

FEBRUARY 2017

# Springwood

APARTMENTS

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

## Keep Your New Year's Resolution

New Year's is approaching, have you planned a new year's resolution? Here's a tip: plan it out and reward yourself. Making an outline and having small rewards can create a successful resolution! We are cheering for you!

## 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

## Sore Throat Remedy

The winter time is a popular time to

get a sore throat. The best treatment for an aching throat is to stir a teaspoon of salt into a cup of warm water. Gargle with the solution to reduce swelling in your throat. This can be repeated every few hours. You can sip herbal tea, or suck on cough drops, Popsicles, or a spoonful of honey. While this doesn't provide a cure, it can help ease the pain. There are also antiseptic sprays that can numb your throat to provide temporary relief.



## 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.

## 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  
Jeff Pace- Maintenance Lead  
Troy Jensen- Maintenance Tech

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

