



SPRING FORWARD: FRESH STARTS FOR HOME AND COMMUNITY

March is a month of change. The days grow longer. The air feels lighter. After the quiet of winter, spring gives us a chance to begin again.

A fresh start does not have to be big or expensive. In fact, small steps often make the biggest difference.

One simple way to welcome spring is to refresh your living space. Open the curtains and let in natural light. Wipe down a table or organize one drawer. Even small changes can make your home feel brighter and more peaceful.

Spring is also a good time to refresh your routine. Take a short walk if the weather allows. Stretch your arms and legs in the morning. Drink an extra glass of water. These simple habits help keep our bodies strong at every age.

March is also about connection. During winter, many of us

spend more time indoors. Spring is a great time to say hello to a neighbor, check in on someone, or offer a friendly smile. Small acts of kindness help build a strong community.

This month brings Daylight Saving Time. When you move your clocks forward, remember to check smoke detector batteries and review emergency contact numbers. A few minutes of safety planning can bring peace of mind.

Spring reminds us that growth happens little by little. Flowers do not bloom overnight. They grow one day at a time. We can do the same.

Whether you are enjoying retirement, raising a family, working hard, or starting something new, March is a reminder that every season brings hope.

Let's welcome spring together — with fresh air, fresh starts, and

small steps that make our homes and communities even stronger.

5 Simple Ways to Refresh Your Home This Spring

1. Open windows (if the weather allows) for fresh air.
2. Wash bedding for a clean start.
3. Organize one small space.
4. Donate unused items.
5. Add a small plant or flowers for color.



EASY SPRING VEGETABLE & RICE SKILLET



INGREDIENTS:

- 1 cup uncooked rice
- 2 cups water or broth
- 1 bag frozen mixed vegetables
- 1 tablespoon oil or butter
- Salt and pepper to taste
- Optional, cooked chicken or beans for protein

DIRECTIONS:

1. Cook rice according to package directions.
2. In a large skillet, heat oil or butter.
3. Add frozen vegetables and cook until heated through.
4. Stir in cooked rice.
5. Add salt, pepper and optional protein.
6. Cook together for 3-5 minutes and serve warm.

COMMUNITY CORNER

SPRING IS A SEASON OF NEW BEGINNINGS!

We'd love to hear from you.

Do you have:

- A favorite spring recipe?
- A photo of your balcony or patio refresh?
- A tradition your family enjoys in March?

Submit to your management office for a chance to be featured in an upcoming newsletter!



ACCOMACK MANOR

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MARCH 2026 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Rent Due	3 Pest Control 3rd Floor	4	5	6	7
8 Daylight Saving Time	9	10 Late Notices at 10:00 am Pest Control 2nd Floor	11	12	13	14
15	16	17 Office Closed Pest Control 1st Floor St. Patrick's Day	18 Office Closed	19	20 1st Day of Spring	21
22	23	24	25	26	27	28
29	30	31				

COMMUNITY CORNER

- ▶ Daylight Saving Time begins on March 8th. Don't forget to set your clocks forward one hour and enjoy the longer days ahead!
- ▶ 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 10th of the month.
- ▶ If you would like to pay by credit card, or set up automatic payment call (540)249-3060.
- ▶ All vehicles must be registered with insurance and have a parking pass. Towing will be enforced.
- ▶ All trash must be placed inside of the dumpster. Anyone found leaving trash outside the dumpster or on top of it will be charged a \$50.00 fee.
- ▶ After-hours maintenance emergency - please call 800-224-4787. This is for emergencies only!