

March, 2020

Talk of the Towers

HAPPY BIRTHDAY!!!!

3/1– Tim Isom; Elena Lanskaya; Linda Davis;
Vera Dupuis; Carolyn Davis; 3/4– Joyce Despres
3/6– Dawn Pope; Edana Medford; 3/7– Janet Mulford
3/11– Cristene Burch; 3/19– Martha Pardon; Veronica Seaborne
3/21– Claire Highsmith; 3/22– Sharon D'Ottavio
3/25– Kenneth Jackson; 3/26– Svetlana Ermakova
3/28– Donna Taylor

Please join us in the Multipurpose Room
Tuesday, March 31st @ 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
Keep an eye on your calendar for destinations and



1920's

100 Years Ago

The Start of the Prohibition

On the 18th of January 1920, the 18th Amendment – the Prohibition – was set, officially banning the production, importation and sale of alcohol and forcing saloons to close down. The Prohibition is one of the most well-known things that happened in the 1920s and is well remembered today. It is what brought on the birth and rise of the speakeasy, and ironically, an increase in crime levels and gang activity – which is why the Prohibition was set in the first place.

Of course, there were many other big things that happened in the 1920s, such as **women being granted the right to vote** in the US, the **discovery of penicillin**, and the **invention of bubble gum and the car radio**, to mention a few.

March 17

St. Patrick's Day

How did Saint Patrick's Day holiday start and what is it all about

St. Patrick's Day observes the death of **St. Patrick**, the patron **saint** of Ireland. The **holiday** has evolved into a celebration of Irish culture with parades, special foods, music, dancing, drinking and a whole lot of Green

The shamrock, which was also called the "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring. By the seventeenth century, the shamrock had become a symbol of emerging Irish nationalism. As the English began to seize Irish land and make laws against the use of the Irish language and the practice of Catholicism, many Irish began to wear the shamrock as a symbol of their pride in their heritage and their displeasure with English rule.

Wear Green and follow the Leprechaun to a
Pot of Gold

March, 2020

Talk of the Towers

Service Coordinator's Corner

I want to give kudos to your new Resident Association Officers for getting off to a great start. Tim and I have sat down and discussed some great ideas for all residents to get involved with.

We are keeping some of the same activities and adding more for you to enjoy. So take a good look at your calendar and newsletter so you don't miss out on anything.

I know that you have concerns about the damage done on the 8th floor. Some residents have been displaced to local hotels. Rest assured we are doing every thing possible to resolve the issue as fast as we can so things can get back to normal.

We would also like to thank those of you that assisted maintenance and your neighbors when this incident occurred. Your help was noted and recognized and very much appreciated

Social Security will not call you

Some of you have come to me, telling me you got a call from Social Security and asking if it was a scam. Yes it is and all you should do is hang up. You should call

Social Security and report the call. Give them the phone number that called you they may be able to trace it and stop this from happening.

These scams and others are designed to get your personal information and use it to harm you. **Do not** give anyone your

Social Security number, date of birth or your Medicare number over the phone or to someone you don't trust and will use it in your best interest.

Let's MARCH into this month

Monday, 3/2 @ 1pm

We have a new, on site Podiatrist coming to meet all residents interested in using this service. Come down and meet with **Dr. Daniels** with the **Ankle, Leg, and Foot Clinic**. She will explain how to sign up and get started with your Podiatry needs

Tuesday, 3/3 @ 9:30am

Field Trip to the Jacksonville Beach Pier

Hop on our bus and go to the beach and walk 1,326 feet into the Atlantic Ocean on the Beautiful Jacksonville Beach Pier. Experience the powers of nature right under you feet.

It only costs \$1 to get on the pier.

Get out and enjoy a morning walk

Wednesday, 3/4 @ 11am

Visiting Physicians

Join in the presentation about doctor's that make house calls and much more. This provider just may be what you're looking for.

Thursday, 3/5 @ 9am

UNF Student Nurses

These graduating nursing students are back this month to help you keep an eye on your blood pressure and Glucose levels.

They will be here each Thursday this month and are eager to sit down and meet with you about your health issues and to just have a chat.

Your interaction with them benefits you and helps them to be better nurses as they go forward in their careers.

March, 2020

Talk of The Towers

Sunday, March 8th @ 2am

Day Light Savings Time

Move your clocks Forward 1 hour

Monday, 3/9 @ 1:30pm

American Care Clinic

Join the presentation about this provider and what they have to offer with your medical care

BINGO and Snacks

Tuesday, 3/10 @ 6pm

Resident Association Meeting

Be a part of your neighborhood and give the Association Officers your thoughts and vision about the programs coming your way.

Wednesday, 3/11 @ 5pm

Wii Bowling

OK all you bowlers, come down to the Multi-purpose room and have an evening of fun. Join a league and let's get the competition started. If we get enough attendance we can make this an ongoing event.

Thursday, 3/12 @ 10am

UNF Forum on Diabetes

The UNF student nurses are working hard on these presentations that will be graded for their graduation. This is their final exams. Please come down and support their efforts and participate in this very informative presentation about the causes and care of this condition, **DIABETES**.

They will also be checking B/P and Glucose levels

Let's give them your support

Saturday, 3/14 @ 12 noon

Senior Fun Day

Games, Prizes, **FOOD**, Raffle

Come down to the multi-purpose room

Meet new friends and fellowship with your neighbors for a great day of FUN

Sponsored by Mr. Leon Jackson

Tuesday, 3/17 @ 1pm

On St Patrick's Day

Bean Bag Toss

Come to the multi-purpose room

For some fun and bring your green

And

If you need some extra food to get you through the month, the bus is going to

UCOM- food bank

And @ 9:45

Seniors on a Mission

Bus will pick you up to volunteer your time for a good cause

And @ 1pm

The Dermatologist will be here

Wednesday, 3/18

Trivia w/ Marvin

You could win laundry money

Thursday, 3/19 @ 9am

UNF Health Screenings

And @ 5pm

Pot Luck Dinner

Sign up sheet is in the

Multi-purpose room

March, 2020

Talk of the Towers

Friday, 3/20@ 1pm

Movie, Popcorn and a Drink

Come to the multi-purpose room and
relax to a good movie and snacks

Tuesday, 3/24 @ 1pm

Ice Cream Social

Come to the multi-purpose room
For ice cream or sherbet w/ toppings
and enjoy the fellowship with neighbors

Wednesday @ 5pm

More Wii Bowling

Thursday, 3/26 @ 9am

UNF Health Screenings

Tuesday, 3/31 @ 1pm

March Birthday Party

Enjoy and celebrate your neighbor's
Birthday's with cake and ice cream

Momma T's Beauty Salon

Tammy wants everyone to know

She has a new Nail Tech "Fancy"

Her hours are Monday thru Saturday

OFF ON WEDNESDAY'S

9am to 1pm

Beware of April Fools Jokes

Just a heads up; They are coming

Managers corner

A glass of Milk, paid in Full

One day, a poor boy who was selling goods from door to door to pay his way through school, found he had only one thin dime left, and he was hungry. He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door.

Instead of a meal he asked for a drink of water. She thought he looked hungry so brought him a large glass of milk.

He drank it slowly, and then asked, "How much do I owe you?"

"You don't owe me anything," she replied. "Mother has taught us never to accept pay for a kindness."

He said, "Then I thank you from my heart."

As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strong also. He had been ready to give up and quit.

Year's later that young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease.

Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes. Immediately he rose and went down the hall of the hospital to her room.

Dressed in his doctor's gown he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day he gave special attention to the case.

After a long struggle, the battle was won. Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it, then wrote something on the edge and the bill was sent to her room.

She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill. She began to read the following words:

"Paid in full with one glass of milk."

Signed, Dr. Howard Kelly."