

OCTOBER 2016

## Creekside Villas

220 47th Street #C  
San Diego, CA 92102  
619-263-2686  
CreeksideVillasIsYourHome.com

### 10TH ANNUAL HALLOWEEN COSTUME CONTEST

Come and join us on Mon., Oct. 31st @3:30pm in front of leasing office. Snacks, refreshments and prizes. **MUST RSVP IN ADVANCE TO PARTICIPATE. NO LAST MINUTE RESERVATIONS WILL BE ACCEPTED. FORM ATTACHED TO RSVP.** Call for more information (619) 263-2686.

### 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.

# COMMUNITY NEWS

## Protecting Yourself from Colds and Flu

To stay healthy this season and prevent the spread of these diseases, take some basic precautions. 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.



## What to do with Old Cell Phones

Have you recently upgraded your cell phone? Do you have an old phone in a drawer somewhere? You can turn your old phone into cash by visiting [Flipswap.com](http://Flipswap.com). Flipswap is committed to reducing electronic waste on a global level by giving old cell phones a new life. By using this website, you can recycle your old model and get credit at a store that sells cell phones. If you've already upgraded, you can get cash for

your old phone or give the credit as a donation to your favorite charity. If your cell phone is in working condition or can be repaired, they provide a way for the phone to be reused. If it is beyond repair, they will recycle it in an environmentally friendly method. Best of all, this service is free, including shipping.

"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

### Meet the Staff

Propert Mgr.- Ofelia P.  
Leasing - Paulina L.  
Maint. Team Leader - Jaime C.  
Maint. Tech. - Jose C.  
Groundskeeper - Rafael G.

Leasing Center Hours Mon - Fri: 9-6, Saturday 9-6, Sunday CLOSED

# OCTOBER 2016

sunday	monday	tuesday	wednesday	thursday	friday	saturday
OFFICE CLOSED						1 RENT DUE
2 OFFICE CLOSED	3 ADD \$50 LATE FEE AFTER 5PM	4	5	6	7 TRASH PICK-UP PEST CONTROL	8
9 OFFICE CLOSED	10 TRASH PICK-UP	11	12	13	14 TRASH PICK-UP PEST CONTROL	15
16 OFFICE CLOSED	17 TRASH PICK-UP	18	19	20	21 TRASH PICK-UP PEST CONTROL	22
23 OFFICE CLOSED	24 TRASH PICK-UP	25	26	27	28 TRASH PICK-UP PEST CONTROL	29
30 OFFICE CLOSED	31 COSTUME HALLOWEEN CONTEST 3:30PM		<p><b>Dogs and Leashes</b>            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!</p>			



**Maximizing Social Security**

Many retirees are relying on Social Security benefits as they see their other investments drop in value, but your best bet is to try to wait until your full retirement age to file for this benefit. Early filing will reduce your monthly check significantly. In fact, if you wait until well after your full retirement age, your benefits can increase by hundreds of dollars a month. To determine your benefits and how early retirement can affect them, go to [socialsecurity.gov](http://socialsecurity.gov).

**Rent**

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the THIRD of the month after 5pm will be assessed a \$50 late fee. Please contact the office immediately if you anticipate difficulty with payment (619) 263-2686..