



RSM NOTE

Dear Residents,

Warmest Greetings from The Pakubuwono House

We really appreciate that you have chosen to stay with us and we will do our utmost to ensure that your overall experience is most comfortable. Your personal satisfaction at The Pakubuwono House is our foremost priority. If there is anything we can do to make your stay more enjoyable, do not hesitate to contact our Tenant Relation Officer.

We wish you an enjoyable stay!

Sincerely,

Birgitta Adisty
Resident Service Manager

REGULATION

11. Moving In/Out

11.1 Movements of incoming & outgoing goods may be performed from Monday to Friday (9:00 AM to 4:00 PM). For further details, please contact Tenant Relations.

11.2 Moving out Residents will need a clearance report to be obtained from the Building Management. Failure to do so, the Residents will not be able to take out any belongings from their Units.

11.3 Written notice of move in or move out must be received by the Building Management at least 2 days (48 hours) before the proposed move in or move out date.

12. Unit Renovations

No structural additions, alterations, improvements, relocations, or any other work in the Unit shall be permitted without the written approval by the Building Management. Prior to commencement of any work in the Unit, the Unit Owner must submit the supporting renovations plans and fulfill all requirements specified in the OWNER FIT-OUT GUIDELINE issued by the Building Management and other such requirements, rules and regulations imposed by the Building Management. Any addition, alteration, improvement, relocation and other such changes to the Unit must be carried out so as not to deface or injure the respective Unit or cause any damage to the adjoining Unit and/or other structures in the building. Such approval, however, will not relieve the Residents of any responsibility or liability for any damage or injury to person.

The Residents will, at their own expense, prepare building plans and specifications for such alterations and/or additions, and will obtain a building permit before commencing work on the Unit. Work to be done in the Unit must not cause damage to and must not exceed the electrical capacity of the Unit, must not obstruct nor alter the fire sprinkler system, and must comply with pertinent government rules and regulations. Residents who undertake any repair or refurbishing must inform the Building Management so that the movement of workers in and out of The Pakubuwono House can be monitored and controlled.

12.1 Residents may not paint, decorate, or change the exterior decoration and adornments of the building. Any change, addition or deletion of any part of the exterior of the Unit is not allowed.

12.2 Unit shall not be subdivided into smaller Units nor shall such be partitioned either judicially or extra judicially among the co-Owners thereof except by sale of the entire Unit and distribution of the proceeds.

12.3 Residents are not allowed to change the existing lockset of their main and back doors. They may, however, add a second lockset with the same color as the existing one and peephole/eyehole.

12.4 The color of the exterior side of the main and back doors must be maintained to preserve the uniformity of those doors of all Units. The installation of aluminum screen doors, iron grills and the like outside of the Unit is strictly prohibited.

12.5 Any renovation work must strictly adhere to the Owner Fit-Out Guideline, which needs to be obtained by any contractor prior to commencement of any work in the Unit. Renovation work is allowed from Monday to Friday between 9:00 AM to 4:00 PM. No renovation work will be allowed during weekends of public holidays to avoid disturbance to other Residents.

12.6 For further details, please contact Tenant Relations.

NOTE:

The Building Management shall not be responsible for any damage to Unit caused by any renovation work done by contractors in other Units, which may occur later on.



INFORMATION

“New: E-residence Application”

In order to improve the facility and service, we would like to inform you that we are now publishing the new mobile application that can be downloaded at Play Store or App Store for handling an invoice payment and also for reporting any defects inside or outside the Unit. Please follow the steps below to access the application:

1. Install “Solusi Hunian Pintar” App on Play Store or App Store.
2. Open the app and choose “Registrasi”.
3. Enter your Name, Phone Number, and E-mail. For ID Hunian, please enter: **SHP01000001**.
4. Enter OTP Code that sent by SMS or Whatsapp. If you didn't get any code, please tap Get OTP and choose the OTP Code will be sent by Whatsapp or E-mail.
5. After successfully verify OTP Code, please create PIN then tap “Lanjutkan”.
6. There will be shown your User ID and Password/PIN as confirmation your registration has done.
7. After you tap **OK**, you will directly go to the first page, then choose **Login**.
8. Enter the **Phone Number** that you've registered before, then tap “Lanjutkan”.
9. Enter **Password/PIN** that you've registered before, then tap “Lanjutkan”.
10. Enter **OTP Code** that sent by SMS or Whatsapp. If you didn't get any code, please tap **Get OTP** and choose the OTP Code will be sent by Whatsapp or E-mail.
11. If verify OTP code is succeeded, then you can use the app for transaction.

This application is keep updating and developing. We do apologize if you find any difficulties during the process. Please do not hesitate to contact Tenant Relation Officer for any further information and questions.

“On-line Fun Kids Activity by Raffles Christian School”



RAFFLES CHRISTIAN SCHOOL
To Learn, To Lead, To Love
Pondok Indah Campus

ONLINE FUN-FILLED ACTIVITIES

For Kids Aged 2-5 years old

ADVENTURES:

➤ **MUSIC & MOVEMENT** ➤ **STORY TIME**
➤ **CREATIVE ART** ➤ **DISCOVERY TIME**



JUNE 12



09 AM

FREE





 : +62 812 8561 0098
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 : felicia@raffles-international.org
 : pi.raffles-international.org

 HSK Chinese Proficiency Test
 Cambridge Assessment International Education
 Cambridge International School

E-residence Application


Install and Registration Tutorial Solusi Hunian Pintar
“The Pakubuwono House”
ID Hunian : SHP01000001

1




Install Solusi Hunian Pintar App on Play Store or App Store.

2




Open the app, and choose "Registrasi".

3




Enter your Name, Phone Number, and E-mail. For ID Hunian, please enter SHP01000001.

4




Enter OTP Code that sent by SMS or Whatsapp. If you didn't get any code, please tap Get OTP and choose the OTP Code will be sent by Whatsapp or E-mail.

5




After successfully verify OTP Code, please create PIN then tap "Lanjutkan".

6




There will be shown your User ID and Password/PIN as confirmation your registration has done.

7




After you tap OK, you will directly go to the first page, then choose Login.

8




Enter the Phone Number that you've registered before, then tap "Lanjutkan".

9




Enter Password/PIN that you've registered before, then tap "Lanjutkan".

10



Enter OTP Code that sent by SMS or Whatsapp. If you didn't get any code, please tap Get OTP and choose the OTP Code will be sent by Whatsapp or E-mail.

11



If verify OTP code is succeeded, then you can use the app for transaction.

“Clean & Tidy Partnership Program”






SHOW RESIDENT PARKING STICKER

THE  PAKUBUWONO Signature

THE  PAKUBUWONO Residence

THE  PAKUBUWONO SPRING

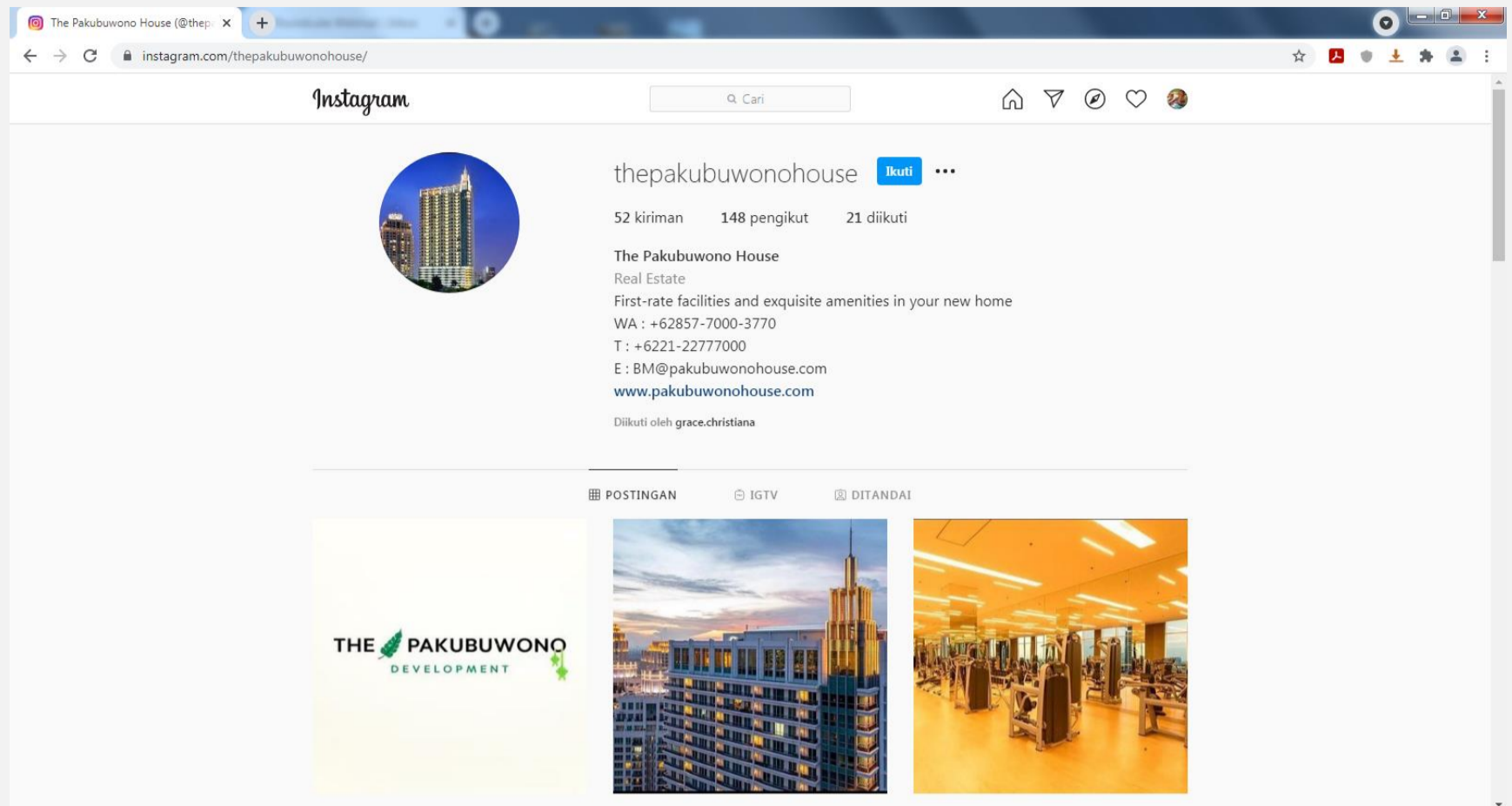
THE  PAKUBUWONO HOUSE

THE PAKUBUWONO  View

THE  PAKUBUWONO MENTENG

GET
25% CARWASH
20% DETAILING & COATING

[Visit and Follow Our Instagram @thepakubuwonohouse](#)



[Tips & Trick](#)

“Ten Things You Can Do for Your Mental Health”

According to the American Psychological Association, mental health is “a state of mind characterized by emotional well-being, good behavioral adjustment, and relative freedom from anxiety and disabling symptoms.” The Association also notes that the ability to deal with life’s demands and maintain productive relationships ties into mental health.

While society often discusses mental health as an abstract subject matter, there is less talk on specific means of achieving good mental health. Giving people specific tools they can use to improve the quality of their mental health is imperative. For this reason, the following tips and suggestions should be of value to anyone seeking to improve their mental health.

1. Value yourself

Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects, or broaden your horizons. Do a daily crossword puzzle, plant a garden, take a dance lesson, learn to play an instrument or become fluent in another language.

2. Take care of your body

Taking care of yourself physically can improve your mental health. Be sure to:

- Eat nutritious meals
- Avoid smoking and vaping
- Drink plenty of water
- Exercise, which helps decrease depression and anxiety and improve moods
- Get enough sleep. Researchers believe that lack of sleep contributes to a high rate of depression

3. Surround yourself with good people

People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, class or support group

4. Give yourself

Volunteer your time and energy to help someone else. You’ll feel good about doing something tangible to help someone in need, and it’s a great way to meet new people.

5. Learn how to deal with stress

Like it or not, stress is a part of life. Practice good coping skills, do Tai Chi, exercise, take a nature walk, try journal writing as a stress reducer. Also, remember to smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.

6. Quiet your mind

Try meditating, mindfulness and/or prayer. Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of therapy.



7. Set realistic goals
Decide what you want to achieve academically, professionally and personally, and write down the steps you need to realize your goals. Aim high, but be realistic and don't over-schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal.
8. Break up the monotony
Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious schedule. Alter your jogging route, plan a road-trip, take a walk in a different park, hang some new pictures or try a new restaurant.
9. Avoid alcohol and drugs
Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to "self-medicate" but in reality, alcohol and other drugs only aggravate problems.
10. Get help when you need it
Seeking help is a sign of strength, not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.

Activities at Pakubuwono House

Free Zumba Class

There is no Zumba Class until further notice

Railing Balcony for Free

We would like to inform to all Residents in Pakubuwono House that we would like to offer the repainting balcony railing project for free.

This project was started already on April 2021 and the process will need approximately a whole day to complete.

Please contact Tenant Relation Officer for further information and the schedule maintenance.

Thank you for your kind attention and support.

Did you know ?

"World Bicycle Day"



In April 2018, the United Nations General Assembly declared **June 3** as International World Bicycle Day. The resolution for World Bicycle Day recognizes "the uniqueness, longevity, and versatility of the bicycle, which has been in use for two centuries, and that it is simple, affordable, reliable, clean and environmentally fit sustainable means of transport.

Professor Leszek Sibilski, Polish social scientist working in the United States, led a grassroots campaign with his sociology class to promote a UN Resolution for World Bicycle Day, eventually gaining the support of Turkmenistan and 56 other countries. The original UN Blue and White #June3WorldBicycleDay logo was designed by Isaac Feld and the accompanying animation was done by Professor John E. Swanson. It depicts bicyclists of various types riding around the globe. At the bottom of the logo is the hashtag #June3WorldBicycleDay. The main message is to show that the bicycle belongs to and serves all of humanity.

World Bicycle Day is a global holiday meant to be enjoyed by all people regardless of any characteristic. The bicycle as a symbol of human progress and advancement tolerance, mutual understanding and respect and (facilitates) social inclusion and a culture of peace. The bicycle further is a "symbol of sustainable transport and conveys a positive message to foster sustainable consumption and production, and has a positive impact on climate." World Bicycle Day is now being associated with promoting a healthy lifestyle for those with Type 1 and Type 2 diabetes.



"Social Media Day"

World Social Media Day was launched by Mashable on **June 30**, 2010. It was born as a way to recognize social media's impact on global communication and to bring the world together to celebrate it. Everyone uses social media every day; it's how we connect with people all over the world in a simple and fast way. Mashable is known to use social media to connect various cultures, movements, and fandoms, which is why they wanted a day to celebrate it. People use the hashtag, #SMDay every year, and this year is your time to get involved!

The first social media platform ever to be launched was Sixdegrees in 1997. Founded by Andrew Weinreich, the website allowed users to list friends and family members and had features such as profiles, bulletin boards, and school affiliations. At its peak, Sixdegrees had over a million users but it was eventually shut down in 2001.

The first modern social media platform was Friendster in 2002. The website allowed people to safely make new friends and has over a hundred million users, most of whom are in Asia. LinkedIn, the first business-focused social media platform was launched in 2003. MySpace launched in 2004, the same year as Facebook, but initially, it saw much greater success than Mark Zuckerberg's creation. By 2006 MySpace was the largest social media platform in the world, with users loving the customized profiles that also enabled them to post their music.

YouTube launched its website dedicated to video in 2005 and Twitter followed with its limited characters platform in 2006. As both grew in popularity, so did Facebook, and the most popular social media platforms for the next five years being established.

Instagram launched in 2010 and saw rapid growth, gaining over a million users within the first couple of months. With Instagram challenging their dominance, Facebook purchased \$1 billion in 2012. Facebook also purchased the encrypted messaging platform WhatsApp for \$16 billion in 2014. One platform that Facebook failed to buy was Snapchat. Snapchat, which became popular due to its disappearing stories feature, was launched in 2011 and reportedly turned down a \$3 billion offer from Facebook in 2013.

The most recent addition to the list of social media heavyweights is TikTok. The app was launched in 2016 and has become incredibly popular due to its extensive music and video editing features.

As social media has evolved and grown in popularity, so has the scrutiny that the platforms come under. With controversies surrounding their use of data, hate speech, impact on mental health, election results, and fake news, the platforms are under more pressure than ever to be transparent with what goes on behind the scenes.


Social media has become a way to instantly connect, often with friends and family, but also with complete strangers. It has become a huge source of news, shopping, and general entertainment. Social media day is for us to enjoy the positives that these platforms have brought into our lives, and maybe like or share a photo or two.



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