

Community News

MAY 2017



1882 E. 104th Ave | Thornton | CO 80233 | 720-644-4360 | avenaapts.com

LIVING HEALTHY



It can be hard to sort through it all to find the best ways to improve your health. Studies show that despite receiving information about it, most people do not focus on the health habits. Here are some ways to live healthy. Avoid tobacco, maintain a healthy weight, eat five servings of

fruits and vegetables each day, and be physically active 30 or more minutes a day at least five times a week. Each of these habits offers significant health benefits.

MEET THE STAFF

Community Manager Melissa
Financial Manager Sarah
Leasing Associate Angelica
Leasing Associate Jamie
Maint. Supervisor Brian
Maint. Techs Jason and Zack
Grounds Norton

MAY EVENTS

May 1: Rent is Due
May 5: Cinco de Mayo
May 14: Mother's Day
May 29: Memorial Day

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.

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.

Leasing Center Hours

CURING THE AFTERNOON SLUMP



You know the feeling. Your eyelids start to feel heavy, you have trouble concentrating, and your energy level plummets. The afternoon slump happens to many people. Take a break if you have been busy or working. You also need a change of scenery. There is nothing better than heading outside for about ten minutes. If you can, walk for a few minutes. The sunlight will boost your

mood and help your body feel more energetic. You will also get a dose of vitamin D. Have a snack. Foods loaded with carbs will further deplete your energy level so try something rich in protein. You can also indulge in some dark chocolate. It is full of healthy fat and antioxidants and even has a small amount of caffeine.

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. Remember you can pay rent online!!

TRYING OUT A LOW-CARB DIET



If you think eating a low-carb diet will limit you to chicken breasts and broccoli every day, think again. From turkey burgers wrapped in lettuce and ham and cheese omelets, to tuna salads and steak with asparagus-you can enjoy your way to a leaner you. There are a variety of low-carb recipes at your disposal. Many dishes you can get from low-carb cook books, or perform a Google search with the key words

JOKE

Q: How many psychiatrists does it take to change a light bulb? A: Only one, but the light bulb has to WANT to change.

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.)

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.



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.