

MAY 2016

# Springwood

APARTMENTS

1230 South 500 West  
Bountiful, UT 84010  
801-441-4403  
SpringwoodsYourHome.com

## Food Tip

When you find a good price on milk, you probably wish you could stock up. The best way to store milk long-term is by freezing it. To freeze milk, remove about one cup from a gallon container of milk to prevent the jug from expanding too much when frozen. It can be frozen for up to 3 months.

## Have You Laughed Today?

Researchers have found that laughter might just be the best medicine. Laughing reduces stress, lowers blood pressure, and boosts your immune system. It can even improve relationships. Take some moments each day to look at the lighter side of things and your mood and health will benefit.

# COMMUNITY NEWS

## Living Healthy

It can be hard to sort through it all to find the best ways to improve your health. Studies show that despite receiving information about it, most people do not focus on the health habits. Here are some ways to live healthy. Avoid tobacco, maintain a healthy weight, eat five servings of fruits and vegetables each day, and be physically active 30 or more minutes a day at least five times a week. Each of these habits offers significant health benefits.



## Essential Nutrients for Healthy Brains

A recent study published in the journal Neurology indicated that seniors who include more essential nutrients in their diets were less likely to have brain shrinkage associated with Alzheimer's disease and scored better on tests of mental performance. Essential nutrients include omega-3 fatty acids, B and D vitamins, and antioxidants C and E. Omega-3 fatty acids and vitamin D are found

in fish, plant, and nut oils. Vitamins B, C, and E are found in fruits and primarily vegetables. The essential nutrient B12 comes from animal products. Talk with your doctor about including more of these nutrients in your diet. To increase your intake, eat a healthy diet rich in fruits, vegetables, and fish.

## Someone Once Said

"It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well

## Meet the Staff

Brittney Connor- Community Manager  
Nicki Royle- Financial Manager  
Rick Morgan- Maintenance Lead  
Tim Butlerr- Maintenance Tech

**Leasing Center Hours Mon - Fri: 9-6, Saturday 10-5, Sunday Closed**

# MAY 2016

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**Bicycle Storage**  
In order to keep our community as pleasing to the eye as possible, please do not store your bicycle on your balcony or patio. Bicycles should be stored out of sight in your storage area or inside your

water use in your home is to simply use less. Take shorter showers, make sure your clothes washer and dishwasher are full before running them, and turn off the faucet when you are brushing your teeth. You can also reduce water use outside by owning plants that require less water and by using self-dispensing water holders for potted plants.

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### Construction

As you may have noticed, we are currently making a few changes around here to make your community more beautiful. Please excuse the mess and the noise while we go through this process.

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### Green Living Tip

The easiest and best way to cut

