

JULY 2017

# Springwood

APARTMENTS

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

## 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.

## Watch Out For Travel Delays!

Winter is here! Here is a winter tip for those who will be traveling: when planning travel, be aware of current and forecast weather conditions. Be sure to check the weather ahead of time to ensure safety and time for potential delays.

# COMMUNITY NEWS

## Inviting Guestrooms

If you are planning for some guests in your home, consider these ideas. Along with clean bed linens, consider adding a featherbed mattress topper, extra pillows, and extra blankets for your guests. If there is space available, have a small upholstered chair in a corner. Offer some bottled water and some light snacks. The room should have adequate lighting, including a reading light by the bed. A simple alarm clock is a necessity.



## Container Flowers

Nothing can compete with the beauty of flowering plants. Using containers to grow plants and flowers can add dimension to patios and decks. Even bulbs can be grown in containers. Choose a fairly deep container or pot, and add a layer of rocks to the bottom to provide drainage. Next add a layer of soil. To get the most out of your mini-garden, use a variety of bulbs. The first layer could be a

mixture of tulip and daffodil bulbs. Add another layer of soil and then place smaller bulbs, such as crocus or snowbells. Add a top layer of soil. Next spring, your pot will start by blooming your crocus, and other smaller plants. After they're finished, you will see your tulips and daffodils. You will have flowers all spring from a single pot!

## 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  
Shelly Reeder - Leasing Specialist  
Jeff Pace- Maintenance Lead  
Kyle McGee- Maintenance Tech

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

# JULY 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	<b>Dogs and Leashes</b> We all love our dogs and we love having them here in the community. Please keep in mind that community policy requires that dogs be leashed at all times. This is for everyone's safety!				

## Interior Decoration Regulations



Of course, all residents are invited to make yourselves at home and decorate your apartment home however you like. Furniture, accessories and hanging pictures are all well within reasonable decorations. Please keep in mind that you need management approval for major design changes including but not limited to wallpapering, re-carpeting, painting, and any other significant changes to your apartment home. Of course, please contact the management office with any questions, or if there is anything we can do to assist you.

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### 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.

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