

SAN ESTRELLA

All Age Community



June 2020

Inside this issue

Eat better even when bored
Virtual meeting tips
Kitchen safety and more!

LifeStyle

San Estrella • 500 N. 67th Ave • Phoenix, AZ 85043

5 Great Reasons To Use Online Payment

You ask why should you pay your bills online? For starters, you'll save money on postage and late fees, as well as time. Online bill payment is also safer than the snail mail method. You can use your checking account to make your monthly payments or just set up for automatic withdrawal each month. This can make it easier to keep track of your financial matters. Register your account at www.cal-am.com/resident. You will need your 3 digit lot number (ex: Lot # 1 would be 001 or Lot # 74 would be 074). For your user name you will use the Resident ID# located on the right hand side of your rent bill. Most of them start with a small "t". If you need assistance we will be happy to walk you through each step by phone so just give us a call.

What & Why is Text Alerts Great!

You should sign up to receive text alerts, on important information going on in your Community San Estrella. Our text alerts system has great information these texts will include a short message as to what is happening at that moment take advantage, join the text alert group. Be sure to ask us how to become a part of this great feature!

Personal Property Taxes

Please make sure you are paying your personal property taxes. To view your property tax bill using your parcel number, name or address go to the following website: <https://www.mcassessor.maricopa.gov/>

Useful Community Information

- We have RV storage spaces available for rent at \$20.00 per month. If your vehicles do not fit in your carport the storage area is a great alternative. This is a HUGE savings over outside storage options!
- Struggling to get in the gate during rush hour? Gate remotes available for purchase. They are \$50.00 each and must be paid for with a Money Order at time of pick up.
- Are weed notices filling up your mailbox? We have Landscaping Services offered by a 3rd party vendor and are billed through the Office. This service starts as low as \$30.00 per month! Inquire with the Office for details or to sign up.
- Avoid the Tow Truck! Our streets are designated fire lanes so there is NO parking on streets accept 15-minute load/unload with hazard lights on, no parking on any vacant lot, porches/patios, landscaped areas including pavers or graveled areas, vacant new or used home lots, or any home site other than your own.
- Please do not trespass on any other home lot but your own while walking your dogs or just strolling through the property.

Ending the Stay at Home Order

As the governor let the stay at home order expire, we at San Estrella Estates care about your well being and ours. Although our Offices may continue to be closed we are prepping and planning on new procedures for social distancing that will continue in our community common areas. Look for future updates. We wish you all health and wealth as many of you begin to return to work!

YOUR MANAGEMENT TEAM

Angela Galarza
Community Manager
Teresa Jackson
Assistant Community Manager
Margarita Jurado
Administration Assistant
Cassandra Lopez
Sales Associate
Lori Castle
Maintenance Technician

OFFICE HOURS

Monday thru Friday
9:00 am–4:00 pm
Saturday
Closed
Sunday
Closed

CONTACT DIRECTORY

Management Office
(623) 936-1488
EMERGENCY After Hours Call
(480) 828-6786
Managers Cell Text or Call
(480) 828-6786
Asst. Manager Cell Text/Call
(480) 620-4312
All City Towing
(480) 833-7278

CAL AM INC
PROPERTIES





Blast Binges and Eat Better—Even When You're Bored



June is National Iced Tea Month

Sweet iced tea has been called "the house wine of the South," but folks from the East, West and North sure have been known to enjoy a big ol' pitcher of the unsweetened stuff. It's a cinch to make and inexpensive to serve to a crowd.

Basic Iced Tea Recipe

Make a tea base by steeping two family-sized or 4-6 standard bags (or the loose equivalent) of your favorite Earl Are, oolong, orange pekoe, herbal or other tea in 2 cups of freshly-boiled water for ten minutes. Remove the tea bags, taking care not to squeeze them, as this can add bitterness.

While the brew is still hot, stir in any desired sweetener until it thoroughly dissolves. Pour this concentrate into a 2-quart pitcher, and add cold water until it reaches your desired strength. Tea can cloud if it's refrigerated while still warm, so wait for it to reach room temperature before further chilling.

Being isolated at home means daily life is a lot different. For many of us, 24/7 of the same thing makes eating seem all the more exciting. While mindless munching may satisfy your cravings, it's doing a number on your waistline. Plus, most of the stuff you're snacking on is probably not the best.

Eat better when you're bored-healthfully and heartily. Here's how:

Stay out of the kitchen.

Looking through the fridge, sitting around the table, and peeking into cabinets may pass some time, but proximity leads to passive eating. Only go into the kitchen to prep a meal or get a beverage. Otherwise, you're bound to grab something "just because."

Aim for three squares, two snacks. Some nutritionists say grazing all day is the way to go, but in these times, sticking to a schedule is your best bet. Plan three healthy meals and two smart snacks daily. Unless you have a medical need to eat otherwise, this routine will stop you from filling up unnecessarily.

Drink up. You may think you're hungry, but it may just be thirst—or boredom—that's the issue. Before biting into anything, down a glass of water. You may realize all you wanted was a refresher and drinking water is an uncanny way to curb your caloric intake since it helps keep you feeling full. If you're still hungry, grab a piece of fresh fruit to fill the void.

Don't stock up on tempting treats. Supermarkets may be out of many things, but don't load up on junk you wouldn't normally buy. Need be, shop online for healthier options you can have delivered.

Snooze to stave off snacking. Stress can affect sleep, so do what you can to catch those Zzzs. Without proper rest, your hormones can go haywire, which can make you even hungrier. Worse yet, your body may try to make up for the lack of energy by overeating. Clear your mind, stick to a bedtime schedule, and set an alarm. When you wake, aim for a healthy breakfast to set the tone for the whole day.



Hot baths may aid your health

Want to relax during these days of tension and worry about COVID-19? A long, hot bath can relieve your stress—and maybe help your heart.

The Web MD website reports that a study of more than 30,000 adults in Japan found that a nice, steamy soak may reduce one's incidence of high blood pressure and stroke. "We found that frequent tub bathing was significantly associated with a lower risk of hypertension, suggesting that a beneficial effect of tub bathing on risk of [heart disease] may in part be due to a reduced risk of developing hypertension," said the study's lead scientist at Osaka University.

After accounting for other factors, the researchers found that taking a daily hot bath was associated with a 28% lower risk of heart disease and a 26% lower risk of stroke, compared with subjects who bathed only once or twice a week.

So relax in the tub, and try to take your mind off your worries. It's good for your body and soul.

June Activities and COVID-19

COVID-19 In addition to Federal and State guidelines on social distancing, we will continue enforcing a temporary suspension of all our planned activities for the time being. Along with you, we are closely monitoring all government announcements, and we will resume our activities as soon as we are advised it is safe to do so. We appreciate your patience and cooperation as we implement these changes in order to minimize exposure for our residents and employees.

Congratulations Home Site of the Month!

Each month the Staff at San Estrella will select a special resident to receive an award and recognition in our community newsletter. Our winners are selected on an individual basis. This month's Winner was selected because the home is consistently maintained clean, neat, and weed-free! **Congratulations to June's Winner, Lot # 200!**

No Payments Until September

Refer your friends and family! The Sales Team is offering an incentive too good to pass up! Please contact Cassandra Lopez for details or schedule an appointment at 1-877-354-9296.

Happy Father's Day!

Father's Day is celebrated worldwide to recognize the contribution that fathers and father figures make to the lives of their children. We would like to send a shout out to all the hard-working Dad's we have here at San Estrella Estates.

Asian Meatball Crunch

- 6 ounces canned waterchestnuts
- 2 eggs
- 1 pound ground beef
- 1/2 cup chopped onions
- 2 tablespoons chili sauce
- 2 tablespoons soy sauce
- 1/4 teaspoon pepper
- 3 ounces Chow mein noodles, crushed

Drain and chop the waterchestnuts.

Beat 1 egg and milk in bowl. Add ground beef, onion, sauces, pepper and waterchestnuts; mix well. Form into balls. Beat remaining egg with 2 tablespoons water. Dip meatballs in egg mixture; roll in crushed noodles. Fry in deep, hot fat until golden brown.

	monday	tuesday	wednesday	thursday	friday	saturday
	1 Trash Day	2 June is Iced Tea Month	3 Wonder Woman Day	4	5 Trash Day Popcorn Friday	6 Drive-In Movie Day
sunday	7 Cancer Survivors Day	8 Trash Day	9 Water Meter Read Day!	10 Race Unity Day	11 Corn on the Cob Day	12 Trash Day Popcorn Friday
	14 Flag Day Cupcake Day	15 Trash Day	16 Father's Day Ice Cream Social	17 Eat Your Vegetables Day	18 International Picnic Day	19 Trash Day Popcorn Friday
	21 Father's Day International Yoga Day	22 Trash Day	23 Let It Go Day	24 Manager Meet And Greet	25 Shuffle Board Games 1:30-3:00pm	26 Trash Day Popcorn Friday
	28 Insurance Awareness Day	29 Trash Day	30 Social Media Day			

June 2020



Virtual meeting tips

While virtual meetings have likely been a part of your daily work routine for some time now, it's still easy to fall victim to some major meeting faux pas. Virtual meeting etiquette is a whole new ball game compared to in-person meetings, as many people have been learning lately.

To help keep your meetings stay professional and productive, follow these virtual meeting etiquette rules and tips.

Leave the keyboard alone. Whether you're diligently taking notes like a model employee or sneakily chatting with your work bestie, the sound of your typing is distracting. It's not only distracting everyone else in the meeting (because your laptop's internal microphone is inches away from your keyboard), it's also preventing you from devoting your full attention to the meeting. Opt for a quality headset or pick up your notebook and pen to take meeting notes instead.

Dress appropriately. One of the magical things about working remotely is the freedom to wear anything to work. It's the dream, right? Still, there's no reason to show your co-workers your PJs and bedhead. Take a few minutes to throw on a clean shirt and brush your hair. The best part of actually getting ready while working remotely is that you'll put yourself in the right headspace to be productive.

Be aware of your surroundings. Your coworkers won't be able to hear your ideas or take you seriously when there is a pile of dirty clothes in the corner behind you. You also want to avoid looking like you work from the inside of a cave because of bad lighting.

Mute your microphone when you're not talking. There's nothing more frustrating than hearing that alien echo noise from conflicting microphones. Save everyone from the ear-splitting madness by joining the meeting while on mute!

Speak up. When you enter a small meeting (around two to five people) announce yourself when you join. It can be awkward to hear the "someone-just-joined" ding followed by silence. When you hop on the meeting, introduce yourself and say hi – just make sure not to interrupt someone mid-sentence.

No food allowed. Eat a snack before your virtual meeting. No one wants to see you stuff your face with chips while discussing important business matters. Not only is it distracting to others, you won't be able to focus on the task at hand because you'll be worrying about dropping crumbs all over your keyboard.

Stay seated and stay present. It may be tempting to check your inbox or carry on a side conversation during a dull moment in a meeting, but don't do it! You might miss out on key information or an opportunity to give input. If you're using your webcam, use attentive body language: sit up straight, don't make big extraneous movements, and don't let your eyes wander too much.

Play it safe in the kitchen

These days, the kitchen is perhaps the busiest room in the home – and the most dangerous. The ingredients of extreme heat, blade-sharp utensils, breakables, heavy-gauge cookware, the pressures of time and bustling activity in the kitchen can combine for a perilous mixture of mayhem.

According to the National Fire Protection Association, most home fires are caused by cooking-related accidents.

- Keep the handles of cookware away from the edge of the stove where they can be bumped or grabbed by young children. Watch also that handles don't extend over adjacent burners.
- Never leave cooking food unattended, particularly when heating a skillet. Foods and oils can get so hot that they will smoke and burst into flames if left unattended.
- Keep a fire extinguisher within easy reach of the stove, yet away from direct heat.

