

January, 2022

# Talk of the Towers

## HAPPY FEBRUARY BIRTHDAYS

2/4.....Priscilla Mickey  
2/6.....Karen Langemak  
2/8.....Anatoliy Kirillov  
2/14.....Maureen Mullen  
2/19.....Carmen Poindexter  
2/22.....Brian Bass  
2/23.....Ofilia Perez  
Susan Waite  
2/24.....Frank Timmons  
2/27.....Rouhollah Fathabad

Check the calendar for party time

Make your next year  
Your best year  
ever



## Donation Pick up

If you have household items that you want to donate such as furniture, clothing or just items you don't want anymore, here are some places you can call for a pick up.

**Vietnam Veterans of America-800-775-8387**  
**City Rescue Mission——— 904-421-5137**  
**St Vincent De Paul——— 904-396-7473**  
**Salvation Army——— 800-728-7825**  
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## House Cleaning

If you need some help with cleaning your apartment, often or occasionally, here are two trusted people you can call. They do charge for service. Call and ask the amount.

**Patricia Martin———904-982-1638**  
**Wendy Pickett———904-855-7571**  
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## Charities in Jacksonville

Here is a list of a few charitable organizations that help in many ways: food, clothing and financial.

**Catholic Charities———904-354-4846**

**Jewish Family & Community Services**  
**904-448-1933**

**United Way———904-390-3200**

**Salvation Army Center of Hope**  
**904-366-9222**

George Washington— —————1789-1797  
John Adams————— 1797-1801  
Thomas Jefferson—————1801-1809  
James Madison—————1809-1817  
James Monroe—————1817-1825  
John Quincy Adams—1825-1829  
Andrew Jackson—1829-1837  
Martin Van Buren—1837-1841  
William Henry Harrison—1841  
John Tyler—1841-1845  
James Polk—1845-1849  
Zachary Taylor—1849-1850  
Millard Fillmore—1850-1853  
Franklin Pierce—1853-1857  
James Buchanan—1857-1861  
Abraham Lincoln—1861-1865  
Andrew Johnson—1865-1869  
Ulysses S. Grant—1869-1877  
Rutherford B. Hayes—1877-1881  
James Garfield—1881  
Chester Arthur—1881-1885  
Benjamin Harrison-1889-1893

Grover Cleveland—1893-1897  
William McKinley—1897-1901  
Theodore Roosevelt—1901-1909  
William H. Taft—1909-1913  
Woodrow Wilson—1913-1921  
Warren Harding—1921-1923  
Calvin Coolidge—1923-1929  
Herbert Hoover—1929-1933  
Franklin D. Roosevelt—1933-1945  
Harry S. Truman—1945-1953  
Dwight Eisenhower—1953-1961  
Robert F. Kennedy—1961-1963  
Lyndon Johnson—1963-1969  
Richard Nixon—1969-1974  
Gerald Ford—1974-1977  
Jimmy Carter—1977-1981  
Ronald Reagan—1981-1989  
George H.W. Bush-1989-1993  
William J. Clinton—1993-2001  
George W. Bush—2001-2009  
Barack Obama—2009-2017  
Donald J. Trump—2017-2021  
Joseph Biden—2021-present

Most of us were not around to see all of these presidents. Well, maybe some of you were, and I know who you are. But we were around for some of them. Weather we liked them or supported them, or not, they were the choice and the voice of the American people. As we work on the 3rd century of our country (the greatest country in the world) these past and present presidents have guided us and will continue to guide this country into this century. I for one am proud to be an American and am proud of where we came from and excited to see where we are going next. At our 300th year in 2076, I hope that Americans all around the U.S. still feel the same way.

**God Bless America**

## COVID-19 Updates

The New Year has brought about a new worry sweeping the nation: “Flurona.” This [new colloquial term](#) describes a person infected with influenza – or the common flu – and COVID-19 simultaneously. With hospitalizations at an all-time high and health systems strained for workers, service coordinators want to be sure residents are maintaining optimal health and safety practices.

Flu and COVID-19 symptoms appear similar because they both affect the upper respiratory system. Both spread through air particles and droplets when an [infected person breathes](#), talks, sneezes or coughs near a non-infected individual.

[Symptoms](#) for both illnesses include sore throat, coughing, fever, runny nose, and loss of taste which range from mild to moderate. However, both illnesses have complications for some individuals that require hospitalization. For COVID-19 patients, this could be blood clots and Long-COVID symptoms that persist after recovery. Bacterial infections and worsening of flu symptoms could lead to pneumonia, inflammation of vital organs, or heart concerns.

Residents with higher risks for severe illness and hospitalization – older adults, people with existing medical conditions, and those who are pregnant – should be checked on more than others. To ensure all residents maintain their health, it’s important that service coordinators continue to practice proper safety and sanitation guidelines at the property.

Remember to wear a mask and practice social distancing in crowded public spaces. If possible, wear an N95 mask, which offers greater protection than the standard cloth mask. Alternatively, wearing two masks will add another layer of protection.

To truly diagnose which sickness a person has, it’s essential to get tested for coronavirus. Vaccination continues to be the most effective way of limiting the spread of both diseases, lowering the intensity of symptoms, and reducing rates of hospitalization.

Masks are available in the Service Coordinator’s office

## Residents Association corner

HAPPY FEBRUARY 2022 EVERYONE!

Our word this month is in regard to a question that's come up about the possibility of changing the date/day of the time of our POT LUCK DINNER which is held on Friday of the last week of each month. There are a few reasons for doing so, the most important one being that it's known to be most helpful to create a schedule / routine which makes remembrance easier. This goal of the Residents Association is evident as you peruse the Monthly Calendar since all of our "regular" activities and events are set for certain weeks / times. Hopefully, this makes it easier for everyone who is interested in being a participant. We want everyone to be aware that while money management enters into the picture to an extent, it doesn't have to exclude anyone from being a part of the POT LUCK DINNER. The \$ 5.00 fee is available for those who choose not to bring a "DISH", yet by the same token, please understand that the "DISH" doesn't have to be created / made at home. One idea is to pick something up at the grocery store or even Dollar Tree anytime during the month. There are endless "BOGO's" which of course means the possibility of the "DISH" costing nothing. Otherwise, there are staples that are inexpensive (a can of beans, box of macaroni or rice, a package of cookies, etc.), which cost much less than \$5.00 at the door. Again, the goal is to have you come to be a part of not just the Pot Luck Dinner, but other events as well. EVERYONE is not only WELCOME, but encouraged to come and ENJOY these special times of good FELLOWSHIP. Please NOTE: SIGN UP in the MULTIPURPOSE ROOM is IMPORTANT. If you have any questions, please know that I, as well as the other Officers are ready, willing & happy to respond to them. In the meantime....here's hoping to SEE YOU soon! Cheryl Barker President, Residents Association





# PRESIDENTS DAY

## **Service Coordinator's Corner**

January has been a very emotional time for me and others. We have had more residents leave and pass than any other month that I have been here. My prayers go out to all of them and their families.

I would also like to welcome Ms. Lora Wilson, our newest resident, to the TOJ.

A couple of quick notes from the staff. Please, if you have a drink in a cup in the common areas or the elevator, make sure you have a lid on the cup. And, once again, do not put glass bottles down the trash shoot.

Here's a heads up. Our pest control tech comes to your apartment to treat for bugs each month. He reports back to Rosalie, property manager, if there are any issues. These issues must be taken care of, for your health as well as your neighbors. Keep clean and let's get rid of all bugs here at the TOJ.

OK, I have Covid-19 tests in my office. If you want to get tested, you can come into my office and get a test. It has to be done in my office and privately because there is only one bottle of the activating solution. Please call first and schedule a time. 904-379-6401.

When you look on the calendar you will see on Thursday, 2/10 @ 1pm, there is a Nutritionist coming in to do a presentation. It was very difficult to get this presentation and I would really appreciate a good turn out. Nutrition is all about good health and what we eat effects how we feel. So please come down and maybe learn some things about the food we eat.

We are having another food distribution this month thanks to Sara at UCOM.

Encompass Home Care has been coming to the TOJ for a long time. This month's presentation is about HEART HEALTH for the month of Valentine's Day. Please come down and attend this all important discussion.

Looks like we are in for some mighty cold weather this month. My bones really do not like the cold at all. Especially when I'm on the golf course, but I do it anyway. Keep an eye on the temperature before you go out, and bundle up when it's warranted. Between flu season and Covid-19 going around, we may be better off just staying inside.

It's a short month and it will go by fast, so stay safe and enjoy the Super Bowl

On Sunday February 13th.

## History of Black History Month

February is designated as the month for black history. Here is a little of that.

Black History Month wouldn't have been possible without Negro History Week's creation in the United States in 1926. Famous historian Carter G. Woodson and the Association for the Study of Negro Life and History proclaimed the second week of February to be observed as Negro History Week. Since the inception of this event, the main focus was to encourage the teaching of the history of Black Americans in educational institutes, particularly at the primary level. The departments of education of Delaware, North Carolina, and West Virginia were very cooperative. The overall reception was lukewarm, but Woodson considered it a success and "one of the most fortunate steps ever taken by the Association."

In February 1969, the idea for Black History Month was promoted by Black students and educators at Kent State University, followed by the first celebration of Black History Month on campus and local surroundings one year later. Fast forward six years and Black History Month was widely being celebrated across the country, and not only in schools, colleges, and community centers. In 1976, President Gerald Ford praised Black History Month, urging all citizens to "seize the opportunity to honor the too – often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

The creation of Black History Month also led to some controversy. Celebrating Black history for one month seemed too confining, with many labeling it downright inappropriate. Another concern was that Black History Month would glamorize the delicate subject and lead to Black historical figures being simplified as heroes.

Jacksonville is rich with African American history; explore stops along [Jax Heritage Trail](#), including the Catharine Street Fire Station and the [Clara White Mission](#), founded by a former slave and in operation for over 100 years.

### Ritz Theatre & Museum

Take in a live performance at the [Ritz Theatre & Museum](#) in Jacksonville's historic African American community of La Villa. During La Villa's height of activity in the 1920s-1960s, it was known as the "Harlem of the South."

### Kingsley Plantation

Another historic location of immense importance is the [Kingsley Plantation](#), Jacksonville's oldest residential home and Florida's last still-standing plantation home.

### Zora Neale Hurston

For a glimpse into Zora Neale Hurston's early years, visit two landmarks in the historic Springfield neighborhood. The neighborhood, listed on the National Register of Historic Places.

## The Dark Origins' of Valentine's Day

Valentine's Day is a time to celebrate romance and love and kissy-face fealty. But the origins of this festival of candy and cupids are actually dark, bloody — and a bit muddled

Though no one has pinpointed the exact origin of the holiday, one good place to start is ancient Rome, where men hit on women by, well, hitting them.

From Feb. 13 to 15, the Romans celebrated the feast of Lupercalia. The men sacrificed a goat and a dog, then whipped women with the hides of the animals they had just slain.

The Roman romantics "were drunk. They were naked," says Noel Lenski, a historian at the University of Colorado at Boulder. Young women would actually line up for the men to hit them, Lenski says. They believed this would make them fertile.

The brutal fete included a matchmaking lottery, in which young men drew the names of women from a jar. The couple would then be, um, coupled up for the duration of the festival — or longer, if the match was right.

The ancient Romans may also be responsible for the name of our modern day of love. Emperor Claudius II executed two men — both named Valentine — on Feb. 14 of different years in the 3rd century A.D. Their martyrdom was honored by the Catholic Church with the celebration of St. Valentine's Day.

Later, Pope Gelasius I muddled things in the 5th century by combining St. Valentine's Day with Lupercalia to expel the pagan rituals. But the festival was more of a theatrical interpretation of what it had once been. Lenski adds, "It was a little more of a drunken revel, but the Christians put clothes back on it. That didn't stop it from being a day of fertility and love."

Around the same time, the Normans celebrated Galatin's Day. Galatin meant "lover of women." That was likely confused with St. Valentine's Day at some point, in part because they sound alike.

As the years went on, the holiday grew sweeter. Chaucer and Shakespeare romanticized it in their work, and it gained popularity throughout Britain and the rest of Europe. Handmade paper cards became the tokens-du-jour in the Middle Ages.

Eventually, the tradition made its way to the New World. The industrial revolution ushered in factory-made cards in the 19th century. And in 1913, Hallmark Cards of Kansas City, Mo., began mass producing valentines. February has not been the same since.

Today, the holiday is big business: According to market research firm IBIS World, Valentine's Day sales reached \$17.6 billion last year; this year's sales are expected to total \$18.6 billion.

But that commercialization has spoiled the day for many. Helen Fisher, a sociologist at Rutgers University, says we have only ourselves to blame.

"This isn't a command performance," she says. "If people didn't want to buy Hallmark cards, they would not be bought, and Hallmark would go out of business." And so the celebration of Valentine's Day goes on, in varied ways. Many will break the bank buying jewelry and flowers for their beloveds. Others will celebrate in a SAD (that's Single Awareness Day) way, dining alone and binging on self-gifted chocolates. A few may even be spending this day the same way the early Romans did. But let's not go there.



## History of Ground Hog Day

On February 2, 1887, [Groundhog Day](#), featuring a rodent meteorologist, is celebrated for the first time at Gobbler's Knob in Punxsutawney, [Pennsylvania](#). According to tradition, if a groundhog comes out of its hole on this day and sees its shadow, it gets scared and runs back into its burrow, predicting six more weeks of winter weather; no shadow means an early spring.

Groundhog Day has its roots in the ancient Christian tradition of [Candlemas](#), when clergy would bless and distribute candles needed for winter. The candles represented how long and cold the winter would be. Germans expanded on this concept by selecting an animal—the hedgehog—as a means of predicting weather. Once they came to America, German settlers in Pennsylvania continued the tradition, although they switched from hedgehogs to groundhogs, which were plentiful in the Keystone State.

Groundhogs, also called woodchucks and whose scientific name is *Marmota monax*, typically weigh 12 to 15 pounds and live six to eight years. They eat vegetables and fruits, whistle when they're frightened or looking for a mate (they're sometimes called whistle pigs) and can climb trees and swim.

They go into hibernation in the late fall; during this time, their body temperatures drop significantly, their heartbeats slow from 80 to five beats per minute and they can lose 30 percent of their body fat. In February, male groundhogs emerge from their burrows to look for a mate (not to predict the weather) before going underground again. They come out of hibernation for good in March.

In 1887, a newspaper editor belonging to a group of groundhog hunters from Punxsutawney called the Punxsutawney Groundhog Club declared that Phil, the Punxsutawney groundhog, was America's only true weather-forecasting groundhog. The line of groundhogs that have since been known as Phil might be America's most famous groundhogs, but other towns across North America now have their own weather-predicting rodents, from Birmingham Bill to Staten Island Chuck to Shubenacadie Sam in Canada.

In 1993, the movie *Groundhog Day* starring Bill Murray popularized the usage of "groundhog day" to mean something that is repeated over and over. Today, tens of thousands of people converge on Gobbler's Knob in Punxsutawney each February 2 to witness Phil's prediction. The Punxsutawney Groundhog Club hosts a three-day celebration featuring entertainment and activities.