

November, 2021

Talk of the Towers

HAPPY NOVEMBER BIRTHDAY'S

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|-------|--|
| 11/1 | Eugenia Yonce |
| 11/2 | Justo Colon– Ortega |
| 11/3 | Johnsie Cunningham |
| 11/4 | Wrenda West, Mike Doyle Josephine Wiley |
| 11/6 | Robert Schmidt |
| 11/10 | Norman Cave & Frances Crews |
| 11/12 | Wilfredo Lugo & Jane Miller |
| 11/14 | Nooshin Arjomand & Ferrell Long |
| 11/15 | John Fallaw |
| 11/21 | Earnestine Pollen |
| 11/24 | Amy Hiday & Carlos Rodriguez |
| 11/25 | Geraldinee Kirtsey |
| 11/26 | Brenda Thomas & Neomi Willis |
| 11/27 | Christel Hansel |
| 11/29 | Aron Kimyagorov, Rita Dyson Gholamreza Taeidi |
| 11/30 | Greg Atkins |

Birthday Party for all residents on
November 24th in the T.V. room
@ 1:00 pm



FYI

On Sunday, November 7th we have to turn our clocks back an hour. Just when the days seem to be just right, we are changing the natural timing of sun light. I say leave the clocks alone, but they don't listen to me.

Here is a little tidbit about "Daylight Savings Time."

Daylight saving time ends at 2:00 a.m. local time on the first Sunday in November, when clocks fall back by an hour. The idea behind the clock shift is **to maximize sun-light in the Northern Hemisphere**, as days start to lengthen in the spring and then wane in the fall.

Daylight Saving Time is now used in over [70 countries worldwide](#) and affects over one billion people every year.

Social Security Announcement

We will mail Cost-of-Living Adjustment (COLA) notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees.

Approximately 70 million Americans will receive a **5.9% increase** in their social security benefits and SSI payments in 2022.

If you would like to review your benefits you can go to ssa.gov and click on "my social security" and log in to your account and find out all about your benefits and get a proof of income letter when recertification time comes. If you don't have access to a computer or need help see Marvin (service coordinator). 904-379-6401

UNITED WAY

In honor of World Mental Health Day, we want to remind you United Way 211 is here for you.

Prior to the pandemic, mental health conditions were a leading cause of disability worldwide, according to Scientific American.

Unfortunately, the U.S. has seen a large increase in adults reporting symptoms of anxiety and depression. This is reflected in the unprecedented crisis calls our United Way 211 team is receiving.

If you or someone you know is struggling with mental health right now, you're not alone -- and help is only a call away.

Publix Pharmacy

On Monday, November 1st @
10:00am– 1:00pm

All residents that want to get a Covid-19 booster shot, a flu shot or any other vaccine, they will be available to you.

There is a sign-up sheet in the multi-purpose room and you need to get on the list by Thursday, October 28 so that the pharmacy has time to get all the medication ready for this clinic. Make sure you put the type of vaccine you want, with your name and phone number.

When you go to get the vaccine, bring your covid-19 vaccine card along with your insurance card and just in case, your FL. I.D.

Better to be protected than take a chance with catching the virus or the flu or shingles or pneumonia or anything.

Veterans Day

Learn from the WWII Vets--and Do It Now Here's an unusual op-ed: it comes from New Orleans Saints quarterback [Drew Brees](#), writing in USA Today. He recalls visiting Okinawa and, feeling overcome, calling his grandfather from "the site of one of World War II's bloodiest battles between invading U.S. forces and the defending Japanese," asking him "to recall that day." Writes Brees: "Had a Japanese bullet killed my grandfather, I would not be here. Nor would my sons." World War II veterans are now "dying at the rate of 797 a day, according to the Department of Veterans Affairs." Brees "urge[s] families to seek out these veterans. Thank them for their service. Ask them questions. Let your children listen." The "Greatest Generation" still has stories to tell: "All Americans should hear them. Especially our kids. But they need to be heard soon.

As our sons and daughters return home, we must humbly acknowledge their service and sacrifice, heal their wounds, restore their sense of hope, and enable them to reenter the civilian community as healthy, functioning members of society. Support our troops? Absolutely. It is our sacred honor.

With all the chaos happening around the world today, it's important that, we as Americans feel safe. We rely on the service men and women fighting for our country and our freedom. Never forget those who fought and are fighting to protect us from this uncertain world we live in.

Open Enrollment

We hear a lot about open enrollment and it can get confusing. Each year, all of the insurance providers review their benefit programs. Some of them drop benefits and sometimes they add benefits. One year your doctor may accept your provider and the next year they may not. One year the provider may pay for your medication, the next year they may not. Your individual coverage may not change at all.

The point is, during this time, until December 7th, 2021, you want to sit down with your agent or better yet a broker that can guide you and help you decide whether to make a change or stay where you are. It's worth taking the time to do this now before you find out that you aren't covered for a procedure or you end up paying out of pocket for your medication.

On 11/5 Lori with Access is coming at 10am to help you navigate through your insurance coverage.

AND

On 11/16 Rita with Secure Choice will be here to help you with open enrollment procedures.

Don't wait until the last minute, these people are here to help and answer all your questions. Use this opportunity.

Dedicated Senior Medical Center

On November 3rd @ 1pm

Would like to invite you to a light lunch and will be bringing fun and prizes. They have a great presentation and it would benefit you to learn your choices about medical care.

Devoted Health Plans

On November 19th @ 2pm

Once again is sponsoring The KONA ICE TRUCK for all residents to enjoy. Devoted offers a health plan that is worth looking into during this open enrollment period.

Seniors on a Mission

On November 17th starting at 10:30am

Are here once again to help all residents navigate through your cell phones and I-Pads. If you have any questions about how to use your devices, now is the time to go to the know. They are taking 3 residents each hour on the half hour starting at 10:30. Sign up sheet is in the multipurpose room. Please schedule your time in advance.

Encompass Home Care

On November 8th @ 1pm

Will be here with B/P screening

On November 22nd @ 1pm

Will be holding a discussion about
Diabetes Awareness

UCOM/ Food Distribution

On November 10th @ 11:30am

Once again will be here to offer all residents food items to help supplement your grocery needs. Thank You Sara Mitchel.

Museum of Science and History (MOSH)

Presents

DaVinci's Machines and Robots

Monday, Nov 22 @11am

Extreme Science Show

- 12:30 p.m. – JEA Science Theater
- Discover the cause of explosions, shocks and other fun experiments in this interactive Science Show.
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• Daily Animal Shows

• Invertebrate Encounters

- 11 a.m. – VyStar Intertidal Touch Tank in Atlantic Tails
- Explore and learn about the sea creatures that reside in the VyStar Intertidal Touch Tank.

Animal Encounter

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- 1:15 pm. – **JEA Science Theater**
- Join a Naturalist and some of MOSH's animal residents as you learn more about native Northeast Florida wildlife. Animal appearances may include, but are not limited to, Gopher Tortoises, Fowler Toads and Florida King Snakes. Topics vary from animal movement to wildlife conservation. Tickets can be purchased at the Front Desk.

Bryan-Gooding Planetarium Programs

- 12 p.m. Matinee Laser Show
- These shows in the Bryan-Gooding Planetarium combine laser lights and images with 35,000 watts of digital power!

1 p.m. **Two Small Pieces of Glass**

- Two Small Pieces of Glass traces the history of the telescope from Galileo's modifications to a child's spyglass – using two small pieces of glass – to the launch of NASA's Hubble Space Telescope and the future of astronomy.

2 p.m. **Skies Over Jacksonville**

There's glorious spring daylight outside during this time of the day, but that's no problem. Join us in the Planetarium to learn all about what's out there in the dark night skies above our region of the world.

As you can see there is plenty to do

If you have an EBT card the cost is \$3 to get in and the special events listed here, are an extra \$5 each.

If not, the cost of entry is \$12.95.

The bus leaves at 11am. Have FUN

Service Coordinator's Corner

There have been a couple of things brought to my attention that I need to share with all of you. First, when you go shopping on our community bus, and the bus is somewhat full, please try to get your shopping done as quickly as possible. Sometimes we find ourselves LOLLY GAGGING and others are waiting patiently for you to get through. Please be courteous to others and don't make them wait.

Second, although we do live in a fairly safe neighborhood, we always have to stay aware of our surroundings. I see some of you walking around our neighborhood, sometimes wandering pretty far away from here. By yourselves. It would be a good idea that you "buddy up" with someone before you venture off. There are some crazy people out there that don't care how they treat others and just want to harm people. You never know what to expect. If you have a friend with you, the safer you are. The bad guy usually picks the most vulnerable. Don't be that person.

So, on Veterans Day, 11/11/21 @ 1-3pm I will be in the card room with a shredder. If you have any documents that you need to discard by shredding, come see me and we will take care of it. Please don't bring down years worth of documents the shredder is for light shredding only. It's important to get rid of paper that has your personal information on it. Shredding is much safer than just throwing it away. I have added to this newsletter, a trifold form from the Federal Trade Commission that outlines some of the things to look out for when it comes to identity theft and scams. Please take the time to look it over.

The holiday season is creeping up on us. This month starts it off with Thanksgiving. Keep an eye out for events that your Resident Association has planned for you, I'm sure there is a good meal in it for you.

There are plenty of events going on, please try to attend as many as you can, our providers really want to meet you and if possible help you in any way they can. We are also going to the Museum of Science and History for a field trip. Lot's of cool things to do. See the attached flyer and the events on the back.

HAPPY NOVEMBER

(Go Jags)

MANAGEMENTS CORNER:

George Carlin on Aging: Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than ten years old, you're so excited about aging that you think in fractions: "How old are you?" "I'm four and a half" It's like you're four and a half going on 5.

You may have seen Luis, who is with a staffing agency, working in our vacant unit(s) only over the past few weeks. He is a hard worker, excellent painter and one who has given Pete Mocerri time to catch-up. I look forward to hiring him full-time.

I would like to feature a **RESIDENT SPOTLIGHT** each month including a picture of your earlier years and now. I would prefer a brief overview of your background, careers, children, and what were the most memorable moments in your life. Please contact me directly if you are interested.

SAFETY COMES FIRST:

When faced with cleaning at home it's tempting to bring out all of the big guns and throw in every cleaning product you've got at the problem. **BUT DON'T!**

First of all, most cleaning products are plenty effective on their own. Plus, combining them could be toxic-and in some cases lethal.

CLEANING PRODUCTS YOU SHOULD NEVER MIX:

Hydrogen Peroxide + Vinegar

Bleach & Ammonia

Bleach + Rubbing Alcohol

Bleach + Vinegar

The **TAKEAWAY**: Again, to be super clear, you should never mix cleaning supplies! It's that simple.

HAPPY THANKSGIVING DAY!

It is not just the festivities that make Thanksgiving special. It is a time to ponder upon the lessons we learnt through the year and the happiness we spread around. So, look back at the memories of the year, and look forward to another great year and receive it with appreciation.

To All Veterans



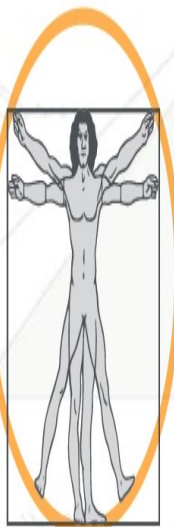
Whether At Home Or Abroad

Active Duty ~ Reserves ~ Retired

All Americans Say:

THANK YOU!

MOSH



CREATED BY



ARTISANS
OF FLORENCE

International



TEKNOART
FIRENZE

DA VINCI

MACHINES & ROBOTICS

September 18, 2021 - January 16, 2022