

January, 2022

Talk of the Towers

HAPPY JANUARY BIRTHDAYS

1/1————— Dorothy Townsend
1/8————— Joyce Grivainis
1/11————— Yevgeniya Tregubova
1/17————— Milagros Fonseca
1/19————— Linda Kirtsey
 Lucy Nagy
1/21————— Boris Bogin
1/22————— Hasan Kalatsi
1/23————— Tatiana Barannak
1/24————— David Dahl
 Glenn Jonson
1/25————— David Byrnes
1/26————— Joszet Johnson
1/28————— Virginia Sullivan
1/29————— Tim Hawk

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

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

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

Remembering an American Icon

On January 17, 2022, the Dr. Martin Luther King, Jr. holiday will mark the 27th anniversary of the national day of service. This day was established to honor the life and legacy of Dr. King, and to encourage all Americans to volunteer to improve their communities.

Americans celebrated the first official Martin Luther King Day, which is the only federal holiday commemorating an African-American, on Monday, January 20, 1986. In 1994, Congress designated the holiday as a national day of service, and marking the third Monday in January every year as the Martin Luther King, Jr. Day of Service - a "Day On, Not a Day Off."

Dr. King advocated for nonviolent resistance to overcome injustice as a means of lifting racial oppression. He created change with organized sit-ins, marches, and peaceful demonstrations that highlighted issues of inequality. Dr. King received the Nobel Peace Prize in 1964; he was the youngest person to ever receive this high honor. He followed in the footsteps of his grandfather and father by entering the ministry to become a Baptist minister. On April 4, 1968, at the age of 39, he was assassinated in Memphis, Tennessee as he stood on the balcony of his hotel. Dr. King traveled to Memphis, Tennessee to lead a march in support of striking sanitation workers.

We remember Dr. King as a husband, father, friend, and fierce advocate for the betterment of all people. Honor his memory by organizing, volunteering, and spreading the word. Remember to MAKE IT A DAY ON, NOT A DAY OFF, for you and those around you.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal.

I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I have a dream today.

Service Coordinator's Corner

To start off, I would like to give all of you a big **THANK YOU** for all the cards and gifts I received for the holidays. I am overwhelmed with gratitude, chocolate and cookies, and my bulletin board is over run with holiday cards. Thank you all very much. I hope all your holidays were happy ones.

Let's get this new year off to a great start by not looking back, but what we can look forward to. Good health, happiness and positive attitudes. I think that this stupid virus is going to be around for a while, variant after variant, but we have all had the opportunity to be fully vaccinated, and fully educated and able to move forward knowing we will do what it takes to avoid getting it. Exercise, healthy eating, and staying in contact with our doctors will go a long way toward a great new year.

We had a few hiccups with the garbage issue last month, but Pete tried to stay on top of things and thanks to Sal for flagging down a garbage truck from down the street to come and dump our trash for us. That sure helped until our regular pick up returned.

Congrats to your newly elected Resident Association officers: President— Cheryl Barker
Vice President— Linda Kirtsey: Secretary— Dawn Pope: Treasurer— Robert Schmidt:
Sargent at arms: Salvatore Arena (appointed).

We have a new medical provider, **Conviva**, coming in to meet us and bringing Hot Cocoa and pastries. Let's come down and give them a warm welcome. **Sara @ UCOM** will be back with food deliveries this month; **Dedicated Medical** is bringing lunch for those who would like to come and meet one of their doctors and ask him any Questions you might have: **Seniors on a Mission** is back with their Technology bus to guide you through your cell phones or digital devices (they are a great help, sign up); **Field trips** to Cracker Barrel and the Avenues Mall this month and; **Trivia** with Marvin is on the calendar again. Along with all the other events your Resident Association has scheduled for you, it's a busy month. **Please keep an eye on your calendars.**

Social Security sends all residents that are receiving benefits, a letter showing your income benefits for the year. It is a long form after you unfold it all. This is important for you to give to Stacy in the office as it will be very helpful when it comes time to recertify with HUD. She will make a copy and return it to you.

You will be receiving a 5.9% increase in your SSA benefits. Unfortunately, all other government benefits, such as food benefits, will be lowered. And, if you pay Medicare part B it will go up. And, your monthly rent will increase a little. That's just the way it goes and there is no sense letting it get you down. Remember, **Stay Positive.**

So, 2022 is here and I'm still here whenever you need my assistance or you just want to chat. I try to be helpful any way I can and really have come to think of all of you as friends.

Welcome to Mr. Tim Hawk and Mr. William Hull our newest residents
From the staff at the TOJ: HAPPY NEW YEAR

Resident Association Volunteer Appreciation


As 2021 comes to a close, the Officers on behalf of all Residents of The TOJ, wholeheartedly express our appreciation to those who have & continue to selflessly serve as a Volunteer in any capacity between the early morning hours of The Coffee Cafe, through the closing events of the day. We know who each of you are & greatly appreciate all that you do FOR all! Thank you! A day's activities are thoughtfully planned out to help make life here not only more enjoyable for Residents, but also convenient when it comes to meeting basic needs like fun, food, drinks & tasty snacks. More importantly, there's fellowship, hopefully intended to get to know one another. (Notice: this interaction could lead to lasting friendships).

A special THANK YOU goes out to Sal Arena who is here for us at every "twist & turn". Wherever there's a need we'll find Sal graciously & joyously serving! Close behind to help him (aka "us") with anything the need may call for, is Laury Bennett. We warmly & sincerely thank you, Laury!

Lastly, "Thanks" to a few of our "Non-Resident" volunteers, Jim Gandy & Loren Gallogly, for generously agreeing to be here on alternate Tuesday's to host/call Bingo so that all those choosing to participate are free to simply enjoy being there & playing the game. Thank you, Jim & Loren!

Remember: Coffee Time every Mon, Tues and Wed morning @ 8:30– 10:00

Snack Bar opens every Tues and Thurs afternoons @ 2:00- 4:00



What's your goal?

With the New Year comes the implied New Year's resolution. It marks the beginning of a fresh start when we can check in with ourselves to see what worked and didn't work for us in 2021, pandemic aside. In 2020, nearly [one in four Americans](#) made a resolution, with the most common being to get more exercise, eat healthier and save money.

Whether you dream to enrich your personal or professional life, planning for your goals can give you the momentum to succeed. These same strategies might even help you influence residents at your property to find ways to reach their own goals.

It helps to visualize yourself not only achieving that goal but seeing yourself on the other side of it, fully succeeding. Some people use vision boards or write in journals to feel motivated to stay on track. Create a specific, actionable plan for your goal with dates you hope to achieve milestones and reasonable progress you expect to make.

Break up the larger goal into smaller, daily habits. Consider shifting goals from something you accomplish in a year to one thing you can do per quarter. If you have a bad quarter, remember there are three more to try again. Determine the best way to track your goals with goal tracking [apps on your phone](#).

Don't go at it alone! When you share your goals with others, you're more likely to hold yourself accountable and find cheerleaders to motivate you along the way. Even if the goal requires hard work and dedication, strong social support can give you that last push to cross the finish line.

Lastly, consider how to make the journey as important as the destination. Take moments to check in with yourself and shift goalposts to adjust for difficulty and assess results. Remember to celebrate the small wins on the road and forgive setbacks as they arise.

FALLING PREVENTION AND AWARENESS



Falling can be a life-changing event for many adults aged 60 and older. Nationally, [20-30% of older adults who fall](#) experience bruising, hip fractures or head trauma. In more extreme cases, falls can lead seniors to the emergency room, long-term disability or even death.

Some older adults experience significant changes to their bodies as they get older, like a decline in vision, medication side effects or slower cognitive function, that make them more at risk for falling and the detrimental risks associated with it. More than [one out of four older adults fall a year](#) but less than half of those that fell told their doctors. When a senior falls once, their risk of falling again doubles.

By learning fall prevention strategies, service coordinators can protect residents and empower them to live without fear.

Area rugs can be detrimental to older adults and people with disabilities who may not have the mobility to raise their feet. Consider removing rugs from high-traffic spaces. Clutter can also pose feet. Consider removing rugs from high-traffic spaces. Clutter can also pose a threat, so be sure to clear items from public areas.

Think about including balance exercises and education into your programming to give residents the tools to take back control. Tai Chi is a popular program at affordable housing properties. This practice brings elements of meditation and yoga into one exercise that emphasizes slow movements and breathing. People who practice Tai Chi regularly benefit from improved balance and lower stress.

Make sure residents understand medications and their side effects. They can speak to their doctor about what time of day they should be taking them and what to do if they experience dizziness, light-headedness or imbalance.

If a resident at your property does fall, emphasize to them that they need to [remain calm](#), not move and take slow, deep breaths. If a resident has a serious injury, call 911 immediately and keep them calm and stationary.