



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



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

ROBERT REGAN VILLAGE

430 Mosby Blvd
Berryville, VA 22611
(540)277-2567
www.MarkDanaVa.com



AUGUST 2025 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Rent Due	2
3	4	5	6 Pest Control Buidling A	7	8	9
10	11 Late Notices at 10:00 am	12	13 Pest Control Buidling B	14	15 Monthly Activity in Club Room 4:30pm	16
17	18	19	20 Pest Control Buidling C	21	22	23
24	25	26	27 Pest Control Buidling D	28	29	30
31						

COMMUNITY CORNER

- ▶ Please welcome out new assistant, Mallorie to our team!
- ▶ A friendly reminder rent is due on the first of the month. **A Late Fee of \$50 will be applied to rent not paid in full by 10:00 am on August 11th.**
- ▶ **REMINDER: Rent payments with a Credit or Debit Card include a \$5 charge. You must include the \$5.00 fee in the total charge if paying with our link.**
- ▶ If you have an after-hours maintenance emergency, please call 1-800-224-4787.
- ▶ Office hours are Monday through Friday from 8:00 am to 4:00 pm.