

July, 2020

Talk of the Towers

HOT HOT HOT

Welcome to Sunny Florida

Expect July to have scorching temperatures and thick humidity.

Please be careful if you are going outdoors. The sun and heat can really be harmful if you are out in it too long.

And be ready for afternoon rain showers that will bring high humidity levels and can make it difficult to breath if your walking long distances.

Just be ready for July in Florida

ALSO

Remember it is hurricane season.

You want to stock up on things such as,

- Water: One gallon, per person, per day, for three days
- Non perishable food: enough for three days
- Flashlight(s)
- Battery powered radio
- Extra batteries
- A first aid kit
- Extra medications
- A multipurpose tool (like a Swiss Army Knife)
- Sanitary or personal hygiene products
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone and chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map of the area
- Pet supplies (leashes, collar with ID, food carrier, bowl, food)
- Tools and supplies for securing the home
- Extra set of car keys and house keys
- Extra clothing, hat, and sturdy shoes
- Insect repellent and sun screen
- Camera for taking pictures of hurricane damage

This list is from the National Hurricane Center

The Elephant is Still in the Room

COVID-19

Looks like this virus is going to be around for a while. At this point, for most of us, it's become the "new norm" to wear a mask and social distance and wash our hands and ETC., ETC., ETC.

Well, It's not all that bad or all that hard to do anymore. As a matter of fact, the "new norm" is keeping us from getting sick and going to the hospital. Living life today means taking some extra precautions and staying safe and healthy.

Here at the TOJ, we have been blessed with no coronavirus infections. The "new norm" seems to be working and I for one want to keep it that way.

So as time goes on, and we go through July, following safety guidelines, we are adding a few events to the calendar this month.



Coffee Time is back on Wednesday's @ 8:30am
In the multipurpose room
Wear your mask and sit 6 feet apart

Management is reluctant to getting activities back too soon. The state of Florida is seeing a spike in covid-19 cases and although hospitalizations are still down, there is no reason to jump into things too quick. So be patient, keep an eye on the calendar, and the announcement board In the lobby, it will have any last minute changes or additions to the schedule.

STAY SAFE

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ATTENTION ALL RESIDENTS

If you have ordered food for delivery from an outside vendor, you will have to meet them in the lobby when it arrives. They will not bring your order to your apartment any more. Make sure they have your phone number so they can call you when they get here. Just another part of the "NEW NORM"

Friday, July 3rd @ Noonish

**The annual 4th of July Cookout
The TOJ Board of Directors
are coming to cook and serve all
residents that wish to participate
in the annual cookout. Hot dogs,
hamburgers and all the fixings will be
either ready for pick up or will be
delivered to your apartment. We have
sign up sheets in the multipurpose room
for pick up or delivery. Enjoy a great
meal for Independence Day.**

Thursday, July 16th @ 11am

**Secure Choice Insurance
"ASK RITA"**

**Many of our residents have met with
Rita about their insurance needs and
have walked away very happy with the
outcome. Secure Choice is a very
trusted company that offers seniors the
best health care coverage there is. They
are not an insurance company. They are
an insurance broker. They search the
best insurance suited for your needs.
If you have any issues or questions
about your insurance coverage, or with
Medicare or Medicaid, "ASK RITA"**

**In the multipurpose room
One at a time and with a mask**

PLEASE

Tuesday, July 16th @ 1pm

TRIVIA w/ Marvin

**OK, we are going to try this again. Sorry
about last month, the timing just wasn't
right. Come down to the multipurpose
room and see if you can get the trivia
questions right. You just might learn
something and you could win a token
with each correct answer. We have fun
and lot's of laughs and I get to see who
is best at each trivia topic.**

**We will be social distancing and mask
wearing is a must. See you there.**

Food deliveries

**As you all know we have been getting
prepared meals for the last 2 months.**

**Sara @ UCOM food bank
saramitchell@ucomjax.org**

904-396-2401

**Has been organizing these food deliver-
ies for us and other retirement homes
in the area. She is a person with a great
heart and very giving. Please send her
an e-mail or call and thank her for what
she does in the community.**

**Also Sarah Hall @ Feeding N.E. FL.
shall@feedingnefl.org**

904-513-1333

**Has supplied all the food that has been
prepared for the TOJ and all around
Northeast Florida. And to Rue Saint
Marc for cooking and preparing the
meals. 904-619-0861.**

**AND a BIG THANK YOU to
Tim Isom and Sal Arena**

Resident volunteers for all their help

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Service Coordinator

So I find myself watching a lot of news on TV. I always want to stay on top of what's going on in Jax. and in the USA and around the world.

Well, I'm here to tell you, "Law and Order" Reruns are where it's at. At least you know that all that bad news is just a made up story for TV.

There is so much going on out there, everywhere, and not much of it is good news. So I come back down to earth and realize that no matter how much I want to change the world, all I can really do is what I was put here to do, manage my own world and let a higher power worry about the rest.

So all of you are in my world, by choice, and I want you to know that I am here to help you any way I can. HUD is still requiring you to recertify and if you need help obtaining documents I can help with that. I also have to update, each year, the information I have on file for you so if you get a notice, please call or come by. Or you can call just to chat for a while and let me know how you are doing.

ALSO

UNF Nursing Students

Still want to hear from you. They are working hard to catch up with their book studies as well as the on hand, clinical work they are required to complete for graduation. This project of phoning and talking to our residents about their health issues, is part of their final exam. So to help them out, I have distributed a form for you to sign and give back to me so I can relay this to the students. I have more forms in my office or you can call me and I will add your name and number for you.

P.S. I still have masks if you need a couple

Maintenance Corner

Message from Pete

Please do not leave furniture items outside.

We only have 2 small dumpsters and cannot put large furniture items in them, especially mattresses. They are meant for garbage (trash) only. **You must take all large items off the TOJ property.**

Sorry for the inconvenience, we just don't have any way to dispose of those items.

Thank you for your understanding.

ALSO

We will be coming around to change out A/C Filters

July 6 through 10—12,11 & 10th floors

July 13 through 17—9,8 & 7th floors

July 20 through 24—6,5 & 4th floors

July 27 through 31—3,2 & 1st floors

Just a little History

The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American

independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2020 is on Saturday, July 4, 2020.

ENJOY the DAY