



February 2026

SHOW YOUR HEART SOME LOVE THIS FEBRUARY

February is known for hearts, Valentine's cards, and reminders to take care of our physical health—but it's also a great time to check in on our emotional heart. Just like the rest of your body, your mind needs care, rest, and support to stay strong.

Whether you're spending the month with family, friends, or enjoying some quiet time on your own, a little self-care can go a long way—and it doesn't have to cost a thing.

Healthy Hearts Start with Simple Habits

Taking care of your mental health often looks a lot like taking care of your physical heart. Small, everyday habits can help you feel more balanced and calm:

- **Keep a steady routine.** Regular meals and sleep help your mind and body stay in sync.
- **Move a little each day.** A short walk, stretching, or light activity supports both heart and brain health.

- **Stay connected.** A friendly call, text, or wave to a neighbor helps reduce stress and loneliness.

Take breaks. Reading, listening to music, or enjoying a quiet moment gives your mind time to reset.

It's Okay to Ask for Support

Just like you'd see a doctor if your heart didn't feel right, it's okay to reach out when your emotions feel heavy. Talking to someone can make a real difference, and free, confidential help is always available.

- Call or text 988 to reach the 988 Suicide & Crisis Lifeline—available 24/7 across Virginia and the U.S.
- Prefer texting? Text HOME to 741741 to connect with the Crisis Text Line.

These services are for anyone who needs support—during difficult moments or just when life feels overwhelming.

More Ways to Care for Your Emotional Heart

If you're looking for ongoing support

or information, these trusted resources are available statewide and nationally:

- NAMI (National Alliance on Mental Illness) offers a free HelpLine at 1-800-950-6264, or text NAMI to 62640 for guidance and resources.
- NAMI Virginia provides free programs and support groups throughout the state.
- Dial 2-1-1 to connect with local services such as counseling options, food assistance, transportation help, and more.

A Little Love Goes a Long Way

This February, remember that caring for your heart includes caring for your mental well-being. Small steps—getting rest, staying connected, and asking for help when needed—are simple ways to show yourself some love.

Because a healthy heart isn't just about what it does—it's about how you feel.

HEART HEALTHY DARK CHOCOLATE BANANA BITES

INGREDIENTS:

- 2 Ripe Bananas
- 1/2 Cup Dark Chocolate Chips
- Optional: Chopped Nuts or Peanut Butter



DIRECTIONS:

1. Peel and slice bananas into rounds.
2. Melt dark chocolate in the microwave (30-second bursts, stirring between).
3. Dip each banana slice halfway into the chocolate.
4. Optional: sprinkle with chopped nuts or add a tiny swirl of peanut butter.
5. Place on parchment paper and refrigerate or freeze for 15–20 minutes until set.

TIPS FOR HEALTHY LIVING

Balanced Diet

Include fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals.



Stay Hydrated

Include fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals.



Get Enough Sleep

Try to sleep 7–9 hours each night to give your body the time it needs to rest, recover and stay healthy.



Stay Active

Move your body every day by doing things you enjoy like walking, stretching or dancing to stay energized.



Mental Wellness

Engaging in activities like reading or learning can keep your mind active, reduce stress and support your mental well-being.



GROTTOES MANOR

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FEBRUARY 2026 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Rent Due Ground Hog Day	3 Pest Control	4	5	6	7
8	9	10 Late Notices at 10:00 am	11	12	13	14 Valentine's Day
15	16 Presidents Day	17	18	19	20	21
22	23	24	25	26	27	28

COMMUNITY CORNER

- ▶ Happy Valentine's Day.
- ▶ 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 10:00 a.m. on the 10th. If you pay with your credit or debit card, include the \$5 fee.
- ▶ Pest control comes on the first Tuesday of each month; this month, the exterminator will be coming on February 3rd.
- ▶ There is No Smoking on the property other than in your vehicle.
- ▶ A lot of tenants were giving us work orders or telling us about things that were not working properly during the apartment inspections. All work orders need to be called into the office as they occur. Please do not wait until inspections to let us know there is a problem.
- ▶ The after-hours maintenance emergency number is (800)224-4787. This number is for use in maintenance emergencies only.
- ▶ Please return all paperwork in a timely manner. There are deadlines that must be met.
- ▶ You can reach me at 540-298-8349 or 540-249-4161, Monday - Friday, 8:00 am - 4:00 pm.