



COMMUNITY NEWS

OCTOBER 2017

1882 E. 104th Ave | Thornton | CO 80233 | 720-644-4362 | AvenalsYourHome.com

APARTMENT SAFETY FOR PETS



Many dogs and cats spend much of their day with little to do. They sit at home, resting and waiting for their human companions to return home from work. They also may not be getting the exercise they need each day. Be sure to spend as much fun time with your pet when you are at

home as possible. Include him in activities. You

MAKING LISTS FOR BETTER TIME MANAGEMENT

Some days, it feels like you wake up, immediately get to work and don't have a minute to yourself until lunchtime. But how much did you really get done? We tend to waste time on projects that aren't going anywhere, instead of focusing on tasks that will actually yield results. To avoid this, try making a list of the things you absolutely need to get done that day. Then make another list of things to focus on after the priority list is completed. You can make these lists first thing in the morning or even the night before. This way, you'll prioritize instead of taking up tasks impulsively.

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.

MEET THE STAFF

Community Manager: Melissa
Financial Manager: Sarah
Leasing Professional: Angelica & Jamie
Maintenance Supervisor: Brian
Maintenance Tech: Jason & Zack
Groundskeeper: Norton

OCTOBER EVENTS

Oct 1: Rent is Due
Oct 10: Columbus Day
Oct 31: Halloween

Leasing Center Hours Monday-Friday 9-6 Saturday 9-5 Sunday 12-5





CAN YOU STAY FIT BY WALKING?

Many of us think that in order to get fit, we must join a gym, take an intense group fitness class, pour sweat and ache all over the next day. But walking is a simple form of exercise that almost anyone can do. Still, it's a good idea to get a pair of comfortable shoes before you start walking. If the only athletic gear you own is a pair of ratty, old sweatpants, consider picking up some new gym clothes to help

motivate you. If you live in a cold climate, you can walk on a treadmill when it's chilly outside. Start slow; it's best to increase the distance you walk by only 10% per week.

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 your rent online at avenaisyourhome.com.

RELIEVE STRESS WITH THESE FUN AND EASY



IDEAS

There are many small ways to improve how you handle daily stress and increase your well-being. Light some candles. Get a glass of wine. Take a hot bath. You can also try some yoga or any other form of exercise that makes you feel good. Meditate or explore breathing exercises. Listen to a guided meditation or download a mindfulness app to get started. Try some of these ideas and you are likely to hit upon something that will help you relax.

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.

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.)

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.



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.