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HUB NEWS

A Monthly Newsletter for all things Hub



WINTER TIPS

AFFORDABLE WAYS TO INSULATE YOUR APARTMENT THIS WINTER

WINTER HAS OFFICIALLY ARRIVED, AND THE WEEKEND OF CHRISTMAS PROVED TO BE ONE OF THE COLDEST DAYS IN RECENT HISTORY IN OUR AREA. TO HELP KEEP THE COLD AIR OUT, TRY THESE WINTERIZATION TIPS TO STAY COZY THIS WINTER:

- 1. Insulate the apartment windows.** To start, you can install window film to your windows to help keep cold air out. Inexpensive kits can pay for themselves quickly, and they're virtually invisible when done correctly. You can also get a large roll of bubble wrap, and cut sections to fit the glass portion of your windows.
- 2. Install curtains or thermal curtains.** These heavy curtains are widely available at department stores and online. An added benefit of thermal curtains is that they're also great at blocking out light while they act as thermal barriers to windows, helping keep warm air from escaping.
- 3. Change the direction of your ceiling fan.** During the warm months, airflow aiming downward can cool you off. When it's reversed, that same fan can move warm air from the top of the room lower into the living space by simply flipping a switch found on the side of the fan.
- 4. Pick up a few door sweeps.** Door sweeps are essentially long, thin bean bags that run the length of the door where it meets the floor on the inside of your home. They block cold outside air from entering under the door. Get one for each door that leads outside. You can also use a towel or blanket at the base of your doors.
- 5. Insulate walls for heat.** Wall hangings and even large ornamental rugs mounted to an exterior wall can significantly reduce the amount of heat loss that would result otherwise. Much like leaky windows that can drain a space of its heat, a cold outside wall can be kept a bit warmer with a thermal barrier.
- 6. Get thick floor coverings.** Another great way to keep the cold at bay is to warm up your rooms with area rugs. A thermal barrier like a thick rug and a pad under it can do wonders to cut down on the surface area that is exposing your apartment to heat loss through the floor.

# DO YOU NEED SOME INSPIRATION FOR 2023 FOR A HEALTHY AND HAPPY LIFE?

## WE CREATED A LIST OF IDEAS FOR THE NEW YEAR FOR OUR HUB NEIGHBORS:

**1. If you don't already know them, get to know your neighbors!** This is a perfect way to create a greater sense of community. Introducing yourself and exchanging contact info in case they ever need help, can create rewarding & life-lasting friendships.

**2. Cook something new each week.** We all get in the habit of eating the same meals over and over, but variety is the spice of life, so spice-it-up!

**3. Get your steps in outdoors!** We live in the best neighborhood for physical activity. Between the Loops trail next door, the city greenway on Lovers Lane, and the sidewalks within The Hub community, getting extra steps in is right at your fingertips. Getting regular exercise also scientifically makes you a happier person.

**4. Plan a vacation!** People who vacation at least twice a year have a lower heart attack risk than those who do so rarely.

Researchers have found that even thinking about an upcoming trip can boost happiness for weeks.

**5. Take your dog for longer walks.** Going on a walk is the best part of a dog's day, and they depend on their owners to keep them happy. Dogs that get regular exercise are better behaved, less destructive, and live longer lives. While you're on your walks, don't forget to always pick up your dog's pet waste. If you're short on time for regular walks, consider taking your pet to a local daycare to play with other dog friends.

**6. Practice mindfulness.** Practicing mindfulness means doing everything you can to be grateful for what you have in the moment, where you are in life, and who you are right now, shared Sabrina Romanoff, Psy.D., a clinical psychologist in New York City and Yeshiva University professor. Romanoff and other leading psychological experts say committing to mindfulness can help you become a better person in less than a year's time. Mindfulness also helps you become more considerate of others by focusing on how your actions affect those around you.

**7. Explore new hobbies.** Another sleepy Sunday? Today is the day you try Ethiopian food, attend a ballet, or take a painting class – whatever feels fun!




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