

Community Newsletter

Roma Management



There's something magical about fall—the way the air turns crisp, the leaves paint the world in gold and crimson, and evenings invite us to cozy up with a warm drink and a favorite book

Roma Management

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Tenant Reminder: Maintain Your Smoke Detectors for Safety

Your safety is our top priority, and one of the easiest ways to help protect your home is by maintaining your smoke detectors. We'd like to remind all tenants to regularly check and change the batteries in their smoke detectors. These devices are essential for alerting you to potential fire hazards, and functioning batteries are key to ensuring they work properly when needed.

What to Do If Your Smoke Detector Beeps

If your smoke detector continues to beep after you've changed the battery, this could indicate that the device itself needs to be replaced. Smoke detectors are designed to last roughly 8 to 10 years, after which their internal sensors can become less effective. It's important to check the manufacture date on your smoke detectors—if they're nearing or past the 10-year mark, they should be replaced.

Why It Matters

A properly working smoke detector is one of the most critical tools for ensuring safety in your home. By routinely checking the batteries and ensuring the device is up-to-date, you're helping to protect both yourself and those around you. If you're unsure about how to change the battery or believe the device is malfunctioning, please let us know. We're happy to assist in keeping your home safe and secure.

Stay safe, and thank you for your attention to this important matter!

Newsletter Highlights

Local Fall Events

DIY Warm Drinks

Seasonal Wellness Tips

Apartment & Home
Living: Tips for Fall

Helpful Tips: Tenant
Portal

Fall Recipe: Apple Crisp





Downtown Bellingham Ghost Tour

All ages welcome!

Location: Commercial Street Garage and Mezzanine, 1300 Commercial St., Bellingham, WA 98225

Admission: \$25

When:

10/01/2025 - 7:30 p.m.

10/10/2025 - 9:30 p.m.

10/15/2025 - 7:30 p.m.

10/17/2025 - 9:30 p.m.

10/24/2025 - 9:30 p.m.

10/27/2025 - 7:30 p.m.

10/29/2025 - 7:30 p.m.



Oktoberfest in Ferndale!

Location: Pioneer Pavilion, 2007 Cherry St., Ferndale, WA 98248

Admission: \$30

When: October 4, from 5 to 10 p.m.

Local Fall Events!

Bellingham Farmers Market: Saturday Market

Location: Depot Market Square, 1100 Railroad Ave, Bellingham, WA 98225

Admission: Free!

When: Every week on Saturday until December 20, 2025, from 10 a.m. to 2 p.m.

Harvest Tea

Location: Willowbrook Manor English Teahouse and Farm Stay, 27420 Minkler Rd., Sedro Wolley, WA 98284

Admission: \$60

When: Every week on Friday, Saturday, until October 11, 11 a.m. & 2 p.m.





DIY Warm Drinks to Cozy Up Your Fall

There's nothing better than wrapping your hands around a warm mug on a crisp fall day. Whether you're coming home from work, hosting friends, or just enjoying a quiet evening in, these quick and simple DIY drink recipes will help you bring the season's cozy flavors right into your kitchen.

Homemade Spiced Apple Cider

Ingredients:

1 bottle (64 oz)
apple juice or fresh
cider
2 cinnamon sticks
4 whole cloves
2–3 slices of orange



Instructions:

Combine all ingredients in a large pot.
Simmer on low heat for 30–40 minutes.
Strain before serving.

Optional: Add a drizzle of caramel or a cinnamon sugar rim for an extra treat.

Creamy Hot Cocoa

Ingredients:

2 cups milk (dairy or
non-dairy)
2 tbsp cocoa powder
2 tbsp sugar (adjust to
taste)
¼ tsp vanilla extract



Instructions:

Heat milk in a saucepan until warm, but not boiling.
Whisk in cocoa powder and sugar until smooth.

Stir in vanilla extract and serve with whipped cream or marshmallows. Try stirring with a candy cane for a peppermint twist.

Pumpkin Spice Latte (At Home!)

Ingredients:

1 cup milk (dairy or non-dairy)
2 tbsp pumpkin puree
1 tbsp sugar (or maple syrup)
¼ tsp pumpkin pie spice
½ tsp vanilla extract
½ cup strong coffee or 1 shot espresso



Instructions:

In a small saucepan, whisk together milk, pumpkin puree, sugar, and spice. Heat until hot, but don't boil.

Remove from heat and stir in vanilla.

Pour coffee into a mug and top with the pumpkin milk mixture.

Add whipped cream and a sprinkle of pumpkin pie spice for that café-style finish.

Cozy Tip:

Make a big batch of cider or hot cocoa and store it in the fridge. Reheat a mug at a time whenever you need a little fall comfort!





Seasonal Wellness Tips: Staying Healthy as the Days Get Shorter

As the seasons change and daylight hours get shorter, it's easy to feel a little sluggish. But with a few simple habits, you can keep your energy up and stay healthy all fall and winter long. Here are some wellness tips to help you thrive through the cooler months:

☀️ Boost Your Vitamin D

With less sunshine in fall and winter, many people experience lower vitamin D levels, which can affect mood and immunity.

- Try to get outside during daylight hours, even if it's just a short walk.
- Consider vitamin D-rich foods like salmon, eggs, and fortified dairy or plant-based milk.
- Talk to your healthcare provider about whether a supplement might be right for you.

🏠 Stay Active Indoors

When it's cold and rainy, outdoor activities may feel less appealing—but you can still keep moving!

- Try bodyweight exercises (like squats, pushups, and planks) you can do in your living room.
- Explore free online workout classes—yoga, dance, or stretching can all be done in small spaces.
- Even 15–20 minutes a day can boost energy and reduce stress.

💉 Don't Skip the Flu Shot

Fall is flu season, and prevention is key.

- The CDC recommends annual flu vaccines for most people over 6 months.
- Many local pharmacies and clinics offer quick, walk-in flu shots.
- Protecting yourself also helps protect your neighbors and loved ones.



🛏️ Prioritize Rest & Routines

With darker evenings, your body may crave more rest.

- Aim for 7–9 hours of sleep each night.
- Keep a consistent bedtime and wake-up schedule.
- Cozy nighttime routines (like reading or enjoying a cup of herbal tea) can help signal your body it's time to wind down.

🍁 Resident Wellness Reminder

Your home is your sanctuary—make it a healthy, comfortable place where you can rest, recharge, and enjoy the season.





Apartment & Home Living Tips for Fall

As the cooler months roll in, it's the perfect time to make your space cozy, functional, and energy-efficient. Whether you're renting an apartment or a home, these renter-friendly tips can help you stay comfortable this season:



SMALL SPACE HACKS

Bulky coats, boots, and scarves often pile up quickly in fall and winter, especially in smaller spaces. Luckily, a few smart storage hacks can make a big difference. A boot tray or a set of baskets by the entryway helps keep wet footwear contained while protecting your floors from mud and water. Consider investing in multi-purpose furniture, such as storage benches or ottomans, that double as seating while discreetly hiding away blankets, shoes, or other seasonal items. Vertical space can also be your best friend. Even a small, intentional setup with a chair, lamp, and narrow bookshelf in a quiet corner can transform unused space into a cozy reading nook, perfect for curling up on chilly evenings with a blanket and a good book.

ENERGY SAVINGS

As the temperatures drop, energy savings become just as important as comfort. Draft stoppers at the bottom of doors are an inexpensive way to keep warm air inside, and thicker curtains not only insulate but also add a seasonal style boost. Try layering curtains with blinds for extra efficiency. Adjusting your thermostat just a few degrees lower when you're asleep or away can save significantly on your utility bills without sacrificing comfort. Don't forget your ceiling fans, reversing their rotation to clockwise gently pushes warm air down, helping your space stay evenly heated. These small changes add up to a cozier home and lower heating costs all season long.

SEASONAL DÉCOR SWAPS

Of course, fall is also the perfect time to refresh your décor in simple, renter-friendly ways that don't require permanent changes. Swapping out throw pillows, blankets, or even curtains for warm autumn tones, think burnt orange, mustard yellow, deep burgundy, or forest green, instantly transforms the feel of a room. Textures are key this time of year: flannel, knit, wool, or faux fur add layers of coziness and warmth. For a finishing touch, seasonal accents like pinecones, candles, wreaths, or even a bowl of fresh apples or mini pumpkins bring a natural autumn charm indoors without taking up much space.

With just a few thoughtful adjustments, whether it's smart storage, energy efficiency tricks, or cozy décor updates, you can create a home that feels both practical and welcoming as you transition into the fall season. Small changes truly go a long way in making your space more functional, comfortable, and inviting.



Helpful Tips: Tenant Portal

Your tenant portal is more than just a place to pay rent—it's a convenient tool to help you stay organized. From maintenance requests to automatic payments and viewing your full account ledger, everything you need is right at your fingertips.



Did you know your AppFolio tenant portal has features that can make your life a little easier? Beyond just paying rent, you can:

- Submit maintenance requests quickly and track their status.
- Set up automatic payments so you never miss a due date.
- View your full account ledger (found under Payments → View Full Account Ledger) for the most accurate record of your charges and payments.
- Access documents like your lease or community notices, all in one place.

We want to make sure you always have the most accurate and up-to-date view of your account. While the front portal view can sometimes be misleading, the Tenant Ledger provides a detailed and reliable record of all charges and payments on your account.

Accessing your ledger is simple:

- Log in to your tenant portal.
- Go to the Payments section.
- On the right side of the page, click View Full Account Ledger.



From there, you'll see a clear breakdown of your rent, payments, and any other charges or credits. This is the best way to track your balance and ensure everything looks correct.

We encourage all residents to use the Tenant Ledger regularly—it's the most accurate tool available to help you stay on top of your account. If you ever notice something that doesn't look right, don't hesitate to reach out so we can review it together.



FOOTBALL

MARK YOUR CALENDAR:

Every Seahawks Kickoff at Your Fingertips! Stay in the loop with this season's full game lineup so you never miss a chance to cheer on the 12s.

are you
READY FOR
some
Football



WK1: vs SF
WK2: AT PIT
WK3: vs NO
WK4: AT ARI (TNF)
WK5: vs TB
WK6: AT JAX
WK7: vs HOU (MNF)
WK8: BYE
WK9: AT WAS (SNF)
WK10: vs ARI
WK11: AT LAR
WK12: AT TEN
WK13: vs MIN
WK14: AT ATL
WK15: vs IND
WK16: vs LAR (TNF)
WK17: AT CAR
WK18: AT SF

Seahawks



2025-2026 REGULAR SEASON SCHEDULE



- **The Loudest Crowd** – In 2013, Seahawks fans set a Guinness World Record for the loudest stadium crowd noise at 137.6 decibels—as loud as a jet engine!
- **Seahawks' First Season** – The team played its first season in 1976 as an NFL expansion team.
- **Super Bowl Win** – The Seahawks claimed their first Super Bowl victory in 2014, defeating the Denver Broncos 43–8.
- **Beast Quake** – In a 2011 playoff game, Marshawn Lynch's legendary 67-yard touchdown run was so powerful, it literally caused a small earthquake to be recorded near the stadium!



Fall Recipe: Easy Apple Crisp

Prep Time: 15 minutes

Cook Time: 40 minutes

Serves 6 to 8



Ingredients

6 medium apples (peeled, cored, and sliced)

1 tbsp lemon juice

1/2 cup granulated sugar

1 tsp cinnamon

1/4 tsp nutmeg

Topping

1/2 cup old-fashioned oats

1/3 cup all-purpose flour

1/3 cup brown sugar

1/2 tsp cinnamon

1/4 tsp salt

1/4 cup (half stick) cold butter, cubed



Instructions:

1. Preheat oven to 350°F (175°C).
2. Toss sliced apples with lemon juice, sugar, cinnamon, and nutmeg. Pour into a greased 8x8" baking dish.
3. In a separate bowl, mix oats, flour, brown sugar, cinnamon, and salt. Cut in butter with a fork or fingers until crumbly.
4. Sprinkle topping evenly over apples.
5. Bake for 35–40 minutes, until topping is golden and apples are bubbly.
6. Let cool slightly. Serve warm with vanilla ice cream or whipped cream.