



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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# GERMANNA HEIGHTS

35059 Germanna Height Drive  
Locust Grove, VA 22508  
(540)423-1090  
www.MarkDanaVa.com



## SEPTEMBER 2025 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Office Closed</b> Labor Day	2 <b>Rent Due</b>	3	4	5	6
7 Grandparents' Day	8	9	10 <b>Late Notices</b> <b>at 10:00 am</b>	11 Patriot Day	12	13
14	15	16	17	18 Pest Control <b>1st Floor</b> <b>Inspections</b> <b>9am</b>	19 <b>2nd Floor</b> <b>Inspections</b> <b>9am</b>	20
21	22	23	24	25 Farm Market @ 1:30pm Community Room	26	27
28	29	30				

## COMMUNITY CORNER

- ▶ Happy Labor Day! The office will be closed on Monday, the 1st in observance of the holiday.
- ▶ A friendly reminder that rent is due on the first of the month.
- ▶ All work orders and concerns regarding the property should be reported to the office directly or email me at [ckeener@markdanava.com](mailto:ckeener@markdanava.com) (checked regularly).
- ▶ **Unit Inspections** - First floor units will be inspected on Sept 18th and second floor units on the 19th. Filters will also be changed during this time. Please make sure everything is moved away from the HVAC closet for easy access.
- ▶ A reminder that QUIET HOURS are from 11:00 pm - 8:00 am.
- ▶ Please put all trash in the container and break down all boxes. Do not place bags on the ground outside of the container.

## COMMUNITY CORNER CONTINUED

- ▶ ALL pets MUST be kept on a leash on the property and within the building at ALL times.
- ▶ Reminder: Parking in front of the building is limited to 15 minutes. This applies to everyone, including visitors. Also, everyone should be driving slowly in the parking lot for the safety of all. Thank you for your cooperation.
- ▶ All units and grounds are smoke-free. Smoking is permitted in vehicles, but PLEASE do not throw cigarette butts in the parking lot.
- ▶ Reminder: Church services are held weekly on Sunday in the Community Room.
- ▶ Bingo - check bulletin boards for the date.