

SAN ESTRELLA

All Age Community

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

No Lifeguard on Duty

We are happy to provide our residents with a sparkling swimming pool for your enjoyment. Please be kind to our exterior pool furniture. Remind your household that our furniture should not be used to jump over the pool fence, or taken out of the pool area for any reason. We see this happening from time to time after the office closes or on the weekends. We have purchased new umbrellas so we would appreciate your assistance in turning down the umbrellas if it gets windy or when you are done using them. Strong winds brake the umbrellas and also help flip over the table which could end up at the bottom of the pool. There is NO LIFE GUARD on DUTY so it is a good idea to always swim with a friend. You are swimming at your own risk. Please note our Pool Rules and Hours Of Operation, that are posted in the Pool Area. Only proper swim attire is allowed, no street clothes, nor cut off jeans permitted in the pool. This is your Community Pool and we appreciate your assistance in helping us maintain it. We hope to be giving the deck a new fresh coat soon to restore its beauty.

Fitness for Free! Get in Shape

You don't need to join a fitness club when you make San Estrella your home. San Estrella supplies the Community with great equipment. Our Fitness Center is complete with your home. San Estrella supplies the Community with great equipment. Our Fitness Center is complete with stair climber, treadmill, bikes and more that was all recently purchased. You will need to carry your amenity key with you to open the door. All users must be 16 years and older, if not an adult must be present at all times.

San Estrella SALES DEPT.

We don't forget about the referral program and that extra \$\$\$\$ for the holidays you could make by getting your Friends & Family to move here! The Sales Dept. GIVEAWAY! Purchase a new home before December 31st, 2019 and get yourself a FREE 50" TV to watch all your favorite TV shows in your new beautiful home. Call Tyler 1-877-354-9296 to make an appointment with Cassandra. Don't let a great deal pass you by.

Manager's Corner

We have had so many residents and customers tell us how much our community has improved! For some that have lived here a while change can be difficult. We certainly understand that, however, change is bringing in a lot of new neighbors that we are happy to have.

YELP COMMENTS - Thank you to those that have dropped off their great comments to sales person, however, if you have a YELP account the sales department is doing a drawing for your positive feedback! Winner gets a \$50.00 gift card just in time for the holidays. Just let her know when that comment is posted so that she can add you to the drawing.

Text Alerts - Sign up for text alerts. 474747 in the message type SanEstrella (no space, capital S and capital E). You should get a text response almost immediately. This is fairly new to us so from time to time I do forget to use the system since so many residents are used to texting the manager cell phone when there is an emergency water shut off. I have had a resident remind me a couple times which has been extremely helpful. The text app is helpful but only when we have residents signed up. Right now there are very few residents signed up for it. If you need assistance setting this up we



November 2019

Inside this issue

Watch for these sleep disorder
Germs love these hiding place
Movie previews and more

Lifestyle

YOUR MANAGEMENT TEAM

Angela Galarza

Community Manager

Margarita Jurado

Administration Assistant

Cassandra Lopez

Sales Associate

Lori Castle

Maintenance Technician

Alex Munoz

Service Technician

OFFICE HOURS

Monday thru Friday

8:00 am-5:00 pm

Saturday

Closed

Sunday

Closed

HOW TO REACH US

Management Office

(623) 936-1488

EMERGENCY After Hours Call

(480) 828-6786

Managers Cell Text Or Call

(480) 828-6786

CAL & AM
PROPERTIES





Keep your eyes open for these common sleep disorders

Barking dogs and ambulance sirens can interfere with a good night's sleep, but so can a number of physical conditions. Because sleep is essential to your health, get familiar with these common disorders and conditions that prevent restful shut-eye:

- **Teeth grinding.** Technically known as "bruxism," grinding your teeth can cause pain in the jaw, as well as annoy whomever you're sleeping with. It's often associated with anxiety and stress. A mouth guard can reduce tooth abrasion, so talk to your dentist.

- **Sleep paralysis.** While drifting off to sleep, or waking up, you may suddenly realize you're unable to move your

body. The condition can go on for several minutes. It happens when part of your brain is in REM sleep and it shuts down your ability to move so you don't injure yourself during dreams. It's not dangerous—just unnerving.

- **Obstructed sleep apnea.** An obstruction in the upper airway can cut off oxygen for 20-40 seconds as you sleep, preventing you from getting the rest you need. And you may not even be aware of the problem unless a partner notices your breathing difficulty. Treatment depends on the seriousness of the condition; surgery is one option, but lifestyle changes such as losing weight and avoiding alcohol can also

be effective.

- **Night terrors.** Not a nightmare, but an intense sensation of fear that's most common in children. Though scary for parents and kids alike, night terrors aren't considered dangerous and usually don't result in any lost sleep.

- **Restless leg syndrome.** An irresistible compulsion to move parts of your body as you're trying to fall asleep, RLS is a neurological disorder that can affect your arms, torso, and even phantom limbs. Stretching or shaking your limbs can bring some relief; iron supplements may be effective, but have your iron level tested by your doctor before taking any pills.



Children's chores lead to adult success

Kids usually hate doing chores, but it's an important part of growing up. That's what Julie Lythcott-Haims, author of *How to Raise an Adult* and former dean of freshmen at Stanford University, said in a 2015 interview recently reviewed on the People magazine website.

"By making them do chores—cleaning the dinner table, folding the laundry—they realize 'I have to do the work of life in order to be part of life,'" Lythcott-Haims says.

Tech Insider says that children who do chores grow up to be more independent at work. In particular, they're good at spotting when their co-workers are dealing with tasks that are challenging.

"If kids aren't doing the dishes, it means someone else is doing that for them," says Lythcott-Haims. "And so they're absolved of not only the work, but of learning that work has to be done and that each one of us must contribute for the [sake] of the whole."



Germs love to hide in these places

You might think your bathroom is the germiest place in your home. You'd be wrong, according to the MSN website. Watch out for these locations that have lots more germs than your toilet:

- **Cutting boards.** To keep them free of germs, don't just rinse them in the sink. Wash your cutting board in water and dish soap, then soak in water mixed with bleach—two teaspoons for plastic, two tablespoons for wood.
- **Dish cloths.** These have everything that's necessary for bacteria to thrive: warmth, moisture, and organic material from food. Wash them often on a hot cycle and tumble-dry them in a dryer.
- **Smartphones.** You take them everywhere, including the bathroom, and you usually don't wash your hands every time you pick yours up. Clean your phone with a cloth soaked in a solution of 60% water and 40% rubbing alcohol. Wring the cloth out well so that the moisture doesn't damage your phone.
- **Keyboards.** Computer keyboards can be covered with 20,500 more bacteria than the average toilet seat. Clean your keyboard with a cotton swab dipped in rubbing alcohol while it's unplugged. Use compressed air to get rid of dirt around the keys.
- **Steering wheels.** You probably don't wear gloves when you drive, which means you're coating your wheel with germs and bacteria. Clean your wheel and other parts of your car regularly.



A BEAUTIFUL DAY IN THE NEIGHBORHOOD Tom Hanks portrays Mister Rogers in the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer (Matthew Rhys) is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about empathy, kindness, and decency from America's most beloved neighbor.

21 BRIDGES Chadwick Boseman stars as a disgraced detective in the NYPD who is given a shot at redemption. Thrust into a citywide manhunt for a cop killer, he begins to undercover a massive conspiracy that links his fellow cops to a criminal empire and must decide who he is hunting and who is actually hunting him. During the manhunt, Manhattan is completely locked down for the first time in its history - no exit or entry to the island including all 17 bridges.

THE GOOD LIAR Career con artist Roy Courtney (Ian McKellen) can hardly believe his luck when he meets well-to-do widow Betty McLeish (Helen Mirren) online. As Betty opens her home and life to him, Roy is surprised to find himself caring about her, turning what should be a cut-and-dry swindle into the most treacherous tightrope walk of his life.

DARK WATERS Inspired by a shocking true story, a tenacious attorney (Mark Ruffalo) uncovers a dark secret that connects a growing number of unexplained deaths due to one of the world's largest corporations. In the process, he risks everything - his future, his family, and his own life - to expose the truth.

KNIVES OUT A fun, modern-day murder mystery where everyone is a suspect. When renowned crime novelist Harlan Thrombey (Christopher Plummer) is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc (Daniel Craig) is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death.

PRIMAL When Frank Walsh (Nicolas Cage), a hunter and collector of rare and exotic animals, bags a priceless white jaguar for a zoo, he figures it'll be smooth sailing to a big payday. But the ship bearing Frank's precious cargo has two predators caged in its hold: the cat, and a political assassin being extradited to the U.S. After the assassin breaks free - and then frees the jaguar - Frank feverishly stalks the ship's cramped corridors in hot pursuit of his prey, right up until the thrilling, unpredictable climax.

FORD V FERRARI American automotive designer Carroll Shelby (Matt Damon) and fearless British race car driver Ken Miles (Christian Bale) battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966.

CHARLIE'S ANGELS Kirsten Stewart, Naomi Scott, and Ella Balinska are working for the mysterious Charles Townsend whose security and investigative agency has expanded internationally. With the world's smartest, bravest, and most highly trained women all over the globe, there are now teams of Angels guided by multiple Bosleys taking on the toughest jobs everywhere.

MOTHERLESS BROOKLYN Set in New York in 1954, Lionel Essrog, a lonely private detective afflicted with Tourette's syndrome, tries to solve the murder of his mentor and only friend. Armed only with few clues and an obsessive mind, Lionel slowly unravels closely guarded secrets that have major ramifications. It leads him through Harlem jazz clubs, Brooklyn slums and sets him against thugs and Gotham power brokers to honor his friend and save a woman who might his own salvation. Edward Norton, Willem Dafoe and Bruce Willis star.

HOME ENTERTAINMENT RELEASES

Nov. 5	Hobbs & Shaw
Nov. 12	47 Meters Down: Uncaged
Nov. 12	Good Boys
Nov. 19	Dora and the Lost City of Gold
Nov. 26	Angel Has Fallen

Spectacular Specials Continue in October!

How is 3.99% OAC and \$999 a month for a year with only \$5,000 down on our new single wide inventory. On our larger homes we are currently offering 4.99% OAC. Call Tyler 1-877-354-9296 to set an appointment to come see our beautiful homes 2, 3 & 4 bedrooms.

All specials subject to change without notice.



November 2019

					friday	saturday
					1	2
					Popcorn Day	November is Native American Heritage Month
sunday	monday	tuesday	wednesday	thursday		
3 Daylight Saving Ends Zero Tasking Day	4 Trash Day	5 November is Peanut Butter Lovers Month	6 Don't Miss It! Last Day To Pay Before Late Fees!	7 Trash Day	8 Water Meter Read Day! Popcorn Day	9 World Freedom Day
10 Tongue Twister Day	11 Veterans Day Trash Day Coffee & Donuts	12 November is World Vegan Month	13 World Kindness Day	14 Trash Day	15 Popcorn Day	16
17 Take a Hike Day	18 Trash Day	19 Play Monopoly Day	20 Name Your PC Day	21 Trash Day Thanksgiving Feast!	22 Popcorn Day	23 Eat a Cranberry Day
24 Celebrate Your Unique Talent Day	25 Trash Day	26 Manager's Meet & Greet!	27	28 Thanksgiving Office Closed In Observance Of Thanksgiving.	29 Office Closed For The Holiday.	30 Mousse Day