



# 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..



## January 2026

## 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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			C	A				F	
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# HILLCREST MANOR

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## JANUARY 2026 CALENDAR

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

## COMMUNITY CORNER

- ▶ Happy New Year!
- ▶ As you know, 2025 was a big year for inspections. We would like to thank you for your cooperation and patience in helping make them successful. There will be **NO QUARTERLY INSPECTIONS IN JANUARY** since we performed inspections in December.
- ▶ A friendly reminder that rent is due on the first day of the month. Please do not drop blank or incomplete money orders/checks in the drop box. Money orders/checks should be made payable to "Hillcrest Manor," and include your name and apartment number in the memo. To pay your rent by card, please use the link provided. If you do not have the link, contact the office, and we will be happy to provide it for you. **Please do not forget to add the \$5 technology fee when paying online. If paying late, include additional late fees to your balance due.**
- ▶ Any payments made to management are applied to past due balances (Rent, Court, Late Fees, Damages, etc.) before being applied to current balances. The only time payments will not be applied to past due damages is if you have a written payment arrangement with management and it is current.
- ▶ Please remember you must contact the management office for written approval before installing any security cameras or similar recording devices. Please refer to the prior memo distributed to all residents.