



Heritage Highlights

Centennial Active Seniors

AN AFTERNOON WITH ABRAHAM LINCOLN

Thursday, February 7
1 – 2 p.m.

Join us at South Suburban Family Sports Center for a living history experience as Lincoln talks through the fifteen presidents that preceded him, describing their importance and his own connections with them. He also shares highlights from his own presidency, including the Civil War, emancipation and the Gettysburg Address. Reserve your spot at: <https://www.eventbrite.com/e/an-afternoon-with-abraham-lincoln-sponsored-by-centennial-active-seniors-tickets-52226247111>

COMEDIAN AND VET DR.

KEVIN FITZGERALD

Thursday, February 28
2 - 3 p.m.

Laughter is an important part of life. Join us at Koelbel Library for an afternoon that promises to be fun and interesting as Dr. Kevin Fitzgerald shares unique insights obtained from his dual-career as a doctor and a comedian. Reserve your spot at Arapahoe Libraries.

<https://arapahoelibraries.bibliocommons.com/events>

Responsible Pet Owners Month

They're not just pets, they're part of the family, so make sure your dogs and cats have been spayed/neutered, are up to date on their checkups and vaccinations, and are getting the proper nutrients. Also make sure your home is pet-proofed to avoid the risk of injury.

Energy Action Plan to Help Centennial Save Energy and Money in 2019

The City of Centennial and CSU Extension recently joined together with Xcel Energy Partners in Energy in the development of an Energy Action Plan for the Centennial community. The Energy Action Plan outlines steps to help achieve the following energy goals:

- *Help residents save money through energy efficiency programs and rebates;*
- *Connect businesses with free and low-cost energy efficiency programs; and*
- *Ensure community facilities are running efficiently and taking advantage of energy rebate opportunities.*

In 2019, residents and businesses will have the opportunity to learn about energy efficiency opportunities, discounts, and rebates through educational workshops, social media posts, community events, and through a variety of community newsletters.

Finally, community facilities at the City of Centennial, South Suburban Parks and Recreation District, Arapahoe Libraries, and others are planning to participate in energy audits and building tune-ups to identify potential improvements, increase energy efficiency, and help save taxpayer money. To learn more about upcoming activities or to review the Energy Action Plan, visit centennialco.gov/energy.

Is Your Residence Future Ready?

Learn Simple Strategies To Create a 'Lifelong Home' by visiting the Interaction Lab at Southglenn Library.

The City of Centennial wants residents to thrive in their homes for as long as they wish to do so, no matter their age or circumstance. To showcase home design strategies that make homes comfortable and accessible for all ages and abilities, Centennial has partnered with Arapahoe Libraries to create a new interactive exhibit called the "Interaction Lab," located inside Southglenn Library, 6972 S. Vine St., Centennial.

The Interaction Lab introduces the concept of Universal Design, which creates environments or products that are accessible and benefit everyone, regardless of age or ability.



Universal Design is especially important to those wanting to remain in their home as they age.

"The city is grateful for the partnerships in place to make this unique hands-on Interaction Lab a reality. The lab provides the opportunity to engage with technology and universal design features to make each home a better fit for individual residents' needs. It is important to the city to provide resources and information to residents so they can remain in their homes as long as they wish," said Centennial Mayor Stephanie Piko. "The Interaction Lab will continue to evolve as partners work together with patrons to understand the most desired smart-home

features and Universal Design concepts to include in the lab."

The City of Centennial partnered with Arapahoe Libraries, Arrow Electronics, Colorado State University and Denver South Economic Development Partnership to create the Interaction Lab.

For more information, visit centennialco.gov/lifelonghomes, arapahoelibraries.org/interaction-lab or call 303-LIBRARY (303-542-7279).

Try These Tips for Healthy Eating habits

If you've already slipped off your New Year's diet, it's not too late to get back on track. Just follow these tips for healthy weight loss from the Harvard Health Publishing website:

- **Make a list.** Keep track of what you eat and drink for at least three days. Include what you consume, where, how much, and so forth.
- **Set a goal.** Be specific—do you want to lose a certain number of pounds, lower your blood pressure, or something else? Identify strategies for reaching your goal in a reasonable amount of time.
- **Anticipate obstacles.** What might prevent you from hitting your goal? If a busy schedule might keep you from working out, plan to get up a little earlier. If an empty pantry tempts you to order take-out, spend some time looking up healthy recipes, then go to the grocery store for ingredients and make enough for a few nights of leftovers.
- **Control your portion size.** A standard single serving of meat or poultry is about the size of a deck of cards, and a serving of pasta is about half a cup. Check on portion sizes so you don't overeat.
- **Listen to your body.** Try not to eat just because you're worried or angry. Train yourself to stop eating before you feel full—it takes about 20 minutes for your brain to recognize that you've had enough.
- **Eat slowly and mindfully.** Don't rush your meals. Take the time to enjoy every bite. You'll eat less and still feel full when you're finished.

Coffee Still in Demand

We sure like our coffee. The U.S. National Coffee Association's 2018 National Coffee Drinking Trends report says that the number of Americans who drank coffee in the past day is the highest it's been in six years.

According to the report, based on a study of more than 2,700 adults 18 or older, 64 percent said they drank coffee within the past day, the highest amount since 2012. This is higher than the growth from 57 percent in 2016 to 62 percent in 2017. The study also found that past-day consumption traditional coffee, defined as "regular coffee" brewed from "gourmet quality" beans, held steady over the previous years, at 16 percent. Similarly, consumption of espresso-based drinks held steady from 2017, at 24 percent.

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The *Heritage Highlights* is published bi-monthly by the Heritage Place Homeowners Association, in the months of February, April, June, August, October and December.

News Articles

The deadline for news articles is the 15th of the month before the next month's issue. Please email news articles to **Sonya Roberts at sonyaroberts.co@gmail.com**. No endorsement of any product or service is implied or stated by its inclusion in the newsletter.

Advertising

The deadline for advertisements is the 15th of the month for the next month's issue, except for the Jan. issue which is Dec. 6th.

To place an ad, call **Colorado Lasertype, 303-979-7499.**

Email: getinfo@coloradolasertype.com

To find ad rates and discounts, go to **www.ColoradoLasertype.com** and click on the "Advertising Rates" link.

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Start On The Path To Better Heart Health

Taking control of your heart health is one of the best ways to lead a long life. It's not that hard, especially if you follow this basic advice from the Time magazine website:

- **Eat more plants.** Fruits and vegetables contain fiber, antioxidants, and lots of vitamins and minerals.
- **Limit animal fat.** Butter and other forms of fat from animals have been linked to higher cholesterol and increased risk of heart disease. Stick to monounsaturated fats found in olive oil, avocados, and many nuts, along with polyunsaturated fats from fish like wild salmon and sardines.
- **Watch your sugar intake.** Many foods add sugar, which can add calories and weight. The American Heart Association recommends that women have no more than six teaspoons' worth of added sugar a day and men stick to nine—although the average intake for all Americans is roughly 22 teaspoons per day. Check the labels on everything you buy.
- **Exercise often.** You don't have to run for five miles every day. The American Heart Association advises about 150 minutes of moderate exercise a week, or 30–60 minutes every day.
- **Stand up.** Sitting for hours at a time has a negative impact on your heart. Even if you work at a desk job, make a point of getting up and moving around regularly for five to 10 minutes every hour.
- **Watch your stress.** Stress can heighten your heart disease risk at a rate similar to smoking and diabetes. Practice meditation and yoga to keep yourself calm and reduce your heart's workload.

Protect Kids with Asthma

About 80 percent of all asthma attacks are caused by viruses. It is common for an upper respiratory infection to spread into the lower airways and trigger inflammation associated with an asthma attack. For children with asthma, the school year is a time of high alert because of an increased threat from exposure to viruses and sick peers, especially during cold and flu season. Cleveland Clinic offers the following four suggestions for protecting your children from the viruses that could trigger their asthma:

- **Remind them to keep their hands clean.** Stress the importance of hand washing before meals and after arriving home from school.
- **Keep tissues handy.** To prevent the spread of germs, have children use a tissue and not their hands if they need to wipe their eyes, runny noses, and mouths.
- **Limit potential exposure.** Outside of school, large public gatherings are another way to come into contact with germs.
- **Keep medication handy.** Make sure children know when and how to use their medications in the event their condition begins to flare when they are away from home. Teachers and school officials should also be aware of your child's condition and be prepared to offer assistance when they are in distress.



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Classified ads are \$4.00/line (about 40 characters/line). Contact Colorado Lasertype at 303-979-7499 or getinfo@ColoradoLasertype.com to place an ad. To view our display ad prices, visit our website at www.ColoradoLasertype.com. The deadline for placing a classified or display ad is the 15th of the month for the next month's issue (i.e., 15th of Sept. for Oct. issue), except the January issue, which has a deadline of December 6th. Residents placing ads to sell household items are not charged a fee.

Remember Security In The Parking Lot

It's easy to overlook the parking lot—you only see it on your way in or out. Yet it's a key spot for safeguarding your employees against injuries and theft. Remind employees to keep up their car insurance and to take the following safety precautions when using the lot:

- **Be aware.** Learn to notice whether the lighting and the gate are working, and whether there are any individuals hanging out near the lot who appear to be "casing" cars. Report any problems to the lot attendant or security personnel.

- **Remove temptation.** Remember to lock your doors and close your windows, and don't leave any valuable items visible on the seats, such as cellphones, laptops, or expensive clothing. Take these items along or store them in the trunk.
- **Don't advertise.** Placing alarm decals on a car window may simply help thieves see what device they must evade. Ask your insurance company about using decals.
- **Identify the car.** Etch your car's Vehicle Identification Number on the windshield and the engine block. If the car is stolen, it will be easier to identify.

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HERITAGE PLACE

REAL ESTATE MARKET UPDATE

NOVEMBER 15, 2018 — JANUARY 11, 2019



HOMES FOR SALE

ADDRESS	STYLE	SQ. FT.	PRICE
6527 S Heritage Pl W	Tri-level	2,196	\$599,900
6620 S Heritage Pl W	2S	2,618	599,555

HOMES UNDER CONTRACT

ADDRESS	STYLE	SQ. FT.	PRICE
*6369 S Monaco Ct	2S	2,668	\$659,900 Ⓟ
7170 E Heritage Pl N	2S	2,392	605,000
6421 S Heritage Pl E	Multi-level	2,136	538,000

RECENTLY SOLD

ADDRESS	SOLD DATE	STYLE	SQ. FT.	PRICE
6775 E Heritage Pl S	12-Dec-2018	2S	2,366	\$665,000

Dear Heritage Place,

Hope you had a wonderful holiday season. Below is my annual recap for real estate sales in Heritage Place.

2018 home sales compared with 2017 numbers in parentheses:

Number of homes sold: 25 (34 in 2017)

Average home sold price: \$548,962 (\$498,161 in 2017)

Minimum home sold price: \$440,000 (\$365,000 in 2017)

Maximum home sold price: \$665,000 (\$630,000 in 2017)

Wishing you all a healthy and prosperous 2019. Please mark your calendars for the 3rd Annual Heritage Place Shred-a-Thon Saturday May 18, 2019, 10am – noon. Details to follow.

Thanks, Mark



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Based on information from RE Colorado (formerly Metrolist, Inc.), for the period 11/15/2018 thru 1/11/2019. NOTE: This representation is based in whole or part on data supplied by RE Colorado which does not guarantee nor is in any way responsible for its accuracy. Data maintained by RE Colorado may not reflect all real estate activity in the market. Sales represented are from multiple brokers.
 Mark Terry Enterprises, Inc. 2019



Conserve Your Cash with These Tips

We all want to save money, don't we? That doesn't mean you have to take a vow of poverty and devote yourself to a diet of rice and water. Here are some simple tips for spending less money every day:

- **Use the library.** Stay away from bookshops, music stores, and video rental outlets. You can get almost anything you want in the way of entertainment from your local library, for free.
- **Cut out meat.** You can get needed protein in your diet from other, less expensive foods. You don't have to become a vegan, but limiting meat to once or twice a week will cut your grocery bill.
- **Avoid soft drinks.** When dining out, order water instead of pricier sodas. It's free.

This Space Intentionally Left Blank for Teen Services

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CUSTOMERS: always come first
COMMITMENT: in all things
COMMUNICATION: seek first to understand
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TEAMWORK: together everyone achieves more
TRUST: starts with honesty
SUCCESS: results through people

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