

# Talk of the Towers

## HAPPY MAY BIRTHDAYS

- 6/4\_\_\_\_\_ Cheryl Barker
- 6/4\_\_\_\_\_ Arline Foucault
- 6/6\_\_\_\_\_ Rhonda Riggins
- 6/9\_\_\_\_\_ Danny Miller
- 6/11\_\_\_\_\_ Ralph Herber
- 6/12\_\_\_\_\_ Johnny Nair
- 6/12\_\_\_\_\_ Fay Tippet
- 6/13\_\_\_\_\_ Attila Makranezy
- 6/17\_\_\_\_\_ Bobbie Jones
- 6/20\_\_\_\_\_ Sandra Davenport
- 6/23\_\_\_\_\_ Debra Diamantopoulos
- 6/25\_\_\_\_\_ Ann Streavel
- 6/26\_\_\_\_\_ Sherron McAllister
- 6/30\_\_\_\_\_ Charlene Detchemendy-Lynch

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.

- City of Jax-----904-630-0646
- Patricia Martin-----904-982-1638
- \*\*\*\*\*

## 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

## June Daily Holidays and Observances

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- **June 1:** Global Running Day, National Olive Day, Dinosaur Day, Hazelnut Cake Day, Oscar the Grouch Day
- **June 2:** National Moonshine Day, Rocky Road Day, Leave the Office Early Day, American Indian Citizenship Day
- **June 3:** World Bicycle Day, World Cider Day, National Donut Day, National Egg Day
- **June 4:** National Trails Day, National Cheese Day, Hug Your Car Day, International Corgi Day
- **June 5:** Constitution Day, World Environment Day, Cancer Survivors Day
- **June 6:** National Drive-In Movie Day, D-Day
- **June 7:** National Chocolate Ice Cream Day, VCR Day
- **June 8:** World Oceans Day, National Best Friends Day
- **June 9:** National Donald Duck Day
- **June 10:** National Egg Roll Day, Herbs and Spices Day, Iced Tea Day
- **June 11:** National Rosé Day, Corn on the Cob Day, Making Life Beautiful Day
- June 12:** National Jerky Day, National Loving Day, Peanut Butter Cookie Day, Red Rose Day
- **June 13:** National Sewing Machine Day, National Weed Your Garden Day
- **June 14:** Flag Day, International Bath Day, National New Mexico Day, World Blood Donor Day
- **June 15:** Nature Photography Day
- **June 16:** National Fudge Day, National Career Nurse Assistants Day
- **June 17:** National Eat Your Veggies Day, Apple Strudel Day, Global Garbage Man Day
- **June 18:** National Splurge Day, International Sushi Day, International Picnic Day
- June 19:** Father's Day, National Watch Day, Martini Day, Juneteenth
- **June 20:** World Refugee Day, Ugliest Dog Day, National American Eagle Day, Hike With a Geek Day
- **June 21:** International Yoga Day, Summer Solstice, World Day of Music
- **June 22:** National Onion Ring Day, National Kissing Day, National Chocolate Eclair Day
- **June 23:** National Pink Day, Typewriter Day, Porridge Day
- **June 24:** Midsummer, National Pralines Day, Take Your Dog to Work Day
- **June 25:** National Catfish Day, Bourdain Day, Global Beatles Day
- **June 26:** National Chocolate Pudding Day
- **June 27:** National Sunglasses Day, Bingo Day, Ice Cream Cake Day, Orange Blossom Day, Helen Keller Day
- **June 28:** Tau Day, National Paul Bunyan Day, Alaska Day
- **June 29:** National Camera Day, National Waffle Iron Day, Parchment Day, Almond Buttercrunch Day
- June 30:** Blink 182 Day, National Work From Home Day, National Corvette Day, International Asteroid Day

## JUNE HORISCOPE

June has two zodiac signs—Gemini ♊ and Cancer ♋. If you were born between May 21 and June 20, you're a Gemini, known to be flexible, clever, extroverted, and sometimes impulsive. If you were born between June 21 and July 21, you're a Cancer and are known to be emotional, comforting, and devoted to your loved ones.

## June Health Awareness

### What is Alzheimer's Disease?

- Alzheimer's disease is the most common type of dementia.
- It is a progressive disease beginning with mild memory loss and possibly leading to loss of the ability to carry on a conversation and respond to the environment.
- Alzheimer's disease involves parts of the brain that control thought, memory, and language.

It can seriously affect a person's ability to carry out daily activities.

### Who has Alzheimer's Disease?

- In 2020, as many as 5.8 million Americans were living with Alzheimer's disease.<sup>1</sup>
- Younger people may get Alzheimer's disease, but it is less common.
- The number of people living with the disease doubles every 5 years beyond age 65.
- This number is projected to nearly triple to 14 million people by 2060.<sup>1</sup>

Symptoms of the disease can first appear after age 60, and the risk increases with age.

### What is known about Alzheimer's Disease?

Scientists do not yet fully understand what causes Alzheimer's disease. There likely is not a single cause but rather several factors that can affect each person differently.

- Age is the best known risk factor for Alzheimer's disease.

Family history—researchers believe that genetics may play a role in developing Alzheimer's disease. However, genes do not equal destiny. A healthy lifestyle may help reduce your risk of developing Alzheimer's disease. Two large, long term studies indicate that adequate physical activity, a nutritious diet, limited alcohol consumption, and not smoking may help people. To learn more about the study, you can [listen to a short podcast](#).

- Changes in the brain can begin years before the first symptoms appear.

- Researchers are studying whether education, diet, and environment play a role in developing Alzheimer's disease.

There is growing scientific evidence that healthy behaviors, which have been shown to prevent cancer, diabetes, and heart disease, may also reduce risk for subjective cognitive decline.

## **What are the warning signs of Alzheimer's disease?**

Alzheimer's disease is not a normal part of aging. Memory problems are typically one of the first warning signs of Alzheimer's disease and related dementias.

In addition to memory problems, someone with symptoms of Alzheimer's disease may experience one or more of the following:

- Memory loss that disrupts daily life, such as getting lost in a familiar place or repeating questions.
- Trouble handling money and paying bills.
- Difficulty completing familiar tasks at home, at work or at leisure.
- Decreased or poor judgment.
- Misplacing things and being unable to retrace steps to find them.
- Changes in mood, personality, or behavior.

Even if you or someone you know has several or even most of these signs, it doesn't mean it's Alzheimer's disease.

## **What to do if you suspect Alzheimer's disease**

Getting checked by your healthcare provider can help determine if the symptoms you are experiencing are related to Alzheimer's disease, or a more treatable condition such as a vitamin deficiency or a side effect from medication. Early and accurate diagnosis also provides opportunities for you and your family to consider financial planning, develop advance directives, enroll in clinical trials, and anticipate care needs.

## **How is Alzheimer's disease treated?**

Medical management can improve quality of life for individuals living with Alzheimer's disease and for their caregivers. There is currently no known cure for Alzheimer's disease. Treatment addresses several areas:

- Helping people maintain brain health.
- Managing behavioral symptoms.

Slowing or delaying symptoms of the disease. **What are the warning signs of Alzheimer's disease?**

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## FATHER'S DAY

William Jackson Smart was a twice-married, twice-widowed [Civil War](#) veteran and father of 14 children, one of whom dedicated her life to the creation of [Father's Day](#) in honor of her devoted and selfless dad.

The story goes that William's daughter, Sonora Smart Dodd, was attending one of the first official [Mother's Day](#) services in 1909 at her church in Spokane, Washington, when she had an epiphany—if mothers deserved a day in honor of their loving service, why not fathers?

When Sonora was 16, her mother Ellen died, leaving William as a single father to Sonora and her five younger brothers. And by Sonora's account, he performed brilliantly. "I remember everything about him," Sonora said many years later to the *Spokane Daily Chronicle*. "He was both father and mother to me and my brothers and sisters."

Sonora's mother Ellen, herself a widow, had three children from a previous marriage. On top of that, William had also been married and widowed before he met Sonora's mother. William had five children with his first wife, Elizabeth, who were already grown when William became a widower for the second time.

In 1910, Sonora brought a petition before the Spokane Ministerial Alliance to recognize the courage and devotion of all fathers like William on June 5, her dad's birthday. The local clergy liked the idea of a special Father's Day service, but couldn't pull something together so quickly, so they settled for June 19, the third Sunday in June.

On that first Father's Day in 1910, church sermons across Spokane were dedicated to dear old dad, red and white roses were passed out in honor of living and deceased fathers, the mayor of Spokane and governor of Washington issued proclamations, and Sonora found her calling. She would spend much of the next 60 years pushing for the official recognition of Father's Day as a national holiday.

William Jackson Smart, the original inspiration for Father's Day, was born in Arkansas in 1842 and records show that he enlisted as a Union soldier there in 1863. That was odd, because Arkansas was a Confederate state. Spokane resident, Jerry Numbers, who owned what had been Sonora's home, researched the Smart family history for Spokane's Father's Day Centennial Celebration in 2010. Numbers says that William, in fact, fought for both sides in the Civil War.

## Father's Day Cont'd

Driving a supply wagon for Confederate troops, William was captured in the Battle of Pea Ridge, a decisive Union victory in Arkansas in 1862. Rather than languish in a prisoner of war camp, he opted to join the northern cause. As indication that William was a “Reb” before he was a “Yank,” Sonora was a member of both the United Daughters of the Confederacy and the Daughters of Union Veterans.

When Sonora was born in 1882, William and his second wife Ellen were living on a “coal ranch” in Jenny Lind, Arkansas. Instead of mining for coal, William and the family “farmed” it, collecting chunks of coal from the surface and carting it to town for sale. William and Ellen sold the property in 1887 for \$5,000—a handsome sum at the time—and the family traveled by train to a new homestead outside of Spokane. (The farm in Arkansas would turn out to be one of the most productive coal fields in the entire nation.)

It was on the Smart's family farm near Creston, Washington, where William's second wife died and he became a widower again at the age of 56. His youngest son was seven or eight and Sonora, his oldest child still living at home, was 16. In Sonora's memories of this difficult time, she recalls her father as a “great home person,” a man who exemplified fatherly love and protection.

That first Father's Day celebration in Spokane might have remained a local tradition if not for the perseverance of Sonora Smart Dodd. Following the 1910 Father's Day observance, [William Jennings Bryan](#), one of the most famous politicians of the time, sent Sonora a congratulatory letter, which sparked a rush of national media attention on Sonora and Spokane.

Sonora won the support of her congressmen, who began to lobby for the creation of a national holiday. In 1916, President [Woodrow Wilson](#) celebrated Father's Day in Spokane during a visit to Washington. We don't know if William Jackson Smart was there to shake the president's hand, but it would have been one of his last Father's Days. William died in 1919.

Much more than a Father's Day booster, Sonora Smart Dodd was an accomplished artist, poet, children's book author, funeral home director, and founding member of just about every civic organization in Spokane. But she never let go of her determination to give fathers like hers the recognition they deserved.

It wasn't until 1972, six years before Sonora's death at the age of 96, that President [Richard Nixon](#) finally signed a Congressional resolution declaring the third Sunday in June to be Father's Day. Her dad, no doubt, would have been proud.



## The Historical Legacy of Juneteenth

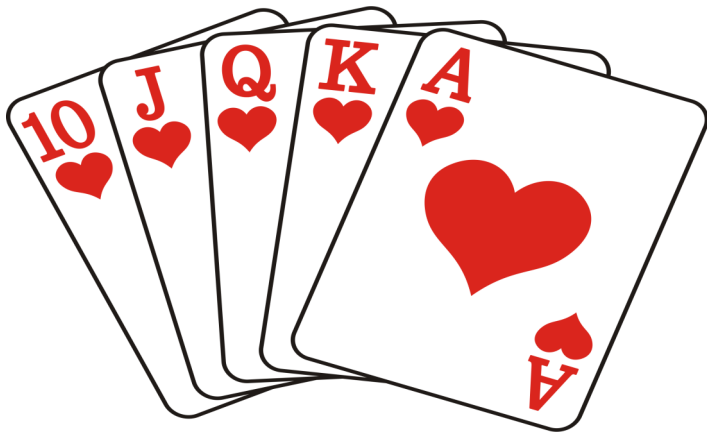
On “Freedom’s Eve,” or the eve of January 1, 1863, the first Watch Night services took place. On that night, enslaved and free African Americans gathered in churches and private homes all across the country awaiting news that the Emancipation Proclamation had taken effect. At the stroke of midnight, prayers were answered as all enslaved people in Confederate States were declared legally free. Union soldiers, many of whom were black, marched onto plantations and across cities in the south reading small copies of the Emancipation Proclamation spreading the news of freedom in Confederate States. Only through the [Thirteenth Amendment](#) did emancipation end slavery throughout the United States.

But not everyone in Confederate territory would immediately be free. Even though the Emancipation Proclamation was made effective in 1863, it could not be implemented in places still under Confederate control. As a result, in the westernmost Confederate state of Texas, enslaved people would not be free until much later. Freedom finally came on June 19, 1865, when some 2,000 Union troops arrived in Galveston Bay, Texas. The army announced that the more than 250,000 enslaved black people in the state, were free by executive decree. This day came to be known as "Juneteenth," by the newly freed people in Texas.

The post-emancipation period known as Reconstruction (1865-1877) marked an era of great hope, uncertainty, and struggle for the nation as a whole. Formerly enslaved people immediately sought to reunify families, establish schools, run for political office, push radical legislation and even sue slaveholders for compensation. Given the 200+ years of enslavement, such changes were nothing short of amazing. Not even a generation out of slavery, African Americans were inspired and empowered to transform their lives and their country.

Juneteenth marks our country’s second independence day. Although it has long celebrated in the African American community, this monumental event remains largely unknown to most Americans.

The historical legacy of Juneteenth shows the value of never giving up hope in uncertain times. The National Museum of African American History and Culture is a community space where this spirit of hope lives on. A place where historical events like Juneteenth are shared and new stories with equal urgency are told.



## **POKER TIME**

### **CARE PLUS & FAMILY CARE PARTNERS**

**Are teaming up to invite all residents to a fun filled game of Poker  
with Coffee & Bagels and Cream Cheese**

**All residents are invited even if you don't know how to play you will  
quickly learn and have a great time.**

**Tuesday, June 7th @ 10:30 am**





## **Happenings in JUNE**

**June 3– Publix Pharmacy is offering a Covid-19 Booster shot clinic here at the TOJ. You must sign up and bring your I.D., insurance & shot card**

**June 6– NEW RESIDENTS and all that want to join a MEET & GREET with Marci at Dedicated Medical, for coffee and donuts @ 11am “ALSO” @1pm Absolute Home Care, a 1st time provider, would love to meet all residents and enjoy some snacks and fellowship**

**June 7– Field Trip// Cracker Barrel enjoy a good meal with neighbors & Willie @ 10:30– Poker Time with Care Plus and Family Care Partners. Enjoy some coffee with bagels and cream cheese and have some fun**

**June 13- @ 12:30 Marcie with Dedicated is back bringing lunch and Bingo It’s always a fun time and she is a great person to talk with.**

**June 22- @ around 11:30 UCOM is once again bringing us our Food Delivery This is to supplement your food needs for all residents**

**June 28– starting @ 10am Seniors on a Mission will return with there Technology trailer to help with any of your cell phone or computer Issues. You must sign up for a time slot.**

**Keep an eye out for other times and events on your monthly calendar**

**There are sign up sheets in the common area that need your name to let us know who is interested in attending certain events.**

## **Service Coordinator's Corner**

Summer is here and here with an attitude. The heat and humidity is enough to keep us inside; now that the A/C is finally fixed. Did I say that out loud? Anyway, we are in FL. and I for one enjoy the heat much more than the cold. If you are going to go out and about, wear a cap and make sure you stay hydrated.

We want to recognize our newest residents in May; Ms. Sharon Rice and Ms. Denise Hannaford and welcome them to the neighborhood. Lot's going on and we can all encourage them to get to know about our events.

It's also hurricane season, YEA, and I have distributed a packet to everyone and ask that you fill out the form stating your plans in case of a storm hitting close to home. Please turn them in to Janice at the front desk. Remember we are in a flood zone, and cars may need to go to a higher place. We will ask Baptist hospital if we can use their parking garage when the time comes. All I ask is that you make sure you are prepared now with essentials and don't wait till the last minute.

I'm hearing that there has been doggie doodoo not being picked up around the property. Please, if you have a dog and it poops, pick it up.

On Monday's, I have a resident that asks to have a chair Zumba class put on YouTube in the TV room. She has been doing this for 3 weeks and usually alone. The last Monday, I looked in on her and there were 4 people going at it with this exercise. I was impressed, and no one got hurt doing it. So, anyone that wants to join in with a 20 minute, low impact, fun, chair Zumba exercise, I think my resident would welcome you with open arms to join her.

I have some new providers coming in to meet you all and show off their stuff. They don't come here for me they come to help you, so please keep an eye on your calendar and attend these events, you may just need what they have some day.

As I'm writing this, I'm thinking about the children and teachers that were killed in Uvalde, TX on May 24th while they were in school. I could not imagine what those family's are going through. So if you are inclined, say a prayer for them as they go through the healing process.

As always, if you need help with anything give me a call 904-379-6401 or just come to my office.