

# Community News

FEBRUARY 2018

Ranchwood  
APARTMENTS

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

## IT IS SO SWEET TO HAVE A RESIDENT LIKE YOU!



In the month of caring and sharing we want to invite all our residents to come out and join us for dinner and a movie. We will be hosting this event between buildings

15-16. More information will be sent out closer to the date. We hope to see everyone there! Stay undated by liking us on Facebook.

### MEET THE STAFF

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

### RESIDENT PORTAL

Did you know we have a resident portal? There are lots of fun and useful tools in the resident portal designed just for you. Just visit our website or contact the leasing center for details.

## 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.

## KEEP YOUR NEW YEAR'S RESOLUTION

New Year's is approaching, have you planned a new year's resolution? Here's a tip: plan it out and reward yourself. Making an outline and having small rewards can create a successful resolution! We are cheering for you!

## 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.

Leasing Center Hours Mon-Fri 8:30-5:30, Saturday 9-5, Sunday 10-4



# FEBRUARY 2018

sunday	monday	tuesday	wednesday	thursday	friday	saturday
				1 Rent is Due	2	3 Rent is late \$50 late fee
4 \$25 late fee	5	6 Pest Control	7	8	9	10
11	12	13 Pest Control	14 Happy Valentines Day!	15	16	17
18	19	20 Pest Control	21	22	23	24
25	26	27 Pest Control	28			

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

## RELIEVE STRESS WITH THESE FUN AND EASY



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

### RENT

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after 5 pm on the 3rd of the month will be assessed a daily late fee. Please contact the office immediately if you anticipate difficulty with payment.