

REMINDER



November
2005

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

Celebrating November



Family Stories Month

American Indian Heritage Month

Diabetes Month

Lifewriting Month

Fun with Fondue Month

Bible Study Month

Games and Puzzles Week
(Nov. 20-26)

Abet and Aid Punsters Day
November 8th

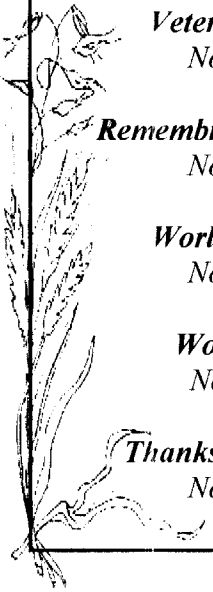
Veterans' Day (U.S.)
November 11th

Remembrance Day (Canada)
November 11th

World Kindness Day
November 13th

World Hello Day
November 21st

Thanksgiving Day (U.S.)
November 24th



World Kindness Day

Henry James said, "Three things in human life are important. The first is to be kind. The second is to be kind. The third is to be kind." November 13th is World Kindness Day, when we are encouraged to do whatever random acts of kindness we can muster - from paying a compliment to opening a door, from sweeping a neighbor's walk to carrying another's load.

We have all, at some time, been touched by an unexpected blessing in our day - a smile, a note, a flower, an encouraging word. For some of us, those small, seemingly insignificant gestures caused a turning point in our lives or got us through a tough time. Think about the people who have been there for you when you needed them. On World Kindness day, or sometime during this month, send them a thank you note.

Kindness is not always returned, but don't let that discourage you. Sydney Harris of the "Chicago Daily News" told the story of walking with a friend one evening to a newspaper stand. The vendor was rude and cold, but Harris's friend remained polite and gave the man a warm greeting as he left.

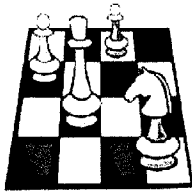
"A sullen fellow, isn't he?" said Harris.
"Oh, he's that way every night," said his friend.
"Then why do you continue to treat him kindly?" asked Harris.
"Why not?" his friend replied. "Why should I let him decide how I'm going to act?"

You might not always make another person easier to live with by being kind, but you will always find it easier to live with yourself when you are.

Resource: www.actsofkindness.org/

Game for Games, Anyone?

National Games and Puzzles Week (Nov. 20-26) is celebrated each year from Sunday through Saturday of Thanksgiving week, when it is assumed lots of people come together, and not all of them will be cooking or watching football.



People have been entertaining themselves with games for thousands of years. We have evidence of checkers-like games, for example, in ancient Egyptian drawings, in early Indian Sanskrit writings, and in classic works like Homer's *Odyssey* and Plato's *Dialogs*. Nevertheless, the exact origins of games like checkers and chess are controversial. Primitive game boards for chess (or perhaps checkers) have been found in Egyptian tombs that date back thousands of years, but no one is quite sure what rules were used to play the games. What *is* known is that such games have been enjoyed by millions of people from Cicero to Napoleon to Edgar Allen Poe.

In more recent times, the choices for games to while away a lazy afternoon have multiplied enormously, and not all of them require batteries! One game that is a great brainteaser, and yet easy to play, is called Mad Gab. Its inventor, Terry White of North Carolina, thought of the concept when he was just 15, and it became available to the public in 1994. The idea is to read a group of words aloud (usually quickly) to figure out the true meaning. For example, "ask rude arrive her," is "a screwdriver." Can you figure out these?

1. Faye stew phase
2. Hits tans treason
3. Cry muffin own cents
4. Lawn gopher do
5. Thief act huff them adder
6. These hoop herb whole
7. Though stay sorrow fur

Answers: 1. Face to face; 2. It stand to reason; 3. Crime of innocence; 4. Long overdue; 5. The fact of the matter; 6. The Super Bowl; 7. Those days are over

Presidential Trivia

Five U.S. Presidents had November birthdays. They were (in order of election):

- James Knox Polk - Nov. 2, 1795 (11th)
- Zachary Taylor - Nov. 23, 1784 (12th)
- Franklin Pierce - Nov. 23, 1804 (14th)
- James Garfield - Nov. 19, 1831 (20th)
- Warren Harding - Nov. 2, 1865 (29th)

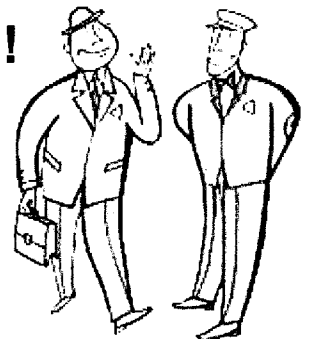
Since these men are not well known today, the average person doesn't know much about them. Can you answer the following questions?

1. Who was the first left-handed president?
2. Who was the first president to have a Christmas tree in the White house?
3. Who was the first president to have his photo taken?
4. Who was related to Confederate President Jefferson Davis by his daughter's marriage?
5. Who was rumored to have been poisoned by his wife?
6. Who never registered to vote until he was 62?
7. Whose wife banned dancing at the White House?
8. Who was the first president to drive to his inauguration in an automobile?

Answers: 1. Garfield; 2. Pierce; 3. Polk; 4. Taylor; 5. Harding (supposedly to save him from the disgrace of his scandal-ridden administration); 6. Taylor; 7. Polk; 8. Harding

HELLO!

November 21, 2005 is the 33rd annual World Hello Day. Anyone can participate simply by greeting ten people with a friendly "Hello."



The Treat of Twain

Mark Twain (birth name: Samuel Clemens) was born on November 30, 1835. He came into and went out of this world when Halley's Comet was visible in the sky, an event that happens only once every 75 years. However, his fame far outshone the comet. He sometimes downplayed his talent, saying, "I have had a 'call' to literature, of a low order - that is, humorous. It is nothing to be proud of, but it is my strongest suit." Yet he clearly believed in the value of humor, calling it "one of the chief attributes of God," as evidenced by "God's jokes" in forming numerous plants and animals. It was also, in his view, a saving grace for humanity: "Humor? It is nature's effort to harmonize conditions. The further the pendulum swings out over woe the further it is bound to swing back over mirth."



November Birthdays

Persons born in November tend to be passionate, caring, and clever. They make good teachers, actors, businesspersons, and accountants. Some famous folks with November birthdays include:

Betsy Palmer	Nov. 1, 1926
Laura Bush	Nov. 4, 1946
Roy Rogers	Nov. 5, 1911
Patti Page	Nov. 8, 1927
Jonathan Winters	Nov. 11, 1925
Georgia O'Keefe	Nov. 15, 1887
Larry King	Nov. 19, 1933
Rodney Dangerfield	Nov. 22, 1921
Ricardo Montalban	Nov. 25, 1920
Hope Lange	Nov. 28, 1931

"Service is the rent we pay
for the privilege of living on this earth."
~ Shirley Chisholm
Born Nov. 30, 1924

How Twisted is Your Tongue?

November 5th is the 4th annual International Tongue Twister Contest in Burlington, WI. It's one way to prepare for another November holiday, "Loosen Up, Lighten Up Day" (on the 14th). If you have a hankering for prizes like a "toy boat, toy boat, toy boat" or "sea shells you can sell," Burlington is the place to be. Added bonuses include a foreign language division, the exhibits at the Logic Puzzle Museum (where the contest is held), and possible national TV coverage.

If travel isn't on your schedule, consider holding a contest of your own. Tongue Twisters are a serious brain exercise because they force us to concentrate on each syllable while speaking rapidly. Speech therapists find them a useful way to get clients to practice. Also, our bloopers make us laugh, and that brings oxygen to the brain to help us think more clearly! Try these:

- Top chopstick shops stock top chopsticks.
- I saw Esau kissing Kate. I saw Esau; he saw me, and she saw I saw Esau.
- A fat-free fruit float.
- Friendly Frank flips fine flapjacks.
- Irish wristwatch, Irish wristwatch, Irish wristwatch.
- Lovely lemon liniment.
- Are our oars oak?
- The sixth sheik's sixth sheep's sick.
- Three free throws, three free throws, three free throws.
- I never smelled a smelt that smelled like that smelt smelled.

Resource: www.logicpuzzlemuseum.org

November 11th
Veterans' Day &
Remembrance Day





From Your Service Coordinator

Well, we have only two more months of the year...can you believe it?

I would like to start by thanking all the Veterans we have here at Baptist Towers for all they have done in and out of wartime. **Thank you!!!**

Also, I hope everyone has a wonderful Thanksgiving and don't forget to sign up for our annual Thanksgiving dinner here at the Towers. We, the staff, love to serve you and see those happy faces with those full bellies. This year, why don't you start a new family tradition? When you get together with your families for Thanksgiving have everyone (even the little ones) light a candle and say one reason for being thankful.

Now, I'd like to tell you what's going on this month and then I'll get into the Medicare Part D Prescription Drug Program.

- ❖ On Wednesday, **November 9th** at **2:00pm** in our Lounge, Mark with Diabetic Services will be here presenting information on how to control your diabetes, and about the benefits of diabetic shoes. A lot of you know Mark already as he has been doing our Ask-a-Nurse sugar checks with Apex Home Healthcare.
- ❖ Speaking of Ask-a-Nurse ...we will have this on Thursday, **November 17th** at **12:00pm until 2:00pm** in our card room with Ann from Apex Healthcare.

Okay, let's see if I can make the **Medicare Part D** a little clearer for everyone.

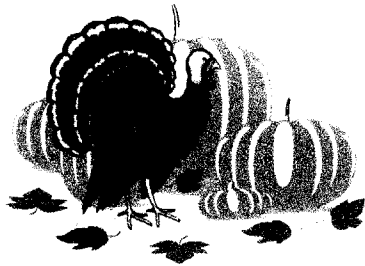
The **open enrollment period is from November 15, 2005 until May 15, 2006**. You may qualify for extra help, meaning the \$250 deductible and the monthly premium are paid or reduced for you, if you have less than **\$11,500** for a single person (or \$23,000 for couples) in **assets** that includes whole life insurance and **income** below **\$14,355** for a single person (or \$19,245 for couples) a year.

If you would like to see what plan would work best for you or you would like to see if you are qualified for extra help please call me (Dorris) for an appointment at 398-3406 extension 106. I have access to several Internet websites associated with Social Security and Medicare to help find these plans for you.

Please, I cannot stress enough not to give personal information to the prescription drug companies that may call you and ask for your Medicare number, Social Security number and other pertinent information. The Medicare Prescription Drug Program or Medicare Part D has spawned quite a bit of fraudulent activities. To report Medicare fraud, please call 1-800-MEDICARE. I deal directly with Medicare and the Social Security secured website and telephone numbers and I hope that you will, too.

Until next month...take care of yourselves and treat each other with kindness and understanding.

**Love and Hugs,
Dorris ☺**



**Happy
Thanksgiving!
From Your
Activity Director**

Well, here we are, well into the holidays!

Halloween has come and gone. The weather is definitely feeling cooler. Before we know it, Thanksgiving will be here and I am looking forward to our annual dinner. For those of you that are new here, this is a Baptist Towers tradition where all of the residents are served dinner by the staff on **Thanksgiving Day, Thursday, Nov 24th**. There is no charge for residents; this is our gift to you. You will also be able to invite your family to have dinner with you for only a small fee. Details and sign-up sheets will be out very soon.

- ❖ First on the agenda for this month is the *PEACE LUNCH FOLLIES* at the Peace Presbyterian Church on **Wed, Nov 2nd at 10:30 am**. We will be served lunch and there will be a concert by *LORNA GREENWOOD*, an accomplished and talented vocalist, violinist, and fiddle player.
- ❖ **VETERAN'S DAY, Friday, Nov 11th at 2:00 pm**, we will be having a special program to honor all Baptist Towers residents who are Veterans. If any of you have Military pictures, medals, or any other memorabilia, please contact me. I would be honored to display them during our program. I promise to take good care of them and get them back to you. I am very grateful to all of you, our Veterans, for the numerous sacrifices you made to keep the freedom of this wonderful country of ours.
- ❖ On **Monday, Nov 14th, at 9:45 am**, we will be going to the *NEW MAIN LIBRARY*. I know a lot of you have been looking forward to their Grand

Opening, and will be excited about seeing the new library.

- ❖ Our *BIRTHDAY PARTY* for this month will be on **Tues, Nov 15th at 2:00 pm**. We invite all of you to come help our November birthdays celebrate.
- ❖ On **Friday evening, Nov 18th, at 5:00 pm**, we will be going to a concert presented by the *St. John's River City Brass Band* at the San Marco Preservation Hall. The St. Johns River City Brass Band has been pleasing audiences on the First Coast, in Florida, and up and down the East Coast since 1985. They are a group of extremely talented musicians that I am sure you will not want to miss.
- ❖ On **Tuesday, Nov 22nd**, we will be shopping at the *Super Target*. You may want to sign up for this trip if you need to make any grocery purchases for the Thanksgiving weekend. **Baptist Towers offices will be closed on Friday, Nov 25th**; therefore, our *grocery shopping* will be postponed until **Monday, Nov 28th**.
- ❖ Also, on **Monday, Nov 28th**, our trip to the *San Marco Library* will be delayed until **1:00 pm** to accommodate the grocery shopping.
- ❖ On **Tuesday, Nov 29th at 2:00 pm**, we have a special guest, *Bob Hilgenberg*, coming here to the Towers to perform for us. He is a talented musician whom I am sure will present an enjoyable program.

It definitely looks like we have a very busy month ahead of us. Hope you all are ready!

Don't forget to be thankful for all of our many blessings!

Take Care and God Bless!

Cathy Frausto

From the Maintenance Crew:

Hello Everyone.

As many of you have noticed, we have all new washers & dryers in our laundry room. That means we should have a lot fewer "out of service" signs hanging around. The big issue now is pushing the right buttons on the dryers. The thing to remember is to look at the arrows to make sure you are pushing the button that points to the dryer that you have your clothes in. Please help us take care of the new machines and our laundry room. Always wipe off the top ring of the washer you use and use the trash can for lint and dryer sheets removed from the dryers. Taking these simple steps each time you do laundry will extend the service period of the new equipment and reduce maintenance time to keep it clean. Thank you.

The kitchen vent fans have been an issue for some residents. Some are disabling the operation at the circuit breaker box. It has been explained that the continuous operation of all vent fans is very important to the overall air quality in our building. The House Rules were modified to ensure everyone understood the importance of them running at all times. This note is a friendly reminder, do not "disable" your vent fan. It is against the House Rules and will be handled the same as breaking any other House Rule.

CLEANING TIP: Let's address range drip pans. Under each of the burners on top of your range, there are metal inserts that fit into the range. Their job in life is to catch drips from whatever you are cooking and keep your range easier to clean. So, with that said, you need to remove and wash them as needed. They are designed to last for a significant period of time and, if cleaned regularly, they will. Any cleaner you use to clean your range will work just as well on the drip pans. Don't let them go too

long without cleaning as they get harder and harder to clean as time passes.

Again, please help us. We want to keep the Towers looking good & in good operating condition. Submit all work orders, potential problems, and suggestions to the Receptionist's desk, ext. 104.

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

!!WELCOME!!

TO THE FOLLOWING
NEW RESIDENTS
OF BAPTIST TOWERS!

Dorothy Robinson

Valeriy Avanesov

Robert Gay

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

We are still in the process of changing Administrators. In the mean time I have been meeting more and more of you around the building.

I'm sure you have noticed several strangers around who are inspecting everything from the office files to the physical surroundings. HUD requires annual inspections with which we must comply.

If you have not already completed your annual recertification, you will be notified when we process you for your annual recertification. We can no longer accept receipts as backup documents for your eligible expenses. We can only accept third party verification sources with very few exceptions.

Our office hours won't change but we will be working with a new appointment system so that you won't have to wait to see anyone when you come to the office.

As you know, all things must change. We are trying to streamline our procedures so that we can continue to bring to you the quality service you enjoy here at the Towers. Rules and regulations constantly change and we will try to make those changes as smooth as possible. Your patience and cooperation are greatly appreciated as we work together to make Baptist Towers the best address in the City of Jacksonville.

Questions have come up about our pet rules. The rules apply only to residents and resident pet owners. They specifically provide that NO Visiting pets are allowed without prior permission of management. The purpose of this provision is for the protection of everyone. Management needs prior notification to verify current vaccinations, license, size of the pet and potential noise issues. Permission would not be need-

lessly denied, however it is not possible to request permission on a moment's notice and expect to receive a favorable answer.

A physical inspection by the Real Estate Assessment Center (REAC) was held the week of October 24th. The inspector was a seasoned observer of Federal Public Housing property. We did very well. Congratulations to all in our Operations Department for their diligence and dedication. And a big thanks to all who met with the inspector. Your cooperation, as always, is greatly appreciated.

I have a friend who reminds me of the "golden rule" when working with government money. Then he finishes his reminder with "he who has the gold gets to rule". We all know HUD provides the gold. I enjoy working with you and look forward to many years here, making friends and making Baptist Towers better and better.

May the Creator of the Universe and all of us keep you safe in his loving arms.

Mr. McClermon

THANK YOU!

A big "Thank You" goes out to

Roy Freeman (Farmer Brown),

for all of the hard work that he has

done in landscaping the grounds.

You did a wonderful job!

