

The

# REMINDER



December  
2005

BAPTIST TOWERS OF JACKSONVILLE \* 1400 LEBARON AVE\* JACKSONVILLE, FL 32221

## Celebrating December



*National Stress-Free  
Family Holidays Month*

*Universal Human Rights Month*

*Bingo's Birthday Month*

*Fill the Cookie Jar Month*

*Candy Cane Month and  
Peppermint Month*

*Shop 'Til You Drop Month*

*First Day of Winter  
December 21*

*Christmas Day  
December 25*

*Boxing Day  
December 26*

*Hanukkah  
December 25(sundown) – January 1*

*Kwanzaa  
December 26 –  
January 1*

*New Year's Eve  
December 31*



## Have a Colorful Holiday!

Many of us associate December holidays with specific colors. These traditions are so ingrained that we rarely consider the meaning behind the colors as they have evolved over time.

Hanukkah is generally associated with blue and white, which are the colors of the flag of Israel. Those colors were chosen from the traditional colors of the tallit or prayer shawl, but in more recent years, a rainbow of other bright colors are often found on the wrapping paper, candles, and menorahs that can be purchased for the holiday.

Christmas is most often associated with red, green, and white. In the Christian tradition, red symbolizes both love and the blood of Christ; green symbolizes eternal life; and white, the purity of Christ. However, these days most people seem to see red and green – like holly berries and leaves – as merely a cheerful contrast to white snow and the other drearier colors of a northern winter climate. The color of the season of Advent – the weeks leading up to the birth of Jesus – is purple, for royalty. However, the commercialization of Christmas has nearly obliterated that color from December celebrations.

Green is almost universally considered the color of life and rejuvenation and is the primary color associated with Islam, although this year, no major Islamic holidays occur in December. Green is also one of the three colors of Kwanzaa, and it symbolizes hope for the future. The other colors of this non-religious holiday, which focuses on African values such as family, community responsibility, and self-improvement, are black and red. Black symbolizes the unity of African people, and red represents the blood of their ancestors and their past struggles.

And what if someone gives you a present in avocado green? Chances are you are back in the 1960s!

## Going Wassailing

Passing the wassail bowl is an Old English holiday custom that has its roots in the Old Norse phrase “Ves heill,” which



essentially means “be in good health.” That is somewhat ironic since the dictionary says wassail means to “carouse.” The original drink was made out of mulled ale, curdled cream, roasted apples, eggs, cloves, ginger, nutmeg, and sugar.

To “go wassailing” generally takes one of three forms, the first of which is somewhat like going “trick or treating for drinks” as revelers walk from house to house carrying mugs. The second is to make the center of a house party the wassail bowl (the larger the better) from which strong apple cider is served. The third is a “blessing” of the apple orchards, which also involves drinking, first among the trees and then as part of a large feast in a villager’s home or the local hall.

In the simplest ceremonies dating back to the 1500s, boys were sometimes paid to “howl” (which was the local term) at the apple trees. However, a London newspaper from 1851 describes the traditional wassailing custom like this: The farmers get their weapons and go to the apple orchard. Selecting the oldest tree, they form a circle and chant one of several poems, such as:

*Apple-tree, apple tree,  
Bear good fruit,  
Or down with your top  
And up with your root.*

The men drink cider, “make merry,” and fire their weapons (charged only with powder) at the tree. Others bang saucepan lids or other improvised percussion “instruments” to wake up the tree and encourage it to bear good fruit in the coming year. Everyone then retreats to a selected farmhouse for “riotous festivities.” We suspect the trees were glad to see them go.

## Bingo’s Birthday

Bingo has its roots in an Italian game called Lo Giaco del Lotto D’Italia, which was first played in the 1500s. Over the ensuing centuries, it was adapted by other European countries: the French added cards; the Germans used it as a means of helping students learn spelling and math.

In 1929, it was introduced in America as “Beano” because players marked their cards with beans. When toy salesman Edwin Lowe heard a player scream “Bingo” instead of “Beano,” he renamed the game. He then hired a math professor to help him increase the number of cards so that the game could be more widely played. It is rumored that the math professor went mad doing so, since there are 552,446,457,061,129,000,000,000,000 possible bingo cards. Today it is a \$5 billion per year fund-raising business – which is more than a hill of beans.

Resource: <http://www.bingoguidebook.com>

## Spiced Cider Wassail

### Ingredients:

1 gallon apple cider  
1 tsp. ground cloves  
1 tsp. ground allspice  
1 tsp. ground nutmeg  
1 tsp. ground cinnamon  
1 6-oz. can frozen lemonade, thawed  
1 6-oz. can frozen orange juice, thawed  
1/2 cup firmly packed brown sugar



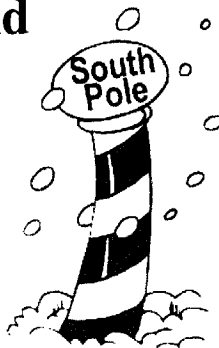
### Directions:

Combine 2 cups apple cider and spices in a large pan. Bring to a boil. Reduce heat and simmer for 10 minutes. Add remaining cider and other ingredients. Heat until very hot. Do not boil. Makes 4 1/2 quarts.

Source: <http://home4christmas.com>

## Celebrating a Cold Discovery

Although Santa's home at the North Pole gets all the attention in December, the South Pole has its own December connection. It was first reached on December 14 or 15 (depending upon where the International Date Line is placed), 1911 by Norwegian Roald Amundsen and four team members. They were quietly racing against a well-publicized British team of explorers led by Captain Robert Falcon Scott. Scott's team reached the pole a month later, but all perished on the return trip – and ironically, their story is perhaps better known than Amundsen's.



The center of Antarctica intrigued explorers long before Amundsen's trip, and it remains an enigma to most of the world today. Here are a few facts:

- During summer at the South Pole (mid-November to mid-February), temperatures rise to -10 degrees F. Winter temperatures may be as low as -110 degrees, and the coldest temperature ever recorded was -129 degrees.
- There are *no* animals at the South Pole. The marching penguins and swimming seals stay close to the coast, which is 900 miles away.
- Despite containing 70 percent of the world's freshwater, the annual snow accumulation over much of East Antarctica is the equivalent of less than two inches of rainfall.
- Antarctica is as large as the United States and Mexico combined, but only about 2% of the continent pokes through the ice cover, which is, on average, 1-1/2 miles thick.
- Antarctica's ice is so heavy that it compresses the land surface over much of the continent to below sea level. The ice is so heavy, in fact, that it deforms the South Pole, making the Earth slightly pear-shaped.

Resource: <http://www.pbs.org/wgbh/nova>

## Austen on Marriage

Jane Austen is so closely tied in our minds to her novels, like "Pride and Prejudice," "Persuasion," and "Sense and Sensibility," that we tend to forget she had a life of her own. Austen was born on December 16, 1775, the second daughter and the seventh of eight children. Although her novels seem to extol the virtues of falling in love with a worthy man and marrying him, neither she nor her older sister Cassandra ever married. It seems they had suitors; Austen once wrote: "It is always incomprehensible to a man that a woman should ever refuse an offer of marriage." She also felt that "happiness in marriage is entirely a matter of chance" and that the best recommendation for marriage was that "single women have a dreadful propensity for being poor." Although four of her six novels were published anonymously during her lifetime, they brought her neither riches nor fame. What would she have made of today's accolades?



*Merry Christmas  
And  
Happy Hanukkah*

## Goodbye 2005!

"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us."

~ Hal Borland

"An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves."

~ Bill Vaughan

# Happy Holidays!

## *From Your Service Coordinator*

Wasn't that Thanksgiving Dinner the BEST in food, fellowship, and FUN?! I was so glad we were all together! It was quite a pleasure to serve you as usual. Now on to the month at hand:

- ❖ **December 2 @1:30pm** Dr. Makoff, the foot doctor, will be here in our card room
- ❖ **December 5 @2:00pm**  
Commodities come in on Monday, and will be distributed beginning at 2:00 pm. You'll not be left out if you are new to the Towers.
- ❖ The schedule is below:
  - Floors 12 and 11- 2:00pm
  - Floors 10 and 9 – 2:20pm
  - Floors 8 and 7 – 2:40pm
  - Floors 6 and 5 – 3:00pm
  - Floors 4 and 3 – 3:20pm
  - Floors 2 and 1 – 3:40pm
- ❖ **December 6 @ 2:00pm** Bill Lindholm will be here in our lounge doing a presentation on a PPO plan from Medicare, Quality Health Plans. Please help me make him feel welcome, he's a very nice man and informative.
- ❖ **December 21 @ 12:00 noon-** Mark with Diabetic Supplies
- ❖ **December 22 from Noon – 2:00pm-** Ask-a-Nurse in the card room.

- ❖ **December 31<sup>st</sup>** don't forget about the **Medicare D** plans that are available. Please do not forget that those of you who are considered a "dual enrollee" need to be enrolled into a plan by DECEMBER 31<sup>st</sup> in order not to interrupt your receiving your medications. Anyone who needs help with this important decision, please call my office at 398-3406 ext. 106 for an appointment.

If you have an idea for a presentation, please do not hesitate to suggest it to me. I will do what I can to find out all the "who's and where's" to get it here for us.

Another thing I would like to mention. I have been hearing a few of our residents talking about the "Floor Baskets" which are missing for days and sometimes weeks. **PLEASE...PLEASE** when you use the basket from your floor, PLEASE return it so that your neighbor will be able to use it and have the ease of carrying their groceries, too. **THANK YOU!**

I'd also like to thank everyone for pushing his or her stat button so faithfully this year; keep up the great work!

In closing, I hope that everyone here has a happy and wonderful Holiday Season! Until next year (month), take care of yourselves and each other!

**BIG Hugs, Dorris ☺**



***HAPPY HOLIDAYS  
FROM YOUR  
ACTIVITY DIRECTOR***

I would like to start by saying what a wonderful time we had at the Thanksgiving Day Dinner. I hope everyone enjoyed it as much as I did. Thanksgiving is supposed to be spent with family and I want to thank all of you for allowing us to be with you, our Baptist Towers family. I also would like to thank everyone who helped to make it as successful as it was, starting with Leon and Doug for setting up the tables, and Lucille Nagy, Dee Sorrells, Jane Miller, and Marge Joyce for decorating. Avrie Burton for saying the blessing of the food. And to everyone who helped with the serving on Thanksgiving Day: Mr McClernon's daughter Helen, Dorris's daughter Kari, Bert Rotkewicz's son and daughter-in-law, Ed and Sue Rock, our in-house doctor, Dr Zenk and her daughter Nichole, Candi Yount, Mark Blaker, my neighbors Linda, Kim, and Ericka Levitt, and last but not least, all of the staff. Thanks again!

Now, on to this month's activities. Let's get ready for days full of exciting and festive things to do.

- ❖ **Thursday, Dec 1<sup>st</sup>**, we will be decorating for Christmas and trimming the trees.
- ❖ **Thursday, Dec 8<sup>th</sup>, at 5:00pm**, we will be going to see "***The Nutcracker Ballet***" at the **Florida Theatre**. This is a Jacksonville holiday favorite, so be prepared to spend an enjoyable evening. It will be quite spectacular.
- ❖ **Saturday, Dec 10<sup>th</sup>, at 6:00pm**, we will be taking a bus trip to the **Southside Baptist Church** to see their awesome production of "***The Singing Christmas Tree***". I have heard a lot of rave reviews about this. You won't want to miss it.

- ❖ **Tuesday, Dec 13<sup>th</sup> at 2:00pm**, We will have our **Residents' Birthday Party** for this month. Come help all of the December birthdays celebrate another wonderful year.
- ❖ **Monday, Dec 19<sup>th</sup>, and Thursday, Dec 22<sup>nd</sup>**, we will be doing our annual **Christmas Lights Tour**. Last year was such a success that I have scheduled two trips for this year so that everyone who wants to see the lights will have a chance to see them. Check your calendars to see which night will be best for you.
- ❖ **Tuesday, Dec 20<sup>th</sup>, at 5:00pm**, we will have a **Baptist Towers Christmas Party**. Sue Chason will be playing the piano and her daughter-in-law and her sister will be here to lead us in singing Christmas Carols. Watch the bulletin boards for more details. I hope to see all of you there!
- ❖ In observance of Christmas Day, **Baptist Towers Offices will be closed on Monday, Dec 26<sup>th</sup>**. We would like to wish all of our residents *Happy Holidays* and may you all be blessed with a wonderful holiday season.
- ❖ Our weekly library trip after Christmas will be post-poned until **Tuesday, Dec 27<sup>th</sup>**. Our only shopping trip for this week will be to Publix for groceries.

May each of you be richly blessed and may your holidays be filled with joy.

**TAKE CARE AND GOD BLESS!**

*Cathy Frausto*

**From the Maintenance Crew:**

**Hello Everyone.**

I want to start this month with asking for your help again. We have a continuing problem with hallway, lobby and elevator spills. Accidents are going to happen. What I am asking from you is to report the spill so we can get it cleaned up. The longer a spill goes without attention, the more difficult it becomes to remove the stains. This includes spills in the elevators. The tile becomes very slippery and may cause someone to fall. Please report any spills to the front desk so maintenance can address the issue. Thank you.

Now let's talk about the Summer House. The Summer House is available for your use. However, using the Summer House also includes the responsibility of cleaning up after yourself. "Messses" are discovered on a regular basis that must be cleaned up before others can use the Summer House. Please help us keep the Summer House clean for everyone to enjoy.

The last topic is the entrance doors of the apartments. I've had residents ask if we can clean the hallway side of the doors. The entrance door is part of each apartment and is the resident's responsibility, just as cleaning the inside of the door. We have begun to paint doors that have been damaged and will continue until they are completed. Please do not bump carts, wheelchairs, etc. into the doors, as this will only cause unnecessary damage.

CLEANING TIP: Let's address more range/stove items. The range top is hinged and lifts up from the front for two reasons: 1) is for cleaning; and 2) is for repair.

After the last apartment inspection it became evident that many residents need to clean under the range top. To do this, just lift the top and clean the area inside on a regular basis. Any cleaner you use to

clean your range will do the job. The longer this area goes without cleaning, the more difficult it will be to clean as time passes. It also becomes a haven for bugs and pests.

Your assistance will help us to keep the Towers looking good and in good operating condition. Submit all work orders, potential problems, and suggestions to the Receptionist's desk, ext. 104

The Maintenance Crew wishes that all of you have a wonderful Holiday Season and a very Happy New Year!

Thank you.  
See you 'round the building,  
Rod - extension 105

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## NOTICE

ALL UNCLAIMED ITEMS IN  
UNASSIGNED STORAGE BINS WILL  
BE REMOVED MONDAY,  
DECEMBER 4, 2005.

DISPOSITION OF THOSE ITEMS  
WILL BE ANNOUNCED AT A  
LATER DATE.

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***!!WELCOME!!***

TO THE FOLLOWING NEW  
RESIDENT OF BAPTIST TOWERS!

FRED WINCHELL # 1210

WE HERE AT BAPTIST TOWERS  
WOULD LIKE TO EXTEND A BIG  
***"WELCOME TO OUR FAMILY"***!  
WE LOOK FORWARD TO  
MEETING YOU  
AND HAVING YOU JOIN IN  
OUR MANY ACTIVITIES!

## **From the Administrator**

Mr. Whitley and I are still in the process of completing the paperwork so that I can be officially recognized as our new Administrator. The good news about all of this is that we still like each other.

Thanks to the marvelous leadership and detailed planning of your Activities Director, Cathy Frausto, the hard work on Thanksgiving Day became a most pleasurable experience, rather than actual work. I would also like to express my gratitude and appreciation to others who help make our celebration a total success. They are Grace Voyles, Dorris and Kari Windham, Leon Ginga, Sue and Ed Rock, Mark Blanker, Linda, Kim, and Ericka Levitt, Dr. Zenk and her daughter Nicole and Cardi Yount, my daughter Helen who took pictures, and Avrie Burton who led in prayer. If I left out anyone, please forgive me. Everyone contributed by being present and enjoying a wonderful time together.

Baptist Towers has had several inspections lately. In the area of property administration we have done very well. For the physical part of our building, you know that HUD regulations require that management inspect every apartment at least once a year. The notice that was posted November 4<sup>th</sup> was to inspect half of the apartments in the building. The remaining apartments will be inspected in about six months. I know that some of you become very anxious about your apartment being inspected. It is not necessary to have Martha Stewart doing your cleaning. In most instances, there should not be anything to worry about. We inspect for cleanliness and the physical condition of the equipment that must be maintained by our maintenance staff. You should consider this a joint effort between the resident of the

apartment who is responsible for the cleanliness and our maintenance staff who is responsible for the proper working condition of the appliances and other equipment located in your apartment. Baptist Towers' staff is not allowed to clean your apartment for you, but your Service Coordinator, Dorris Windham can help you locate someone that can be hired to help you with your cleaning. Dorris can be reached at extension 106.

Many of you have noticed that Maggie has taken some much deserved time off. She has decided to look for a less stressful job and this does not come as a surprise to management. Maggie has done wonders in helping fill our many empty apartments and straightening out a truly messy condition of the resident files. This was noted by our last inspection by the North Tampa Housing Authority. The files are being corrected and we have placed an advertisement for Maggie's replacement. Maggie will be almost impossible to replace; however, there is someone out there that will fill the position and we will certainly keep you advised on our search. Maggie has earned the respect, admiration, and thanks from many of you in her short time here. But most of all, Maggie has been instrumental in assisting management in the organization and correcting of records that were not maintained properly for some time. Maggie will surely be missed and we want to keep her in our prayers as she searches for a job in which she will be more comfortable. The position Maggie filled is very detailed, stressful and required a tremendous ability to be totally organized on a daily basis. She was truly a hard worker and loved the residents beyond imagination. Farewell to Maggie.

Mr. McClernon