



## AUGUST RESET: SMALL CHANGES, BIG DIFFERENCE

As summer winds down and the first signs of fall begin to emerge, August offers the perfect opportunity for a “reset.”

Whether you're prepping kids for back-to-school, shifting out of summer vacation mode, or simply looking to refresh your daily routine, a few small changes can make a big difference in how you finish out the year.

### 1. Reclaim Your Routine

Summer often brings a break from structure—but as we inch closer to September, now's a great time to ease back into a consistent schedule. Try waking up 15 minutes earlier each day to slowly adjust your morning routine. Even small changes like setting out clothes the night before or creating a weekly meal plan can help reduce daily stress and make your days feel more intentional.

### 2. Set a Mini Goal

You don't have to wait until New Year's to make resolutions. August is an ideal time to set one small, achievable goal. Whether

it's drinking more water, walking daily, starting a journal, or finishing a book you've put off for months—focusing on one area can spark momentum and help you enter the fall with a sense of accomplishment.

### 3. Get Organized at Home

A little decluttering can go a long way. Pick one drawer, one closet, or one shelf to tidy up each week. The goal isn't to overhaul your entire apartment, but to create more breathing room in your space and your mind. Consider donating gently used items to local charities or simply letting go of what no longer serves you.

### 4. Plan Ahead for Fall

Use this month to get ahead—schedule medical appointments, review budgets, or prepare for upcoming seasonal expenses. If you have children, start transitioning them back into a school-friendly routine now. And don't forget to pencil in some “you” time, too—whether

that's a quiet morning with coffee or a weekend exploring a new hobby.

### 5. Reflect and Refresh

Take a moment to check in with yourself. What went well this summer? What would you like to change going forward? A few minutes of reflection can bring clarity, peace of mind, and even a bit of motivation.



August may be the end of summer, but it can also be a fresh start. A simple reset now can help you feel more balanced, productive, and ready for whatever fall has in store.

# ONE PAN GARLIC BUTTER CHICKEN & RICE

## INGREDIENTS:

- 2 Tablespoons butter
- 1 Lb boneless, skinless chicken breast or thighs, cut into chunks
- 2 Cloves garlic, minced (or 1/2 tsp garlic powder)
- 1 cup uncooked white rice
- 2 1/4 cups chicken broth (or water + bouillon)
- Salt and Pepper to taste



## DIRECTIONS:

1. In a large skillet, melt butter over medium heat.
2. Add chicken, season with salt and pepper, and cook until lightly browned (about 5 minutes).
3. Add garlic and stir for 30 seconds.
4. Stir in uncooked rice and broth. Bring to a boil.
5. Reduce heat, cover, and simmer for 18–20 minutes until rice is tender and liquid is absorbed.
6. Fluff with a fork and serve.

## EVERYDAY COMFORTS WORD FIND

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

COUCH  
QUIET  
TEA  
LIGHT  
BLANKETS  
CANDLES  
SLEEP  
BUBBLE BATH  
BOOKS  
HOME  
FAMILY  
COZY  
PEACE  
CHAIR  
LAUGH  
RELAX  
WARM  
MUSIC

# EXMORE VILLAGE

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## AUGUST 2025 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>Rent Due</b>	2 The Deloreans - Cape Charles
3	4	5	6	7	8	9 Brasswind - Cape Charles
10	11 <b>Late Notices at 10:00 am</b>	12 Pest Control - Exmore II	13	14	15	16 Good Shot Judy - Cape Charles
17	18	19 Pest Control - Exmore Village	20	21	22	23 Full Spectrum Cape Charles
24	25	26	27	28	29	30 The English Channel - Cape Charles
31						

## COMMUNITY CORNER

- ▶ A friendly reminder, rent and water bills are due on the 1st of the month. A late fee of \$15.00 will be applied to rent not paid by 10:00 am on the 10th of the month.
- ▶ All maintenance issues and property concerns must be reported to the office by calling (757)442-9471.
- ▶ All boxes must be flattened before being placed in the dumpster.
- ▶ All household trash must be in a tied plastic bag and disposed of in the dumpster.
- ▶ For all after-hours maintenance emergencies, please call (800)224-4787.
- ▶ **Reminder: If you pay rent with a card, a \$5.00 convenience fee applies.**