

October 2017

Ranchwood
APARTMENTS

Community News

5740 N 59th Ave, Glendale, AZ 85301 • 623-282-9661 • RanchwoodsYourHome.com

Someone Once Said

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

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.

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.

Meet the Staff

Community Manager: Yvonne
Financial Manager: Natalie
Leasing Professional: Gabriela
Leasing Professional: Yesenia
Leasing Professional: Sheyla



Halloween Event @ Ranchwood

Don't miss out and save the date. Get ready with your best Halloween costume we will be having a contest. Games, prizes and tons of candy are sure to be present as well. All this fun will take place in front of leasing office, Make sure to mark your calendar! Halloween event on October 27, 2017 at 5:00 pm.

Thoughts on Travel

If you are planning on traveling outside of the country, travel insurance can be a good bet. This is even more important for seniors who are traveling. Medicare is not valid outside the U.S., so if you need medical care, you would have to pay for it yourself. You can get supplemental insurance or purchase travel insurance for that single trip. Be sure to get a policy that provides evacuation insurance. This is the coverage you

will need if you have to be moved to get adequate medical care in the case of an emergency. You should also be sure to get a policy that will cover you if you are too ill to fly commercially. Better safe than sorry, especially since you are more apt to get sick while traveling than you are at home.

OCTOBER 2017

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 rent is due	2	3 rent is late @ 5pm \$50 late fee Pest Control	4 \$25 notice fee	5	6	7
8	9	10 Pest Control	11	12	13	14
15	16	17 Pest Control	18	19	20	21
22	23	24 Pest Control	25	26	27 Halloween Event @ 5:00 pm	28
29	30	31 Pest Control Happy Halloween				

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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

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.
