

## Don't Forget to Break It Down!

Attention all Springetts residents! Please make sure before throwing away your unwanted boxes that you dispose of them the proper way and break them down first. We want to ensure that there is enough room in the trash to house all residents' items. We appreciate the effort, but now it's time to buckle down. Thank you for your cooperation!

## Exercise At Any Age!

Try your best to stay active no matter you age. Here are a few simple exercises that will help with balance and fall prevention.

- Stand behind a sturdy chair and stand on one foot. Lift on leg with the foot off the floor. Hold it for 10 seconds (if possible) and then repeat 10-15 times. Switch to the other leg and repeat.
- Endurance exercises increase breathing and heart rate and also improve your strength, mobility and stability. Indoor suggestions include an elliptical machine or treadmill, dancing or water aerobic moves/swimming. Outside you can go for a brisk walk or jog, skate or ride a bike.
- Walking heel to toe helps with balance. For extra stability, do this exercise in a hallway or near a wall. As you walk focus on a spot in front of you, then place your heel directly in front of your toes on your other foot. Repeat in a line, turn around and come back. It's fun to do these with friends – talking and laughing as you do it together!

## Google Review

We want to hear from our neighbors – let us know what you love about living here at Springetts Apartments! Write a Google review and receive a \$10 gift card as our way of saying "Thank You!" **All gift cards will be distributed in February (limit 1 per home).**

## Weekly Activities

Our residents host and participate in weekly activities every month in the Community Building. Anyone and everyone is encouraged to participate! The ladies are looking for more players to join them. If you don't know how to play the ladies will teach you!

**Mondays:**  
**Scrabble 1:30pm**

**Tuesdays:**  
**500 Bid 1:30pm**

**Wednesdays:**  
**Dominoes 1:30pm**

**Thursdays:** Manor Company's bus will pick up residents at their door for groceries in the morning and lunch or an activity in the afternoon. RSVP to the office to reserve your seat since seating is limited. Refer to the calendar for a list of these events.

January 2019

## Staff

**Tyler Meinl**  
Manager-in-Training

**Brittney Barnes**  
Rental Consultant

**Michele Shultz**  
Rental Consultant

**Mark Hardy**  
Head of Maintenance

**Mike Doll**  
Maintenance

**Troy Baney**  
Maintenance

**Brian Glatfelter**  
Grounds

**Dody Ketterman**  
Cleaning

**Melissa Witmer**  
Cleaning

**Laurie Axe**  
Cleaning

**Anabel Borrero**  
Cleaning

**After Hours Emergency**  
**Maintenance**  
717-757-1565

# SPRINGETTS apartments

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## Happy New Year!

Our office will be closed on **Tuesday, January 1** in observance of the New Year. Regular hours will be resumed on Wednesday, January 2.

Just a reminder that fireworks are not allowed in our community. If you're having guests over, please keep noise to a minimum for the courtesy of your neighbors and make sure guests park in designated areas.

## Give Your Piggy Bank a Boost!

Our Resident Referral program is revamped for the New Year! Simply refer a friend, family member or colleague to live at our community and you will receive a **Resident Referral worth \$200!** It's that easy to make some extra money and to get great neighbors! Call the office for details on how you can plump up your favorite piggy (bank, that is)!

## "Some Like It HOT"

Join us on **Wednesday, January 16** from 5:30-7:00pm for a soup night that is sure to fill you up! Our selection will be the following three soups: **Chicken & Corn, Vegetable Noodle and Broccoli & Cheddar.** Your soup will be paired with a slice of French baguette for dipping. We will have a variety of cookies for dessert and coffee to warm you up! If you would like to participate in this event, please **RSVP by Monday, January 14.** We hope to see you all there!



## Breakfast Social

Have you ever heard the saying, "The early bird gets the worm"? Please join us for a delicious breakfast on **Wednesday, January 30 from 9:30-11:00am.** We will be serving scrambled eggs, bacon with a side of toast and jelly. We will also be providing a yummy fruit tray with a splash of orange juice and coffee to wash it all down. Please **RSVP by Monday, January 28.** Make sure you are that early bird that gets the worm!

## Make Sure You Insure

Get any big-ticket items over the holidays? Make sure you've notified your insurance agent. You can cover all your electronics, furniture and clothes for so little. Call them today! **If you have any changes to your policy please update the information with the Rental Office.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		New Year's Day OFFICE CLOSED 1	2	Van - Groceries 8am Lyndon Diner 10:45am 3	4	5
6	Scrabble 1:30pm 7	500 Bid 1:30pm 8	Dominoes 1:30pm 9	Van - Groceries 8am Red Lobster 11:15am 10	11	12
13	RSVP for "Some Like It Hot" Scrabble 1:30pm 14	500 Bid 1:30pm 15	Dominoes 1:30pm "Some Like It Hot" 5:30-7pm 16	Van - Groceries 8am IHOP 10:45am 17	18	19
20	Martin Luther King Jr. Day Scrabble 1:30pm 21	500 Bid 1:30pm 22	Dominoes 1:30pm 23	Van - Groceries 8am The Cove 11:15am 24	25	26
27	RSVP for Breakfast Social Scrabble 1:30pm 28	500 Bid 1:30pm 29	Breakfast Social 9:30-11am Dominoes 1:30pm 30	Van - Groceries 8am Boardwalks 11:15am 31		

January



# 1 GOAL, 1 CHANGE FOR THE NEW YEAR

Are you like most people?  
Choosing too many New Year resolutions  
and not keeping any of them?  
Change that in 2019 by picking one thing  
you want to change or something you  
want to accomplish and zone in on that.

Write it down, have a plan, choose a mentor and  
choose a date to start and a target future date.  
Posting on social media creates accountability and  
support, track your progress and treat yourself  
(not just food) when you reach your milestone!

Here are some suggestions: lose 5 pounds,  
keep up with all credit card receipts,  
save \$500, organize your kitchen,  
go from 2 packs of cigarettes a week to 1.

## YOU CAN DO THIS!



### OUR COLD WEATHER FRIEND

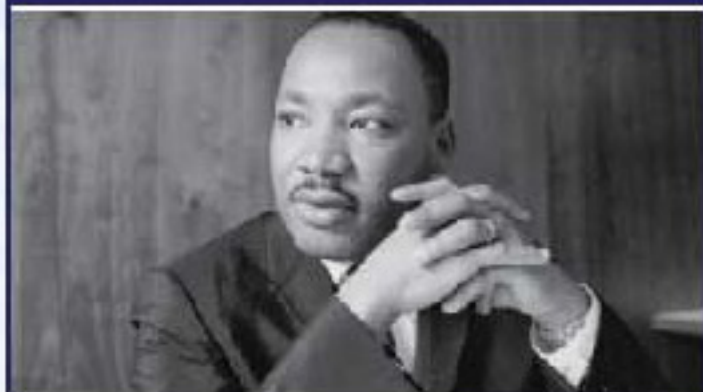
January is National Soup  
Month and who doesn't  
want to celebrate?

A good pot of delicious  
vegetable soup can give you  
the vegetables and protein  
you need along with filling  
you up with fewer calories  
from the water/broth.  
Soup is tasty, affordable  
and can make you feel better!



We have a delicious recipe for you here and others  
on our [Hassle Free Newsletter Pinterest page](#).

## KNOWING DR. MARTIN LUTHER KING, JR.



- King's legal birth name was Michael King (along with his father's), but the elder King changed their names to Martin Luther King in honor of the Protestant German reformer Martin Luther.
- King sang with his church choir at the 1939 Atlanta premiere of the movie "Gone with the Wind".
- A very smart young man, Martin Luther was able to skip the ninth and twelfth grades of high school and entered Morehouse College at age 15.
- King married Coretta Scott in 1953 and they became parents of four children.
- In 1955, he led the Montgomery Bus Boycott (Rosa Parks) which lasted a year and ended in 1956 when the Supreme Court declared segregation on buses was unconstitutional.
- Dr. King founded the Southern Christian Leadership Conference to organize and conduct non-violent protests for civil rights.
- Traveling to India in 1959, King studied Mahatma Gandhi's principles on non-violence. He used these in his fight against racial discrimination, earning him the Nobel Peace Prize in 1964.
- Martin Luther King, Jr. was assassinated on April 4, 1968 in Memphis, Tennessee, at age 39.
- President Ronald Reagan signed a bill to declare Martin Luther King, Jr. Day – the first African American to be granted a national holiday.
- Hiroshima, Japan and Toronto, Canada also celebrate MLK Day.
- Over 1,000 streets are named after Martin Luther King, Jr.

- CHILLY
- COLD
- FROST
- FLURRIES
- GLOVES
- HOCKEY
- HOT CHOCOLATE
- ICICLE
- JANUARY
- MITTENS
- NEW YEAR
- SCARF
- SNOWFLAKE
- SWEATER
- WINTER

## Winter WORD SEARCH

G	M	G	Y	T	I	S	D	Y	F	Y	N
E	N	I	S	L	W	C	E	L	S	I	E
O	K	O	T	E	L	K	I	E	O	S	W
K	R	A	A	T	C	I	I	C	C	C	Y
F	A	T	L	O	E	R	H	A	L	S	E
P	E	R	H	F	R	N	R	C	J	E	A
R	F	X	C	U	W	F	S	G	K	V	R
E	T	A	L	O	C	O	H	C	T	O	H
U	I	F	F	R	E	T	N	I	W	L	W
J	A	N	U	A	R	Y	W	S	N	G	G

## PAST, PRESENT AND FUTURE



## BULLET JOURNALING

### You've seen it and heard about it, but what is Bullet Journaling and why does it matter?

Most of your calendars just give you a few lines to jot a note or two.  
Bullet journaling lets you take up as much room as you want.  
If you're creative, you'll enjoy some tutorials on lettering,  
coloring and artistic details. But if you're not artistic,  
all you need is a dot grid or a squared notebook and a pen.

Whether you're looking to post memories, keep future logs or weekly or  
daily posts, it's a fun way to track habits, collections, gratitudes and just  
about anything in between. Bullet journaling is a wonderful way to have  
a year in review – anything from trips, memories, day-to-day activities –  
it's all there for you to keep and review.

Check out our [Hassle Free Newsletter Pinterest page](#) for all the details.



## Lovely LINEN CLOSET

It's one closet that gets all the junk.  
Take a weekend to totally clear out  
your linen closet and reorganize  
it from top to bottom.

Get rid of worn-out towels. Purchase a new  
towel every month to replace old ones.  
Same with washcloths and hand towels.

Too many sheets or mismatched ones?  
Donate ones that don't have a  
partner and buy one extra set.

Go through all medicines, makeup,  
hairbrushes, etc. and check for  
expiration dates. Keeping it simple  
will make your life simple.

Have room at the bottom of the closet for  
your hamper? Plastic trash cans are  
inexpensive and make for great hampers.

Before you know it, you'll have a  
closet you're proud to show off!

### OLD FASHIONED POTATO SOUP

- 2 lbs. Idaho potatoes – cut into chunks
- 1/2 large onion (chopped)
- 1/2 cup celery (chopped)
- 3 Tbs. flour
- Salt and pepper to taste
- 3 – 4 Tbs. butter
- 1 can EVAPORATED milk
- Sharp shredded cheese for topping



Peel and cut 2 (two) lbs. Idaho potatoes into chunks.  
Peel and chop 1/2 large onion and 1/2 cup celery.  
Toss potatoes, onion and celery with 3 Tbs. flour.  
Season with salt and pepper. Set aside for 10 minutes.  
Melt 3 – 4 Tbs. butter in soup pot. Add potato mixture to  
the soup pot. Stir and coat with the butter and cover with  
enough water to cover the potatoes. (May use chicken  
broth if desired to give more flavor.) Bring mixture to boil.  
Stir in 1 can evaporated milk. Bring to boil. Reduce heat to  
simmer and cook uncovered about 30 minutes. Taste and  
adjust salt, pepper or seasonings. Continue simmering  
uncovered until soup reaches desired consistency and  
thickness. Fill soup bowls with soup and sprinkle sharp  
shredded cheese on top and serve.