

OCTOBER 2017

## Creekside Villas

220 47th Street #C  
San Diego, CA 92102  
619-431-4216  
CreeksideVillasIsYourHome.com

### 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 shelves.

### 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.

# COMMUNITY NEWS

## It's Time For Soup!

One of the best things about fall is a

big pot of hearty soup. Here's a quick starter you can finish with your family's favorite add-ins: Heat two tablespoons of oil in a large pot. Chop one onion, 5 carrots, 4 stalks of celery and saute in the oil. When the vegetables are soft, add 2 quarts of chicken broth. Add a bay leaf, thyme and fresh parsley. Simmer for a half-hour. Add beans, pasta, veggies, or cooked chicken to make a delicious meal.



## 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.

"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: Ofelia P.  
Financial Manager: Paulina L.  
Maintenance Supervisor: Jaime  
Maintenance Tech: Jose C.  
Goundskeeper: Rafael G.

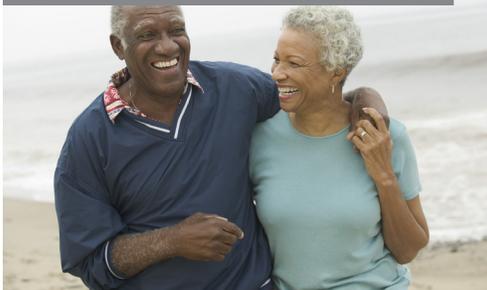
Leasing Center Hours Mon - Fri: 9-6, Saturday 9-6, Sunday CLOSED

# OCTOBER 2017

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 RENT DUE OFFICE CLOSED PAY ON-LINE	2 TRASH PICK-UP	3 ADD \$50 LATE FEE TO RENT AFTER 5PM	4	5	6 TRASH PICK-UP	7
8 OFFICE CLOSED	9 TRASH PICK-UP	10	11	12	13 TRASH PICK-UP	14
15 OFFICE CLOSED	16 TRASH PICK-UP	17	18	19	20 TRASH PICK-UP	21
22 OFFICE CLOSED	23 TRASH PICK-UP	24	25	26	27 TRASH PICK-UP	28
29 OFFICE CLOSED	30 TRASH PICK-UP	31 HOLIDAY COSTUME CONTEST 3:00PM				

COME AND JOIN US ON TUESDAY, OCT. 31ST @3:00PM HOLIDAY COSTUME CONTEST. MUST RSVP TO PARTICIPATE. FILL-OUT FORM ATTACHED AND RETURN TO LEASING OFFICE BY THE 28TH OF OCTOBER.

## Maximizing Social Security



Many retirees are relying on Social Security benefits as they see their other investments drop in value, but your best bet is to try to wait until your full retirement age to file for this benefit. Early filing will reduce your monthly check significantly. In fact, if you wait until well after your full retirement age, your benefits can increase by hundreds of dollars a month. To determine your benefits and how early retirement can affect them, go to [socialsecurity.gov](http://socialsecurity.gov).

### Rent

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the third after 5pm will be assessed a \$50 late. Please contact the office immediately if you anticipate difficulty with payment. No partial payments accepted. (619) 263-2686.