

North Brighton Townhouses, Inc. 5057 N.E 37th Street Kansas City, MO 64117

The Brightoneer

January 2014

Happy
New
Year!

Office Phone:

816-454-2500

Maintenance Emergency:

913-894-3456

Security Number:

816-868-4115

Non-Emergency Police:

816-413-3400

Web Site: www.northbrighton.com



Good Neighbor Aware

Alena & Alfredo Arencibia Jr.

Alena & Alfredo Jr. were nominated by Selma Irey. Selma wrote that they get her mail for her whenever she is gone. Alfredo Jr. shoveled the snow from her parking space for her last year so no ice would be there for her to slip on.

They also help with errands or odd jobs that she is unable to do around her house. Selma ended with:

“ They are just wonderful neighbors!”

The Board of Directors will recognize Alena & Alfredo at the board meeting on the 14th of January. As a recipient of the Good Neighbor Award, they will receive a \$25 gift card. Also to be recognized will be Debbie & Brittany McCurly, November & December's good neighbor winners. The Good Neighbor of the Month Award recognizes members of North Brighton Townhouses who exemplify the special spirit of cooperation that makes our community a better place for all of us.

Good Neighbor Nomination forms are available in the office.

**January Board Meeting
Tuesday January 14, 2014
Doors will open at 7:00pm.**

Carrying Charges increase \$15 effective January 2014.

Carrying Charge Increase Effective January 1, 2014

| | <u>OLD PAYMENT</u> | <u>NEW PAYMENT</u> |
|-------------------------------|--------------------|--------------------|
| 1 BEDROOM RENTALS* | 450.00 | 465.00 |
| 1 BEDROOM RENTALS | 500.00 | 515.00 |
| 1 BEDROOM—LOWER MIDDLE | 402.00 | 417.00 |
| 1 BEDROOM—LOWER END | 405.00 | 420.00 |
| 1 BEDROOM—UPPER MIDDLE | 406.00 | 421.00 |
| 1 BEDROOM—UPPER END | 409.00 | 424.00 |
| 2 BEDROOM—MIDDLE | 418.00 | 433.00 |
| 2 BEDROOM—END | 421.00 | 436.00 |
| 3 BEDROOM—MIDDLE | 428.00 | 443.00 |
| 3 BEDROOM—END | 423.00 | 438.00 |
| 3 BEDROOM—END | 431.00 | 446.00 |
| 4 BEDROOM | 438.00 | 453.00 |

***PLUS \$25 PET FEE IF APPLICABLE**

**Special Thanks to all those
who helped with the Santa's
Visit to North Brighton!
Also thanks to the
volunteers who helped stuff
the holiday cards!**

Office NEWS



Elections Coming Soon!

If you are interested in running for the board please submit your resumes to the office. We currently have 2 position that will be open. Please call the office if you have any questions.

Letters will be arriving in the next few weeks to come into the office and sign the Occupancy Agreement as it was changed with the passing of the By-Laws. The new Rules We Live By booklets containing the approved By-Laws will be distributed, one per household, the day you sign.

Referral bonus for referring someone to North Brighton Townhouses, Inc. is \$150. Bonus will be paid upon referral's move in.



Maintenance Reminders

Snow Removal

Section 1.12 Vehicles, I

Please remember that any person of the member's household, a guest or any person under the member's control are required to park so that their vehicles do NOT extend over the sidewalks. **Should a vehicle extend over the sidewalk during snow removal, the member will be charged \$15.00. Vehicles parked in "No Parking" zones that impede the pushing of snow WILL be towed at the owner's expense WITHOUT warning.**

Please also remove all Items from Front Stoops and steps. This makes snow removal much easier. It also prevents any damages to flower pots or other items.

As part of the KCPD Crime Free Program, NBT Maintenance is in the process of installing deadbolt locks on all Front &



Back doors. If you do not have deadbolts look for your notice. Installation is per building and being completed as quickly as possible.



**From the Maintenance and Office Staff
at North Brighton Townhouses for all
of the Holiday Wishes and Goodies!**

Annual Meeting

Vote Here...Annual Election!

Date: March 9, 2014

Time: 2:00 p.m.

Location: NBT Clubhouse

**Tell Neighbors to come or Please
complete your proxy and give it to
your neighbor!**

**If you have any questions please
contact the office —
(816) 454-2500**

WIN* A FREE Month's Carrying Charge!

March 9th at the Election: 2:00pm

First Prize is:

One Month's Carrying Charge

2nd Prize is: \$50.00

3rd Prize is: \$50.00

***Must be Present to Win**

Door Prizes*



We Want You

There are 2 openings on
the Board of Directors.

Here is your chance to become
an active part of NBT's success.

If you are interested in running for the board, here
is a sample resume to help you complete yours.
This is just a sample, you may complete your
resume as you like.

If you have any questions please contact the office.

SAMPLE RESUME

Your Name

1234 NE 5th St.
North Brighton Townhouses
Phone Number– 555-0000

Personal Data: I was born in Kansas City. Traveled with
my job and have lived in many areas, I love the KC area
best. I am married with 3 grown kids, I have lived at NBT
for 5 years.

Education: I graduated from St. Pius X High School.

Qualifications: Served 1 year as an employee relations
board member at my job.

Reason for Candidacy: I want to represent North
Brighton, help with improving our community with every-
one's best interest in mind.

FOOD PANTRIES -Harvesters — (816) 231-3173
Food Stamps — (816) 889-5050 - Salvation Army — (816) 756-1455

Avondale UMC 3101 NE Winn Road Kansas City, MO (816) 452-3518 9:00—11:45am Wednesday Only

Englewood Baptist Church Englewood Rd Kansas City, MO (816) 453-0975 9am—4pm Referral Only

Salvation Army Northland 4300 NE Parvin Rd Kansas City, MO (816) 452-5663 9:30-11:30am, 1-3pm, Mon-Thurs.

Gladstone Seventh Day Adventist Food Pantry 3939 N. Cleveland KCMO (816) 454-3960 Open 4th Sunday of the month 12—2 Must bring ID Clay county residents.

Hillside Christian Church 900 NE Vivion Rd KCMO (816) 453-2623 Tues 3-5pm, Wed. 5-7pm, Thurs 1-3pm Sat 9-11am

Northland Abundant Life Church 7700 N. Church Rd Kansas City, MO (816) 781-7759 Call to set up an appointment.

Barry Christian Church 11500 NW Barry Rd Kansas City, MO (816) 436-0462 9am – 11am, 1-5pm Monday—Friday

Gladstone Church of Christ 5703 N. Flora Kansas City, MO Appt. Only

Northland Neighborhoods, Inc. 5312 N.E. Chouteau Tfwy Kansas City, MO (816) 454-1747 Offers minor home repair grants to low and moderate-income homeowners

Inasmuch Ministries 2050 Plumbers Way Liberty, MO 64068 (816) 781-6357 Assistance includes food, rent, utility and misc. others

Good Shepherd United Methodist Church 9555 N. Oak KCMO (816) 734-2216 Food Pantry

Love, Inc. 2050 Plumbers Way Liberty, MO (816) 781-3200 Emergency assist includes food, rent, utility & misc. asst for low-income in clay county

Good Samaritan 339 E. Broadway Excelsior Springs, MO 64024 10am—3pm Mon, Weds & Fri

Assistance for Basic Needs

(Food, clothing, shelter and utilities) Families who are about to be evicted can call 816-452-5663
 Families who are about to lose their home can call 866-320-5764

Housing Authority of KCMO 712 Broadway Kansas City, MO 64105 (816) 842-2440

CLAY COUNTY CLOTHES CLOSET 3939 N. Cleveland Kansas City, MO 64117 (816) 454-3960

Northland Assistance Center 2018 Gentry N. Kansas City, MO 64118 (816) 421-2243

Operation School Bell
 Assistance League of KC 6601 N. Oak Trwfy
 Kansas City, MO 64118 (816) 453-6011

Hillcrest Ministries 401 N. Spring St Liberty, MO 64068 (816) 461-0468

Metro Lutheran Ministries (MLM) 3031 Holmes Kansas City, MO 64109 (816) 931-0027

United Services Community Action Agency 108 S. Thompson Ave Excelsior Springs, MO 64024 (816) 630-0037

Salvation Army 4300 NE Parvin Road Kansas City, MO 64117 (816) 452-5663

Heart Healthy Eating **Make 2014 Your Best Year EVER!!**

A heart healthy diet is designed to help lower blood lipids (fats) and cholesterol levels associated with coronary heart disease (CHD). The American Heart Association recommends limiting saturated fat to less than 7% of total daily calories (10-15 grams/day) and trans fat to less than 1% of total calories (0-2 grams/day).



Fats:

1. Choose monounsaturated fats such as olive, canola and peanut oils.
2. Choose foods with Omega 3 fatty acids such as tuna, salmon, mackerel, herring, flax seeds and walnuts. Ask your doctor about Omega 3 supplements.
3. Choose foods that contain plant sterol or plant stanol esters (such as spreads, salad dressings, snack bars and dietary supplements) which may reduce the risk of CHD. A daily intake of at least 2 grams has been shown to lower LDL cholesterol.



Fiber:

1. High-fiber foods include whole grains, legumes, fruits and vegetables.
2. Eat 2-3 servings of fruit and 3-6 servings of vegetables/day.
3. Choose whole grains with 5 gm of fiber or more per serving.



Meat/Protein:

1. Choose lean cuts of beef, pork and poultry.
2. Add fish to your diet at least twice a week preferably those high in Omega 3 fatty acids.



Dairy:

1. Choose 1% or skim milk.
2. Choose low-fat or fat-free cheese such as cheddar, swiss, parmesan and mozzarella.



Preparation of Foods and/or Dining Out:

1. Choose baked, broiled, grilled or roasted meats rather than deepó or pan fried.
2. Trim visible fat off meat. Remove skin from poultry.
3. Choose steamed vegetables or baked potato as a side item.
4. Ask for low-fat margarine, salad dressing, sour cream, sauces, gravies, etc. on the side.
5. Be aware of portion sizes...ask for a ødoggie bagøat the beginning of a meal and take some home!
6. Substitute red sauce for cream sauces.



Reduced-Sodium Diet

1. Choose fresh, frozen or no salt added canned vegetables.
2. Use herbs and spices in place of salt for flavoring: onion and garlic powders, basil, pepper etc.
3. Read food labels: choose foods that have 140 mg of sodium or less per serving.
4. Maintain a healthy daily weight and exercise regularly.
5. Ask your doctor whether you can use salt substitutes.



Make 2014 Your Best Year EVER!!



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Professional, Dependable & Discrete.

Arlin Garcia
816-359-1714

Housekeeping and a lot more
In business for 10 years
References on request

Serving the North Kansas City Area
Call today for a free quote.



For Saleô Various House-
hold Items: 2 Loveseat
Size Couches, 1 Chair with
Ottoman, 1 Coffee Table
with Glass Top, Washer &
Dryer, and 1 Twin Size
Bed (Frame & Mattress) .
Call: Melissa 816-835-3052

Diane Schumacher, Avon Representative
4943 NE 37th Street, Kansas City, MO 64117
(816) 453-3324 (Home) — (816) 507-7299 (Cell)
Email: ladyschu@kc.rr.com
Web Site: www.youravon.com/dschumacher

For Sale:
Desk &
Chair
\$25.00
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Great Foods & Gifts!



Cherry Good!

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host a tasting party,
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consultant.

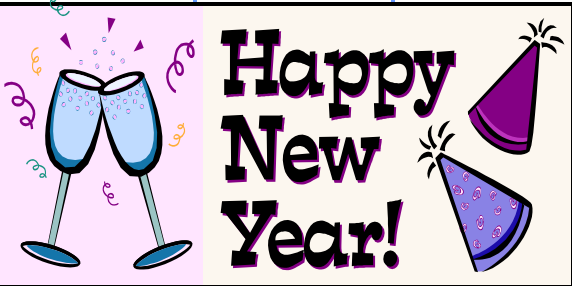
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and Smokeless**
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**453-0968 or see my
website:**
www.marionsflamelesscandles.scentsy.us

January 2014

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--------------------------------|--|----------|--------|-------------------------|
|  | | | 1 Office Closed Carrying Charges Due | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 Late Fees Applied |
| 12 | 13 | 14 Board Meeting 7:00 pm | 15 Senior Luncheon 11:30 | 16 | 17 | 18 |
| 19 | 20 Office Closed Martin Luther King Jr | 21 Attorney Referrals | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |