

APRIL 2018

Creekside Villas

220 47th Street #C
San Diego, CA 92102
619-431-4216
CreeksideVillasIsYourHome.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.

Food Tip

When you find a good price on milk, you probably wish you could stock up. The best way to store milk long-term is by freezing it. To freeze milk, remove about one cup from a gallon container of milk to prevent the jug from expanding too much when frozen. It can be frozen for up to 3 months.

COMMUNITY NEWS

Curing the Cabin Fever Blues

Although the best cures for cabin fever are time and better weather, there are some things you can do to make the best of it until spring is finally here: Read a book set in an exotic locale. Rent old, funny movies. Write long letters to old friends. Clean out all your closets. Visit a museum or art gallery new to you. Go to a tanning salon. Plan your summer vacation. Get (and use) a new exercise video. Try out a couple of new recipes. Eat lots of fresh fruits.



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: Ofelia P.
Financial Manager: Paulina L.
Maintenance Supervisor: Jaime C.
Maintenance Tech: Jose C.
Goundskeeper: Rafael G.

Leasing Center Hours Mon - Fri: 9-6, Saturday 9-6, Sunday CLOSED

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sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 RENT DUE EASTER OFFICE CLOSED	2 TRASH PICK- UP	3 ADD \$50 LATE FEE TO RENT AFTER 5PM	4	5	6 TRASH PICK- UP PEST CONTROL	7
8 OFFICE CLOSED	9 TRASH PICK- UP	10	11	12	13 TRASH PICK- UP PEST CONTROL	14
15 OFFICE CLOSED	16 TRASH PICK- UP	17	18	19	20 TRASH PICK- UP PEST CONTROL	21
22 OFFICE CLOSED	23 TRASH PICK- UP	24	25	26	27 TRASH PICK- UP PEST CONTROL	28
29 OFFICE CLOSED	30 TRASH PICK- UP					

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

Maximizing Social Security



Many retirees are relying on Social Security benefits as they see their other investments drop in value, but your best bet is to try to wait until your full retirement age to file for this benefit. Early filing will reduce your monthly check significantly. In fact, if you wait until well after your full retirement age, your benefits can increase by hundreds of dollars a month. To determine your benefits and how early retirement can affect them, go to socialsecurity.gov.

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 \$50 late fee. Please contact the office immediately if you anticipate difficulty with payment (619) 263-2686.