

# Community News

SEPTEMBER 2016

Glen Oaks  
APARTMENTS

5750 N 59th Ave | Glendale | AZ 85301 | 623-931-6808 | 866-706-9746 | GlenOaksIsYourHome.com

## APARTMENT SAFETY FOR PETS



Many dogs and cats spend much of their day with little to do. They sit at home, resting and waiting for their human companions to return home from work. They also may not be getting the exercise they need each day. Be sure to spend as much fun time with your pet when you are at

home as possible. Include them in your activities.

### MEET THE STAFF

Merci-Manager,  
Ryan-Financial/Leasing Manager  
Todd-Team Lead,  
Victor-Maintenance,  
Azucena-Housekeeper

### QUOTE

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

## 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.

## GROCERY SHOPPING TIP

It pays to be aware of the marketing tricks at the grocery store. Products displayed at eye-level are generally the most expensive. This is partly because manufacturers have to pay a hefty premium to get their products in those prime spots, and partly because it is the biggest manufacturers that are willing and able to pay those prices. You will find bargains up high, or down low on the bottom shelves.

## 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.

Leasing Center Hours Mon - Fri: 8:30-5:30, Wed 8:30-7:00 Saturday 9-5, Sunday Closed



# NOVEMBER 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
29	30					
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## 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.