

eucalyptus news

JANUARY 2016



67 East Flower Street | Chula Vista | CA 91910 | 619-585-8616 | EucalyptusGrovelsYourHome.com

PROTECTING YOURSELF FROM COLDS AND FLU



To stay healthy this season and prevent the spread of these diseases, take some basic precautions. Get regular physical activity, eat healthy food, and get plenty of sleep to boost your immune system. Avoid stress as it can weaken your immune system. Stay home if you feel ill and cover

your nose or mouth when coughing or sneezing. Avoid contact between your hand and your face or eyes. And most important of all, wash your hands frequently with warm water and soap.

MEET THE STAFF

Community Manager: Kacie Jones
Financial Manager: Liz Cortez
Leasing Associates: Aly & Cynthia
Maintenance: Jose, Ricardo, Joaquin, Lalo & Martin

DOGS AND LEASHES

We all love our dogs and we love having them here in the community. Please keep in mind that community policy requires that dogs be leashed at all times. This is for everyone's safety! We impose \$75 fines for each occurrence. Per your lease agreement.

THOUGHTS ON TRAVEL

If you are planning on traveling outside of the country, travel insurance can be a good bet. This is even more important for seniors who are traveling. Medicare is not valid outside the U.S., so if you need medical care, you would have to pay for it yourself. You can get supplemental insurance or purchase travel insurance for that single trip. Be sure to get a policy that provides evacuation insurance. This is the coverage you will need if you have to be moved to get adequate medical care in the case of an emergency. You should also be sure to get a policy that will cover you if you are too ill to fly commercially. Better safe than sorry, especially since you are more apt to get sick while traveling than you are at home.

GROCERY SHOPPING TIP

It pays to be aware of the marketing tricks at the grocery store. Products displayed at eye-level are generally the most expensive. This is partly because manufacturers have to pay a hefty premium to get their products in those prime spots, and partly because it is the biggest manufacturers that are willing and able to pay those prices. You will find bargains up high, or down low on the bottom shelves.

GET ENOUGH SLEEP

Recent studies show that there may be a link between poor sleep and weight gain. If you have sleep shortfalls, you experience an increase in hunger hormones that could lead you to overeat during the day. Fatigue also makes you less likely to get enough exercise. Both adults and children can be affected by poor sleep. Practicing healthy sleep habits can have a good effect on overall health.

Leasing Center Hours Mon - Fri: 9-6, Saturday 10-5, Closed Sunday



FEBRUARY 2016

| sunday | monday | tuesday | wednesday | thursday | friday | saturday |
|----------------------|-----------------------|---------|--|----------|--------|----------|
| | 1 RENT is DUE | 2 | 3 RENT is LATE | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 Valentines Day | 15 Presidents Day | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 Leap Year!!! | | | | | |
| | | | Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing. —Abraham Lincoln | | | |

IT IS TIME TO DITCH THAT SODA



Did you know that 12 ounces of soda is about 150 calories? Here are some ideas for soda substitutes that will still satisfy your need for a tasty drink but save you the calories. Tonic water with a squeeze of lime or lemon (80 calories). Tomato or vegetable juice (50 calories) . Energy drink, such as Gatorade (60 calories). Apple cider (120 calories). Skim milk (85 calories). Unsweetened tea (5 calories).

CONSTRUCTION

As you may have noticed, we are currently making a few changes around here to make your community a better place and this is going through this process.