



Springwood Overlook News

September 2011

Community
Management Office
Springwood Overlook

2330 Freedom Way
York, PA 17402
Phone
(717) 741-4225

Office Hours:
Mon.-Tues.-Thurs.-Fri.
10:00 a.m. to 5:00 p.m.

Cindy Mull
Residential Manager

Jeff Ellis
Service Manager

Ed Witter
Porter

Gail Sagner
Supportive Services
(717) 741-6014

Emergency Maintenance
1-866-636-1401



Springwood Overlook would like to join you in celebrating Labor Day. All Community Management Offices will be closed Monday, September 5th in observance of the holiday. For your convenience the office will be open Wednesday, September 7th.

Grandparents can be named Grandma or Grandpa, Nana or Papa, Nanny or Pappy or many other names. Whatever their name, they are all very special, so a very special day has been set aside for them.

**HAPPY GRANDPARENTS DAY!!!
SUNDAY, SEPTEMBER 11, 2011**

Resident's Association Meeting!!

The next Resident's Association meeting is scheduled to be held Friday, September 9, 2011 beginning at 10:00 a.m. in the Community Room. Please come to the meeting and help us plan activities for the remainder of the year. We will be serving Chili after the meeting. See you there!

A FEW KITCHEN FIRE SAFETY REMINDERS

- **Never leave cooking unattended.** If you must leave the kitchen for some reason, turn the heat off and take something with you, perhaps a dish towel or hot pad holder, to remind you that you have something cooking. Shield yourself from steam when uncovering food, especially microwave servings. Steam can cause serious burns.
- Keep items that burn away from the cooking area & appliances in your kitchen.
- Clean any grease build-up from the stove, oven & exhaust fan regularly. Cooking grease and oil ignite easily & burn rapidly.
- Avoid reaching over the stove for anything while cooking. Store frequently needed items in other areas of the kitchen.
- Keep pot handles turned inward.
- Keep appliance cords unplugged when not in use and keep them clean and dry. Be sure to check your electrical cords regularly to make sure they are not frayed or have broken spots.
- Dress for fire safety in the kitchen. Do not wear loose fitting clothing, light nightgowns or bathrobes while cooking. Oversized or long, draping clothes can easily brush against a hot burner and catch fire.
- Avoid using the oven handle as a towel bar. A towel can accumulate grease and oils and become flammable.

We welcome all guests to Springwood Overlook. Please remind friends and relatives that we have a Visitor Parking area at the back of the parking lot. This will allow the residents of Springwood Overlook to park closer to the entrances of the building.



Green Gene Says:

Water, Water Everywhere

We each use about 12,000 gallons of water each year and 3/4 of all water is used in the bathroom. Take shorter showers to conserve water!

ACTIVITIES

Now that summer is over, we will be getting back to a regular schedule with activities at Springwood Overlook. Exercise class will start the week of September 12th. We will have a Flu shot clinic on Wednesday, September 14th at 10:00am. Also mark your calendars for Wednesday, September 28th. We will have a Chipped Beef breakfast in the Community Room beginning at 9:00 am.