

May 2010



6031 Meadow Crest Drive • Johnston, Iowa 50131



Energize.



Your Staff

Deb Lanpher
Property Director

Sandy Wilges
Assistant Manager

Heather Simmons
Leasing Manager

Ruth Pope
Leasing Agent

Jackie Procknow
Administrative Assistant

Jerry Palmer
Chuck Harper
Tim Grogan
Maintenance Technicians

Braden Banning
Team Leader

Important Numbers

Office: (515) 270-0940
Fax: (515) 270-2448
Emergency Maintenance: (515) 707-6628
Fire, Police, Emergency: 911

Office Hours

Monday, Wednesday, Friday
9 a.m. - 5:30 p.m.
Tuesday, Thursday: 9 a.m. - 7:30 p.m.
Saturday: 10 a.m. - 5 p.m.
Sunday: 1 - 5 p.m.

Need Some Extra Cash?

Do you know a friend, co-worker or relative who is looking for a place to live? Refer them to Winwood and we will send you a check! \$150 if they stay for six or nine months; \$200 if they stay for 12 months! Everyone can use some extra cash...so start sending your friends to Winwood! Be sure they let us know that you sent them to check us out!

The Early Bird Catches The Worm

Pay your rent on or before the 1st of the month and we will enter you for a chance to win \$50 off rent! Congratulations to our April winners! Robert Newland won the early rent award and Doug & Colleen Anderson won the early renewal award! These lucky residents receive \$50 off of their May rent!

The Pool's Almost Ready

We hope you have your new bathing suit ready to go, because the pool will be officially open for our residents to use on Saturday, May 29 at 9:00 a.m.!

Save The Date

When: Friday, July 23 at 6:00 p.m.
What: Winwood Summer Pool Party
Where: The North Pool

We have reserved our favorite balloon artist, Daniel Poe, to create wonderful balloon art for all of our residents and guests present! More details to come!

Metro Calendar of Events

The Des Moines metro area is hopping with things to do this spring. For more information about these highlighted events, log onto www.seedesmoines.com

- 5/4-5/8 Tulip Time Festival
- 5/8 Xtreme Fit & Figure Championships
- 5/16 Lazerfest 2010
- 5/31-6/6 Principal Charity Classic

Celebrate Cookie Monster's Birthday

Stop by the Winwood office on Tuesday, May 25, to celebrate one of our favorite childhood friends' birthday! We will be handing out Cookie Monster's favorite snack to our residents: Chocolate chip cookies!

Happy Mother's Day

Sunday, May 9, is a day set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us here at Winwood, we wish all the moms who call our community home a very happy Mother's Day!

Hospitable Quote

"You are as welcome as the flowers in May."

—Charles Macklin





Refresh.



Wit & Wisdom

“They fell, but o’er their glorious grave, floats free the banner of the cause they died to save.”

—Francis Marion Crawford

“On thy grave the rain shall fall from the eyes of a mighty nation!”

—Thomas William Parsons

“The legacy of heroes is the memory of a great name and the inheritance of a great example.”

—Benjamin Disraeli



Foundation’s Focus Is Cleaning for Cancer

Between things such as work, school, practices, PTA meetings, taking care of their families and their homes, many women already feel pressed for time when it comes to juggling responsibilities. Cancer doesn’t discriminate, however, and hundreds of thousands of women with packed schedules face the burden of handling “life” while battling cancer. Thankfully, a newly formed nonprofit dedicated itself to easing the hassles of daily life for female cancer patients, providing a bit of relief for these women.

The Cleaning for a Reason Foundation understands that life doesn’t stop when a woman receives a cancer diagnosis. The group’s organizers know that having help with those responsibilities can positively impact her as she faces both emotional and physical hurdles.

Cleaning for a Reason provides that support by offering free, professional housecleaning assistance to women undergoing cancer treatment. With a doctor’s confirmation of her condition, a female cancer patient can request the aid of a participating local business. Then, when chemotherapy and radiation zap her energy, a team of cleaning experts steps in to provide the needed relief.

If you, or someone you know, is currently fighting a battle with cancer and could benefit from the foundation’s housecleaning aid, get details at www.CleaningForAReason.org.

8 Ways You Can Reuse the News

Before you toss your newspaper in the recycling bin, consider all the ways you could put yesterday’s news to good use. Here are some options for repurposing your old papers:

- 1) *Window washing.* Use a few pages to wash windows, mirrors and other glass surfaces. Simply spray with solution and wipe surfaces clean.
- 2) *Paper packer.* If you are mailing a package and need extra cushioning to protect your object, wad up some newspaper and stuff it around your breakables.
- 3) *Odor eliminator.* Place a few pages in the bottom of your kitchen trash can before you put in a new trash bag. The newspaper will reduce smells and absorb any spills from a leaky liner.
- 4) *Peeling pal.* Before you make a mess in the kitchen peeling potatoes, carrots or other vegetables, lay out some newspaper on the countertop. After peeling, just pick up the paper and toss for easy cleanup.
- 5) *Moisture reducer.* Line the crisper drawers in your refrigerator with newspaper to absorb moisture and eliminate odors.
- 6) *Ripening resource.* Wrap immature fruits or vegetables in several layers of newspaper to speed the ripening process. The newspaper traps ethylene gas, which the produce emits, encouraging it to ripen more quickly.
- 7) *Footwear fix.* To dry out wet shoes, stuff them with crumpled newspaper. The paper will help absorb dampness, and they will dry faster.
- 8) *Storage solution.* Stuff decorative boxes and luggage with newspaper before putting them into storage to eliminate musty smells and absorb moisture.



Sunshine.



Scrumptious Sweet Potato Squares

Ingredients:

- 1 c. all-purpose flour
- 1/4 c. plus 2/3 c. confectioners' sugar
- 1/3 c. chopped pecans
- 7 T. margarine
- 1 8-ounce package fat-free cream cheese
- 1 8-ounce container fat-free, frozen whipped topping, thawed and divided
- 2 15-ounce cans sweet potatoes, drained, or 2 c. fresh sweet potatoes, cooked and cut into chunks
- 1/4 c. sugar
- 1/2 t. ground cinnamon

Directions:

Preheat oven to 350° F. In large bowl, combine flour, 1/4 c. confectioners' sugar, pecans and margarine. Press into bottom of 13- x 9- x 2-inch baking pan. Bake 20 minutes. Set aside to cool. In mixing bowl, mix cream cheese and 2/3 c. confectioners' sugar until creamy. Fold in 3/4 c. whipped topping. Spread cream cheese mixture over cooled crust. In mixing bowl, beat sweet potatoes, sugar and cinnamon until smooth. Spread over cream cheese mixture. Smooth on the remaining whipped topping. Refrigerate.

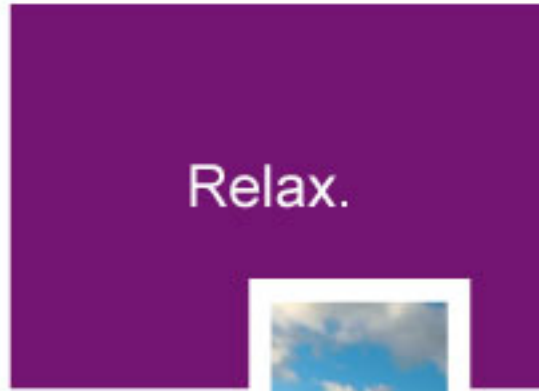
For more recipes and cooking tips, visit the Louisiana Sweet Potato Commission's web site, www.SweetPotato.org.



Horse Play: The Kentucky Derby

There will be no horsing around May 1 in Louisville, Ky., as owners, trainers and jockeys get serious about the 136th annual Kentucky Derby. Here are a few facts you may not know about the first gem in horse racing's Triple Crown:

- *Open for business.* Aristides, a 3-year-old colt, won the first Derby on May 17, 1875.
- *Maximum horsepower.* In 1907, the facility allowed auto races onto the track.
- *Bet on it.* The track lowered the minimum wager on a race from \$5 to \$2 in 1911.
- *Sounds good.* New York journalist Bill Corum coined the phrase "run for the roses" in 1925.
- *Derby dish.* Burgoo, a thick stew of lamb or other meats, plus beans and veggies, is popular on race day.



Relax.



May Is ...

National Barbecue Month

National Bike Month

Creative Beginnings Month

Family Wellness Month

Get Caught Reading Month

Gifts from the Garden Month

National Meditation Month

National Military Appreciation Month

National Photo Month

National Smile Month

Healthy Vision Month

Flowers.



Awaken.



Ask Me About Renters Insurance ^{RFI}

Save 40% on Auto Insurance
(FREE Road Atlas with Quote)

223-5566

GLENN WATERHOUSE
 5301 NW 86th Street • Johnston
 glenn.waterhouse.pdf@statefarm.com

Winwood Pride

It's wonderful when residents take pride in their homes by planting beautiful flowers, helping keep trash picked up in both common and private areas and picking up after pets. Let's all continue to take pride in our homes and show everyone else that we really do love where we live!

Holiday Office Hours

The Winwood office will be closed on Monday, May 31, to observe Memorial Day. If you have a maintenance emergency please call (515) 707-6628. Enjoy the holiday!

Take the Easy Ride . . .

Des Moines Area Regional Transit Authority offers an improved Express Bus Service in our area from NW 62nd Avenue to downtown! If you want to take advantage of this service while helping to reduce traffic congestion and air pollution, log onto www.ridedart.com or call DART at (515) 283-8100 for more information.

Is Your Dog on a Leash?

Many of you know that Winwood has Pet Rules and Regulations that state your pet must be on a leash at all times. Did you also know that Johnston city laws also require the same thing? If a well-meaning neighbor calls the Johnston Police Department to report that you are indeed not leashing your pet you can be cited a ticket with a court date . . . the courts would then determine how much you would be fined. So be sure to keep those dogs leashed . . . not only will it keep your neighbors happy and your dog safe, but you will also save a little money in the long run!

"Life is full of beauty. Notice it. Notice the bumblebee, the small child and the smiling faces. Smell the rain and feel the wind. Live your life to the fullest potential and fight for your dreams." — Ashley Smith

Sun	Mon	Tue	Wed	Thu	Fri	Sat
May ²⁰¹⁰						1 Rent Due Thank You!
2	3 Rent Late	4 National Teacher Day	5 Cinco de Mayo	6	7	8
9 Mother's Day	10	11	12	13	14	15
16	17	18	19	20	21 National Bike to Work Day	22
23/30 23 - Neighbor Day	24/31 31 - Memorial Day (Observed) Office Closed	25 Cookie Monster's Birthday	26	27	28	29 Pool Opens at 9 a.m.



Invigorate.