

COMMUNITY NEWSLETTER

JANUARY 2018



461 West 13490 South | Draper | UT 84020 | 385.695.1133 | ParcWestIsYourHome.com

LIFE'S A GIFT. GIVE MORE OF IT. **DONATE BLOOD.**



DETAILS ABOUT PARC WEST BLOOD DRIVE

Location: Parc West Apartments Clubhouse

When: Tuesday, January 2, 2018

Time: 2:00 pm to 7:00 pm

How: Schedule your appointment by logging on to redcrossblood.org and enter the Sponsor Code: Parc West Apartments.

Start the donation process by completing an online pre-donation health history questionnaire on the day of your appointment, please log in to www.redcrossblood.org/RapidPass.

Refreshments will be provide as well.

THERE'S EVEN MORE TO KNOW ABOUT THE BLOOD DRIVE!

Every person that participates will be given a raffle ticket to be entered into a raffle to win a prize!

Also, you will receive a free long sleeve Red Cross T-shirt when you come to donate Dec. 21 - Jan. 7, while supplies last!

NEW YEARS RESOLUTION IDEAS!!

Having trouble coming up with a good idea for your New Years Resolution? Maybe try one of these!

1. Start meditating
2. Learn something new every day
3. Pick up a new hobby
4. Eat fewer calories
5. Read more books
6. Stop procrastinating
7. Spend more time in nature
8. Be more conscientious
9. Learn a new skill

Parc West is happy to be in partnership with the American Red Cross to help out this New Year. Now is your time to do a good deed and help make a difference in the lives of others. Did you know that every two seconds someone in the U.S. is in

need of blood?! Also, approximately 36,000 units of red blood cells are needed every day in the U.S. By contributing, you will be someone's hero – in fact, you could help save more than one life with just one donation.

MEET THE STAFF

Community Manager: Gracia Mangrum
Financial Manager: Lexus Ortiz
Leasing Professional: Shay Heiner
Maintenance Supervisor: Levi Kleier
Maintenance Team Member: Mark Johnson
Groundskeeper: Matt Rane

QUOTE

"At the end of the day it's not about what you have or what you've accomplished... It's about who you've lifted up, who you've made better. It's about what you've given back."

- Denzel Washington

Leasing Center Hours M-F 9am-6pm | Sat 10am-5pm | Sun Closed





JANUARY 2018

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1 New Years Day	2	3	4 National Spaghetti Day	5	6
7	8 Bubble Bath Day	9	10 National Take the Stairs Day	11	12	13
14	15 Martin Luther King Day	16	17	18	19	20 National Cheese Lover Day
21 Squirrel Appreciation Day	22	23	24 Compliment Day	25	26	27
28	29 National Puzzle Day	30	31 National Backward Day			
			<p>"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."</p> <p style="text-align: right;">- Helen Keller</p>			

COMMON COLD IN WINTER



Everyone would love a miracle cure for the common cold. Many remedies are touted as helpful, including echinacea, zinc, vitamin C, and other supplements. Research has found that echinacea does not prevent or help cold symptoms, as reported in a recent study. In fact, it has been found that no supplement can prevent or cure a cold. So what should you do to help with your cold symptoms or even prevent a cold? Your best line of defense is to

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 additional late fees. Please contact the office immediately if you anticipate difficulty with payment.