

Community News

FEBRUARY 2015



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INTERESTING FACTS ABOUT LOVE



1. Monogamous Relationships Exist Throughout The Animal Kingdom.
2. It Only Takes 4 Minutes To Decide Whether You Like Someone Or Not.
3. When Two Lovers Gaze At Each Others' Eyes, Their Heart Rates Synchronize.
4. Falling In Love Has Neurological Effects Similar To Those Of Cocaine.
5. Cuddling Releases Natural Painkillers.
6. People At The Same Level Of Attractiveness Are More Likely To End Up Together.
7. There Are About 3 Million First Dates Everyday Worldwide.

MEET THE STAFF

Manager: Rolanda Vineyard
 Financial Manager: Brooke Vasser-Learn
 Maintenance Supervisor: Mark Riggleman
 Maintenance Tech: Justin Scott
 Leasing Associate: Martha Ibarra

A LITTLE INSPIRATION

Love is friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good and bad times. It settles for less than perfection and makes allowances for human weaknesses. -Ann Landers

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.

SAVE ON TOOTHBRUSHES

If you think that spending more on a fancy toothbrush is better for your oral hygiene, think again. According to the American Dental Association, budget toothbrushes are just as effective for cleaning your teeth. What you should choose is a soft brush with bristles that have rounded ends. Hard, stiff bristles are actually bad for your mouth, as they cause enamel erosion and receding gums. Not good at all.

PLAYING AT THE RENTON CIVIC THEATER

Five Women Wearing The Same Dress
 February 13 - February 28 \$17-\$22
 During an ostentatious wedding reception at a Knoxville, Tennessee estate, five reluctant, identically clad bridesmaids hide out in an upstairs bedroom, each with her own reason to avoid the proceedings below. As the afternoon wears on, these five very different women joyously discover a common bond in this wickedly funny, irreverent and touching celebration of the women's spirit.

Leasing Center Hours Mon - Fri: 9-6, Saturday 11-6, Sunday 12-5





FEBRUARY 2015

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

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 fourth of the month will be assessed a daily late fee. Please contact the office immediately if you anticipate difficulty with payment.