

JANUARY 2017

Springwood

APARTMENTS

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

Make Your Meals Healthier

One of the easiest ways to make your meals healthier is to simply cook them yourself. When you prepare your own meals, you can take charge of how much fat, salt, and sugar you add. Taking control of what is in your food is very helpful. You have the ability to make healthy substitutions. For example, you can use olive oil instead of butter.

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.

COMMUNITY NEWS

Flu Season

Flu season is here. There really is no

cure for the flu. But there are things you can do to make yourself more comfortable during the duration. Get plenty of rest and drink lots of fluids. Fever can be treated with acetaminophen. Be sure to talk to your doctor to get advice about using a decongestant/antihistamine to treat nasal congestion. Antibiotics have no effect on the flu because it is caused by a virus. And what about chicken soup? Although it doesn't cure anything, it can soothe a sore throat.



Holiday Shopping Strategy

Holiday shopping can be chaotic, tiring, and frustrating. These tips will help you cope with the job of holiday shopping. Avoid shopping just before dinner, when the stores are crowded or the days right before Christmas. If possible, visit stores in the morning or early afternoons on weekdays or later in the evening between 6:00 and 7:00 pm. Shop with another adult to help share the heavy load. You can take

turns browsing. You will also get to enjoy the experience with a friend or family member shopping with you.

“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
Jeff Pace- Maintenance Lead
TTroy Jensen- Maintenance Tech

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

JANUARY 2017

| 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 | | | | |
| | | | "What lies behind us and what lies before us are tiny matters compared to what lies within us." | | | |

Pet's Resolution

It's that time of year--time to make



New Year's resolutions. This year, consider some resolutions for your pet. Here are some ideas for a healthier and happier year for both of you. Switch to healthy snacks and keep snacks to less than ten percent of daily calorie intake. Keep your pet at a healthy weight with a nutritious diet and adequate access to exercise and play. Spend quality time with your animal companion through outdoor exercise and indoor play.

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.
