

YOUR MANAGERS' REPORT

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The Worth Ross Tenant Newsletter Service

Your Worth Ross & Associates Team!

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**DON'T FORGET -
It's Important to
Report Your Maintenance!**

KEEP THE HAPPY IN YOUR HOLIDAYS

The Holiday Season is a hectic time of year – there is more traffic, crowds, activities, and pressure to spend money and charge credit cards. Keeping the happy in the holiday season can be a challenge for anyone. It helps to take the time to plan and prepare what you truly want to do so you can enjoy your festivities.

There are several ways to stay healthy and you need to think of expanding your “concept” of what makes up good health. There is, of course, your general physical well-being. However, you need to think of your financial health as well so you do not have unnecessary stress when the holidays are over. Then there is home safety. Here are some tips.

- Get a flu shot as soon as possible to prevent getting sick.
- Wash your hands regularly and often to avoid germs when shopping or meeting people during social occasions. Hand-to-mouth contact is the most common way that people get sick, so keep your hands clean, and encourage your family to do the same. Carry a hand sanitizer with you to keep your hands germ free when you cannot wash.
- Build up your immune system to help prevent the flu. Eat healthy foods and avoid high calorie foods that do not help you stay well.
- Get plenty of sleep – it is easy to experience more fatigue during the Holiday Season.

- Get enough exercise – another way to keep well and protect your immune system.
- Keep cold/flu remedies available in the event you do start feeling sick.
- If you are generally not feeling well, consult your doctor as soon as possible.
- Budget your time – there is really no point in overdoing everything if you are not going to enjoy the season.
- Budget for the holidays – avoid overspending because there is so much advertising.
- Review your credit cards, payments, and finance charges. If possible, use cash and pay for an item knowing you really can afford it.
- Do something for someone who needs help or assistance. Taking the time to help someone can give you more benefits than blowing your budget and you will appreciate the season more.
- Check your smoke alarm to see that it is working properly – change the battery if needed. If it is not working, report it immediately.
- Never leave candles unattended – properly extinguish them before leaving the room or the house.

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Report Your Maintenance On The Internet!

Did You Know?

Did you know that you could report your maintenance on our updated Web Site? It's easy, just go to www.worthross.com and choose Resident Information, and then, Maintenance Form. Just fill in each item, tabbing from one to another, and send. We will send a confirmation e-mail to you.

Know Someone Who is Looking for a Home?

Do you know a homeowner who would like to rent out their home? Refer them to us and we will reward you. We just need a name and telephone number of the person you are referring, or simply have them mention your name when they call us. Call, fax, or send us an e-mail to earn your reward today.



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- Check all holiday lights for safety and dispose of those that do not work properly. Turn off holiday lights when leaving the residence.
- If you have a live tree, keep it watered and if it is dry, dispose of it properly. If you have an artificial tree, check that it has fire-resistant materials.
- Do not block doorways with trees or other holiday decorations that could prevent evacuation.
- If you have a fireplace, be sure to open the flue before starting a fire and only use materials that are appropriate for burning. Never store live or warm coals in garbage receptacles, in the garage, or near any flammable object or debris.
- Do not display gifts through windows or leave packages unattended outside to avoid enticing thieves.

By taking a little time to plan, you can enjoy the things that are important to you... like spending time with family and friends and remaining healthy and active during the winter months and every month. Have a great Holiday Season!