



COMMUNITY NEWS

AUGUST 2017

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MOTIVATE YOURSELF AT WORK



Here are a few little things you can do to stay motivated at work. First of all, it's really important to have a good work environment. Natural daylight is a great mood-lifter. A comfortable desk and chair are also indispensable. Make sure you're surrounded by things that make you

feel joyful, like pictures of your family, a favorite print or art object, or a well-kept plant. Lastly, don't forget to treat yourself every time you finish a project. You deserve it!

LOOKING FOR A NEW JOB?

In today's economy, more people are looking for work. One way is to post your resume online, but take care. Identity thieves use these sites to steal information. These tips can help minimize your risk. Use only sites that protect your personal data. Casual browsers should not see your full name, address, etc. If a potential employer is interested, they should get personal information only by request from you. If you do receive a job offer, be cautious if it seems too good to be true. It may be a ploy to get your information. If you receive an email that asks for money, or for your Social Security number, ignore it. Also, be sure you have the ability to delete your resume and other information once you have completed your job search.

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.

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

Community Manager Melissa
Financial Manager Sarah
Leasing Associates Jamie & Angelica
Maint. Supervisor Brian
Maint. Techs Jason & Zack
Grounds Norton

AUGUST EVENTS

Aug 1: Rent is Due
Aug 19: National Aviation Day

Leasing Center Hours- Mon-Fri 9-6, Sat 9-5, Sun 12-5s





CAN YOU STAY FIT BY WALKING?

Many of us think that in order to get fit, we must join a gym, take an intense group fitness class, pour sweat and ache all over the next day. But walking is a simple form of exercise that almost anyone can do. Still, it's a good idea to get a pair of comfortable shoes before you start walking. If the only athletic gear you own is a pair of ratty, old sweatpants, consider picking up some new gym clothes to help

motivate you. If you live in a cold climate, you can walk on a treadmill when it's chilly outside. Start slow; it's best to increase the distance you walk by only 10% per week.

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 daily late fee. Please contact the office immediately if you anticipate difficulty with payment. Remember you can pay your rent on line at avenaisyourhome.com

START YOUR OWN BOOK CLUB



A book club is a great option for those who want to read more but can't seem to finish a book, or have trouble selecting reading material. Starting a book club and getting together with like-minded people to discuss each book makes reading more enjoyable. You can start a book club with as few as three people. Each week, have a different member choose which book to read - this will give your group a variety of viewpoints and interesting topics to discuss!

HOW TO REVAMP YOUR WARDROBE

Everyone should revamp their wardrobe at least once a year. Here are a few tips:

- o Throw out anything that doesn't fit or looks very worn.
- o Only buy new things that you truly love!
- o Try clothes on before you buy when possible.
- o Be daring. Try on a new style every time you go shopping.

Words in Words

You can sometimes make words using the letters in a larger word. For example, from the word "tube" you can make "be," "bet," "but," and "tub." Now onto a harder one: how many words can you make from the word "notebook?" (Hint: we found 27.)

SLEEPING AND WEIGHT

If you struggle with your weight, you may want to take a look at your sleep health. Studies have found a link between too little sleep and weight gain. Lack of sleep can cause an increase in hunger hormones, and daytime fatigue can lead to less exercise. To set your metabolism in better working order, be sure to get about 7.5 hours of sleep each night.



Answers: be, bent, bet, bone, boo, book, boot, eon, knob, knot, net, no, nook, not, note, oboe, on, one, onto, ten, to, toe, token, ton, tone, too, took.