

LIVING HEALTHY



It can be hard to sort through it all to find the best ways to improve your health. Studies show that despite receiving information about it, most people do not focus on the health habits. Here are some ways to live healthy. Avoid tobacco, maintain a healthy weight, eat five servings of

fruits and vegetables each day, and be physically active 30 or more minutes a day at least five times a week. Each of these habits offers significant health benefits.

MEET THE STAFF

Brittney Connor- Community Manager
Nicki Royle- Financial Manager
Rick Morgan- Maintenance Lead
Tim Butler- Maintenance Tech

QUOTE

"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

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.

MAKE YOUR MEALS HEALTHIER

One of the easiest ways to make your meals healthier is to simply cook them yourself. When you prepare your own meals, you can take charge of how much fat, salt, and sugar you add. Taking control of what is in your food is very helpful. You have the ability to make healthy substitutions. For example, you can use olive oil instead of butter.

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!

JULY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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!

DRIVING IN THE DARK

With winter here, there are fewer



hours of light each day. The National Safety Council reports that traffic death rates are three times greater at night than during the day. Learn how to minimize their risks when driving after dark. Make sure your headlights are in proper working order. Clean your windows and lights. Aim your headlights properly. Follow other vehicles at a safe distance. You should also reduce your speed at night, as it becomes harder to judge other vehicle's distances and speeds after dark.

Rent

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the fourth of the month will be assessed a daily late fee. Please contact the office immediately if you anticipate difficulty with payment.
