



OFFICE HOURS

MONDAY

8:00 A.M.—12:00 P.M.

THURSDAY:

2:00 P.M.—5:00 P.M.

OFFICE PHONE

342-5472

EMERGENCY PHONE:

896-5904

**Can't Make it
during office hours?
THEN...**

- ⇒ Call Shelly and leave a message for a quick callback during business hours OR
- ⇒ Call Shelly to set up an appointment OR
- ⇒ E-Mail Shelly at: shelly@sfinvest.com

MAINTENANCE

PHONE: 898-0854

- ⇒ Call Tom for maintenance requests and information
- ⇒ Please provide: Name, apt. #, problem description and permission to enter on any request OR
- ⇒ E-Mail Tom at: tom@sfinvest.com OR
- ⇒ Submit Workorders online @: www.parkviewaprtments.com

How To Survive the 100+ Degree Weather

It gets hot here in the summer. So hot that you just want to stay inside in the air conditioning. Here are some ideas to help keep your cool.

1. Stay inside if you can.
2. Look for indoor activities to keep everyone occupied, such as watching a video or playing a card or board game.
3. Take some time for yourself and snuggle into your favorite chair, air conditioning on, and start that book you've been wanting to read.
4. Go to other places that are indoors such as the mall, the cinema, art galleries, or a water park. Enjoy our pool after a long hot day.
5. Keep your windows closed to keep the cool air in and the hot air out.
6. Keep the drapes or blinds drawn to help keep the sun from heating up your apartment.
7. Keep the air conditioning on during the day, but at a higher temperature. Turning the A/C on and off will put undo strain on it, and having it off during the day will be a very unkind thing to do to your indoor pets.
8. Don't keep anything meltable or perishable in the car--even for a short while. Chocolate or video tapes will melt and milk will sour. And don't even consider leaving a pet or child in that car/oven.
9. Keep strenuous activity to a minimum. Heat stroke can kill even a strong, healthy individual.
10. Keep hydrated. Drink often. If you feel thirsty you have waited too long.
11. Wear shoes. Pavement heats up pretty quick and can cause burns to the soles of your feet.
12. Wear light colors. Black and dark colors absorb light and heat. You will be much cooler in lighter colors which reflect light and heat.

Keep Hydrated ~ Use Common Sense ~ Show compassion for others

Fitness Center Hours:
Daily:
6:00 A.M.—10:00 P.M.
(Strictly for Resident use only!)

Pool & Spa Hours:
Daily:
8:00 A.M.—10:00 P.M.



"To accomplish great things we must not only act but also dream, not only plan but also believe."
~ Anatole

Pool and Spa Area Special Reminders!

- The pool and spa area is for resident use only.
- No guests are allowed unless you have prior manager permission.
- Parties are not allowed in the pool and spa area.
- If you bring a guest and other residents are present, rough play and rowdiness will not be allowed—period!
- You must be present when guests are in the pool and spa area—guests are not to be left alone.
- Alcohol is absolutely not allowed in the pool and spa area.
- Glass bottles are not allowed in the spa area.
- Smoking is not allowed in the pool and spa area.
- If other residents are present, you must maintain Parkview's rules of "a peaceful and quiet environment".
- The pool and spa area closes promptly at 10:00 P.M.
- Your safety is important to us ~ as well as continued use and enjoyment ~ please follow the posted policies.

At Parkview, we consider our Pool and Spa area to be a special privilege. We want all residents to enjoy the space as much as possible. If adherence to the written policies are not followed, your privileges can be revoked.



Happiness Flash

Disappearing act: You're sure your keys are on the counter, but they're not. You're certain you see a pal at the mall, but end up waving to a stranger. If that sounds familiar, relax—researchers at the University of Florence in Italy have found that **people in messy or crowded locales are likelier to think they've seen something or someone when they haven't.** Isn't it nice to know you're not nuts?

Talk yourself calm: **Regularly reflecting on a spiritual phrase can ease stress,** the Journal of Advanced Nursing notes. "When you're anxious, silently recite the words to help you pause and take a step back," study author Jill Bormann, Ph.D., recommends. Repeat after us: Mantras work.

Train of thought: Don't simply wait for ideas to come along—encourage

them. To beckon breakthroughs, use these tips from researchers at Drexel University in Philadelphia; (1) Tune in to your feelings; tune out your surroundings. (2) Dismiss stray thoughts (What's for lunch?). (3) **If you're stuck, switch topics to trigger a eureka moment.**

Common scents: There's a reason Mom always knew when you were in trouble. **Women can detect the odor of fear,** helping protect those they love, the journal Chemical Senses indicates. Follow your nose.

The gig is up: When you hear a rumor about layoffs, should you sit tight or bolt? It might make sense to seek a steadier spot. **Chronic job insecurity can be worse for your mental health than a pink slip,** a study at the University of Michigan at Ann Arbor Reveals. Have your Resume at the ready.



*Check out our website for useful information, submit work orders, and pay your rent at:
www.parkviewapartments.com*