

JULY 2016

Springwood

APARTMENTS

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

Public Transportation Safety

When traveling on public transit, practice awareness when getting on and off the bus. Wait at a bus stop that is well-lit and has lots of traffic and people around if possible. Sit near the front of the bus so you are closer to the driver. When exiting a bus, be aware of those exiting at the same time. Travel immediately to a safe spot and continue to your destination.

Get Enough Sleep

Recent studies show that there may be a link between poor sleep and weight gain. If you have sleep shortfalls, you experience an increase in hunger hormones that could lead you to overeat during the day. Fatigue also makes you less likely to get enough exercise. Both adults and children can be affected by poor sleep. Practicing healthy sleep habits can have a good effect on overall health.

COMMUNITY NEWS

Apartment Safety For Pets

Many dogs and cats spend much of their day with little to do. They sit at home, resting and waiting for their human companions to return home from work. They also may not be getting the exercise they need each day. Be sure to spend as much fun time with your pet when you are at home as possible. Include him in activities. You



The Heat is On

Keep your energy bills down by making sure your water heater is working efficiently. Keep your water heater temperature set to 120 degrees or less. Not only will you save money, but this lower setting is safer for your family. You can save up to \$25 annually if you use an electric water heater and up to \$18 annually for a gas water heater. Consider insulating your water heater and hot water pipes. To see

if you need insulation, feel them. If they are hot to the touch, you can benefit from some insulation to reduce heat loss. If you are looking to replace your water heater, consider a high-efficiency model. While it will cost more than a standard model, you will see payback within 2-3 years for a gas model.

“The world is a dangerous place to live; not because of the people who are evil, but because of the people who don’t do anything about it.”

—Albert Einstein

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

JULY 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			Maintenance Emergencies Please contact the office immediately for maintenance emergencies including, but not limited to, broken windows or doors, strong odors of gas or smoke, electrical problems, consistently running toilets, and			

Trying Out a Low-Carb Diet



If you think eating a low-carb diet will limit you to chicken breasts and broccoli every day, think again. From turkey burgers wrapped in lettuce and ham and cheese omelets, to tuna salads and steak with asparagus-you can enjoy your way to a leaner you. There are a variety of low-carb recipes at your disposal. Many dishes you can get from low-carb cook books, or perform a Google search with the key words

Resident Portal

Did you know we have a resident portal? There are lots of fun and useful tools in the resident portal designed just for you. Just visit our website or contact the leasing center for details.
