

Community News

APRIL 2017

Ranchwood
APARTMENTS

5740 N 59th Ave | Glendale | AZ 85301 | 866-514-5098 | RanchwoodIsYourHome.com

THERE'S AN APP FOR THAT!



Ranchwood has made making payments and requesting maintenance a snap! Download the new "ResidentPortal Mobile" from the play or app store today! Once you verify your information to log in, you can easily request maintenance, pay your rent, check your balance, or

contact the office with just a few clicks. If you do not have a bank account, or prefer not to pay online, you are welcome to pay your rent at an Moneygram location. With thousands of Moneygram locations, you can easily pay your rent. Please contact the office for account info.

MEET THE STAFF

Yvonne-Community Manager
Karen - Financial Manager
Elizabeth & Gabriela-Leasing
Alan- Maintenance Team Lead
David, Mario, Adrian, Miguel,
Martha, Willie- Maintenance Team

BICYCLE STORAGE

In order to keep our community as pleasing to the eye as possible, please do not store your bicycle on your balcony or patio. Bicycles should be stored out of sight in your storage area or inside your apartment.

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.

MAKE YOUR MEALS HEALTHIER

One of the easiest ways to make your meals healthier is to simply cook them yourself. When you prepare your own meals, you can take charge of how much fat, salt, and sugar you add. Taking control of what is in your food is very helpful. You have the ability to make healthy substitutions. For example, you can use olive oil instead of butter.

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 9-6, Saturday 9-5, Sunday 10-4



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sunday	monday	tuesday	wednesday	thursday	friday	saturday
						1 Rent is Due- Don't forget to use the app!
2	3 5pm- Rent late fee	4 Contact the office for pest control	5	6	7	8
9	10	11 Contact the office for pest control	12	13	14	15
16 Office Closed for Easter	17	18 Contact the office for pest control	19	20	21	22 Office closed
23	24	25 Contact the office for pest control	26	27	28	29
30			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			

DRIVING IN THE DARK

With winter here, there are fewer hours



of light each day. The National Safety Council reports that traffic death rates are three times greater at night than during the day. Learn how to minimize their risks when driving after dark. Make sure your headlights are in proper working order. Clean your windows and lights. Aim your headlights properly. Follow other vehicles at a safe distance. You should also reduce your speed at night, as it becomes harder to judge other vehicle's distances and speeds after dark.

RENT

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after 5pm on the third of the month will be assessed a daily late fee. Please contact the office immediately if you anticipate difficulty with payment.