

# Community News

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## Someone Once Said

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

## 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.

## Public Transportation Safety

When traveling on public transit, practice awareness when getting on and off the bus. Wait at a bus stop that is well-lit and has lots of traffic and people around if possible. Sit near the front of the bus so you are closer to the driver. When exiting a bus, be aware of those exiting at the same time. Travel immediately to a safe spot and continue to your destination.

## Meet the Staff

Merci-Manager, Damie-Financial Todd-  
Team Leader, Victor-Maintenance,  
Azucena-Housekeeper



## Happy St. Patrick's Day!

### FUN FACTS:

- The rainbow has 7 distinguishable colors. Both the rainbow and the number 7 are symbols of luck

around the world.

-The highest amount of leaves on a clover is 14 leaves!

## Thoughts on Travel

If you are planning on traveling outside of the country, travel insurance can be a good bet. This is even more important for seniors who are traveling. Medicare is not valid outside the U.S., so if you need medical care, you would have to pay for it yourself. You can get supplemental insurance or purchase travel insurance for that single trip. Be sure to get a policy that provides evacuation insurance. This is the coverage you

will need if you have to be moved to get adequate medical care in the case of an emergency. You should also be sure to get a policy that will cover you if you are too ill to fly commercially. Better safe than sorry, especially since you are more apt to get sick while traveling than you are at home.

# MARCH 2017

sunday	monday	tuesday	wednesday	thursday	friday	saturday
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			<p><b>Resident Portal</b>            Did you know we have a resident portal? There are lots of fun and useful tools in the resident portal designed just for you. Just visit our website or contact the leasing center for details.</p>			

## It is Time to Ditch that Soda



Did you know that 12 ounces of soda is about 150 calories? Here are some ideas for soda substitutes that will still satisfy your need for a tasty drink but save you the calories. Tonic water with a squeeze of lime or lemon (80 calories). Tomato or vegetable juice (50 calories) . Energy drink, such as Gatorade (60 calories). Apple cider (120 calories). Skim milk (85 calories). Unsweetened tea (5 calories).

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