

August, 2020

Talk of the Towers

HAPPY AUGUST BIRTHDAY

8/1– Pam Clark : 8/2– Lewis Trammell
8/4– Bonnie Hughes & Denis Malcolm
8/14– Melvin Poindexter
8/15– Tamara Pitsevits & Gilbert House
8/16– Farkhondeh Hor & Joseph Graham
8/20– Luis Rodriguez
8/26– Doris Sklodoski
8/27– Marilyn Moore
8/29– Colleen Hardy
8/30– John Clayton & Mary Wakefield
8/31– Tom Jones & George Mazes
Happy Birthday to all 17 birthday
Boys and Girls

The board members will be bringing a
treat to your doors to help you celebrate.

The Bus Is Back (kind of)

Management has approved limited bus
runs, with some restrictions.

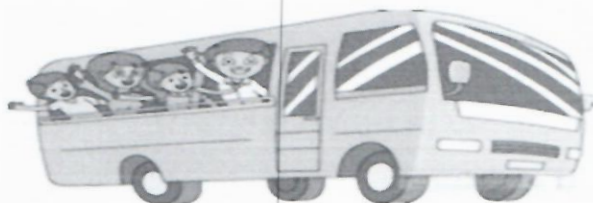
- 1) Only 8 people will be allowed on the
bus for each store run.
- 2) All residents MUST wear a mask
- 3) You will be asked to use hand sanitizer
each time you get on the bus

The bus schedule is on the calendar.

There will be some changes to the stores
and the days the bus is running

You will be signing up for the bus on
Friday for the next week with Janice at the
front desk.

Please follow all safety guidelines and
follow Mr. Willie's direction as he has
your safety in mind as you are being
transported to the stores.



COFFEE TIME

Wednesdays

@

8:30am



Grab a cup of coffee and a pastry and
Socialize: (from a distance)

Thursday, August 20th @ 1pm
"TRIVIA" w/ Marvin

July Trivia went great. We had all of 4 people
attend and we had a great time.

Lot's of laughs, learning trivial things about the
world and just getting back to some kind of
normal. So join us this month and earn a little
cash as you play along.

Tuesday, August 18th
2020 Primary Election Day

If you have not chosen to vote by mail and want
to vote in this primary election, you can go to a
precinct and vote in person. Not all locations are
opened so you will have to google where to go
or you can get a list of places for your Service
Coordinator.

Wednesday, August 19th "around 12
noon"

Food Distribution Day

Once again with the efforts of Sara Mitchell @
UCOM food bank, we will be receiving another
delivery of food items for all residents to enjoy.

TOJ staff and volunteer residents will be
organizing another food distribution day.
We ask that you come to the multipurpose room
and participate while wearing a face mask and
following all safety guidelines.

Please send Sara a thank you e-mail @
saramitchell@ucomjax.org

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Talk of the Towers

Friday, August 21st

National Senior Citizens Day

Your Resident Association is inviting you to come to the multipurpose room @ 2pm, celebrate this day with a bowl of ice cream and all the toppings. **PICK UP TO GO.**

All residents are invited to come and get a bowl of ice cream and take it with you. This is not a social gathering but it is our way to honor this day and all of you.

Student Nurses from UNF

The students have put together a Facebook site that only TOJ residents can look at. All you have to do is go on Facebook to the search mode and type in “**Towers UNF Nurses.**” This site has lots of valuable information on it and you can chat with one of the students.

This is a project that should earn these students an “A” grade. Check it out, I’m sure you will be impressed.

COVID-19 UPDATE

Same old thing just another day.

Although Florida has been seeing a major uptick with the virus infections, most of it is down in the Miami area. Keep it there we don’t need them to share that with Jacksonville.

By now you should know all the do’s and don’ts when it comes to safety guidelines, just stay vigilant and safe. Wear a mask and keep your distance from others.

We do have a resident that tested positive and has been quarantined since. Your Service Coordinator has been staying in contact with this resident and is pleased to report that all is well. This resident has no symptoms and will remain isolated until the doctor gives the OK to go out.

50 Ways to beat the COVID

**Don’t hop on the bus Gus
Stay away from the pack ,Jack,
Sneeze into your sleeve, Steve,
To keep virus Free.
Stop touching your face, Grace,
Stay back six feet, Pete,
Keep washing you hands, Stan,
And heed the CDC.
Don’t visit your Gran, Jan,
Wipe down every toy, Roy,
Don’t hoard all the food, Dude,
Please buy sensibly.
Just use some Purell, Mel,
Keep wipes near at hand, Man,
Don’t listen to John, Don,
You don’t need more TP.
This isn’t Spring break, Jake,
Stay home if you’re sick, Dick,
Just follow the rules, Fools,
And stay virus Free.**

HUD Recertification's

Everyone that is on a subsidy must recertify with HUD on an annual basis. Specific documentation is required and can be difficult to obtain during this virus shutdown. If you need assistance Contact your Service Coordinator. You don’t want to neglect this.

August, 2020

Talk of The Towers

Service Coordinator

Happy August to all of you here at the TOJ
It's HOT out there and sometimes unbearable.
Please, if you do go out, don't over do it and
go prepared with proper attire and hydrate.
So some things around here are getting back to
normal. The bus is beginning to have a limited
schedule again, to transport residents to the
grocery stores. It's a little different schedule
than you are used to, but it's a beginning and
thanks to management, we are starting to get
back on track to a new normal. We still have to
follow corporate directions, so just go with
what we can do, at this time.

I want to say thanks to our resident volunteers
that help with the food distribution and other
projects. Mr. Ed Guthrie for supplying
vegetables on occasion and of course Sal and
Tim for all that they do.

We still can't gather in groups, but we are
having a TRIVIA day and will be distancing
ourselves in the multipurpose room. If you feel
comfortable, join us, we have a lot of fun.

Also, the Resident Association will be
celebrating National Senior Citizen Day
with an ice cream sundae pick up and go.
Check your calendar for this months schedule.
Don't forget, this is hurricane season, and so
far we have been lucky. But the season is
young. Make sure you are prepared if we do
get hit by one.

Check out the Facebook page "Towers UNF
Nurses" that was put together by our student
nurses just for us here at the Towers.
They are ready to graduate and wish all of you
well. You can use this page to communicate
with them, they would love to hear from you.

Have a Great August

Available Items

I have Face Masks galore
I have Large size Briefs
Canes

Walkers and Rollators

In your Service Coordinators office
Available to all residents

Brain Teasers

- 1- What word is spelled incorrectly in
every dictionary?
- 2-What never asks a question but gets
answered all the time?
- 3- What goes up but never comes down?
- 4-What starts with an e and ends with an
e but only has one letter in it?
- 5-How do you make the number one
disappear?

Can you get all 5 answers?

Project H.A.N.D.S.

I know we have many talented residents
here that can work with your hands and
create items that can be donated to a
worthy cause.

Sewing, Knitting or crafting items that are
needed by the homeless, or a hospice or
a hospital for children. This is an
opportunity to use your talents for a
good cause.

Material you need will be purchased by
the Towers of Jacksonville so you have no
out of pocket expense.

Get involved with a giving opportunity.
See your Service Coordinator for more
details.