

February, 2020

Talk of the Towers

HAPPY BIRTHDAY!!!!

Priscilla Mickey, 2/4: Jay Fiske, 2/5

Anne Chapman, 2/5: Karen Langemak, 2/6

Anatoliy Kirillov, 2/8: Maureen Mullen, 2/14

Roger Clark, 2/16: Carmen Poindexter, 2/19

Brian Bass, 2/22: Susan Waite, 2/23

Ofelia Perez, 2/23: Frank Timmons, 2/24

**Please join us in the Multipurpose Room
Tuesday, February 25th @ 1:00 pm as we
celebrate these very special people. Cake
and ice cream will be served. All are invited.**



**Join us in the kitchen for
Coffee Time**

Monday, Wednesday & Friday

8:30– 10am and

Snack Bar

Tuesday and Thursday 2pm—4pm

**Come play BINGO on Saturday and Monday
nights in the card room @ 6pm
and Game Night on Fridays @
6pm**



Good time to Socialize

And have some fun

Hop on the Bus Y'all

Monday thru Friday

We start loading up at 9:15 and leave at 9:30



Question : How many months have 29 days

Answer: February (WRONG)

Every month has 29 days, this year, 2020

We add a day this February and call it

LEAP YEAR

**The leap year was created in ancient Rome, 46
B.C., when Julius Caesar decided that the length
of the calendar year had to be both standardized
and kept in line with the actual solar year.**

February 29th is also considered a lucky day

Enjoy an extra day this year do something special

Supervised Voting

Those of you that signed up for supervised

Voting, the ballots will be here February 18th

**At 1pm. The supervisors will go to your apart-
ment and explain the ballot and voting process.**

**Please be available at this time as they will not
return. There will be 3 elections this year**

Presidential Preference Primary on March 17th

The Primary Election on August 18th

And the General Election on November 3rd

Get out and vote it is your Constitutional Right

If you need to register to vote, see your

Service Coordinator (Marvin)

Identity Theft

**These days you have to be very aware of your
Identifying information. Thieves will take any-
thing they can get and know how to do it.**

**Unfortunately, seniors seem to be targeted
quite often. All they need is your Social Security
number, Medicare number, or your bank card
number and they can empty your bank account
and purchase things in your name.**

**If you are getting bills for things you didn't
approve or there are withdrawals in your ac-
count you didn't make, someone has stolen
your identity**

Don't give out ANY information to ANYONE you

Don't know

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Service Coordinator's Corner

February may be the shortest month of the year, but it is jam packed with things to do. Myself, our staff and the new RA officers, together are working hard to bring events, activities and presentations for **ALL** of you. Our goal is to inform you of your benefits and opportunities as well as keep you entertained with activities and events. And, of course, **FOOD** whenever possible.

Your participation and attendance is needed for us to meet our goals and continue to bring our community together with fun and fellowship.

Please keep an eye on your calendar and get involved with this month's events.

VOLUNTEERS

Many of you volunteer here at the Towers and at other places. Thank you for your service

There is a form that I have and I would like for all volunteers to fill it out. RHF wants to know who you are and where you volunteer and how many hours you put in, so they can honor your service.

Please have these forms to me by the 3rd of each month.

Project H.A.N.D.S.

I know many of you have skills and hobbies such as sewing, knitting, crocheting, stitch art, painting, etc.

Put your skills to good use and donate the finished product to a good cause.

Let me know your talents and together we can put them to good use for someone in need.

Call me any time @ 904-379-6401
Or just come knock on my door

Saturday, February 1st @ 10:30am All Saints Episcopal Church

Their outreach program is coming to the Towers for a MEET & GREET and bringing games and snacks for you to enjoy. They want to fellowship with and bring happiness to your lives. This can be a monthly event so come to the multipurpose room and meet some new friends and enjoy the activities and snacks.

Wii Bowling before the Super Bowl

Sunday, February 2nd @ 5pm

Come down and try out your bowling skills with Tim before the big game. Who knows this might turn out to be a weekly event.

Then @ 6pm

We turn on the game and root for the Chiefs or the 49ers to take home the trophy.

I heard that there may be a football pool you can get in on and win \$ for each quarter. ???

Bring a buck (\$1) with you and get some snacks and drinks and enjoy the final game of the season.

Aerobics and Yoga

Exercise w/ Rachel

Do to low attendance in this exercise class

Rachel will only be holding classes on

Mondays at 2pm

Thursday classes have been cancelled for the Month of February

ENCOMPASS // Feb. 4 @ 1pm

Seleta and her team will be presenting
"HEART HEALTH AWARENESS"

This presentation will prove to be very helpful
And informative to keep your heart strong.

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Also on the 4th of February @ 11am
Rita with Secure Choice

Rita will be speaking about important
Insurance issues you need to be aware of.

- * **Open Enrollment Options**
 - * **Help applying for Medicaid**
 - * **Medicare Parts A, B, C and D**
 - * **How to get "Extra Help" for prescriptions**
- After her presentation she will be here to
Talk one on one with you about all your
Insurance needs and answer any questions.

Also on the 4th of February @ 10:45
The bus will be loading up for a
Field Trip to The Cummer Art Museum

This month they are presenting
"Ancient Egypt"

Come check out the art and artifacts of
Ancient Egypt. This is a look back into the
world of Kings and Pharaohs. Some of us
remember those days; Right?

Maybe in another life

The cost is only \$6.

They also have a cafeteria and gift shop
Come and explore the ancient art of Egypt.

Humana Insurance// Feb 5 @ 1pm
Melvin is back and wants to play BINGO
And give out prizes.

He is also available to discuss any
insurance needs that Humana can offer.

Aging True Home Care/ Feb 11@ 2pm
Skip is back to help you with any home
health care needs and offers an after-
noon of bingo and snacks.

UNF Student Nurses

These students are in their graduating
Semester and have to do a project with
the community as their final exam. As
you know they have been coming here to
take blood pressure and glucose testing.

The survey you all turned in was the key
to their final project. You chose 3 health
topics you wanted more information
about. So on **Feb 13 @ 9am** the students
will be here to discuss and present the
first of three topics: **"Blood Pressure"**

And the importance of keeping it normal

Dr. Rousch and her students

Really need your support and
Participation. So come join in on the
Discussion

Baptist Hospital// Feb 13 @ 11am
1st Aide and Emergency Situations

This presentation is to help you better
Understand what to do and say when
calling 911 in an emergency situation.

The presenter will also go over some
basic 1st aide tips and can answer

Any questions you may have.

**Please attend this very informative
event**

**STRIKING
POWER:**
ICONOCLASM IN
ANCIENT EGYPT

JAN₃₁ — **APR**₂₆, 2020



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**Happy Valentines Day
Friday, February 14th**

At 8:30am come down to the multipurpose room for free coffee and pastries and enjoy the fellowship with your neighbors

American Care Clinic// Feb 17 @ 1:30 pm

American Care would like to introduce you to their health care options.

Enjoy Bingo, Prizes and Snacks

**TOTAL FOOT CARE (Podiatrist)
Will no longer be coming to the
Towers of Jacksonville**

You can contact them and go to their office while we locate another on-site Podiatrist

**Jacksonville Speech & Hearing Center
Feb 20 @ 1pm**

We would like to Welcome a new provider to our community that is dedicated to improving your hearing and can assist with all your hearing issues.

Stephen Lu will be making a presentation and giving **FREE** hearing testing to any

Resident interested

Maintenance Corner

Pete asks that you please stop putting mops, brooms, boxes, glass, etc. into the trash shoots. This clogs up the shoot and stops other items from going down to the garbage cans.

Place these items on the floor in the trash room and it will be picked up. Rule of thumb, just put bagged trash into the shoot.

Thank You

Managers Corner

A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel. -

A story is told about a little league coach who pulled one of his young players aside and asked him, "Do you understand what cooperation is?" The boy nodded yes.

Then the coach asked, "Do you understand that what matters is that we win together or lose together as a team?" The little boy again nodded yes.

"So," the coach continued, "when a strike is called or you're out at first, you don't argue or curse the umpire. Do you understand that?" Again, the little boy nodded.

"Good," said the coach. "Now go over there and explain it to your mother."

It happens, doesn't it? In the heat of the moment, when emotions are flying and tempers are hot, it's tempting to sometimes lose your patience and just unleash on whoever is around you. And what's really interesting is that quite often, it doesn't even matter what the issue is!

But there's a better plan for you when it comes to managing your temper. Remember, people who are patient and not easily angered don't just benefit themselves; they calm others around them as well.

So when you're tempted to lose it, remain patient and react differently. When you do, you'll notice that your overall stress level will decrease as you foster an environment of patience among those around you!

Thank You Management