

SAN ESTRELLA

All Age Community



October 2020

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Halloween 2020 and more.

Lifestyle

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

Welcome Our Newest Team Members

San Estrella Estates is proud to present our newest members of the Team!

Kat Swanson is our new Assistant Manager. Kat is originally from the Mid-West and fulfilled a long time dream of moving her family to Arizona early this summer. Kat loves spoken word, open mic night, visiting Japanese Garden's and her family.

David Schoonover is our new Maintenance Technician. David is a very outgoing person. He has 5 dogs, 4 guinea pigs, and 1 cat. As you can see he loves animals. He has lived in Arizona his entire life and he loves the beach. Kat and David look forward to meeting you all in the future!

Fall Time is Here Again!

A few important things to remember with the new season upon us:

- Now is the time to make sure your heater is operating properly.
- Make sure you are changing out your AC filters monthly.
- Replace your smoke detector batteries.
- Cover outside pipes before the cold weather is upon us.

Dumpsters

Our construction dumpsters were opened up to the community in an effort to help keep the community clean and free of clutter. Since we are seeing a large number of homes needing attention we are making appointments to get your items in the trash. These dumpsters are not for dumping business trash, work trash or outside trash. All big items being thrown away must come from your personal belongings in your home. *Note:* Please Do Not Dump any trash at the gate. Our Staff has to take time out of their busy schedule to remove all the stuff left there. We will bill anyone caught leaving items there.

Text Alerts...The Fastest Way to be Notified

Have you had your water turn off unexpectedly? This and other emergencies can happen anytime. With Text Alert, not only are you instantly updated on what is happening at your community, we can notify you with detailed information at anytime if there is an emergency situation. (ex. if the water was shut off in your part of the community), pool suddenly closes down, gym is locked, etc. It's simple to join! Just text the word SanEstrella to number 474747. You will then get a text back from number 474747 Thanking you for joining to confirm you have signed up correctly.

Amenities

The Pool and Laundry Facility have been open from 8am-4pm Monday-Friday so that Staff is able to sanitize each day. We are happy to announce that our Gym has now also re-opened the same hours. We ask that everyone continue to follow all the instructions on signs so that we can keep these facilities open for you. As we start the re-opening process we also want to remind everyone that we are only allowing Residents into our facilities so no guests/visitors are allowed at this time. We will shut down any area where rules are not being followed so we need your help in making the transition.

YOUR MANAGEMENT TEAM

Angela Galarza

Community Manager

Kat Swanson

Assistant Community Manager

Margarita Jurado

Administration Assistant

Cassandra Lopez

Sales Associate

Lori Castle

Maintenance Technician

David Schoonover

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

Manager's Cell Text Or Call

(480) 828-6786

All City Towing

(480) 833-7278

CAL AM
PROPERTIES



October is
breast cancer
awareness month

Is it time to get your annual breast exam?

Breast cancer remains a major health concern for women, ranking as the second leading cause of cancer death in women (only lung cancer kills more women each year), according to cancer.org.

The chance that a woman will die from breast cancer is about one in 38 (about 2.6 percent). Breast cancer, especially when caught early, is often treatable. Currently, there are 3.5 million breast cancer survivors in the U.S.

You can do some things to catch breast cancer early and minimize your risk.

Live a healthy lifestyle. Maintain a healthy body mass index. Don't smoke. Avoid alcohol.

Be physically active. Participate in at least 30 minutes of moderate physical activity each day and take steps to stay within your healthy weight range.

Self-examination. All women over age 20 should perform breast self-examination each month. All lumps are not cancerous, but only a doctor can tell the difference. If you find a lump, see your doctor.

Mammograms. Scientific studies show that for women over age 50, routine mammography can find breast cancer at an early, treatable stage.

The National Institutes of Health offers these pros and cons for women in their 40s to consider.

Some factors are out of a person's control, but these known risk factors should make women more vigilant.

- **Family history.** If your mother or sisters have had breast cancer, you might also have a higher risk. Only about five to 10 percent of breast cancer is hereditary. Talk to your doctor about genetic counseling and advanced screening.

- **Breast density.** Women with high breast density have a higher risk of getting breast cancer. This could be in part because the more dense the breast tissue, the more difficult it is to detect small abnormalities.

- **Hormone replacement therapy at menopause** can be a risk factor for breast cancer.

One key idea: Don't let COVID-19 fears stop you from getting your annual mammogram.

A taste for greatness: Origins of familiar foods

Where do our favorite foods come from? If your answer is "the supermarket," dig a little deeper. Here are the origins of some time-honored products:

- **Coca-Cola.** John Pemberton, a pharmacist in Atlanta, first concocted the soft drink in 1886 as a cure for upset stomach. He marketed it as a cure for morphine addiction, neurasthenia, headache, and impotence.

- **Quaker Oats.** Before this product was sold on grocery shelves, it was stored in open barrels, where it spoiled easily. Its store packaging was introduced in 1891. Quick-cooking oatmeal came in 1921—one of the first convenience foods.

- **Wonder Bread.** In 1921, a Taggart Baking Co. executive by the name of Elmer Cline was put in charge of naming a new brand of bread. He came up with Wonder Bread after he saw hundreds of balloons fill the sky one day—a sight that filled him with wonder.



Halloween is scarier than usual this year

The COVID-19 pandemic has cancelled lots of celebrations and events this year—including possibly Halloween. Many communities are weighing the risks of letting children go trick-or-treating from house to house collecting candy.

How can you celebrate safely? Consider these options from the Retail Me Not website:

- **Decorate your home.** Spooky lanterns, carved pumpkins, cobwebs, and hanging skeletons can still induce that thrill that makes Halloween so enjoyable.
- **Zoom parties.** Host a costume party via Zoom. Invite friends and kids to show up in their scary costumes and display their creativity.
- **Trunk-or-treating.** Some communities are organizing events in schools, church parking lots, or neighborhood driveways. Trunks are filled with candy, so kids can go trick-or-treating from car to car. Keep plenty of responsible adults on hand to supply hand sanitizer as costumed children collect their goodies.
- **Drive-in movies.** With indoor movie theaters shut down for the duration, drive-ins are experiencing a renaissance. Older kids may enjoy being creeped out by *Night of the Living Dead*, *A Nightmare on Elm Street*, or even (obviously) *Halloween*.





Figuring out your monthly food budget

When creating the family's budget, it is easy to look at individual categories and determine that they are too expensive or that there are cheaper alternatives elsewhere.

If the cell phone bill is \$200 a month, a basic online search could reveal that another provider offers the same service for half the price. In this respect, budgeting is often a very apples-to-apples comparison that promises easy decisions.

Food, on the other hand, is a bit different. A family does not want to overpay for the specific items that they buy, but finding the total dollar figure for the budget can be a little nebulous. People may say they want to spend less, but how low is low enough?

What is a normal budget?

Luckily, the USDA tries to do a little bit of the homework when it comes to food spend-

ing. According to their monthly reports, for instance, a thrifty family of four should be paying \$554 per month while the liberally spending family spends \$1,084. There is quite a gap, but at least it provides some baseline for spending.

Tallying up spending over a few months will show the monthly average which can then be compared to the national averages, but remember that budgeting is highly dependent on factors such as income and location as well as food preparation habits. There is no one-size-fits-all number.

How to reduce spending

According to Forbes, there are many ways to help reduce spending at the grocery store such as:

- **Plan menus two weeks ahead:** Planning ahead helps avoid impulse buys and fast food.

It also makes dinner quicker to prepare on busy nights.

- **Limit Alcohol:** Alcohol can be a very expensive addition.

- **Bulk up:** Making bread at home or bulk cooking staples like rice or beans can save time and money

- **Have a meal prep day:** Take a few hours every week or two to make

casseroles, soups and simple meals that can be frozen and quickly prepped later.

Remember that making changes to a budget should happen step-by-step to avoid giving up quickly due to discomfort. Incremental changes are easier to maintain and help to make adapting easier.



What's in a name? Plenty if it could potentially harm your credit.

- **INCLUDE YOUR COMPLETE NAME ON APPLICATIONS.** The more complete your name, the better your chances that it won't get mixed up with another person with a similar name. Be sure to use the Jr. or Sr. designation, if applicable.
- **USE YOUR NAME CONSISTENTLY.** All your credit cards should have the same exact name. If one has Jane Davis, another has Jane J. Davis, and yet another J.J. Davis, mistakes can easily creep in.
- **WRITE CLEARLY ON ALL DOCUMENTS.** If you're hasty, your "J" initial can look like an "I" to a busy application processor.
- **CORRECT ERRORS RIGHT AWAY.** Contact creditors directly and be persistent. The last thing you want to do is argue with a collection agency over a bill that isn't yours.

COLORING FUN!



October '20

thursday friday saturday

sunday	monday	tuesday	wednesday	thursday	friday	saturday
4 <i>National Taco Day</i>	5 Trash Day	6 Last Day Rent Can Be Paid Without Incurring Late Fees!	7 <i>Random Acts of Poetry Day</i>	1 RENT DUE. Trash Day	2 Popcorn Friday!	3 <i>October is Fire Prevention Month</i>
11 <i>October is Family History Month</i>	12 <i>Columbus Day</i> Trash Day	13 <i>Train Your Brain Day</i>	14 <i>Emergency Nurses Day</i>	8 Trash Day	9 Water Meter Read Day! Popcorn Friday!	10 <i>Hug a Drummer Day</i>
18 <i>Chocolate Cupcake Day</i>	19 Trash Day	20 <i>Information Overload Day</i>	21 Coffee and Donuts!	15 Trash Day	16 Popcorn Friday!	17 <i>Forgive an Ex Day</i>
25 <i>International Artists Day</i>	26 Trash Day	27 <i>Navy Day</i>	28 <i>National Chocolate Day</i>	22 Trash Day	23 Popcorn Friday!	24 <i>Make a Difference Day</i>
				29 Trash Day	30 Popcorn Friday! Trunk Or Treat 4PM	31 <i>Halloween</i> <i>Have a Safe & Happy Halloween!</i>