

DECEMBER 2017

Springwood

APARTMENTS

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

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.

Simple Fashion Tips for Every Day

Here are a few basic tips to help develop your innate fashion sense:

- o Wear something comfortable. You won't look good if you can't breathe.
- o Wear a color you love. Most people feel more confident in their favorite colors.
- o A pair of earrings and a nice handbag can do wonders for any outfit.

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.



Making Lists for Better Time Management

Some days, it feels like you wake up, immediately get to work and don't have a minute to yourself until lunchtime. But how much did you really get done? We tend to waste time on projects that aren't going anywhere, instead of focusing on tasks that will actually yield results. To avoid this, try making a list of the things you absolutely need to get done that day. Then make another list of things to focus on after the

priority list is completed. You can make these lists first thing in the morning or even the night before. This way, you'll prioritize instead of taking up tasks impulsively.

"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 - Leasing Specialist
Jeff Pace- Maintenance Lead
Anthony Martinez Maintenance Tech

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

DECEMBER 2016

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	Rent is Due				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>Dogs and Leashes</p> <p>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!</p>			

Relieve Stress with These Fun and Easy



Ideas

There are many small ways to improve how you handle daily stress and increase your well-being. Light some candles. Get a glass of wine. Take a hot bath. You can also try some yoga or any other form of exercise that makes you feel good. Meditate or explore breathing exercises. Listen to a guided meditation or download a mindfulness app to get started. Try some of these ideas and you are likely to hit upon

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.