

APRIL 2017

Creekside Villas

220 47th Street #C
San Diego, CA 92102
619-263-2686
CreeksideVillasIsYourHome.com

HOLIDAY PARTY

Holiday party on April 14th @3:30pm.

MUST RSVP to participate. Return attached RSVP form by Tue. April 11th.

We will have: raffle, egg hunt, food, and prizes.

DON'T FORGET TO RSVP.

Food Tip

When you find a good price on milk, you probably wish you could stock up. The best way to store milk long-term is by freezing it. To freeze milk, remove about one cup from a gallon container of milk to prevent the jug from expanding too much when frozen. It can be frozen for up to 3 months.

COMMUNITY NEWS

WE'VE GONE PAPERLESS

SAVE TIME AND MONEY BY PAYING ONLINE OR FROM CELL PHONE.

- *Credit card payments
- *free e-Check payments
- *eMoneyGram cash payments
- *recurring payments
- *\$6.95 debit card payments & more!

creeksidevillasapartments.residentportal.com



Essential Nutrients for Healthy Brains

A recent study published in the journal Neurology indicated that seniors who include more essential nutrients in their diets were less likely to have brain shrinkage associated with Alzheimer's disease and scored better on tests of mental performance. Essential nutrients include omega-3 fatty acids, B and D vitamins, and antioxidants C and E. Omega-3 fatty acids and vitamin D are found

in fish, plant, and nut oils. Vitamins B, C, and E are found in fruits and primarily vegetables. The essential nutrient B12 comes from animal products. Talk with your doctor about including more of these nutrients in your diet. To increase your intake, eat a healthy diet rich in fruits, vegetables, and fish.

"The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it."

—Albert Einstein

Meet the Staff

Propert Mgr.- Ofelia P.
Leasing - Paulina L.
Maint. Team Leader - Jaime C.
Maint. Tech. - Jose C.
Groundskeeper - Rafael G.

Leasing Center Hours Mon - Fri: 9-6, Saturday 9-6, Sunday CLOSED

APRIL 2017

sunday	monday	tuesday	wednesday	thursday	friday	saturday
PAY ON-LINE NO DROP BOX						1 RENT DUE
2 PAY ON-LINE NO DROP BOX OFFICE CLOSED	3 ADD \$50 LATE FEE AFTER 5PM	4	5	6	7 TRASH PICK- UP PEST CONTROL	8
9 PAY ON-LINE NO DROP BOX OFFICE CLOSED	10 TRASH PICK- UP	11	12	13	14 TRASH PICK- UP PEST CONTROL	15
16 OFFICE CLOSED EASTER	17 TRASH PICK- UP	18	19	20	21 TRASH PICK- UP PEST CONTROL	22
23 OFFICE CLOSED	24 TRASH PICK- UP	25	26	27	28 TRASH PICK- UP PEST CONTROL	29
30 OFFICE CLOSED			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			



Eating the Mediterranean Way

A study followed 23,000 adults in Greece and revealed that a diet rich in vegetables, fruits, nuts, and legumes had a significant impact on longevity. The Mediterranean diet also had lower intakes of meat and a moderate consumption of alcohol. Researchers expected to find that the high intake of grains and seafood had a significant effect as well, but this did not prove to be the case. While this region's diet has long been recommended, researchers are only now seeing which items give the biggest bang for the buck.

Rent

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the third of the month will be assessed a \$50 late fee. Please contact the office immediately if you anticipate difficulty with payment (619-263-2686..)