

Community News

APRIL 2017

Tuscany VILLAS
SENIOR APARTMENTS

Just a friendly
reminder: Quiet
time is from 10pm
to 9am

948 W. Tuscany View Rd. | Midvale | UT 84047 | 801-871-4330 | www.TuscanyIsYourHome.com

LAUGH TO LOWER BLOOD PRESSURE



The findings of a study recently presented at the American Heart Association meeting in Atlanta revealed that listening to your favorite tunes or hearing a good joke could have as much effect on your blood pressure as reducing salt or losing ten pounds. Of course, music and

laughter alone are not sufficient to treat high blood pressure, but for anyone looking for a way to increase their overall health, remember this mind-heart connection. It is a natural way to improve health.

MEET THE STAFF

Clark Hunt
Autumn Smith
Robert Kreissler

CALENDAR

Remember, time has changed! be sure to set your clocks to the right time!

MOST EXPENSIVE WEDDING EVER

Though it's difficult to call it official, the 2004 wedding of Vanisha Mittal, daughter of steel tycoon Lakshmi Mittal, is considered the most expensive wedding in history. With a final tab of \$60 million, the wedding included invitations mailed in silver boxes, rooms at a five-star Paris hotel, and performances by pop singer Kylie Minogue. That final price tag dwarfs another famously expensive wedding, that of British soccer star Wayne Rooney and his wife Coleen McLoughlin. The Manchester United star reportedly spent \$8 million on their nuptials, which included a chartered flight for friends to Genoa for a masked ball on a yacht valued at well over \$100 million. Chelsea Clinton's 2010 wedding reportedly cost \$3 to 5 million.

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.

FOOD TIP

The smaller the item, the higher the baking temperature. For example, I bake mini chocolate chip-toffee cookies at 500 degrees F for only 4 minutes. Perfect end result.

Store spices in a cool, dark place, not above your stove. Humidity, light and heat will cause herbs and spices to lose their flavor.

Leasing Center Hours Monday, Wednesday & Friday 10am-2pm Tuesday and Thursday 9am-6pm Closed Saturday and Sunday

SPRING CLEANING TIPS



1. Clean up your reflection: Wipe down mirrors! Give your hallway and bathroom mirrors a spritz with your favorite window cleaner—or DIY your own with a 50/50 water and vinegar solution. Don't forget the outside of the microwave. Though the inside of the microwave is known to be messy, splatters and dirty hands can leave their mark on exterior

controls as well. kitchen cleaner with a paper towel to clean the microwave exterior.

The tops of ceiling fan blades is a place where dust can quickly accumulate and spread, causing irritation to noses and throats. Every so often, wipe blades with a telescoping tool or duster with extendable arm—no need to drag out the ladder.

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.

COOL DOWN WITH SOME HOMEMADE ICE CREAM!



In large bowl, combine sweetened condensed milk and vanilla; mix well. Fold in 2 cups whipping cream. Pour into 9x5-inch loaf pan or other 2-quart container; cover. Freeze 6 hours or until firm. ENJOY! :)

IMPORTED GOODS

Did you know that virtually all coffee, chocolate, and sugar (with the exception of beet sugar) is imported into the United States? To help make your drinks and snacks a little bit better for the environment, look for products with a Fair Trade Certified label on the package. Fair trade farms provide a decent wage to their workers, along with access to health care and education and don't use pesticides.

Words in Words

You can sometimes make words using the letters in a larger word. For example, from the word "tube" you can make "be," "bet," "but," and "tub." Now onto a harder one: how many words can you make from the word "notebook?" (Hint: we found 27.)

SLEEPING AND WEIGHT

If you struggle with your weight, you may want to take a look at your sleep health. Studies have found a link between too little sleep and weight gain. Lack of sleep can cause an increase in hunger hormones, and daytime fatigue can lead to less exercise. To set your metabolism in better working order, be sure to get about 7.5 hours of sleep each night.

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Answers: be, bent, bet, bone, boo, book, boot, eon, knob, knot, net, no, nook, not, note, oboe, on, one, onto, ten, to, toe, token, ton, tone, too, took.