



March 2026

## 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!



# ELKMONT MANOR

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## MARCH 2026 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Rent Due</b>	3 Pest Control	4	5	6	7
8 Daylight Saving Time	9	10 <b>Late Notices at 10:00 am</b>	11	12	13	14
15	16	17 St. Patrick's Day	18	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. 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 March 3rd.
- ▶ 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.