



September 2025

SEPTEMBER RESET: MIND, BODY & HOME

September often feels like a natural reset point. Summer's energy winds down, school routines pick back up, and cooler days encourage us to slow down and refocus. Whether you're raising a young family, living with roommates, or enjoying your golden years, September is the perfect time to set fresh intentions, adopt a healthy habit, and refresh your living space in simple, renter-friendly ways.

RESET YOUR MIND

Take a moment to think about what you want this season to look like. Maybe it's setting aside 10 minutes a day for reading, practicing gratitude, or simply unplugging from screens before bed. A small mental shift can have a big impact on reducing stress and improving your overall well-being. Try writing down three goals for the fall—personal, professional, or health-related—and post them somewhere visible as a daily reminder.

RESET YOUR BODY

As the weather cools, it's easier to get moving outdoors without the

heat of summer. A short evening walk around the community, a few stretches each morning, or even joining a local fitness class can make a difference. Consider adding seasonal fruits and vegetables—like apples, squash, and leafy greens—into your meals for both variety and nutrition. Staying hydrated and getting enough rest will also help keep your energy levels steady as the days get shorter.

RESET YOUR HOME

Refreshing your apartment doesn't require paint, remodeling, or anything permanent. Instead, think about simple changes that make your home feel cozy and organized:

Declutter one space—a closet, junk drawer, or shelf—and enjoy the sense of calm that comes from tidiness.

Switch up décor with seasonal colors. A fall-themed throw pillow, blanket, or doormat can bring warmth without breaking rules or budgets.

Enjoy safe scents like plug-in warmers, reed diffusers, or

essential oil sprays instead of candles.

Cook indoors with seasonal recipes. Since grills aren't allowed on decks, consider a slow cooker or indoor grill pan to enjoy fall favorites.

A FRESH START

The beauty of a September reset is that it doesn't have to be overwhelming. Choose one small intention—mind, body, or home—and focus on it this month. Progress builds over time, and even the smallest changes can bring renewed energy and a sense of accomplishment.

This September, take advantage of the natural rhythm of the season. With a few mindful steps, you can create a calmer mind, a healthier body, and a refreshed home—all while keeping your apartment safe, welcoming, and cozy.

BLACK BEAN CHILI

INGREDIENTS:

- 2 boneless, skinless chicken breasts (or thighs)
- 2 (15 oz) cans black beans, rinsed and drained
- 1 (15 oz) can corn, drained
- 1 (15 oz) can diced tomatoes (with juice)
- 1 packet chili seasoning mix (or 2 Tbsp homemade blend)
- 2 cups chicken broth



DIRECTIONS:

1. In a large pot or slow cooker, combine black beans, corn, tomatoes, seasoning, and broth.
2. Add raw chicken breasts directly into the mixture.
3. Cook on low for 6–7 hours (slow cooker) or simmer on the stovetop for 45 minutes, until chicken is cooked through.
4. Remove chicken, shred with a fork, and return it to the pot. Stir well and let cook for 5 more minutes.
5. Serve hot with optional toppings: shredded cheese, sour cream, avocado, or green onions.

SUDOKU CORNER

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ELKMONT MANOR

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SEPTEMBER CALENDAR 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|--|--|---------------------------------------|-----------------------------------|-----------------------------------|----------|
| | 1 Office Closed Labor Day | 2 Rent Due Pest Control Apartment Inspections | 3 Apartment Inspections | 4 Apartment Inspections | 5 Apartment Inspections | 6 |
| 7 Grandparents' Day | 8 | 9 | 10 Late Notices at 10:00 am | 11 Patriot Day | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

COMMUNITY CORNER

- ▶ Happy Labor Day! In observance of Labor Day, the office will be closed on September 1st.
- ▶ Pest control comes on the first Tuesday of each month; this month, the exterminator will be coming on September 2nd.
- ▶ A friendly reminder that rent is due on the 1st of the month. To avoid a late fee or court cost, be sure your rent and water are paid before 10 am on the 10th. If you pay with your credit or debit card, include the \$5 fee.
- ▶ **Apartment Inspections** will be taking place September 2nd- September 5th. Please make sure your apartment is tidy and clutter-free.
- ▶ Prevent Water Damage - Use Your Shower Curtain
We have recently had problems with floors and ceilings being damaged from water getting out of the tub during showers. Please make sure you have a shower curtain installed and that it is placed inside the tub while you shower. This simple step helps protect your home and your neighbors from costly water damage. Thank you for your cooperation!
- ▶ The after-hours maintenance emergency number is (800)224-4787. This number is for use in maintenance emergencies only.