



January 2026

## FRESH STARTS, SIMPLER STEPS

### Small Ways to Start the New Year Strong

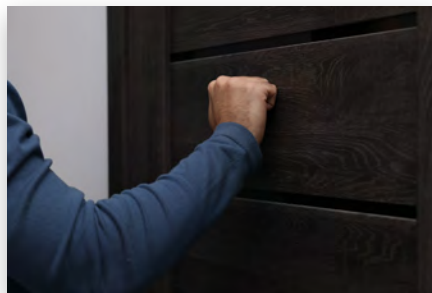
January is often called a “fresh start.” A new year can feel exciting—but it can also feel quiet, cold, and even a little overwhelming. The good news is that a fresh start doesn’t have to mean big changes or difficult goals. Sometimes, the smallest steps make the biggest difference.

As winter settles in, January gives us a chance to slow down. It’s a time to rest, reflect, and take care of ourselves and one another. Instead of making long lists of resolutions, try focusing on just a few simple habits that fit your life.



**One easy step is to move a little more each day.** A short walk, light stretching, or even standing up and moving around your home

can help keep your body strong. For seniors, gentle movement helps with balance and energy. For families, it’s a great way to spend time together.



**Another small step is staying connected.** Winter can feel lonely, especially when it gets dark early. A quick phone call, a friendly wave, or a short visit with a neighbor can brighten the day—for both people. Simple moments of kindness help build a stronger community.



**Taking care of your space can also help your mood.** Try organizing one

drawer, clearing off a table, or opening the curtains to let in more light. You don’t have to do everything at once—one small task is enough.

**Finally, remember to be kind to yourself.** January is not about being perfect. It’s about doing what you can, when you can. Rest when you need to. Celebrate small wins. Every day is a chance to begin again.



This new year doesn’t have to start fast or loud. With small steps, steady care, and a little patience, January can be a strong and peaceful beginning—for you and for our community..

# AIR FRYER - EVERYTHING BAGEL CHICKEN

## INGREDIENTS:

- 1 1/4 pounds chicken tenders
- 1 Tablespoon olive oil
- 1/3 cup Everything Bagel seasoning



## DIRECTIONS:

1. Gather all ingredients. Preheat an air fryer to 400 degrees F (200 degrees C), or according to manufacturer's instructions.
2. Place tenders in a bowl. Add oil and toss to coat. Add everything seasoning and toss to coat again.
3. Place tenders in the air fryer basket in a single layer; cook in batches if necessary. Cook until no longer pink at the center and juices run clear, about 12 minutes. An instant read thermometer inserted near the center should read at least 165 degrees F (74 degrees C).
4. Transfer to a serving plate and serve with desired dipping sauce.

## PUZZLE CORNER

## LETTER SUDOKU

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# ACCOMACK MANOR

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## JANUARY 2026 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>Rent Due</b> <b>Office Closed</b> New Year's Day	2	3
4	5	6 Exterminator 3rd Floor	7	8	9	10
11	12 <b>Late Notices</b> <b>at 10:00 am</b>	13 Exterminator 2nd Floor	14	15	16	17
18	19 Martin Luther King, Jr. Day	20 Exterminator 1st Floor	21 Inspections 10:00 am	22 Inspections 10:00 am	23 Inspections 10:00 am	24
25	26	27	28	29	30	31

## COMMUNITY CORNER

- ▶ Happy New Year to all!
- ▶ Let's start our New Year off with great inspections! Please have all work orders in before Inspection Day. Also, make sure there is nothing in front of the windows or blocking the hot water heater.
- ▶ A friendly reminder that rent is due on the 1st of the month. A late fee of \$50 will be applied to rent not paid by 10:00 am on the 12th as the 10th falls on a weekend.
- ▶ All maintenance issues must be reported to the office by calling (757)665-5848 or by filling out a Maintenance Request and putting it in the drop box.
- ▶ If you have a maintenance emergency, please call 800-224-4787. This is for emergencies only!