

March, 2022

Talk of the Towers

HAPPY MARCH BIRTHDAYS

3/1– Tim Isom & Rink Tillett &
Vera Dupuis & Linda Davis &
Elena Lanskaya: 3/4- Joyce Despres
3/7– Janet Mulford:
3/14 -Myrna Gamboa
3/16– Edana Medford
3/19– Martha Pardon
3/21– Clair Highsmith
3/22– Sharon D’ottavio
3/25– Ken Jackson
3/26– Svetlana Ermakova
3/31– Ken Haddad
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



OUR COMMUNITY BUS

The bus schedule is changing this month

There will be NO BUS on Monday's

Only 2 Tuesday's each month (Hopefully a field trip)

Wednesday, Thursday and Friday will stay the same

**If you have any suggestions for field trips or restaurants
you would like to go to, see Marvin or Janice**

Let's Talk Exercise

There is a sign up sheet in the common area for those of you that may be interested in bringing back an exercise instructor. The last time we had someone come in only 1 or 2 residents were interested and they didn't show up most of the time. However someone has brought to Rosalie's attention that we should try it again, hence the sign up sheet.

The last time I checked, there were 6 residents that signed up and some with stipulations about days and times. Well an instructor can be scheduled but will only come if there are 12+ residents that want to get serious about their health with exercise and attend each session.

The sign up sheet will remain in the common area through March and we will see who wants to commit to a regular, weekly exercise class.

There are You Tube sites that have exercise instructors and we can accommodate that in the common area on the large TV. That we can schedule once a week and if you want to attend it will be on the TV in the multipurpose room. If this is something you would like to see happen, bring it up in your next Resident Association meeting and we will get this started.

We continue to emphasize the importance of exercise and healthy eating to keep the doctors away. We have had a nutritionist come in to help us understand how to eat healthy and she will be retuning soon to continue her presentations. But healthy eating is only a part of it. You would be surprised how much better you can feel when you strengthen your body with a good exercise regiment. Just getting out for a walk each day can improve your health.

Most of the reason people don't exercise is that they have a hard time getting started. It starts with your willingness and programming your mind into realizing that this is something you should do better your quality and quantity of life. Once you get started and stay with it, you will notice the benefits and how much better you feel. Just give it a try, you will not regret it.

The History Of Saint Patrick's Day

Most people celebrating Saint Patrick's Day this March 17th won't be aware of the true origins of the holiday, or even its true meaning. Aside from celebrating the Irish, the color green and whatever shamrock shakes are made from, what is it really about? How did it evolve into the holiday we celebrate today? We wanted to take a look at the history and evolution of St. Paddy's Day and hopefully give you and your friends some great talking points when you enjoy that green colored beer at the neighborhood Irish Pub

Given the name of the holiday, it might seem obvious that Saint Patrick was Christian, but most people associate it with celebrating Irish culture, rather than Catholicism. Truth be told, that's not where it began. Saint Patrick was a prominent bishop and missionary in Ireland near the end of the Roman empire in the mid to late 5th century AD.

Known as the Patron Saint Of Ireland and the Apostle Of Ireland, Patrick was instrumental in bringing the Roman Catholic beliefs to Ireland and in subsequent years, Saint Patrick's Day became a day to commemorate Catholicism in Ireland. Originally, it was a day of feasting and celebration held every year on the day of St. Patrick's death, although until the 1700s, the holiday didn't exist in any formal capacity. Over the years, there has been a great deal of mythologizing of St. Patrick in history. One of the more popular myths about St. Patrick's Day is that he drove all the snakes from Ireland after they attacked him during a 40 day fast. Legend said he drove all the snakes into the sea and that is why there are no slithering serpents there today.

We now know that there were never any snakes in Ireland. One writer hypothesized that the legends about the snakes actually served as a metaphor for Druidic symbols in Ireland, and of St. Patrick's eradication of the traditions that preceded Catholicism in Ireland.

In truth, St. Patrick was taken from his home, either in Britain, Wales or elsewhere, and became a slave to pirates for 6 years. When he was freed, he entered the clergy and later returned to Ireland as a missionary to begin his work. While he was not in fact Irish by birth, he embodied the spirit of Ireland and a love for the country.

Somewhat ironically, St. Patrick was an immigrant to Ireland the same way so many Irish would later become immigrants in the United States, where modern St. Patrick's Day was born.

Well, Irish-American. The very first St. Patrick's Day Parade was held in Boston in 1737, as a celebration of Irish culture in the colonies. It later spread in popularity to Dublin and other American cities, and is now popular in other countries, including many in Europe and even Asia. In Ireland, St. Patrick's Day is a national holiday and has been since the beginning of the 20th century, but the first parade wasn't held in its honor until the 1930s. In the mid-1990s Ireland began to use St. Patrick's Day to promote tourism and cultural identity, some say to reclaim the holiday from the United States where it has become a bit tacky. Others in Ireland and even in the US are concerned that the holiday has become too secular.

Today St. Patrick isn't much of a thought at all in our celebrations of the famous holiday. Mostly we drink Guinness beer and enjoy dressing like Leprechauns. Sure there is the traditional Celtic music, dancing and dress to provide some touches of authenticity, but those touches are largely absent in Ireland's own celebrations. What St. Patrick's Day has become now is largely symbolic, although it's still a great excuse to have some fun while spending time with friends.

Service Coordinator's Corner

Good March to you all. This is a very busy month for us at the TOJ. But let's get started by welcoming our newest resident Mr. Clint Lamkin. Please make him feel welcome and encourage him to join in on some of our events.

Right away on the 1st, American Care is coming to introduce us to their facility and bringing snacks and prizes. Marcie with Dedicated is back on the 3rd with lunch and bingo. And let's not forget Janice's birthday on the 4th. That's just the first week.

I know how much you like to get out for a good breakfast at Cracker Barrel, so on the 8th, Willie will be driving you there. Don't forget to sign up. On Wednesday the 9th @ 9:30am, Jules, a student nurse going for her Masters Degree, wants to have a coffee with you and do a short 15 minute presentation for credits that she needs. PLEASE come down and show support for this young lady. Then on the 10th @ 1pm, Community Hospice is back and the topic is "Dealing with Grief." This is a topic that we all need at this time. On the 14th @ noon Sherry w/ Medicaid is bringing lunch and bingo. And on the 16th UCOM comes back with another food distribution.

Then it's St. Patrick's Day, and the Resident Association is having a corned beef and cabbage lunch @ noon to celebrate. And believe it or not, on the 21st, it's already Spring. And as I understand it, the TOJ has been here for 50 years. And the Advisory board and the Resident Association is having an open house event on the 25th. See Cheryl Barker for details.

Encompass Home Health Care is always here to help in any way they can. They are having another free Blood Pressure Screening on the 14th @ 1pm and a presentation on "Saving your Vision" better eye health. And of course don't forget "TRIVIA" w/ Me on the 24th. I know I haven't listed everything so keep an eye on your calendar for all upcoming events.

Sunday the 13th is, once again Daylight Savings time. We move our clocks forward. I wish they would just leave the time alone. It always make me either late or early for my Sunday T-Time.

I want to give a GREAT BIG Maazel Tov (congratulations) to Tamara Pitsevits for becoming a U.S citizen. I know that it takes time and a lot of hard work and commitment to get to be a legitimate citizen of this great country. COGRTULATIONS TAMARA!!!

Alright, that wraps it up for me. This month I begin my 4th year working here at the TOJ. I have gotten to know you all pretty good. Some more than others. But I am here to help all of you if you need help. I have a lot of local resources and can navigate through state and federal resources as well.

Have a happy and healthy March

Some News and Helpful Hints

The cost of almost everything—housing, furniture, cars, and health care, etc— has increased tremendously in the last few months. A recent report indicates an 8% increase in inflation in the last 12 months, representing the largest inflation rate in 40 years.

According to the Labor Department, prices have risen for: fuel and gasoline @ 40%: Energy/ electricity @ 27 % : Food @ over 8 %: Transportation @ over 6 %: Recreation @ 5 %: Rent @ 4 % and Medical care up @ 4 %.

Analysts estimate that inflation is costing the average household \$ 276 a month, compared to the normal inflation rate of 2 %. Economists are hopeful the inflation will slow down by the end of the year, however some global economists are saying this could go on into 2023 or beyond. Unfortunately, inflation affects the lower income residents of our communities and can cause many medical and psychological problems as well.

There are local resources we can turn to here in Jacksonville. See your Service Coordinator for a list of resources that are available.

FYI

Cigarette sales are at the highest they have been in over two decades bring in over \$200 Billion. It's very clear that nicotine is an important item for many Americans.

The U.S. CDC estimates 14 % of U.S. adults age 18 and older or 34 million people are smokers. Individuals under the poverty level, uninsured or on Medicaid or disabled have a higher likelihood of developing an addiction to nicotine.

Some consequences of smoking— higher risk of heart disease, stroke, and cancer almost everywhere in the body. There are many resources that can help if you are ready to STOP. One year after quitting, a former smoker's risk of heart disease is cut in half and lung function improves significantly. If health risks aren't going to scare you into stopping, maybe the cost savings will. If you smoke a pack a day, at \$6 per pack is \$180 each month. With inflation going higher and higher, that \$\$ can come in handy.

Deep seated in our minds, the subconscious opinion we hold on race, gender, appearance, wealth and more is called unconscious bias. This concept impacts how we relate to others. Our judgement gets clouded by, perception; how we see people. Attitude; how we react to certain people. Behaviors; how friendly we are to certain people. Attention; which aspects of a person do we pay most attention to. Listening skills; How actively are we listening to certain people.

Overcoming this bias can come with education, interaction and conversation. Making an effort to overcoming these bias's can strengthen our relationships with each other. Noticing them is just first step.

