

February 2013

Taft Tidings

265 College St #2A ~ New Haven, CT 06510 ~ 203-495-8238 (TAFT) ~ www.taftapartments.com
facebook.com/TaftApartments ~ Emergency Maintenance: 877-472-7532 ~ twitter.com/#!/taftapartments
The Sun Always Shines At The Taft ~ A New Haven Tradition Since 1912



MAINTENANCE CORNER

RATE-YOUR-MAINTENANCE

If the Maintenance Team has recently completed work in your apartment home, do not forget to fill out your "Rate Your Maintenance" card. Return it back to the office for your chance to win a \$25 gift certificate to the downtown New Haven business of your choice. January's Rate-Your-Maintenance winners are Taft Resident Veysel Umman and Angel Berrios from our Maintenance team.



Valentine's Day



Valentine's Day is celebrated on February 14. It is a festival of romantic love and many people give cards, letters, flowers or presents to their spouse or partner. They may also arrange a romantic meal in a restaurant or night in a hotel. Common symbols of Valentine's Day are hearts, red roses & Cupid.



Restaurant of the Month!

Istanbul Café

Istanbul Café is a well-known Turkish Restaurant in the city of New Haven, Connecticut, and the Yale University community. Their sole cuisine and claim to fame Authentic Turkish food is New Haven's first and only Turkish restaurant. Istanbul Café opened in 1998 and they have steadily improved over the years. In 2001 Adnan Efe, who had worked in the kitchen as a chef since it opened, bought the place and made the restaurant more authentic and attractive. He wants to get the restaurant on a grander scale to compete with similar restaurants in the greater New Haven area.

Check out the menu:

<http://www.istanbulcafe.com/>

245 Crown Street
New Haven, CT 06515
t. 203.787.3881



Istanbul Café

Welcome, Ali!

The Taft team would like to introduce our newest Team Member Ali Downey. Ali has been working at The Taft since the beginning of the new year. Her daily tasks include handling all leasing paperwork, taking future residents on community tours, assisting with marketing & making sure everyone is treated with outstanding customer service. If you see Ali around The Taft Community feel free to say hello and introduce yourself or swing by the office at some point to say hi!

Early Bird Special Reminders

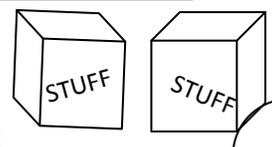
Watch your mailbox for Early Bird Special Offers. Take advantage of a better rent rate by renewing early!

Important Reminders

- If you are not planning to renew your lease, stop by the office or visit the Resident Portal to get a Move-Out Notice form. The Taft requires our residents to provide a 60 day written notice prior to the end of their lease. If there are questions about this please call, e-mail, or stop by the office.
- By this point all air conditioners should be removed and heat should be "on and pumping". Please let us know if you are experiencing any issues regarding the temperature in your apartment.
- If you plan on being away at any time during heating season, please be sure to leave your heat ON and windows closed. Residents are held responsible for the damages and repairs of costly frozen burst pipes!
- Please make sure to get your service requests in as early into the day as possible to ensure it is handled promptly.
- Be on the lookout for lease renewals ... Remember, the early bird catches the worm!

Storage @ The Taft

Storage units starting at \$50 per month ... Call the office for more info!



Facebook.com/taftapartments

Twitter.com/taftapartments



EVENTS

Shubert Theater

The Addams Family

February 1–3, 2013

This musical comedy brings the darkly delirious world of Gomez, Morticia, Uncle Fester and the rest to spooky and spectacular life!

Yale Opera presents I Capuleti e i Montecchi

February 15–17, 2013

Based on Shakespeare's story of star-crossed lovers Romeo and Juliet, this fully staged production of Vincenzo Bellini's opera is performed with subtitles.

TEDxYale 2013: Solve for y

February 23, 2013

Over 20 Yale-affiliated faculty, alumni, and students will gather on one stage to share their ideas.

PURCHASE TICKETS ONLINE, at the Shubert Box Office, or call 203.562.5666 for information.



Toad's Place

Lindsey Stirling

Feb. 6 @ 8:30pm

Aesop Rock

Feb. 11 @ 9:00pm

Aaron Carter

Feb. 27 @ 8:00pm

American Heart Month

February is American Heart Month, and unfortunately, most of us know someone who has had heart disease or stroke. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. These conditions are also leading causes of disability preventing people from working and enjoying family activities. Cardiovascular disease is also very expensive—together heart disease and stroke hospitalizations in 2010 cost the nation more than \$444 billion in health care expenses and lost productivity. Here are some very heart-healthy ways to keep heart disease and strokes at bay:

Nutrition: At the heart of good health is good nutrition. Find recipes, healthy cooking tips, secrets to heart-smart shopping and get your diet on the right track.

Physical Activity: The benefits of physical activity are solidly-proven and well documented. But many of us need some extra motivation to get moving. Take the stairs, park farther from the entrance or start a cardio program at a gym.

Weight Management: Losing weight usually takes effort, and keeping it off has its own set of challenges. But your small everyday choices matter! Losing as little as 5 to 10 percent of your body weight can result in better blood pressure, lower risk for diabetes and improved cholesterol levels, research shows.

Stress Management: Whether you're facing crisis or simply managing the challenges of fast-paced living, you can learn to take good care of yourself and solve many of life's problems. Don't let stress get out of control.

Fats & Oils: Not all dietary fats are bad! Do you know how to select healthy fats? Eating fish twice a day may reduce your risk of heart disease by 30 percent. Omega-3 fats in fish lower triglycerides and blood pressure; they also can help prevent irregular heart rhythms.

For more information: Visit www.MayoClinic.com

YALE-CHINA'S CHEONGSAM BALL

Happy year of the snake and
112th Anniversary of the
Yale-China Association!

You're invited to Yale-China's second annual CHEONGSAM BALL at the New Haven Lawn Club on February 8, 2013 from 6:00PM – 10:00PM. It will be an evening of 1930s Shanghai jazz featuring The Terry Hsieh Collective jazz ensemble and the Xi Wang Dance Troupe. Enjoy a champagne and cocktail reception, seated dinner, open bar, exciting silent and live auction items, and celebration of Yale-China's work.

Since 1901, from its home in New Haven, Connecticut, the Yale-China Association has promoted understanding between Chinese and American people through programs in the arts, education, health, and public service. Yale-China's work in the classroom, the hospital, and the community bring life-changing experiences to thousands of people each year. Teaching and learning are at the heart of Yale-China's work.

Join for a memorable evening of purpose, vision, celebration, and reunion. So, don your mandarin collars, cheongsams (qipao) or business attire and join for a festive evening.

For additional question or sponsorship information, please contact Amy Shek at amy.shek@yale.edu or call her at (203) 432-1771. **For more information about Yale-China or to give a gift, visit www.yalechina.org**

