

REMINDER



October
2005

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

Celebrating October

Computer Learning Month

Month of the Dinosaur

*Depression Education and
Awareness Month*

Spinal Health Month

Positive Attitude Month

Spinach Lovers' Month

*World Smile Day
October 7th*

*Thanksgiving Day (Canada)
October 10th*

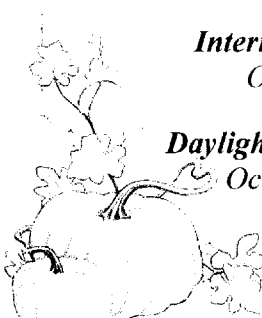
*Columbus Day (US)
October 12th
(Celebrated October 10th)*

*United Nations Day
October 24th*

*Internet Anniversary
October 29th*

*Daylight Savings Time Ends
October 31st (2:00 a.m.)*

*Halloween
October 31st*



Art Buchwald: Poster Boy

Pulitzer Prize winning commentator Art Buchwald once said that the first requirement for becoming a humorist is an unhappy childhood, and "I qualified at an early age." But perhaps his life experiences also contributed to his qualifications as a self-proclaimed "Poster Boy for Depression." He was hospitalized in 1963 and 1987 for what he wants people to recognize as "just another disease." Since 1999, he has been using his high-profile status to encourage people to get help for this "eminently treatable" condition that, in his own life, he called "the black pit." For him, the color has changed, and in delivering a Rosalynn Carter Distinguished Lecture in Mental Health Journalism, he said, "I am here. I am alive. And I am well." He told the audience they, too, could "become strong enough to fly."

Buchwald's message is especially poignant because, as a commentator on first European and then American life, he has been making others smile for more than 50 years. In his syndicated column and 30 books, he has always been able to turn a phrase ("I worship the quicksand he walks in") and tell a great story. One of his most famous is about a New York friend who made it his job to spread love through compliments. The friend believed that if out of 10 people he met, he could make three happy, they would spread that goodwill, and throughout the course of the day, 3000 people would have an attitude adjustment. When Buchwald saw his friend wink at a plain-looking woman, he called him on it. "Yes, I know," said the friend. "And if she's a schoolteacher, her class will be in for a fantastic day."

Spread your own joy and celebrate Art Buchwald's birthday as a tribute to him (October 20, 1925).

Source: Emory University Report, 9/7/99

Pre-Modern Manners

Emily Post was born into a wealthy family on October 3, 1873. She began her literary career as a novelist, but with the publication in 1922 of her lengthy advice book on etiquette that subsequently sold more than a million copies, her name has ever since been associated with proper social behavior. She also had a radio program and a widely syndicated newspaper column on etiquette.



Many of the guidelines of good manners for 1922 no longer apply. (They've gone the way of hats and gloves.) However, Emily Post saw manners as a public observance of a "fundamental code of honor, without strict observance of which no man, no matter how 'polished,' can be considered a gentleman. The honor of a gentleman demands the inviolability of his word and the incorruptibility of his principles. He is the descendant of the knight, the crusader; he is the defender of the defenseless, and the champion of justice ... or he is not a gentleman."

Women were not exempt from this code: "One of the tests by which to distinguish between the woman of breeding and the woman merely of wealth is to notice the way she speaks to dependents. A Maryland lady, still living on the estate granted to her family three generations before the Revolution, is quite as polite to her friends' servants as she is to her friends themselves. When you see a woman in silks and sables and diamonds speak to a little errand girl or a footman or a scullery maid as though they were the dirt under her feet, you may be sure of one thing; she hasn't come a very long way from the ground herself."

"Manners are a sensitive awareness of the feelings of others." ~ Emily Post

Children Seen, Not Heard

Emily Post was as determined to bring civilization to the children's table as she was to a dinner party. Here is her advice from "Table Tricks That Must Be Corrected."

"To sit up straight and keep their hands in their laps when not occupied with eating, is very hard for a child, but should be insisted upon in order to prevent a careless attitude that all too readily degenerates into flopping this way and that, and into fingering whatever is in reach. He must not be allowed to warm his hands on his plate, or drum on the table, or screw his napkin into a rope, or make marks on the tablecloth. If he shows talent as an artist, give him pencils or modeling wax in his playroom, but do not let him bite his slice of bread into the silhouette of an animal, or model figures in soft bread at the table. And do not allow him to construct a tent out of two forks, or an automobile chassis out of tumblers and knives. Food and table implements are not playthings, nor is the dining-room a playground."

Popeye's Casserole

A Recipe for Spinach Lovers' Month

2 boxes (10 ounces) frozen chopped spinach
 1 envelope onion soup mix
 1/2 cup fat-free sour cream
 1/2 cup light sour cream
 2 ounces (1/2 cup) shredded 2% sharp cheddar cheese

Spray a 2-quart baking dish with vegetable oil spray. Preheat oven to 350°F. Cook spinach according to package directions; drain well. Put spinach into large bowl; add soup mix and sour creams; mix well. Put into prepared baking dish; top with cheddar cheese. Bake uncovered at 350°F for 30 minutes. Yield: 6-8 servings.



Mt. Rushmore Completed

Mount Rushmore was first conceived in 1923 by Doane Robinson of the South Dakota Historical Society as a massive mountain

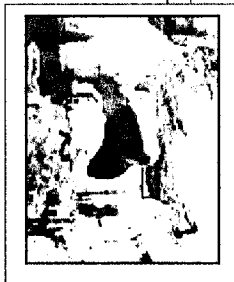


memorial to such western figures as General Custer, Buffalo Bill Cody, Lewis and Clark, and legendary Sioux warriors. However, when sculptor Gutzon Borglum came to visit Robinson, he declared that the stone at the original site was too brittle and the subject matter too regional. With grandiose language, Borglum argued instead for a site known as Mount Rushmore and the likenesses of four of the greatest U.S. presidents.

Borglum, then age 60, was a famous sculptor who had already sculpted busts of Lincoln and Roosevelt to high acclaim. He was also a great salesman who was influential in obtaining funding for this massive project, which took 14 years to complete (although it was only actually worked on for about six years) and ultimately cost nearly \$1 million.

There were problems related to bad weather and funding shortages. Thomas Jefferson was originally begun on Washington's right, but when the granite was found to be badly cracked after two years of work, Jefferson was blasted off the mountain and begun again on Washington's left. Yet, although 90 percent of the 450,000 tons of granite removed was done with dynamite, and many of the workers sat in hanging "swing seats" as they wielded jack hammers, drills, and other tools, no lives were lost and only a few of the 400 men were injured - a remarkable safety record!

Mt. Rushmore was completed to its present state on October 31, 1941. Borglum intended to show each of the four presidents to their waists, but he died in the spring of '41 and World War II was looming. It has proven impressive enough as is.



Turtles vs. Tortoises

October 16th is both Reptile Awareness Day and Romp in the Swamp Day, although if you know a lot about reptiles (which include alligators and crocodiles), you might want to be cautious about romping. However, not all reptiles are considered dangerous. Turtles and tortoises are among the cuter of the species. What's the difference? A turtle spends most of its life in the water and tends to have webbed feet for swimming. A tortoise, on the other hand, is a land-dwelling reptile with elephant-shaped hind legs, which are better for walking on land. Tortoises go to water only to drink or bathe. They eat low-growing shrubs, grasses, and even cactus. Tortoises that live in hot, dry habitats use their strong legs to dig burrows. Then, when it's too hot in the sun, they slip underground.

Although they can grow quite large and can weigh hundreds of pounds, tortoises are really quite sensitive. A little known fact discovered by San Diego zookeepers: They enjoy neck rubs!

Mt. Rushmore Trivia

1. Which four U. S. presidents are carved onto Mount Rushmore?
2. Will any more faces be added?
3. What is the height of each face?
4. What is the width of each eye?
5. What is the length of each mouth?
6. How tall is Mt. Rushmore?

Answers:

1. George Washington, Abraham Lincoln, Theodore Roosevelt, and Thomas Jefferson.
2. Rumors abound, including the idea that Elvis Presley might be added, but the answer is no.
3. 60 feet from chin to forehead.
4. 11 feet.
5. 18 feet.
6. 7,242 feet.

FROM THE MAINTENANCE CREW:

Hello Everyone.

I need to address that little wall panel, just inside your front door. That is the circuit breaker panel, which is the electrical safety center for your apartment. In the event of an emergency, such as a fire, the Fire Department will find that panel and disable the electricity for everyone's safety. Some folks do not like the looks of it and want to cover it with a picture, painting or even a calendar. If you do wish to cover it with a picture or calendar, please make sure it is easy to remove in case of emergency.

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 to 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.

We hope you all have a great October.

Again, please help us. We want 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.

Thank you.

See you 'round the building,
Rod - extension 105

!!WELCOME!!

**TO THE FOLLOWING NEW RESIDENT
OF BAPTIST TOWERS!**

Vera Raevskaia

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



FROM YOUR ACTIVITY DIRECTOR

Here we are again, another month already! Aren't the shorter, cooler days wonderful? Summer was great, but I think that we are ready for a change of pace. And, speaking of a change of pace, remember that this is the month that Daylight Saving Time ends. At the end of the month, **Saturday night, October 30th**, don't forget to have your clocks "fall back" one hour. We will be gaining back the hour that we lost in the springtime. It will be nice to have that extra hour on Sunday morning to get ready for church or to be able to sleep in or to just sit and enjoy the sunrise and have that extra cup of coffee. However you choose to spend your hour, just enjoy! It will be time well spent!

Our Spaghetti Dinner last month was a great success. I would like to say **thanks to all of you** for your continued support and help. As I've said before, our activities wouldn't be as nice as they are without the help I receive from all of you. Ya'll are the greatest! I can't think of any place I'd rather be! I would especially like to extend a big "**Thank You**" to Dorris for giving up her birthday to help when she could have had it off, to Mark from Apex Home Healthcare for doing such a great job of serving and to Pam, Shirley Rigdon's daughter for helping with the clean-up.

- I am excited to say that on **Monday, October 3rd, at 2:00 pm**, Dorris has arranged for Lisa Fine, Tai Chi instructor from Alliance Care Healthy Lifestyles to conduct a new weekly Tai Chi class. She will be focusing on all aspects and levels of exercise, so there should be something of interest to all of you. Check the bulletin boards for more information. Be sure to mark your calendars to attend and check out all the benefits you will achieve from this form of exercise.
- On **Tuesday, October 11th**, to celebrate the Month of the Dinosaur, we will be going to MOSH – the Museum Of Science & History.

We will be leaving Baptist Towers at **1:15 pm** so that we can arrive there at 1:30. We will start off with a slide show at 2:00 pm; then tour the "Return of the Dinosaur" exhibit and the remainder of the museum. Watch the bulletin board for more details!

- On **Thursday, October 20th, at 2:00 pm** we will be going to the annual "Southern Women's Show" at the Prime Osborn Convention Center in downtown Jacksonville. Besides numerous health screenings, mouth-watering samples from the creative cooking classes, and give-aways from the various vendor booths, you will be able to enjoy makeovers, fashion shows, home accents, jewelry, and gift ideas.
- On, **Monday, October 31st, at 2:00 pm**, we will be having a Halloween Party. For those of you who would like to dress up, we will have a "Spook-tacular Costume Contest". Even if you do not want to dress in costume, please plan to attend. We will be needing plenty of judges.

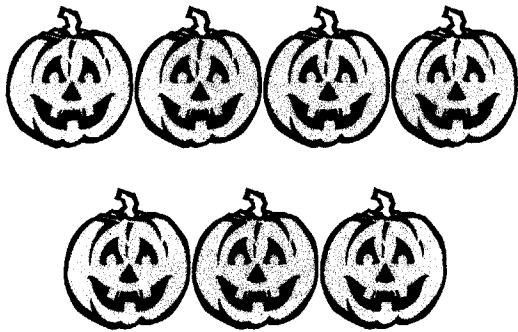
Next, I know we have promised a resident's fellowship to commemorate the change of command in our Administrator's office, but at this time the program's schedule is still tentative, so be sure to watch the bulletin boards for a definite date.

And, last but definitely not least, I want to apologize for no **Tenant Showcases** in this month's Reminder. I have had a lot of really good submissions, but, unfortunately, I have not had the opportunity to get them typed up. Be sure to watch for them in next month's issue. They are definitely worth the wait!

Take Care and God Bless!

Cathy Frausto





From your Service Coordinator:

"Learn to pause... or nothing worthwhile will catch up to you."-- Doug King

I cannot believe it's time to get ready for the holidays already! First of all, I want to thank the residents and my co-workers who helped me with commodities. You came to the rescue when you were needed the most. Thanks!

Next, I would like to let you all know about the Medicare Part D also known as Medicare's Prescription Drug Program; you may make an appointment to meet with your service coordinator to apply for the EXTRA HELP online. When it comes time to choose a prescription drug plan please be sure to choose it wisely. You will start receiving calls and mail to join these programs this month. Please don't make a RUSH decision on your choice of plan. If you get a phone call from one tell them you will take their name and number and call them if their program is the one you choose.

Now, onto the rest of the month:

- **Tuesday, October 4th from 1:00pm – 4:00pm** we will have **flu shots** in the card room. Nurses from Alliance Home Healthcare will be administering

these vaccines and your Medicare will pay for them. If you do not have Medicare, there is a \$20.00 charge for the vaccine. If you have a primary physician please check with your doctor's office to see if you will be able to get your vaccination through their office as we will have exactly **100 vaccines available**.

- On **Wednesday, October 5th at 2:00pm** in the Lounge, we will have a "Panel of Experts" from Alliance Healthcare here to answer any questions you may have about your health. Please make them feel welcome; join us as we will have refreshments during this presentation.
- On **Thursday, October 20th from 12:00pm – 2:00pm** we will have our monthly "Ask-a-Nurse" program in our card room. Apex Home Healthcare's nurse will do blood pressure checks, Mark will do sugar checks, have diabetic shoes available, and, if you have a glucose monitoring machine, please don't forget to bring it to Mark for him to calibrate or to order you a new machine. I hear Mark may also have a "treat" in order for us...maybe Low Fat ice cream...yum!
- Don't forget Dr. Makoff, the foot doctor will be here on **Friday, October 28th at 2:00pm**. Please make time to join us for all of these wonderful services that are offered to you, the resident.

Until next month, take care of yourselves and each other and keep an eye out for the Great Pumpkin!

Big Hugs, Dorris ☺

From the Administrator

A Special Called Meeting of the Board of Directors was held on September 20th. The purpose of this meeting was to confirm my appointment as the new Administrator and CEO for Baptist Towers. It was one of those “bitter-sweet” moments in life.

It was bitter because the very thought of following Bill Whitley, my teacher, my mentor, and my friend causes me trepidation. I will strive to keep up the high standard of quality for Baptist Towers.

It was sweet because I have had such a great teacher to prepare me enough to not only maintain his vision but an opportunity to take his vision even further.

Very soon I along with hundreds of other housing Administrators around the State of Florida will be meeting to discuss the our prime issues to addresses with the 2006 Florida Legislature. There are many issues that we will need to achieve oneness of mind so that we can focus the minds of our Senators and Representatives before others do get their attention.

As soon as we can get over some administrative hurdles, I want to have a town meeting. The purpose of this meeting will be a “meet and greet” session. We all need to be looking forward to make our future better and to be able to do it together.

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

Mr. McClernon

Life's Lessons

What life has taught us is that life goes on even when something tragic strikes you down. No matter how helpless, alone, or uncertain you may feel at that moment, and the many empty moments that will follow, you must have Faith that eventually your life will be normal again.

Although you will never return to the normal that you knew before the tragedy, in time you will eventually experience the healing of your heart, which will ease your restless soul and release the power to your spirit allowing your mind the freedom to dream again.

God doesn't expect us to figure out why things happen nor does he expect us to be unaffected by the suffering we witness. He does however grant us a new kind of peace to bear the pain we experience in our own life and the world around us.

In every bad thing that happens, eventually good will follow.

The good doesn't make the bad better nor does it fill the void we have as a result of the tragedy.

The good is a simple reminder that God is with us!

