

Community News

5750 N 59th Ave, Glendale, AZ 85301 • 623-282-9644 • GlenOaksIsYourHome.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

Simple Fashion Tips for Every Day

Here are a few basic tips to help develop your innate fashion sense:

- o Wear something comfortable. You won't look good if you can't breathe.
- o Wear a color you love. Most people feel more confident in their favorite colors.
- o A pair of earrings and a nice handbag can do wonders for any outfit.
- o Don't be too matchy. Try wearing contrasting

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: Mercı Chavez
Financial Manager: Dami Ontiveros
Maintenance Supervisor: Todd Bruley
Maintenance Tech: Victor Duran



Thanksgiving Pumpkin Pie

Thanksgiving is right around the corner. We want to let our residents know that we appreciate having you here and allowing us to make this home for you. To celebrate Thanksgiving we will be having pumpkin pie and other delicious treats. We will be sending you a flyer with the date and time! We hope to see you here!

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.

NOVEMBER 2017

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			1 Rent is due	2 Pest Control	3 Rent is late after 5pm	4
5	6	7	8	9 Pest Control	10	11
12	13	14	15	16 Pest Control	17	18
19	20	21	22 Pumpkin Pie Function	23 OFFICE CLOSED	24 Black Friday	25
26	27	28	29	30 Pest Control		
			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			

Stay Safe Over the Holidays



We want all our residents to have a safe and joyful holiday season. With that in mind please follow these simple precautions to avoid holiday fire hazards. Be sure to check your lights for defects before stringing them. Defective lights can cause a spark. Don't forget to unplug all electric decorations before leaving your home or going to bed. If you are displaying a freshly cut Christmas tree, water it daily to keep it from drying out. Dry trees are extremely flammable. Thank you for putting safety first, and happy holidays!

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.
