

February 2012

# El Mundo Park News

8300 El Mundo St Houston, TX 77054 • 713.747.9348 • [www.HoustonMedicalCenterApartments.com](http://www.HoustonMedicalCenterApartments.com)  
Leasing Center Hours: M-F 8:30am-5:30pm Sat 10am-5pm Sun 1pm-5pm

## El Mundo Park

APARTMENTS

### Highlights

#### Calendar

- Feb 1. Rent is Due.
- Feb 2. Groundhog Day.
- Feb 12. Lincoln's Birthday.
- Feb 14. Valentine's Day.
- Feb 20. Presidents Day.

#### Meet The Staff

Property Manager: Sharon Arroyo  
Assistant Manager: Summer Johnston  
Leasing Consultant: Serena Capistran

#### Food Tip

If you are trying to reduce salt in your diet, you may be frustrated when cooking your favorite dishes. But it can be easy to still make flavorful food while reducing the salt content. Instead of salt, use herbs like basil, chives, parsley, dill, oregano, thyme, and tarragon. Bump up the pepper as well to add more flavor. Finally, use a little acidity in the form of vinegar or lemon juice. This is a great replacement for salt and will brighten up the flavors in any meal.



### Fitness Center Courtesy

Use of the fitness center is one of the great benefits of living in this community. Following a few simple guidelines can help make the experience even better for everyone—especially during peak hours. If someone is waiting for the machine you're on, offer to let them “work in”

with you and trade off sets. If you are using dumbbells or free weights, please be sure to put them back in their designated spot after use. And finally, always be sure to towel off each machine after use. Thanks, and have fun getting fit!

### Stay Warm (and Save Energy)

The first two months of the year are often the coldest, so here's a simple tip to help your heater keep things toasty. When you leave your apartment in the morning, you may be tempted to turn your thermostat down, and then turn it back up when you get home. While this seems like the logical thing to do, it's actually better to “set it and forget it”—that is, set your thermostat to a comfortable temperature and leave it there.

It actually takes more energy for the heater to bring your apartment from an uncomfortably cold temperature to a warm one than it does to simply maintain a steady temperature. The only exception is if you plan to be away from home for an extended period, then it makes sense to turn it way down or even off.



# Avoid Succumbing to Cold and Flu Season



Winter's arrival coincides with the arrival of other things as well. Snow days from school. Weekends spent skiing and snowboarding with family and friends.

While each of those things is something to look forward to, one thing also synonymous with winter is never welcomed with open arms. Cold and flu season impacts nearly every household each winter, forcing kids and adults alike to put life on hold as they rest and recover. To many people, flu shots are enough to keep them going strong through cold and flu season, but not everyone has access to flu shots. Even those who do might still get colds if they don't take steps to stay healthy when the mercury drops. This winter, people wanting to avoid the worst of cold and flu season can take several precautions to reduce their risks of getting a cold or the flu.

## Addressing Attire

Winter weather should never catch adults or children offguard with regards to their wardrobe. Once cold weather arrives, dress appropriately whenever leaving the home to reduce the risk of cold and flu. Appropriate attire includes wearing outdoor clothing, such as winter coats, scarves, gloves or mittens, and wool ski hats. Those who live in areas with heavy snowfall should also wear waterproof boots whenever going outside. It's also important to dress in layers throughout the winter. Doing so provides extra insulation, and layers trap air effectively, ensuring that all that warm air produced by your body won't escape but will stick around and keep you warm.

## Prepare for Emergencies

If a winter weather emergency arrives, cold and flu won't shut down and stop working just because schools close or power outages

occur. In fact, during an emergency the chances are strong that families will be stuck inside for extended periods of time. When locked indoors for long periods of time, cold and flu viruses can spread easily. Men and women should prepare for such a scenario by having an air filter on hand to ensure air quality remains clean and healthy. In addition, stock up on items such as soup or cold and cough medicine to ensure that anyone who succumbs to cold and flu during a weather emergency will have remedies at their disposal should they be confined to the home.

Parents of infant children should keep extra formula and diapers on hand and be sure there are extra batteries around the house should the power go out. For infants on medication, consult the child's physician before cold and flu season and devise a plan of caring for a sick child should a weather emergency occur.

## Get Outside and Exercise

Staying indoors all winter might seem like a great way to avoid cold and flu, but it might actually make adults and children more susceptible. Staying indoors could be trapping you indoors with stagnant air where cold and flu germs are floating around. Stay inside during weather emergencies, but be sure to get outside in the fresh air and exercise when the weather allows. Regularly working out boosts the body's immune system, which helps ward off cold and flu.

## Sudoku and Word Game for Kids: Words in Words

		1	6				4	
	7		4	9		2		
						6	7	5
	2		9					7
	1	9				5	8	
5					2		9	
3	8	5						
		4		8	3		5	
	6			9	7			

### Word Games for Kids: Words in Words

You can sometimes make words using the letters in a larger word. For example, from the word "tube" you can make "be," "bet," "but," and "tub." Now onto a harder one: how many words can you make from the word "heart?" (Hint: we found 27.)

Answers

a, ah, are, art, at, ate, ear, earth, eat, era, hare, hart, hat, hate, hater, he, hear, heart, heat, her, rat, rate, tar, tare, tea, tear, the

"If people concentrated on the really important things in life, there'd be a shortage of fishing poles."

- Doug Larson

1	6	2	5	4	9	7	3	8
7	9	4	2	8	3	1	5	6
3	8	5	7	1	6	9	2	4
5	3	7	8	6	2	4	9	1
6	1	9	3	7	4	5	8	2
4	2	8	9	5	1	3	6	7
9	4	3	1	2	8	6	7	5
8	7	6	4	9	5	2	1	3
2	5	1	6	3	7	8	4	9