights from going out

### Introducing... Tammy!



We'd like to introduce you to the newest member of our team...our bookkeeper, Tammy Fierst. Tammy graduated from CWU and has worked in finance at Boeing and for an online company for a total of 25 years. Tammy is married and has two beautiful daughters. Fun fact: She has played softball for 25 years. If you have any questions regarding your portal or utility bills, etc, she's the one who will assist you. Welcome, Tammy!

**Create an emergency kit** that will keep you and your family safe and comfortable during a major power outage or natural disaster – and have it ready before disaster strikes. The following checklist will get you started. Make sure to include enough supplies to last at least three days for you, your family - and pets too. Preparing multiple kits, for home, at work and in your vehicle, is a good idea too. Emergency kit checklist:

- Water for seven to 10 days (1 gallon per person, per day)
- Food for seven to 10 days (non-perishable), manual can opener
- Cash (ATMs may not be working; small bills are best)
- Flashlights, extra batteries
- Radio (battery-powered/hand-crank)
- First aid kit and whistle to signal help
- Sturdy shoes, gloves
- Shelter items (tent, tarp, rope)
- Dust mask to help filter contaminated air (cotton t-shirts can work)
- Wrench to turn off utilities, such as natural gas or water
- Moist towelettes, garbage bags and plastic ties for sanitation
- Multipurpose (A-B-C) fire extinguisher
- Unique family needs (supplies for infants, pets; prescription and over-the-counter medications; emergency phone numbers, important documents)

Helpful websites:

[Ready.gov](https://www.ready.gov)  
[American Red Cross checklist](https://www.redcross.org)



Susan's cell  
206.271.9622

Stephanie's  
cell  
206.579.5206

Office phone  
253.630.0123



Every quarter we award a Kudo prize to a tenant who has shown outstanding care of their rental property. If we do a walk-thru and see that you are taking exceptional care of the property, your name is entered into a drawing. You could win a \$50 gift card. Might YOU be the next winner? **Our Fall Quarter WINNER is W. Gann!**

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## Something Savory—Something Sweet

Sharing our favorite recipes of the season

### Chicken Tortilla Soup

- 1 sweet onion, chopped
- 1 T minced garlic
- 1 4 oz. can green chilies, more if you like spicy
- 2-3 boneless, skinless chicken breasts, chopped
- 2 15 oz. cans chicken broth or stock
- 2 15 oz. cans kidney beans, drained and rinsed
- 2 15 oz. cans black beans, drained and rinsed
- 2 15 oz. cans great northern beans, drained and rinsed
- 2 15 oz. cans diced tomatoes, undrained
- Avocado, chopped
- Cheese, shredded
- Sour Cream
- Tortilla chips



Boil chicken or chop it and cook it on the stovetop until completely done. Sauté onion and garlic. Add green chilies and chopped chicken to sautéed vegetables. In large stock pan, put chicken stock, beans, tomatoes and chicken mixture. Heat over medium heat until boiling. Let simmer as long as you like to mix flavors. Serve with avocado, shredded cheese, sour cream and tortilla chips.

### Baked Cinnamon Apples

- 4 apples, peeled and sliced
- 4 packets of sweetener of choice
- 1 tsp. cinnamon
- 2 cups water
- 1 tsp. vanilla
- 1/8 tsp. nutmeg, optional



Place sliced apples in baking dish. Pour water over top. Sprinkle with sweetener and cinnamon (and optional nutmeg). Bake at 350 for 60 minutes. Remove from oven and stir in vanilla. Serve warm.