

# PENINSULA PARK

Peninsula Park Apartments • 4855 West Fuqua • Houston, TX 77045

## Welcome New Residents!

We are pleased to welcome all of our wonderful new residents! We know you will enjoy living at Peninsula Park and we're sure you'll be making lots of new friends. If you have any comments, questions or suggestions regarding your new apartment home, please contact the Management Office. We're here for you!

## Choose the Right Foods to Combat Stress

We all have our go-to foods when we're stressed out—chocolate cake or a bowl of ice cream. But certain foods can actually help you relax without blowing your diet. Consider these alternatives:

- **Leafy greens.** Spinach, lettuce, and other leafy vegetables can help your brain produce dopamine, which can calm you down.
- **Turkey.** The tryptophan in turkey boosts serotonin levels, relieving depression.
- **Salmon.** Salmon is high in omega-3 fatty acids, which can inhibit hormones that cause stress.
- **Cashews.** The zinc in these nuts can reduce anxiety and depression.

## Skip the Drain Cleaners

Is your drain running a little slow? Skip the chemical drain cleaners and reach in your pantry for organic solutions. Grease will dissolve with 1/2 cup of vinegar and 1/3 cup of baking soda. Pour the baking soda into the drain, adding the vinegar behind it. Let the solution sit in the drain for ten minutes before running hot water. You will hear the mixture bubbling in the drain as it dissolves the stoppage. Of course, our Maintenance Team is standing by if you need an expert.

## Grins & Giggles

- **In plain sight.** Sergeant: "Private Jenkins! I didn't see you at camouflage practice this morning. Jenkins: "Sir, thank you, sir!"
- **Had to be there.** Joe was late for work. Joe's boss yelled at him. "You should have been here at 8:30!" "Why?" Joe asked. "What happened at 8:30?"

## Happening in August...

**Book Lovers Day, Aug. 9.** An unofficial holiday observed to encourage bibliophiles to celebrate reading and literature. Put away your smartphone and pick up a book instead.

**International Left-Handers' Day, Aug. 13.** There's nothing sinister about it—stand up for your right to be left-handed.

**American Artist Appreciation Month.** America has been the home to some of art history's most talented and celebrated artists, people like Georgia O'Keeffe, Norman Rockwell, Jeff Koons, Mary Cassatt, and many others. Take some time during August to visit

**Black Business Month.** Black business owners account for about 10% of U.S. businesses and about 30% of all minority-owned businesses. According to the U.S. Census Bureau, that amounts to approximately two million companies owned by African Americans. Support these businesses in August and all year round.



August 2020

Inside this issue

How to maintain your sanity

Summer sun sense

Movie previews and more.

# LifeStyle

### YOUR MANAGEMENT TEAM

#### **Tracy Parker**

Community Manager

#### **DeAndra Lancaster**

Assistant Manager

#### **Amanda Lopez**

Leasing Consultant

#### **Roberto Hernandez**

Lead Maintenance

#### **Carlos Cruz**

Assistant Maintenance

#### **Rufus Cyrus**

Maintenance Technician

#### **Maria Colin**

Housekeeper

#### **Cearena Oliver, Tarsha Marcellus**

Resident Activity Coordinators

### OFFICE HOURS

#### **Monday thru Friday**

8:30 am–5:30 pm

#### **Saturday**

10:00 am–4:00 pm

#### **Sunday**

Closed

### CONTACT DIRECTORY

#### **Management Office**

(713) 434-8275

#### **Office Fax**

(713) 433-3131

#### **After Hours Maintenance**

(866) 363-9872

#### **Courtesy Patrol**

(866) 363-9872

#### **Manager's E-Mail**

peninsula@allied-orion.com

#### **Community Website**

www.peninsulaparkapts.com

#### **Facebook Keyword**

www.facebook.com/peninsulaparkapts



ALLIED ORION GROUP



## Keep your sanity as the crisis drags on

**T**he COVID-19 pandemic has taken a toll on everyone, and not just physically. Taking care of your mental health is important too, especially because no one knows when the crisis will end. The GOV.UK website shares this guidance on staying sane during these uncertain times:

- **Stay connected.** Maintain your relationships with friends and family. Social distancing guidelines may be looser these days, making things easier, but if you or a loved one is in self-quarantine because of a positive test for the coronavirus, don't stay isolated. Reach out.
- **Talk about your worries.** Whether you work with a counselor or just talk to friends, don't bottle your emotions up. Speak up about what's worrying you. Letting your feelings out is good for your mind and soul.
- **Take care of yourself physically.** Eat healthy meals and exercise. Take a walk or a bike ride now that communities have started to open up. Getting outside and staying in good physi-

cal shape will help you maintain a healthy mental state.

- **Get plenty of sleep.** Sleep can be elusive when you're nervous about life. Stick to a routine that encourages eight or nine hours of sound sleep every night. You'll get the physical rest you need and the mental break necessary to brain health.
- **Manage your media consumption.** There's lots of information out there, often more negative than positive. Don't obsess over every new report. Limit your intake of news so you don't start feeling overwhelmed and helpless. Check the facts to be sure you're not being exposed to bad information.
- **Find things to enjoy.** Make a point of pursuing pleasurable activities to take your mind off things. Read a good book, watch a lighthearted movie, finish a jigsaw puzzle, cook a gourmet meal—do anything that lifts your spirits and makes you feel better.



### Berries aid thinking

Two separate clinical studies show that berries appear to give a boost to brain power.

In one study, healthy men and women ages 60 to 75 were given two cups of strawberries for 90 days. They showed improved scores for word recognition and spatial memory.

In another study, researchers showed that older adults who ate the equivalent of one cup of blueberries for 90 days didn't repeat themselves as often.

Quoted in *Tufts Health & Nutrition Letter*, Barbara Shukitt-Hale said researchers speculate that the anthocyanins in berries have certain anti-inflammatory properties that have direct effects on the brain.

Supplements, she said, don't appear to work. It is the combination of nutrients in berries that seem to have a benefit.



## Practice sun sense as you venture outside

With stay-at-home orders loosening, people can now take advantage of the warm weather to get outside to the park or the beach. You still have to be careful, though, especially of the sun's UV rays that can cause sunburn and cancer. Here's some advice from the CNN website on protecting your skin:

- **Keep to the shade.** If you go to the beach, bring an umbrella. Stay out of direct sunlight from 10 a.m. to 2 p.m. Wear protective clothes, wide hats, and sunglasses.
- **Use sunscreen.** Choose sunscreen that's water resistant, especially if you head to the beach or pool. It should have an SPF of at least 30. Apply it every two hours, as well as after swimming or heavy sweating. If you use a spray sunscreen, spray it onto your hands and apply it to your skin to minimize losing too much in the air.
- **Remember vitamin D.** We get vitamin D, which supports immune health, from sunshine, but sunscreens can block it. You can take supplements, but foods rich in vitamin D include fatty fish, eggs, tofu, mushrooms, cheese, and fortified milk and juices.
- **Check yourself out.** Perform regular skin exams at home if you want to detect skin cancer early, when it's most treatable. Contact your dermatologist if you find anything suspicious. You may be able to use video for a consultation, but if a biopsy is necessary, you'll have to come to the office.



**TENET** Armed with only one word—Tenet—and fighting for the survival of the entire world, the Protagonist (**John David Washington**) journeys through a twilight world of international espionage on a mission that will unfold in something beyond real time. Not time travel. *Inversion.*



**MULAN** When the Emperor of China issues a decree that one man per family must serve in the Imperial Army to defend the country from Northern invaders, Hua Mulan (**Yifei Liu**), the eldest daughter of an honored warrior, steps in to take the place of her ailing father. Masquerading as a man, Hua Jun, she is tested every step of the way and must harness her inner-strength and embrace her true potential. It is an epic journey that will transform her into an honored warrior and earn her the respect of a grateful nation...and a proud father.

**ANTEBELLUM** Successful author Veronica Henley (**Janelle Monáe**) finds herself trapped in a horrifying reality and must uncover the mind-bending mystery before it's too late.

**BILL & TED: FACE THE MUSIC** The stakes are higher than ever for the time-traveling exploits of William 'Bill' S. Preston Esq. (**Alex Winter**) and Theodore 'Ted' Logan (**Keanu Reeves**). Yet to fulfill their rock and roll destiny, the now middle-aged best friends set out on a new adventure when a visitor from

the future warns them that only their song can save life as we know it. Along the way, they will be helped by their daughters, a new batch of historical figures, and a few music legends — to seek the song that will set their world right and bring harmony in the universe.

**THE SECRET GARDEN** Set in England during a new time period in 1947, the film follows a young orphan girl (**Dixie Egerickx**) who, after being sent to live with her uncle (**Colin Firth**), discovers a magical garden on the grounds of his estate.

**THE NEW MUTANTS** A new group of teenaged mutant superheroes which includes Native American Danielle Moonstar, Scots girl Wolfsbane, Brazilian ladies man Sunspot, a Kentuckian code-named Cannonball and Russian teen Magik all train at the Xavier Institute.

**THE PERSONAL HISTORY OF DAVID COPPERFIELD** From birth to infancy, from adolescence to adulthood, the good-hearted David Copperfield is surrounded by kindness, wickedness, poverty and wealth, as he meets an array of remarkable characters in Victorian England. As David sets out to be a writer, in his quest for family, friendship, romance and status, the story of his life is the most seductive tale of all.

**DRIFTLESS** When a state government shutdown closes parks on 4th of July weekend, Park Ranger Nova Abbey (**Monique Candelaria**) must protect the park from the people, and the people from each other.

**WAITING FOR THE BARBARIANS** At an isolated frontier outpost, a colonial magistrate suffers a crisis of conscience when an army colonel arrives looking to interrogate the locals about an impending uprising, using cruel tactics that horrify the magistrate. **Mark Rylance, Johnny Depp** and **Robert Pattinson** star.

**GREENLAND** A detached married couple must get their son and themselves to safety after being randomly selected to enter an underground bunker, as a massive object from space threatens to destroy the world in less than 48 hours. **Gerard Butler** and **Morena Baccarin** star.

**AN AMERICAN PICKLE** An immigrant worker at a pickle factory is accidentally preserved for 100 years and wakes up in modern day Brooklyn. He learns his only surviving relative is his great grandson, a computer coder who he can't connect with. **Seth Rogan** stars.

*Release dates subject to change*

# Thank you for not smoking.

Please remember that our community policy prohibits smoking in common areas.  
Your cooperation is appreciated.



## August 2020

						saturday
sunday	monday	tuesday	wednesday	thursday	friday	
2 <i>Coloring Book Day</i>	3 <i>Watermelon Day</i>	4 <i>August is Happiness Happens Month</i>	5 <i>Blogger Day</i>	6 <i>Wiggle Your Toes Day</i>	7 <i>Lighthouse Day</i>	8 <i>Bowling Day</i>
9 <i>August is Romance Awareness Month</i>	10 <i>Skyscraper Appreciation Day</i>	11 <i>Play in the Sand Day</i>	12 <i>Middle Child's Day</i>	13 <i>International Lefthander's Day</i>	14 <i>Creamsicle Day</i>	15 <i>Relaxation Day</i>
16 <i>Rollercoaster Day</i>	17 <i>Thrift Shop Day</i>	18 <i>Bad Poetry Day</i>	19 <i>Aviation Day</i>	20	21 <i>Senior Citizens Day</i>	22 <i>Eat a Peach Day</i>
23	24 <i>Pluto Demoted Day</i>	25 <i>Kiss and Make Up Day</i>	26	27 <i>Banana Lovers Day</i>	28 <i>Bow Tie Day</i>	29 <i>More Herbs, Less Salt Day</i>
30 <i>Slinky Day</i>	31 <i>Trail Mix Day</i>					
						1 <b>RENT DUE.</b>