

Utility Closet

No matter how much storage space you have, everyone always wants more. Please remember that the HVAC and water heater closet should not be used for storage. This space needs to be easily accessible for repairs and maintenance. Most importantly, it can be hazardous. Because of the conditions found in that closet, many household items that one would expect to find in such a closet (cleaning chemicals, rags, etc.) could be dangerous to you and your home. Please find another place to store your items. Visit your local home improvement store for a variety of storage and organization options to let you store even more stuff in your home. Thanks for your cooperation.

COLD WEATHER PET TIPS

When taking your pet outside during the cold winter months, remember these precautions.

- Check for ice between their paw pads. Keep hair clipped shorter on their paws to cut down on ice formation.
- Pets who walk on sidewalks that have been “de-iced” are prone to dry, chapped and painful paws which encourages them to lick their paws and ingest the de-ice. Wash your pet’s feet with a warm, wet cloth or a foot bath.
- Consider putting a protective sweater on short-haired breeds before taking them outside.
- Lock up any antifreeze containers. A few licks can be fatal.
- Lastly, please always remember to pick up after your pet.

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.

February 2019

STAFF

Tyler Meinl
Resident Manager

Brittney Barnes
Rental Consultant

Michele Shultz
Rental Consultant

Mark Hardy
Head of Maintenance

Mike Doll
Maintenance

Troy Baney
Maintenance

Brandon Yates
Maintenance

Brian Glatfelter
Grounds

Dody Ketterman
Cleaning

Melissa Witmer
Cleaning

Laurie Axe
Cleaning

Anabel Borrero
Cleaning

After Hours Emergency Maintenance
717-757-1565

SPRINGGETTS apartments

50 Eisenhower Drive • York, PA 17402
717.757.1565 • FAX 717.757.6412

Fit February

How did your New Year’s resolution on fitness turn out? Take advantage of our 24/7 fitness facilities where you’ll find the equipment to help you get in shape. Check in with the Office or our Facebook page to sign up for the FREE fitness classes we are offering our residents!

LOVE IS IN THE AIR!

We think February is the perfect time to tell all our residents just how much we love having you here! Each of you adds to the unique mix of our special community, and without you we wouldn’t be here. We are committed to making your home and community the best it can be. Please don’t hesitate to let us know if there is anything we can do to keep it that way!

“Be My Dinner Date”

Join us on **Wednesday, February 13** from 5:30-7:00pm for an evening to celebrate loved ones. We will be serving a delicious Valentine’s Day dinner for you to share with that special someone or simply enjoying the company of our wonderful residents and staff. Please RSVP by Monday, February 11. We hope to see you there!



SAFE AND WARM THIS WINTER

We want to stay warm, but we need to stay safe.

- Space Heaters: Keep at least three feet away from any other object and place them on level, flat surfaces – never on cabinets, tables, furniture or carpet. Plug them directly into a wall outlet – do not use an extension cord or power strip.
- Do not use your oven to heat your home. It can emit carbon monoxide.
- Never leave candles unattended.
- Rolled-up blankets or towels placed at the base of any exterior door can help keep cold drafts from entering.
- During extremely cold days and nights, let your faucets run at a slow drip.

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	Scrabble 1:30pm	500 Bid 1:30pm	Dominoes 1:30pm	Van - Groceries 8am Aroma Buffet & Grill 11:15am	7	8
10	Scrabble 1:30pm	Lincoln's Birthday 500 Bid 1:30pm	Dominoes 1:30pm “Be My Dinner Date” 5:30-7pm	Valentine's Day Van - Groceries, 8am Roosevelt Tavern 11:15am	14	15
17	Presidents Day Scrabble 1:30pm	500 Bid 1:30pm	Dominoes 1:30pm	Van - Groceries 8am Lion's Pride 11:15am	21	22
24	Scrabble 1:30pm	500 Bid 1:30pm	Dominoes 1:30pm	Van - Groceries 8am Isaac's 11:15am	28	29





LOVE FOODS FOR

Valentine's Day

Here's a list of five Valentine's Day foods that you'll enjoy with the one you love!

- Avocados boost the immune system with B vitamins and potassium. Check out baked avocados as an appetizer.
- Long associated with love and fertility, figs make a fruit platter look decadent and delicious!
- Oysters anyone? This classic aphrodisiac is packed with zinc, a mineral that increases libido. How about a dozen oysters to start your meal? Or create your own oyster stew with spices, sautéed onion, garlic, parsley, milk and oysters. Have those oyster crackers ready!
- Honey contains the mineral boron, which helps a body utilize estrogen and improves testosterone levels. How about a glaze of honey, lemon juice and water over your chicken thighs as you're pan cooking. Pair it with some zucchini slices (cooked lightly) and you're set.
- Chocolate helps release the love chemical that induces feelings of attraction and happiness. End your meal with a chocolate fondue or a rich chocolate tart.

LEWIS LETTERWORKS

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February Fun

SUN	MON	TUE	WED	THU	FRI	SAT
					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		

- 01 NATIONAL WEAR RED DAY
- 02 GROUNDHOG DAY
- 03 SUPER BOWL
- 14 VALENTINE'S DAY
- 18 PRESIDENT'S DAY

FEBRUARY CELEBRATES BLACK HISTORY

What can we learn from celebrating Black History Month? President Gerald R. Ford expanded the week-long celebration into a month-long recognition, asking us to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every endeavor throughout our history."

Black History Month honors those leaders who fought for equality; helps us remember our past and the men and women who sweated, bled and died for their rights; and it gives all of us knowledge of pioneers of which we might have had little awareness. Let this knowledge unite us together as we learn about one another!

Saying "I Love You"

Whether it's your better half, your kids or a best friend, Valentines can be a fun celebration!

What's better for your kids than waking up to heart-shaped pancakes? Prepare and freeze ahead of time to make your morning run smoothly.

Who doesn't love cards? Especially kids valentine cards? Treat your co-workers and neighbors to your favorite collection. Add some candy hearts or suckers for more fun.

Have a girls night out and save money by doing your own spa treatments. Give your own pedicures and manicures. Then settle in and watch a favorite movie.

Pay it forward this Valentines. Purchase someone's food behind you in the drive-thru line. Hand out a couple of \$5 gift cards to someone deserving.

Host a potluck dinner party with friends. It's a great way to hang out all together. Sit by someone you don't know as well to make "new" friends.

As a family, check out Valentine's book suggestions from your library. Then create your own story time at home—maybe even working on a craft centered around one of your books.



MATCH THE President WITH THE CORRECT STATEMENT:



01. ___ The first President to hold a press conference on television.
02. ___ Got up at 5 am every morning to practice the piano for two hours.
03. ___ Refused an honorary degree from Oxford University because he felt he had "neither literary nor scientific attainment."
04. ___ Served the shortest presidency, dying just 32 days after elected.
05. ___ Gave his 3,319 word inaugural address from memory, without the aid of notes.
06. ___ The only President who never married.
07. ___ Before becoming a politician, he taught school in Texas.
08. ___ At age 19, became the youngest pilot in the Navy. He also survived four plane crashes during WWII.
09. ___ The only President employed as a Yellowstone Park Ranger.
10. ___ Lost all the White House china gambling.
11. ___ Collects Spiderman and Conan the Barbarian comic books.

1-11 | 3-01 | 0-60 | 11-80 | 0-20
V-90 | 1-50 | 4-10 | 2-10 | 3-20 | 4-10

COLORFUL JELLO POPCORN

- 3 T. honey
- 1/2 stick butter
- 1 box Jello mix, any flavor (for Valentine's Day - use strawberry)
- 1/2 C. sugar
- 2 - 3 bags of microwave popcorn plain or lightly salted

Cook popcorn in microwave and set aside. Preheat oven to 300 degrees. In a saucepan over medium heat, combine the butter and honey. Stir until melted. Add in the sugar and Jello packet and simmer for about 5 minutes (stirring constantly so it will not stick or burn). Pour the mixture over the popcorn and gently mix until the color is dispersed evenly. Spread the popcorn onto a parchment lined baking sheet and bake for 10 minutes. Cool. (Popcorn may be sticky at first). Break popcorn up and enjoy!

Go Red for Women

Know your numbers, know your body and wear red for women! Take time to educate yourself on how you can change your lifestyle to make sure you don't suffer from heart issues. And if you think you might have heart issues, consult your physician.

"The one thing we can never get enough of is *love*. And the one thing we never give enough is *love*."

HENRY MILLER

