

WHY YOU NEED A SURGE PROTECTOR



Small surges or spikes of electricity can be caused by lightning, turning on a large appliance, or construction or damage to outside power lines. Surge protectors act like a sponge, absorbing dangerous excess voltage. This prevents this extra surge of electricity from reaching your

computer equipment. However, like a sponge, surge protectors have a limited capacity to absorb.

MEET THE STAFF

Manager DeAnna
Leasing: Jerlayne
Maintenance: Azael & Jose

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

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.

LOCK UP YOUR VEHICLE

What are the top things that attract car thieves? Unlocked doors, rolled-down windows, a key in the ignition, and valuables in plain sight. To protect yourself, always remember to lock up your vehicle and take your keys with you. Don't leave valuables, bags, purses, or backpacks in view. Take these precautions even if you are just away for a few moments.

FOOD TIP

When you find a good price on milk, you probably wish you could stock up. The best way to store milk long-term is by freezing it. To freeze milk, remove about one cup from a gallon container of milk to prevent the jug from expanding too much when frozen. It can be frozen for up to 3 months.

JULY 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------|--|---|---|---|-------------------------------|----------|
| All Events At S.D. County Lilbrary | | | | | 1 4:00 Pm Dinner for Kids | 2 |
| 3 | 4 HAPPY 4TH OF JULY | 5 2:30 Homework Help 4:00 Scrabble Club 6:00 ESL Class | 6 3:00 Homework help 4:00 Free Dinner for Kids 6:00 Free Dinner for Kids | 7 3:00 Homework Help/Crafts 4:00 Dinner For Kids 6:00 ESL Class | 8 4:00 Pm Dinner for Kids | 9 |
| 10 | 11 3:00 Homework Help/CHess Club 4:00 Dinner for Kids 6:00 ESL CClass | 12 2:30 Homework Help 4:00 Scrabble Club 6:00 ESL Clas | 13 :00 Homework help 4:00 Free Dinner for Kids 6:00 Free Dinner for Kids | 14 3:00 Homework Help/Crafts 4:00 Dinner For Kids 6:00 ESL Class | 15 4:00 Pm Dinner for Kids | 16 |
| 17 | 18 3:00 Homework Help/CHess Club 4:00 Dinner for Kids 6:00 ESL CClass | 19 2:30 Homework Help 4:00 Scrabble Club 6:00 ESL Clas | 20 :00 Homework help 4:00 Free Dinner for Kids 6:00 Free Dinner for Kids | 21 3:00 Homework Help/Crafts 4:00 Dinner For Kids 6:00 ESL Class | 22 4:00 Pm Dinner for Kids | 23 |
| 24 | 25 3:00 Homework Help/CHess Club 4:00 Dinner for Kids 6:00 ESL CClass | 26 2:30 Homework Help 4:00 Scrabble Club 6:00 ESL Clas | 27 :00 Homework help 4:00 Free Dinner for Kids 6:00 Free Dinner for Kids | 28 3:00 Homework Help/Crafts 4:00 Dinner For Kids 6:00 ESL Class | 29 4:00 Pm Dinner for Kids | 30 |
| 31 | | | | | | |

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

THE PERFECT PLACE FOR PARTIES



Are you planning an engagement party or hosting a shower? Your most convenient and cost-effective option might be just a short walk from your front door-our community clubhouse! All residents are invited to use our clubhouse facility for personal parties of all kinds. The clubhouse can also accommodate caterers and professional entertainment. Just call the office for a reservation. If you are considering using the community clubhouse, be sure to contact the office to make sure it's reserved for your special occasion.

Rent

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the fifth of the month will be assessed a \$50.00 late fee. Please contact the office immediately if you anticipate difficulty with payment.