

June 2017

Creekside Villas

Community News

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

Someone Once Said

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

Onion Peeling Trick!

Pearl onions are a tasty and charming addition to a dish but all those little onions can be a hassle. Instead of peeling each raw onion, simply trim off the tip of the onion (the end opposite the root end). Drop into boiling water for about two minutes. Drain and let cool. Pinch each cooled onion at the root end. The onions will slip right out of their casing, ready for you to use in your dish.

Have You Laughed Today?

Researchers have found that laughter might just be the best medicine. Laughing reduces stress, lowers blood pressure, and boosts your immune system. It can even improve relationships. Take some moments each day to look at the lighter side of things and your mood and health will benefit.

Meet the Staff

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



Sore Throat Remedy

The winter time is a popular time to get a sore throat. The best treatment for an aching throat is to stir a teaspoon of salt into a cup of warm water. Gargle with the solution to reduce swelling in your throat. This can be repeated every few hours. You can sip herbal tea, or suck on cough

drops, Popsicles, or a spoonful of honey. While this doesn't provide a cure, it can help ease the pain. There are also antiseptic sprays that can numb your throat to provide temporary relief.

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.

JUNE 2017

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	PAY ON-LINE			1 RENT DUE	2	3 ADD \$50 LATE FEE TO RENT AFTER 5PM
4 OFFICE CLOSED PAY ON-LINE	5 TRASH PICK-UP	6	7	8	9 TRASH PICK-UP PEST CONTROL	10
11 OFFICE CLOSED PAY ON-LINE	12 TRASH PICK-UP	13	14	15	16 TRASH PICK-UP PEST CONTROL ICE CREAM SOCIAL 4PM	17
18 OFFICE CLOSED FATHER'S DAY E	19 TRASH PICK-UP	20	21	22	23 TRASH PICK-UP PEST CONTROL	24
25 OFFICE CLOSED	26 TRASH PICK-UP	27	28	29	30 TRASH PICK-UP PEST CONTROL	
			"It is the supreme art of the teacher to awaken joy in creative expression and knowledge."			

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).

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.