

## NEW YEAR TOAST



In the New Year, may your right hand always be stretched out in friendship but never in want. May the roof above us never fall in, and may we friends gathered below never fall out. Here's to you and yours and to mine and ours, and if mine and ours ever come across you and yours, I

hope you and yours will do as much for mine and ours as mine and ours have done for you and yours. May you have warm words on a cold evening, a full moon on a dark night, and the road downhill all the way to your door.

### MEET THE STAFF

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

### JANUARY EVENTS

JANUARY 1: Rent is Due

## COLD AND FLU SEASON

Both the common cold and influenza are spread by respiratory droplets through sneezing, coughing, or hand contact with another person after touching nose or mouth secretions. Flu season generally runs from November into early March with the peak occurring winter. 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. If you are unable to wash your hands, use an antibacterial gel.

### KEEP YOUR NEW YEAR'S RESOLUTION

New Year's is approaching, have you planned a new year's resolution? Here's a tip: plan it out and reward yourself. Making an outline and having small rewards can create a successful resolution! We are cheering for you!

### 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.



## STAY WARM (AND SAVE ENERGY)

The first two months of the year are often the coldest, so here's a simple tip to help your heater keep things toasty. When you leave your apartment in the morning, you may be tempted to turn your thermostat down, and then turn it back up when you get home. While this seems like the logical thing to do, it's actually better to

### **PAY ONLINE!!!!!! [www.eucalyptusgroveisyourhome.com](http://www.eucalyptusgroveisyourhome.com)**

Rent is due by the first day of the month, so please pay your rent on time. Rent ~~is due~~ the office immediately if you anticipate difficulty with payment.

## COMMON COLD IN WINTER



Everyone would love a miracle cure for the common cold. Many remedies are touted as helpful, including echinacea, zinc, vitamin C, and other supplements. Research has found that echinacea does not prevent or help cold symptoms, as reported in a recent study. In fact, it has been found that no supplement can prevent or cure a cold. So what should you do to help with your cold symptoms or even prevent a cold? Your best line of defense is to wash your hands often with soap and water, and to get an annual flu shot.

### **A TRICK FOR THE KITCHEN!**

Have you ever dug your spoon in an ice cream tub where the ice cream was too hard to scoop? Well here's a neat tip on how to fix that! Store your tub of ice cream in a ziploc bag when you put it in the freezer to keep it from getting too hard. Do this to save yourself from bending a spoon; enjoy your ice cream!

### **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.

