

SPRINGWOOD OVERLOOK

2330 FREEDOM WAY, YORK, PA 17402

(717) 741-4225

Professionally managed by Springwood Real Estate Services

May 2010



Community Management Team

Gloria Duncan
Residential Manager

Jeff Ellis
Service Manager

Ed Witter
Porter

Gail Sagner
Supportive Services
741-6014

Hours:
**Monday, Tuesday, Thursday
and Friday**
10 a.m.—5 p.m.



ONE WISH

Just one little wish for you, Mom,
But it's loving and happy and true-
It's a wish that the nicest and best things
Will always keep coming to you!

~ Author Unknown

Happy Mother's Day
May 9, 2010

FOR PETS ONLY:

To all the pets that live in our community: please be sure to stay on your leash at all times when you are out of your apartment. Please make sure your caretaker cleans up after you and disposes of any waste properly. We welcome you to enjoy the outside designated area and your apartment. Please remember the common areas of the building such as the laundry room, community room, fitness room, etc. are for humans only.



Memorial Day

On this Memorial Day, we remember the thousands of men and women who made the supreme sacrifice to protect the freedoms we enjoy. Springwood Overlook encourages everyone to honor those who have served our country in times of war and in peace. In observance of Memorial Day, the Community Management Office will be closed on Monday, May 31, 2010. For your convenience, the Community Management Office will be open on Wednesday, June 2, 2010 from 1:00 p.m. to 5:00 p.m.



TIPS FOR EFFECTIVE USE OF AIR CONDITIONING

Set your thermostat to a comfortable setting. Please do not continually move the thermostat to different settings with the change of the outside temperature. Turning your thermostat down several degrees at a time in an attempt to cool the apartment faster may result in the unit freezing up and/or requiring service. Lower your thermostat 1 to 2 degrees at a time and allow it to cycle to the chosen setting until you reach your desired temperature.

Remember, on hot sunny days, close your curtains or blinds on the windows where the sun shines in.

Don't forget to check your vents, located in the ceiling, to ensure they are in the open position.



LIGHTS OUT!

If you notice any lights out in the common areas or the parking lot, please call the Community Management Office and let us know so they can be replaced promptly.



Green Gene Says:

Save energy when cooking! Slow cookers and crock pots are both “low-energy” ways to cook, and they don't heat up your kitchen. The only appliance more efficient at heating food is a microwave.



ELEVATOR ASSISTANCE

If you are inside the elevator and the doors will not open or the elevator will not move:

Press the white button with a picture of a phone on it located on the panel to the left of the elevator doors. This button connects you to a service representative from Schindler Elevator. Schindler will immediately dispatch emergency services to safely get you out of the elevator.

Non-emergency problems with the elevator should be promptly reported to the Community Management Office.

Springwood Overlook welcomes visitors to our community. Please keep in mind that we have a controlled access building. Make sure you know the person you are letting into the building.



Mother's Day

Our Favorite "Momisms"

- ◆ I'm going to give you to the count of three.
- ◆ Money doesn't grow on trees.
- ◆ It's all fun and games until someone gets hurt.
- ◆ If everyone jumped off a cliff would you do it too?
- ◆ I'm not talking just to hear my own voice.
- ◆ Bob, Jane, Fido, whatever your name is.
- ◆ It hurts me more than it hurts you.
- ◆ Someday your face will freeze like that.

And our favorite is...

I LOVE YOU!

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

MOTHER	SECURE	FLOWERS	WORK
MOMMA	MOM	HELPS	CARING
GIVES	FAMILY	PROTECTS	SAFE
SHARE	KIND	COMFORTS	SON
TENDER	LOVING	CHILD	TEACH
BEAUTIFUL	PLAY	GENTLE	HUGS
BIRTH	BOND	COOK	
HOLDS	NURTURE	MUMMY	
ENCOURAGES	DEPENDABLE	KISSES	



Mother's Day Breakfast French Toast Surprise



Ingredients:

6 (2 inch thick) slices French bread
 1/4 C ricotta cheese
 1/4 C cottage cheese, whipped
 2 T lowfat cream cheese
 2 t white sugar
 2 t vanilla extract
 3 C egg substitute
 1/4 C evaporated milk

Directions:

Cut a pocket in each slice of bread. Open carefully. In a large bowl, combine the ricotta, cottage cheese and cream cheese. Add the sugar and flavoring extract and beat until smooth. Spread the mixture evenly into each bread pocket. Beat together the egg substitute and milk. Dip the slices of bread in the egg mixture. Heat a non-stick pan over medium-high heat. Coat with cooking spray. Cook the toast on each side for about 3 to 4 minutes per side until golden brown. Enjoy!