

New Freedom Apartments



October 2011

Professionally Managed by Springwood Real Estate Services

Community Management Office

146 Springwood Drive
New Freedom, PA 17349
717-227-9653

Teresa Myers

Residential Manager
tmyers@springwood.net

Paul Bowman

Service Manager

Kevin Brunicke

Porter

Cindy Richards

Supportive Services
717-227-0048

Emergency Maintenance
1-866-625-1360

Community Management Office Hours

Thursdays 2:00 pm –6:00 pm
1st Saturday of Month
10:00 am - 2:00 pm



Community Reminders

- Don't forget to book the Community Room for your Holiday Parties! The Community Room is also a great place for private functions, but it's a popular place so reservations are necessary. There is no charge to reserve or use the room but a cleaning and damage deposit is required. It will be returned to you in full as long as the room is cleaned and in good repair after use. Please call the Residential Manager to make your reservation.
- Please do not play on the stairways or in the hallways. There is a playground for your enjoyment.
- Thank you for keeping your patios and balconies neat. Please remember that for your safety, as well as to comply with local fire codes, no grills are allowed on patios or balconies.
- In order to keep the grounds neat, we ask that you bring all personal belonging inside each night and that trash is placed in the totes to avoid any night critters from making a big mess.
- Please make sure that no cigarette butts are being tossed on the ground, this is both unsanitary and unsightly. Please dispose of them in the proper manner.

Happy Halloween

New Freedom Borough Trick or Treating will take place Monday, October 31st from 6:00 p.m. to 8:00 p.m. There will be a flyer distributed as we get closer to Halloween.

If you would like to welcome our ghosts and goblins, please post the pumpkin flyer on your front door. Thanks!



Green Gene Says:

Freeze! If you only eat a small amount of bread, freeze it and take out a few slices a couple of hours before you need them. Also, when you cook, make a little extra that you can freeze, then thaw and re-heat when you're ready for a quick meal.

Staying active this winter

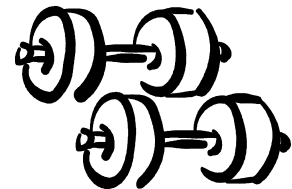
Staying physically active can be hard to do, especially in the winter. The days feel shorter, and it's cold outside! Following are some suggestions to "keep on moving" during the winter months. **As always, please check with your doctor before beginning any new exercise program.**

- * March in place while watching television, talking on the telephone, etc.
- * Put the television remote on the TV and get up to change the channel.
- * Get up and walk around the apartment during TV commercials.
- * When you are on the phone, walk around.
- * Walk at local malls, schools.



Physical activity is important for everyone. Benefits include:

- * Lowering blood pressure, decreasing cholesterol.
- * Burning calories, building muscle and losing fat.
- * Helps you feel better, gives you more energy and reduces stress.



Whenever you exercise, remember these basic guidelines:

- * Start your exercise program slowly and work up to your abilities. If you haven't been exercising, check with your health care provider on the best way to start.
- * Make sure you do something you like to do, so you will continue exercising.
- * Wear layers of loose-fitting clothing so you may adapt to temperature/environment changes.
- * Avoid outdoor exercise in extremely hot and cold temperatures.
- * Start your exercise slowly by stretching and warming up (slow pace of exercise for 5 minutes). Finish your exercise by cooling down (slower pace exercise for 10 minutes).
- * Drink plenty of water before, during, and after you exercise.

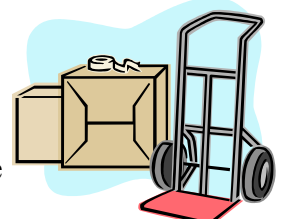
FURNITURE MOVING and DELIVERY

We know that you care about the appearance of our community as much as we do.

When moving furniture or other items in or out of your apartment, please remember to monitor whoever is helping you to make sure they are being careful not to damage any part of the building, property, apartment, or your precious belongings. Costs associated with repairing any damage done while moving your furnishings or other items in or out of the property will be your responsibility.

Please contact the Residential Manager prior to the moving/delivery day to go over the Moving and Delivery Policy and go over details such as, determining what route to take and where to park trucks or vehicles to load and unload. At no time are any trucks or vehicles permitted on the grass or sidewalks.

Careful monitoring of movers/delivery persons will help prevent damage and keep the community looking beautiful.



Halloween Activity Page

