



RANDY'S NOTE

Friday, May 6, the management team and all of our department leaders and direct care staff who participated in Marc Center's 14th re-accreditation survey by the largest internationally recognized accrediting body (CARF), had the opportunity to hear feedback from our five surveyors. On behalf of the Board of Directors and myself, I want to extend our personal appreciation to all of you for your commitment and passion as we heard the responses regarding our service quality. We should receive the written report within 4 to 6 weeks.



Based upon our exit conference, I am proud to make the following observations. To all of you, please note that over 2,200 standards were applied to approximately 65 settings. These statistics are significant, given the size and complexity of our organization, in that only four recommendations (citations to standard) were noted. In fact, we believe that these four minor recommendations were offered in three sections of the standards. Stated differently, 19 sections that encompassed administration, vocational programs, behavioral health services and DD programs had no recommendations.

It is evident from the feedback that Marc Center "walks the talk" and embraces quality assurance as a continuous improvement process. What is more impactful is the professionalism and commitment of all of our staff to apply quality assurance standards in a manner that improves the quality of life for people served. Some of the strengths and noted areas of exemplary performance recognized the governance leadership, executive leadership and direct-care staff commitment. The surveyors also observed ample evidence of outstanding performance in all areas of service with guidance from management information systems, as well as the care provided.

I will end this message as I began. I am proud to be associated with such a vibrant organization that truly excels to maintain quality services, while introducing innovative and creative means to expand programs. Thanks to all of you for a job well done.

- 5 ~ Cinco de Mayo
- 8 ~ Mother's Day
- May 30 ~ Memorial Day (Holiday)
- ~
- ALS Awareness Month
- Arthritis Awareness Month
- Family Wellness Month
- National Mental Health Month
- Asian American and Pacific Islander Heritage Month
- National Smile Month
- Potatoes and Limes Month

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Marc Center provides opportunities for people to be actively involved in determining where and how they live, learn, work and play.

MAKING US PROUD

BYRON WATSON



An anonymous consumer who tends to isolate herself and struggles with depressive symptoms, has attended Byron Watson's skills group and reported that: her depression has significantly decreased since utilizing Bryron's group. She said the group is very educational, useful, and fun. She describes Byron to be very respectful, informative, makes her feel comfortable to share with the group and gives an overall relaxing environment in which to learn. Her overall mood has improved since attending his group and it has inspired her to take more action in her life and reconnect with recreational activities she had previously stopped due to depression.

~ Adalesa Meek

TIM OWEN

Congratulations to Tim Owen for reaching a very important professional goal. On April 11, Tim, our IT Services Manager, completed all his course work toward an MBA with Information Systems concentration from Ashford University, Clinton, OH.

Please join me in congratulating him for these accomplishments.

Tim, we are so proud of you!!!

~ Adalesa Meek



ESTELA MARTINEZ

JOHN GIOIA

DONNA SUAREZ

TAMMY RICKS

DONN DeCARLO

ELLIE RAMIREZ

I would like to let everyone know about a team of staff who has recently demonstrated willingness to implement new strategies and techniques to better serve people diagnosed with Polydipsia at one of our BHS facilities. Polydipsia is a medical condition in which an individual has excessive thirst and fluid intake. It can be very serious. Drinking large amounts of fluids can lead to an imbalance of sodium levels and the amount of fluid ingested can exceed the amount that is able to be excreted by the kidneys. I am happy to recognize staff who have been involved in the development, implementation and monitoring of this program. These individuals are: Estela Martinez, John Gioia, Donna Suarez, Donn De Carlo, Tammy Ricks and Ellie Ramirez. Thank you team for your dedication!

~ Adalesa Meek



WEIGHT LOSS SUPPORT GROUP

The month of April saw the fourteen members of the CDS-sponsored weight loss support group lose a total of 42 pounds. They continue their journey supporting and encouraging each other. If you are interested in joining this group, or have any questions, email Marilyn at marilyn.heckman@marccenter.com or call her at 480-969-3800 ext. 201.

ERS

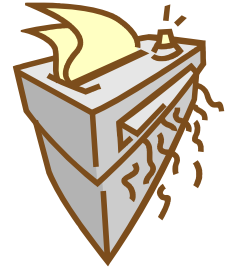
IMAGING

DID YOU KNOW?

When you send paper to Imaging, it does not have to be just confidential papers.

We shred all paper.

- Newspaper/Magazines
- Catalogs
- Phonebooks
- Anything that is paper that you throw in the recycle bin can be sent down to Imaging for shredding.



It is a win/win situation.

- We put our consumers to work and give our light-duty staff something to do.
- Marc Center gets money from the shredded paper for the ERS consumer fund.
- You don't have to pull out a big blue bin to the curb. We will pick it up.

Also for a small charge we will do personal shredding for staff so you don't have to worry about throwing away information at home! Just bring it in to us and we will shred it.

We will pick up anywhere on the 924 campus.

Just contact: John A. @179 or Rhoda A. @259

Also please do not throw out your old ink cartridges. We will take all types of cartridges for a fund raiser.

SAYING GOODBYE



Barb Beste retired at the end of April after 19 years at Marc Center. She started as Direct Support Staff, then moved up to Section Supervisor and has been the Program Coordinator for ERS for the last seven years. Barb will be missed by everyone here, not just because of all her hard work and dedication, but because of her huge loving and giving heart. Thanks, Barb, and good luck on your retirement!

~ From everyone in ERS

KICKBALL TOURNAMENT



In April 2009, an innovative approach to behavioral health took place at Daley Park in Tempe in the form of the first “Tournament of Champions Kickball Tournament”. On that day, the barriers came down and the spirit of recovery flourished as approximately 300 people participated, including service recipients, families and service providers. They all joined together for a day of fun, food and friendship. This turned out to be a healthy way for everyone to engage with one another and bring a humanistic approach to services. The collaboration between the different organizations can be a miracle in itself, but when it all comes down to it, health and happiness is all our focus. It is simply amazing to see so many people from different walks of life join together and experience such fun, laughter, sharing and competition.

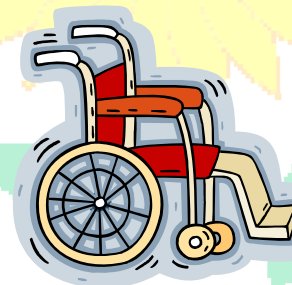
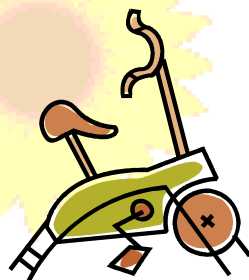
That first event turned out to be such a success that the tournament has become a regular event. Friday, April 1, the fifth Tournament was held. The tournament sponsors all had teams that participated. The sponsors were Marc Center, C.H.E.E.R.S., Jewish Family and Children Services (JFCS), Visions of Hope, Partners in Recovery, Recovery Innovations of Arizona, Mountain Health and Wellness, and STAR Center (who also provided the excellent food).

The esteemed umpires were Ted Williams (Arizona Behavioral Health Corp.), Ann Ronan (Attorney, Arizona Center for Law in the Public Interest), Robert Sorce (Assistant Director, ADHS), John Gallagher (Lead Advocate, ADHS), Richard Clark (CEO, Magellan Health Services), John Moore (CFO, Marc Center of Mesa, Inc.), Maryjo Whitfield (Clinical Director, JFCS), Kathy Bashor (Manager, Individual & Family Affairs, ADHS).

Taking first place in this year’s tournament was Vision of Hope. STAR Center finished second and JFCS grabbed third place. Congratulations! Everyone walked away a winner!

CDS WISH LIST

CDS needs your help. They are in need of a gently-used sofa or love seat, a stationary bike and wheelchairs with foot rests. Please check around your house. You are doing your spring cleaning anyway and these items just tend to collect dust. Why not donate them to a good cause? Your eyesore may be just what CDS is looking for. If you have any of these items that you are willing to donate to CDS, contact Daphne Lothlen at 480-969-3800 ext. 122 or send an email to daphne.lothlen@marccenter.com



Safety Tips From MarcUs

Staying Safe in the Heat



Anyone can be susceptible to heat-related illness. Those at greatest risk are children under four years of age, adults over 65, people who are overweight and people who are ill or on certain medications.

Here are some tips to help you stay healthy in the Arizona heat.

- **Drink water** - Even people who stay mostly indoors all day should drink at least two liters of water per day. If you spend time outdoors, you should drink one to two liters of water per hour that you are outdoors.
- **Dress for the heat** - Wear lightweight, light-colored clothing, wear a hat and apply sunscreen to exposed skin.

- **Eat small meals and eat more often** - Avoid foods that are high in protein which increase metabolic heat.
- **Slow down** - Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day.
- **Stay indoors when possible.**
- **Take regular breaks** when engaged in physical activity on warm days - If you recognize that you or someone else is showing the signs of being affected by the heat, stop the activity and find a cool place.

Enjoy the beautiful Arizona weather, but stay safe!



April Anniversaries



25 Years	Phyllis Donoho-Bella	3 Years	Elizabeth Rivera
23 Years	John Atkinson		Cory Niemeier
13 Years	Elroy Voss		Christopher Lyons
12 Years	Linda Viamille		Mary Gomez
10 Years	Barbara Smith-Odum	2 Years	Leonel Chacon
9 Years	Ramon Veleta		Tiffany James
	Sallee Hill		Logan Leavitt
	Monique Ekrissin		Beverly Lyon-Payne
8 Years	Daphne Lothlen		Gemma Miller
7 Years	Joan Roux		Amber Stone
	Ricardo Garza	1 Year	Roderick Sanchez
6 Years	Cheryl Anderson		Aaron Michel
5 Years	Leanne Sermeno		Josefina Mariscal
	Amber Marino		Alexander Blackwell
	Ellen Rose		Charles Nderu
	Glenda Vasquez		Cherrone Newman
	Angela Cohen		Kenneth Nofrey
	Maria Donnat		Kelsey Finlayson
4 Years	Donn DeCarlo		Julie Gray
	Tammy Ricks		Joshua Martin
	Paula Fernandez		Michael Essian
	Shannon Fisk		Jennifer Zuniga
	Tammy Gagnon		Kathy Fowler
	Eric Masters		



April New Hires

Acct.	Cynthia Swisher
BHS	Adrienne Cassidy
	Rhonique Claiborne
	Susan Diaz
	Jackie Frazier
	Trevor Frazier
	Heather Harenberg
	Janna Meeker
CDS	Deborah Barber
CLS	Fantasia Allen
	Jacquelynn Allen
	Michael Edwards
	Breanna Lothlen
	Joel Ndungu
	Sharon Brandon
	Joseph Muigai
CSS	Jacqueline Brinkley
	Donnetta Gillespie
	David Gorman
	Michelle Gullo
	Noel Petersen
	Kimberly Townsend
	Tracy Worthington
ProMarc	Susan Hall
	Ramona Quintana

Welcome

Shout Outs!

The following employees are being recognized by their co-workers for doing a remarkable job. If you would like to send a Shout Out to a deserving Marc Center employee, please send the staff's name, department and site, your name (anonymous is okay) and the reason you feel they should be honored to lisa.wrobel@marccenter.com.

LORI ANNALA

"Thank you again for being so easy to talk to and for being the person you are."

~ Sarah Hilger

LORI ANNALA

"For always being so willing to use the staff's ideas and letting me know that I am appreciated for the job I do with our clients. Thanks for recognizing that."

~ Wendee Ray

MARILYN HECKMAN

"For always being so helpful and the wonderful hugs every morning to get my day started. Thank you so much."

~ Wendee Ray

THERESA TRIPLETT

"IT would like to give a special shout out to Theresa Triplett for referring Lewis to the TecMarc Technical Training Institute for the SharePoint class. Thank you Theresa!"

~ IT Department

DAVID ALDRIDGE

"I just want to say what a pleasure it is sharing a classroom with you. You can always make me laugh and I love your sense of humor."

~ Sarah Hilger

BURNICE DURAN

AMBER HAYS

KATHY FOWLER

"For volunteering their time to support Mesa East Special Olympics track and field. Without your support, we wouldn't have been able to score 52 athletes in time for registration. Thanks so much!"

~ Alice Williams and
Cherie Vance

LINDSAY AMOROSO

DIONNA REEB

LACRESHIA WITCHER

JAYE ROWE

"For all of their help entering paper encounters into the PACE system. It's not the most exciting job, but their help and dedication is greatly appreciated."

~ Cory Niemeier

PHIL WITT

"Thank you for showing us that you appreciate us. That really means a lot. It also makes us want to do our best. You are an awesome guy to work with."

~ Wendee Ray

OREST KRAWIC

"IT would like to give a special shout out to Orest Krawic for referring Elizabeth to the TecMarc Technical Training Institute for the SharePoint class. Thank you, Orest!"

~ IT Department

JOSH MARTIN

"Thanks to Josh for coming to my rescue when I was having some challenges with my computer. He figured it out and we're up and running. He always has a smile, positive attitude and willingness to help when the need arises, no matter how busy he is."

~ Marilyn Heckman

OLGA PLACENCIO

"A very special and heart-felt thanks for the work and efforts you and your staff put in organizing and making the Easter party a positive experience. It was a joy to see the clients' enthusiasm when coloring and decorating the eggs. The egg hunt was a terrific hit with them and the food was terrific. All enjoyed, all were smiling and that is what it is all about. Thanks again for a job well done. We certainly appreciated it."

~ Mary Ann Harwood

DR. FRANCAK

"For all of his assistance with obtaining an extended prior authorization period for a recipient in Level II - all with just one phone call. Your knowledge amazes me."

~ Cory Niemeier

MICHELLE HARRINGTON

MELISSA ALVARADO

BILL LUCWICK

"For their assistance with all of the corrections on the December, January and February paper encounters."

~ Cory Niemeier

CASSIE ALLEN

"IT would like to give a special shout out to Cassie Allen for referring Valerie to the TecMarc Technical Training Institute for the SharePoint class. Thank you Cassie!"

~ IT Department

MARILYN HECKMAN

"For being the best every single day since I've been here. If she has an off day, nobody can tell. She is awesome!"

~ David Aldridge

FRAN FOGLESONG

"IT would like to give a special shout out to Fran Foglesong for referring Janelle to the TecMarc Technical Training Institute for the SharePoint class. Thank you Fran!"

~ IT Department

JENNIFER BROWN

"I would like to place a shout out to the new Mrs. Jennifer Brown (aka Brittain). She recently got married to Matt Brown. They have been together for seven years now and are very happy. She was a beautiful bride. Congratulations, Mr. and Mrs. Brown. May you be forever blessed and happy together."

~ Kathy Williams

Shout Outs!

PHIL WITT
 LORI ANNALA,
 DAVID ALDRIDGE
 WENDEE RAY
 VEONICA SANCHEZ
 MARIE DONNAT
 SARAH HILGER
 LAURA VAUGHN
 MARY WESTOVER

AND EVERYONE AT MARC CENTER

"For always helping me in situations, no matter what they are. You guys all make me feel so loved. Thank you. I love and appreciate you all."

~ Barrie Krajeski

DONNA BOYCE

"A BIG 'THANK YOU' to Donna Boyce in IT for sharing a program she created and helped me set up in an Excel spreadsheet for our CDS monthly VISA accounts. With the purchase of a scanner and this spreadsheet, she has saved me hours of work each month. Way to go Donna. 😊"

~ Marilyn Heckman

TAMMY RICKS, ALEXIS AGUIRRE,
 MICHAEL EVANS, TANYA OWEN,
 CASSIE ALLEN, DONN DeCARLO,
 JAYE ROWE, STEVE HILGER,
 KARLA JUAREZ, DONNA SUAREZ

"Thank you so, so much for all of your patience and support with all of the 'paper notes'. It would have been so much more difficult without your support."

~ Cory Niemeier



FRAN FOGLESONG

"I would like to send a heartfelt shout out to Ms. Fran Foglesong in HRD. Thanks for being so caring and sincere. I'm sure I speak for a lot of employees here at Marc Center. We appreciate you so much!!!"

~ Sheila Davis

ALEX SIERRA

"For volunteering to do double changes, going above and beyond."

~ Alice Williams and Tracy Hilliker

JOSH MARTIN

"For helping solve the problem I was having with my computer. He spent time researching and finally discovered the cause of the problem. Thanks, Josh, for your patience."

~ Marilyn Heckman

EVERYONE AT MARC CENTER

"I would like to give a 'Shout Out' to **Everyone** at Marc Center. I have had an amazing three years working here. I have met many wonderful people and have made many friends that I will never forget. I will also miss singing for everyone at the holiday parties. I am happy to be moving back home to Massachusetts to be near family, but I will miss my 'Marc Family' very much. Peace and Love to you all."

~ Juniper Holmes

SPOT AWARDS



Caleb Croom (left) and Sheryl Moon Spafford (right) receive Spot Awards from Barb Best.



Marilyn Heckman (left) hands a Spot Award to Donna Boyce.



Byron Watson (left) was given a Spot Award by Tina Feeney.

BACK PAIN



The following article is from the WebMD website.

How to Wreck Your Back

You may be setting yourself up for back pain. Find out how to stop it before it starts.

For many people, back pain seems like an unavoidable discomfort. But you may have more control than you think.

You can wreck your back in any number of ways, but a few major offenders stand out: not stretching, not paying attention to your movements, and years of wear and tear, says Nick Shamie, MD, associate professor of orthopedic neurosurgery at UCLA and a spokesman for the American Academy of Orthopaedic Surgeons.

Here are five habits that put your spine at risk and simple strategies to stop them before the damage is done.

Back Wrecker #1: Weekend Warfare



"Most often, I see people who injured themselves during a weekend basketball game or a round of golf," Shamie says. "These people think they're athletes, but don't train like the pros, and as a result, their backs suffer."

Tackling those "Honey Do" lists at home can also set you up for injury, especially if you were idle for most of the week. Cleaning out the garage, bending over a workbench, or spending hours in the yard or garden can be just as hard on your back as anything you do on a playing field.

"Like any other part of the body, the back is likely to be injured if you haven't warmed up or stretched," Shamie says.

Prevent it: "The only preventive solution I've found for back pain is exercise," says Michael Hisey, MD, orthopedic surgeon and president of the Texas Back Institute in Denton, Texas. "The fix is to stretch and strengthen your core muscles." The obliques - the abdominal muscles on your sides - are especially important for back stability, Hisey tells WebMD.

Hisey's tip: Get an inflatable exercise ball. Use it in your workouts and sit on it, instead of a chair, to engage your abs.

Back Wrecker #2: Poor Lifting Technique

"Improper bending and lifting causes back injury; that's all there is to it," says Dan McMackin, a spokesman for UPS.

Prevent it: Engage your abs to help support your back. Here are the basic principles that UPS uses for safe lifting, according to McMackin:

- Bend your knees and keep your back straight. Don't bend at your waist.
- Keep the object close to you. The farther away you hold it from your body, the more it stresses your back.
- Never hold an item higher than your armpit or lower than your knees.
- Don't move something that weighs more than 20% of your body weight.
- Don't pivot, twist, or turn while lifting. Point your feet at the item you're lifting and face it as you pick it up. Change direction with your feet, not your waist.



Back Wrecker #3: Absentmindedness During Daily Activity



Simple tasks like taking out the trash or washing the dishes can get your spine bent out of shape if your body isn't ready.

"The movement doesn't necessarily have to be exaggerated or involve a heavy object," Hisey says. "You can hurt your back grabbing a paperclip off the floor or loading the dishwasher."

And if your mind is running on auto-pilot instead of focusing on what you're doing, you could be in trouble.

"At UPS, we've seen a higher proportion of injuries occur at the end of the shift, due to fatigue of the mind and body," McMackin says.

Prevent it: Train yourself to keep your core muscles engaged.

A simple way to do that is to pull your navel toward your spine and imagine you're wearing a corset that pulls the sides of your abs inward. Doing that throughout the day -- and especially when lifting or bending -- strengthens and supports your back, says Esther Gokhale, author of *8 Steps to a Pain-Free Back* and owner of Esther Gokhale Wellness Center in Palo Alto, Calif.

Back Wreckers #4 and #5: Commuting and Computing

You sit, and you sit, and you sit some more -- at work, while driving, and in front of the TV. And your back doesn't like it. Here's why.

Your discs are spongy and cushion the vertebrae in your spine, but discs have poor blood supply, Hisey says. When you move, fluid circulates through the discs. When you sit still, the fluid is wrung out, so you're depriving discs of nutrition, he says. Spending so much time behind the wheel of a car or sitting in front of a computer adds mileage to our discs, which leads to stress in your back.

"The discs in your spine are nourished by motion," Hisey says. "So sitting still is hard on your back and neck, and can do long-term damage." Studies have also shown that sitting puts more pressure on your spine than lying down or standing up.

"The worst posture is sitting and leaning forward," Shamie says. This makes you lock your pelvis and flex your spine, putting pressure on the front of the vertebrae, where your discs are. The more you arch forward and exaggerate the curve of the spine, the more pressure you're putting on your discs. "This uneven pressure on a disc puts it at high risk of rupture," Shamie explains.



BACK PAIN (cont.)

Back Wreckers #4 and #5: Commuting and Computing (cont.)

Prevent it: You're going to sit. So try these tactics to lessen its impact on your back:



- Get up and move at least once every 20 minutes, unless you're driving. Set your screen saver to remind you; make a habit of going for a drink of water; when you answer the phone, stand up to stretch and change positions.
- Keep your spine properly aligned by holding reading material at eye level (when sitting or standing) rather than bending over. Don't lean over a desk or table to work. Whenever possible, your spine should be straight.
- Choose a chair that supports your back. Adjust the chair so that your feet stay flat on the floor. If the chair doesn't support your lower back's curve, place a rolled towel or small pillow behind your lower back. Remove anything from your back pockets, especially a wallet, if you'll be seated for long periods of time because this puts your spine out of alignment.

Gokhale suggests doing the following exercises to help lengthen your spine:

- Get on your hands and knees. Reach your left arm straight ahead and straighten your right leg behind you. Use your stomach muscles to stabilize. Hold for 5-10 seconds and slowly return to starting position. Switch arm and leg. Repeat 3-5 times on each side.
- Sit tall, lengthen your spine, and let your shoulders relax. Concentrate on squeezing your shoulder blades together, keeping your arms hanging at your sides. Hold for 3-5 seconds, then release. Repeat 10-20 times.

If All Else Fails

The experts interviewed for this story all told WebMD that most back pain should abate within 48 hours with a nonprescription pain reliever. But in some cases, your pain could require urgent care.

You need immediate attention if you suffer any loss of bladder or bowel control with your back pain, Hisey says. This is associated with a disc that's pressing on nerves and the faster you relieve the pressure, the faster the function returns.

"Most back pain won't radiate below the waist," Shamie says. "If you feel pain in the thighs or knees, you likely have a disc herniation causing nerve compression." Seek medical attention to ensure there isn't more serious damage.

If your back pain keeps coming back, see a medical professional. You may have begun to rupture a disc or have another injury that could require treatment. "The older you are, the quicker you should get to a specialist," Shamie says.

DRIVING WITH A CLUE

By Richard Broch

We're talking about monsters here; like Dr. Jekyll /Mr. Hyde, or Lon Chaney Jr. Of course, only those who are eligible for Medicare would know who L.C. Jr. was.

But, yes! Monsters! Who are these people?

Well, you can find them as good workers in whatever field of endeavor they're employed. You'll see them as a model family in the neighborhood. They'll be sitting tall, near the front, in church every Sunday. You'd be proud to call them a friend - UNTIL THEY GET BEHIND THE WHEEL OF A CAR, OR TRUCK, OR SUV, OR omigosh, AN RV!!

It's some kind of transition from Good Sam and Mild Mary to Would Ram and Wild Scary. Imagine looking at the hands of

the Boston Strangler coming at you. These same hands are now gripping a steering wheel, 9 to 3, and aiming straight for you.

And talk about being rude, crude and lewd, along with showing a bad mood, these monsters of the midway would not give you a break in traffic because their strife depends on it. They wouldn't even help Miss Daisy drivin' in a pinch.

Evidently, these drivers all belong to the Motor Monsters Metamorphosis International, whose motto mantra is "Me, Myself, and I".

Oh, Lon Chaney Jr. was the original Wolf Man in the movies. You know - full moon, lotta hair, claws, growlin' and stuff - that's what I'm talkin' about.

Words of Advice for Drivers

"Leave sooner, drive slower, live longer"

March TRP



The lucky winner of the TRP drawing for the month of March was Kendra Parra of CDS, who qualified for the drawing by carpooling. As the winner of the drawing, Kendra won \$30. Congratulations, Kendra!

Remember, you too can be entered into this drawing. If you carpool, ride the bus or bike to work, or if you telecommute, fill out the TRP form and send it to Janelle at the front desk of Building 1 at the 924 campus.

March Safe Driver



March's Safe Driver Award went to Betsy Alpers of ERS. Betsy's name was randomly selected from among all of the qualified Marc Center drivers. The prize for the award is a \$100 gift card.

Way to go Betsy! Keep driving safely.



Available ProMarc Rental Properties

HOT SHEET

WEEK OF 4/3/11 through 4/9/11



<u>Square feet</u>	<u>Available</u>	<u>Rent</u>
<u>756 S. MESA DR., MESA, 85210 PROPERTIES (1) AVAILABLE UNIT</u>		
2BD/1 BA 850	3/18/2011	\$500.00
<u>418 S. HALL, MESA, 85204 PROPERTIES (1) AVAILABLE UNIT</u>		
2BD/1 BA 860	3/1/2011	\$595.00
<u>421 S. WILLIAMS, MESA, 85204 PROPERTIES (1) AVAILABLE UNIT</u>		
2BD/1 BA 860	4/1/11	\$595.00
<u>519 W. 9TH, MESA, 85201 PROPERTIES (4) AVAILABLE UNIT</u>		
2BD/ 1BA 800	4/1/2011	\$655.00 Utilities included
<u>537 W. 9TH, MESA, 85201 PROPERTIES (4) AVAILABLE UNIT</u>		
2BD/ 1BA 800	5/1/2011	\$655.00 Utilities included
<u>303 S. DORAN MESA, 85204 PROPERTIES (4) AVAILABLE UNIT</u>		
2BD/ 1BA 800	3/21/2011	\$655.00 Utilities included
<u>1727 E. ELTON, MESA, 85201 PROPERTIES (4) AVAILABLE UNIT</u>		
3BD/ 1 1/2BA 950	5/1/2011	\$954.00 Utilities included
<u>8800 N. 107TH AVE, PEORIA, 85345 PROPERTIES (1) AVAILABLE CONDO</u>		
950	4/1/2011	\$825.00