

OCTOBER 2016

# Spring Villa

APARTMENTS

8760 Jamacha Rd  
Spring Valley, CA 91977  
619-589-9966

## 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.

## Have You Laughed Today?

Researchers have found that laughter might just be the best medicine. Laughing reduces stress, lowers blood pressure, and boosts your immune system. It can even improve relationships. Take some moments each day to look at the lighter side of things and your mood and health will benefit.

# 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.



## How to Clean Mini-Blinds

Wipe the mini-blinds with a mixture of one part water to one part ammonia. If you don't like to use ammonia, you can also use a foaming bathroom cleanser spray. Either way, let the blinds sit for about five minutes before rinsing off with your hose. Wipe down the surfaces to be sure all the grime is removed. If not, you can repeat the treatment. When you have cleaned one side, you'll want to turn the

blinds over and clean the other side as well.

Let your blinds dry completely before hanging them again. You can hang them over a clothesline, shower curtain rod, or a railing. Once you've rehung them, take an anti-static dryer sheet and rub down both sides of your mini-blinds. This will help prevent dust buildup in the future.

"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

Community Manager DeAnna  
Leasing: Jerlayne  
Maintenance: Azael & Jose

Leasing Center Hours Mon - Fri: 9-6, Saturday 10-5, Sunday Closed

# OCTOBER 2016

| sunday                               | monday   | tuesday   | wednesday  | thursday  | friday                             | saturday                            |
|--------------------------------------|--|---|--|---|------------------------------------|-------------------------------------|
| Classes are at the SD County Library |  |   |  |   |                                    | 1<br>10:00<br>Citizenship<br>class  |
| 2                                    | 3<br>3:00 Homework<br>Help & Chess Club<br><br>4:00 Free Dinner<br>For Kids  | 4<br>2:00 Bilingual<br>Storytime<br><br>4:00 Scrabble and<br>Free Dinner For Kids     | 5<br>3:00 Homework<br>Help<br><br>4:00 Free Dinner<br>For Kids   | 6<br>3:00 Homework<br>Help<br><br>4:00 Free Dinner<br>For Kids  | 7<br>4:00 Free<br>Dinner for Kids  | 8<br>10:00<br>Citizenship<br>class  |
| 9                                    | 10<br>3:00 Homework<br>Help & Chess Club<br><br>4:00 Free Dinner<br>For Kids | 11<br>2:00 Bilingual<br>Storytime<br><br>4:00 Scrabble and<br>Free Dinner For<br>Kids | 12<br>3:00 Homework<br>Help<br><br>4:00 Free Dinner<br>For Kids  | 13<br>3:00 Homework<br>Help<br><br>4:00 Free Dinner<br>For Kids | 14<br>4:00 Free<br>Dinner for Kids | 15<br>10:00<br>Citizenship<br>class |
| 16                                   | 17<br>3:00 Homework<br>Help & Chess Club<br><br>4:00 Free Dinner<br>For Kids | 18<br>2:00 Bilingual<br>Storytime<br><br>4:00 Scrabble and<br>Free Dinner For<br>Kids | 19<br>3:00 Homework<br>Help<br><br>4:00 Free Dinner<br>For Kids  | 20<br>3:00 Homework<br>Help<br><br>4:00 Free Dinner<br>For Kids | 21<br>4:00 Free<br>Dinner for Kids | 22<br>10:00<br>Citizenship<br>class |
| 23                                   | 24<br>3:00 Homework<br>Help & Chess Club<br><br>4:00 Free Dinner<br>For Kids | 25<br>2:00 Bilingual<br>Storytime<br><br>4:00 Scrabble and<br>Free Dinner For<br>Kids | 26<br>3:00 Homework<br>Help<br><br>4:00 Free Dinner<br>For Kids  | 27<br>3:00 Homework<br>Help<br><br>4:00 Free Dinner<br>For Kids | 28<br>4:00 Free<br>Dinner for Kids | 29<br>10:00<br>Citizenship<br>class |
| 30                                   | 31<br>3:00 Homework<br>Help & Chess Club<br><br>4:00 Free Dinner<br>For Kids | 2:00 Bilingual<br>Storytime<br><br>4:00 Scrabble and<br>Free Dinner For<br>Kids       | 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 |   |                                    |                                     |

## Interior Decoration Regulations



Of course, all residents are invited to make yourselves at home and decorate your apartment home however you like. Furniture, accessories and hanging pictures are all well within reasonable decorations. Please keep in mind that you need management approval for major design changes including but not limited to wallpapering, re-carpeting, painting, and any other significant changes to your apartment home. Of course, please contact the management office with any questions, or if there is anything we can do to assist you.

### 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.