

OCTOBER 2017

Spring Villa

APARTMENTS

8760 Jamacha Rd
Spring Valley, CA 91977
619-589-9966
SpringVillasIsYourHome.com

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.

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.

COMMUNITY NEWS

Motivate Yourself at Work

Here are a few little things you can do to stay motivated at work. First of all, it's really important to have a good work environment. Natural daylight is a great mood-lifter. A comfortable desk and chair are also indispensable. Make sure you're surrounded by things that make you feel joyful, like pictures of your family, a favorite print or art object, or a well-kept plant. Lastly, don't forget to treat yourself every time you finish a project. You deserve it!



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: DeAnna
Leasing Professional: Jerlayne
Maintenance Supervisor: Azael
Maintenance Tech: Jose

Leasing Center Hours Mon - Fri: 9-6, Saturday 10-5, Sunday Closed

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sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2 2:30pm After School Movie 4pm Dinner for kids 18Yrs & Younger	3 2pm Homework 4pm Dinner for kids 18yrs & Younger	4 3pm Pre-Teen Mad Scientists Club	5 3pm Thursday Crafts 4pm Dinner for kids 18yrs & Younger	6 3pm Teen Games 4pm Dinner for kids 18yrs & Younger	7 10am Spring Valley Friends of the Library Book Sale
8	9 2:30pm After School Movie 4pm Dinner for kids 18Yrs & Younger	10 2pm Homework 4pm Dinner for kids 18yrs & Younger	11 3pm Pre-Teen Mad Scientists Club	12 3pm Thursday Crafts 4pm Dinner for kids 18yrs & Younger	13 3pm Teen Games 4pm Dinner for kids 18yrs & Younger	14 10am Spring Valley Friends of the Library Book Sale
15	16 2:30pm After School Movie 4pm Dinner for kids 18Yrs & Younger	17 2pm Homework 4pm Dinner for kids 18yrs & Younger	18 3pm Pre-Teen Mad Scientists Club	19 3pm Thursday Crafts 4pm Dinner for kids 18yrs & Younger	20 3pm Teen Games 4pm Dinner for kids 18yrs & Younger	21 10am Spring Valley Friends of the Library Book Sale
22	23 2:30pm After School Movie 4pm Dinner for kids 18Yrs & Younger	24 2pm Homework 4pm Dinner for kids 18yrs & Younger	25 3pm Pre-Teen Mad Scientists Club	26 3pm Thursday Crafts 4pm Dinner for kids 18yrs & Younger	27 3pm Teen Games 4pm Dinner for kids 18yrs & Younger	28 Spring Villa Halloween Pool Party!
29	30 2:30pm After School Movie 4pm Dinner for kids 18Yrs & Younger	31 2pm Homework 4pm Dinner for kids 18yrs & Younger				
			<p>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</p>			



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 the fifth of the month will be assessed a \$50 late fee. Please contact the office immediately if you anticipate difficulty with payment.