

OCTOBER 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.

## 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.

# 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.



## 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  
Shelly Reeder- Financial Manager  
-Jeff Pace- Maintenance Lead  
Anthony Martinez- Maintenance Tech

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

# OCTOBER 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				

## 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

## Start Your Own Book Club



A book club is a great option for those who want to read more but can't seem to finish a book, or have trouble selecting reading material. Starting a book club and getting together with like-minded people to discuss each book makes reading more enjoyable. You can start a book club with as few as three people. Each week, have a different member choose which book to read - this will give your group a variety of viewpoints and interesting topics to discuss!

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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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