

MARCH 2017

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.

Sleeping and Weight

If you struggle with your weight, you may want to take a look at your sleep health. Studies have found a link between too little sleep and weight gain. Lack of sleep can cause an increase in hunger hormones, and daytime fatigue can lead to less exercise. To set your metabolism in better working order, be sure to get about 7.5 hours of sleep each night.

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.



How to Clean Mini-Blinds

Wipe the mini-blinds with a mixture of one part water to one part ammonia. If you don't like to use ammonia, you can also use a foaming bathroom cleanser spray. Either way, let the blinds sit for about five minutes before rinsing off with your hose. Wipe down the surfaces to be sure all the grime is removed. If not, you can repeat the treatment. When you have cleaned one side, you'll want to turn the

blinds over and clean the other side as well.

Let your blinds dry completely before hanging them again. You can hang them over a clothesline, shower curtain rod, or a railing. Once you've rehung them, take an anti-static dryer sheet and rub down both sides of your mini-blinds. This will help prevent dust buildup in the future.

"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
Troy Jensen- Maintenance Tech

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

MARCH 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	
			<p>Rent Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the fourth of the month will be assessed a daily late fee. Please contact the office immediately if you anticipate difficulty</p>			

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.
