

GARDEN GAZETTE

SEPTEMBER 2026



SPRING GARDENS APARTMENTS

201 Spring Gardens Rd.

Birmingham, AL 35217

Business Office:(205) 841-503

Maintenance: (205) 808-4177

Property Manager: Catherine Duncan Ex.1102

Assistant Property Manager: Jarell Dismuke Ex.1104

Service Coordinator: Tiffany Oden Ex.1105

Senior Center Manager: Ronda Graham Ex.1108

TRUE VINE MINISTRY
BIBLE STUDY WITH
MINISTER HOBBS EVERY
FRIDAY 1PM

QD'S BOUTIQUE
1-256-849-9427(TP)
LASHUN CARPENTER
SEPTEMBER 9, 2026
10:00AM

D'VYNE RESILIENCE
1-205249-7207(TP)
Paparazzi Jewelry
KIM CROOM
SEPTEMBER 9, 2026
10:00AM



HEALING TRUTH MINISTRY
Bible Study with Janice Marshall
EVERY THURSDAY 2PM

**ALL PETS
MUST BE
ON A LEASH**



**PLEASE CLEAN UP
AFTER YOUR PET**



**HAPPY BIRTHDAY TO ALL THE
RESIDENTS BORN IN
SEPTEMBER!!!**

Spring
Gardens
Bingo
9-25-
2026
10:00
AM

**CREATIVE
EXPRESSIONS(CRERMICS)**
TUESDAY&THURSDAY 12PM-3PM

**HOT LUNCHES ARE SERVED DAILY AT 11:30
PLEASE SIGN IN BY 10:30 FOR SEATING**



Lunches are provided by the United Way Area Agency on Aging.

Donations, in any amount, are appreciated but not needed.

The food items, drinks, flatware, and cups that are provided by United Way Area Agency are the only items allowed in the dining room. NO EXCEPTIONS.

Condiments are allowed if they are store bought and labeled.

No one under the age of 60 years of age (unless it is a resident) is allowed present during lunch or participate in any other activity held at the Center during business hours. This includes children.

Policy on Food Taken Away from the Center

Participants receiving a congregate meal shall be allowed to take home fresh fruit, unopened cartons of fruit juice; wrapped cakes, cookies, and snack cakes, individually wrapped portions of corn chips or potato chips. All other leftover foods shall be discarded at the end of the serving day.

****Take only one serving of milk, juice, fruit, snack cakes & cookies with your meal. If there are leftover items, after everyone is served, you may help yourself with one more serving.**

If you would like to buy an added meal after everyone is served, they are available for \$6.00.

Hot lunches are ordered based on the number of people that support the center regularly and are served at 11:30, on a first-come, first-served basis. The lunch tickets are limited to the number of meals ordered for any given day. Be sure to sign in daily by 10:30 to get yours before they are all gone. You must sign up and have a ticket to receive a meal. Please do not sign other people on the meal list unless they are in the building. We cannot hold meals for people who have a ticket and are not present at the time lunch is served. No lunches will be served after 12:00PM.

****If you receive frozen meals at your apartment, you are not eligible to receive the hot congregate meals served at the Center Dining Room.**

Spring Gardens Library



Please visit our beautiful library at the Senior Center.
Ms. Veeda Posey has worked extremely hard getting it organized for us.
Enjoy quiet time with a book or take home a movie for your enjoyment.



TAI CHI WITH ADRIENE
9:15 AM EVERY THURSDAY

*****[THERE WILL BE NO TAI CHI 9/3/2026-9/10/2026] *****

Please Join Us in
Welcoming

OUR NEW PROPERTY MANAGER

**Catherine
Duncan**

Welcome
to the
**SPRING GARDENS
FAMILY!**

We are excited to introduce **Catherine Duncan**
as the new Property Manager of
Spring Gardens!



Catherine Duncan is here for YOU!

She is committed to providing excellent service,
open communication, and a positive living
experience for all residents.

CATHERINE DUNCAN IS AVAILABLE FOR ANY SERVICES NEEDED,
to all of the residents in our community.

SHE IS HERE TO HELP WITH:



**Resident
Concerns**



**Maintenance
Requests**



**Leasing &
Community
Information**



**Creating a Safe,
Clean & Welcoming
Community**



**Any Other
Services
You Need**

We're so glad to have
Catherine on our team!

*Let's give her a warm
Spring Gardens welcome!*



SPRING GARDENS
APARTMENTS

A GREAT PLACE TO CALL HOME

*Stop by the Office
to say hello!*

We look forward to
working together to make
Spring Gardens the best
place to live!

WELCOME TO SPRING GARDENS !!!!!

Please Join Us in Welcoming Our New Service Coordinator

TIFFANY ODEN

**Service Coordinator
Spring Gardens Apartments**

ABOUT TIFFANY

We are excited to welcome Tiffany Oden to the Spring Gardens family!

25 years of experience in social work.

Dedicated to helping individuals and families access resources and support services.

Committed to building positive relationships with residents.

Excited to become a part of the Spring Gardens community.

HOW TIFFANY CAN HELP

Information & Resources

Community Support Services

Assistance & Guidance

Wellness Opportunities

Friendly Support & Encouragement

A MESSAGE FROM TIFFANY

"I am truly looking forward to getting to know each of you, learning about our community, and building positive relationships along the way. My goal is to create a welcoming environment where you feel comfortable coming to me for assistance, resources, information, or simply someone to talk to."

STOP BY AND SAY HELLO!

Tiffany welcomes residents to introduce themselves and get acquainted. She is excited to become part of the Spring Gardens family and looks forward to meeting everyone.

Please Join Us in 

WELCOMING

OUR NEW

Assistant

PROPERTY MANAGER!

Jarell Dismuke

ASSISTANT PROPERTY MANAGER

WITH



Hi, I'm Jarell Dismuke!

I work as an Assistant Property Manager with JCHA. I'm from Birmingham, Alabama, and I'm excited to be here. I look forward to using my leadership and communication skills to help our team.



Outside of work, I enjoy hiking and reading. I also like learning about what's happening in our community.

I'm happy to be part of this community!



PEOPLE
FOCUSED

We support and care for the people in our community.



COMMUNITY
DRIVEN

We work to keep our communities safe, welcoming, and thriving.



COMMITTED
TO EXCELLENCE

We strive to provide great service every day.

Thank you for the warm welcome! 

TOGETHER, WE CAN BUILD A GREAT PLACE TO LIVE.

PEST CONTROL SERVICE SCHEDULE 2026

· ATTENTION RESIDENTS ·

Spring Gardens, Hickory Ridge, and Riden Gardens

To better serve our communities, pest control services are conducted under a **structured monthly rotation system by property**. This ensures consistent coverage, improved efficiency, and reliable scheduling for all residents.

All services include **pest control treatments** performed in accordance with housing and safety guidelines.



MONTHLY SERVICE ROTATION 2026

INTERIOR TREATMENT MONTHS

- **January** – Interior Treatments
- **March** – Interior Treatments
- **May** – Interior Treatments
- **July** – Interior Treatments
- **September** – Interior Treatments
- **November** – Interior Treatments



EXTERIOR TREATMENT MONTHS

- **February** – Exterior Treatments
- **April** – Exterior Treatments
- **June** – Exterior Treatments
- **August** – Exterior Treatments
- **October** – Exterior Treatments
- **December** – Exterior Treatments



"Interior Treatments" require entry into units for full effectiveness.

"Exterior Treatments" focus on building perimeters, foundations, and surrounding areas. Residents will be notified prior to interior access when applicable.

WEEKLY PROPERTY ROTATION



- **1st Week:** Spring Gardens 1
- **2nd Week:** Spring Gardens 2
- **3rd Week:** Spring Gardens 3 & 4
- **4th Week:** Hickory Ridge (Units 1-3 included in rotation)



Spring Gardens and Hickory Ridge pest control treatments are performed weekly on **Tuesday**.



Brighton Gardens pest control service is performed every **second Thursday** of the month.



IMPORTANT SERVICE NOTES

- All treatments are performed using approved pest control methods for residential housing communities.
- "Interior Treatments" require entry into units for full effectiveness.
- "Exterior Treatments" focus on building perimeters, foundations, and surrounding areas.
- Residents will be notified prior to interior access when applicable.



RESIDENT RESPONSIBILITIES

- Allow access to your unit during interior treatment months.
- Secure pets prior to service days.
- Remove or protect food items and personal belongings when interior treatment is scheduled.
- Report any pest concerns or recurring issues directly to the management office.



COMMUNITY NOTICE

All services are assigned strictly by property location, not by color codes or unit preference. The previous color-coded system has been discontinued to improve clarity and scheduling accuracy for all residents.

Thank you for your cooperation as we work together to maintain a clean, safe, and healthy community.



JCHA

HOUSING AND DEVELOPMENT
Better Communities • Brighter Future



SPRING GARDENS • HICKORY RIDGE • BRIGHTON GARDENS

2026 PEST CONTROL SCHEDULE

Routine pest control services will be performed throughout 2026 to ensure a clean and safe community environment.

SPRING GARDENS

Service Day: Tuesday

1st Week: Spring Gardens 1

2nd Week: Spring Gardens 2

3rd Week: Spring Gardens 3 & 4

HICKORY RIDGE

Service Day: Tuesday

4th Week: Hickory Ridge 1-3

BRIGHTON GARDENS

Service Day: Every Second Thursday of the Month

IMPORTANT REMINDERS

- Please ensure access to your unit on your scheduled service day.
- Secure pets during treatment.

RECERTIFICATION PARTNERSHIP

Section 8 Residents ONLY



UPDATE!!

- The Section 8 & Spring Gardens offices are partnering to serve YOU!
- Recertification Packets will ONLY be sent from the Section 8 office.
- HOWEVER please return the completed packet to the Spring Gardens office.
- *Be on the look out for Reminder Notices that will give you details on what to bring.

We will submit for YOU!

To Schedule Your Appointment Contact:
Nita Clark / Quality Control

Phone : (205) 841-5032 Ext 1109

House Keeping Notice

The Spring Gardens Management wants to remind our residents to be intentional about maintaining a clean-living space. It is a violation of your lease to have poor housekeeping. Moving forward you can expect the following during routine Pest Control Services.

We Will Look For

- Clean Living Room
- Unauthorized Pet(s)
- Pest Infestation
- Clean Kitchen
- Clean Bathroom
- Porch Clutter

QUESTIONS ?

Call: 205-841-5032



BRIGHTON GARDENS

AIR FILTER CHANGE

MONDAY
SEPT 14TH 2026



Benefits:

- Improved Air Quality
- Better HVAC System Efficiency
- Extended HVAC Lifespan
- Consistent Temperature and Comfort
- Health and Safety



JEFFERSON COUNTY
HOUSING AUTHORITY

www.reallygreatsite.com

CONTACT US

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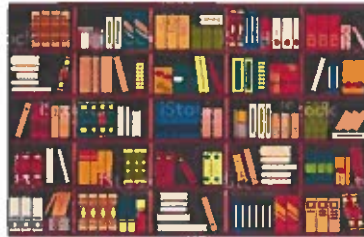
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TAI CHI WITH ADRIENE
9:15 AM EVERY THURSDAY

*****[THERE WILL BE NO TAI CHI 9/3/2026-9/10/2026] *****

ATTENTION, ALL RESIDENTS!

Please make sure that
the **TRASH BIN**
RECEPTACLE DOORS
and **TOP LIDS**
are **CLOSED.**

TOP LID
CLOSED

DOORS
CLOSED



REMINDER:

Only **TRASH** should
be placed inside the
trash receptacles.

*Please do not place any
other items in or around
the trash bins.*

YES!

TRASH ONLY



NO!

NOT ALLOWED



Thank you for your cooperation

IN HELPING US KEEP OUR COMMUNITY
CLEAN, SAFE & BEAUTIFUL!



Thank you so much,
SPRING GARDENS
— MANAGEMENT —

• JOIN US FOR A •

Ice Cream Social

COME FOR THE ICE CREAM,
STAY FOR THE FUN &
GREAT COMPANY!

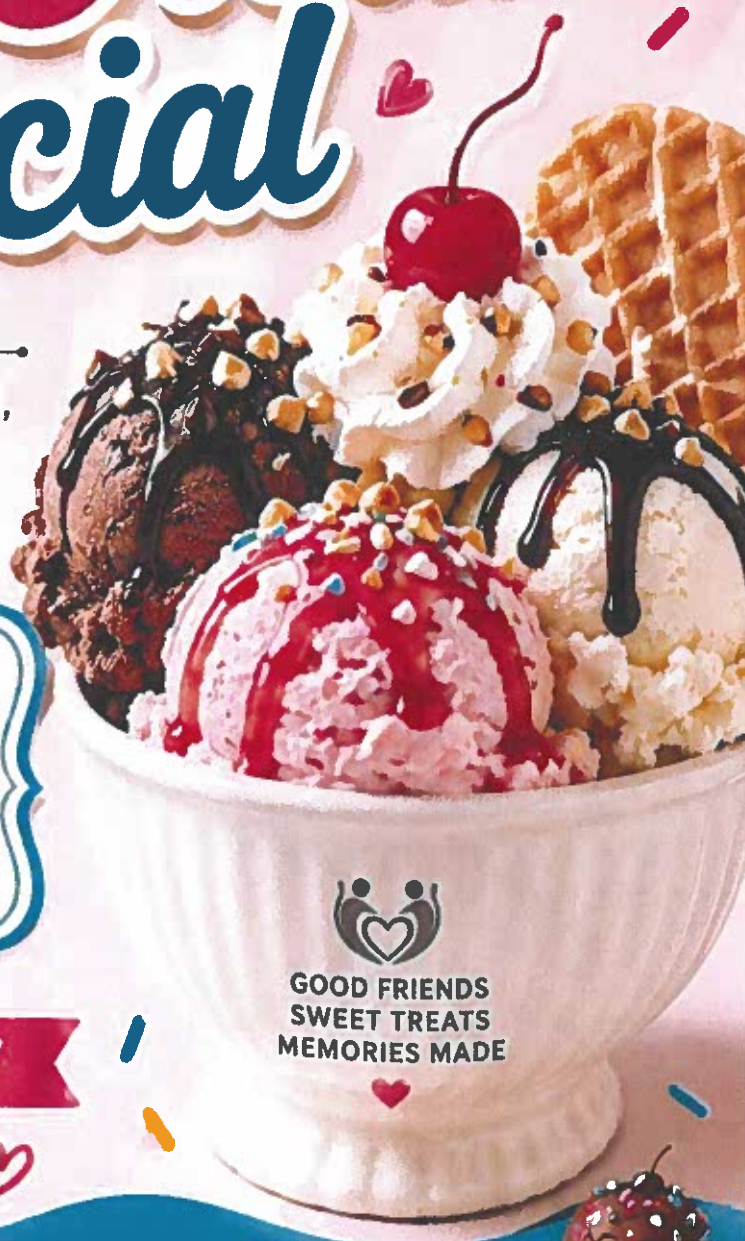
TUESDAY
9-8-2026
.....♥.....
12PM

Everyone is Welcome!

LET'S SCOOP, SMILE, ♥
AND SOCIALIZE!

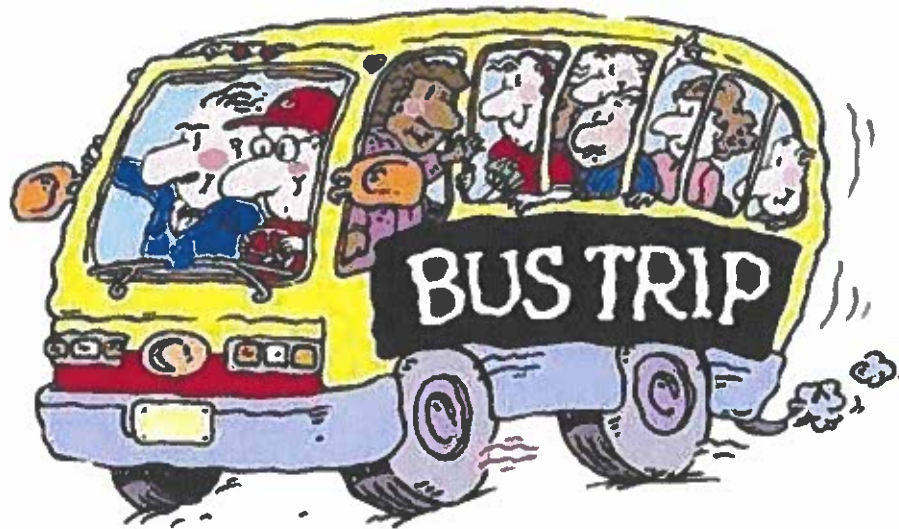
SPRING GARDENS SENIOR CENTER

⇒ A SWEET TIME AWAITS! ⇐




GOOD FRIENDS
SWEET TREATS
MEMORIES MADE





BUS TRIPS FOR
SEPTEMBER 2026

SEPTEMBER 2ND - BANKS/WALMART

SEPTEMBER 9TH – CHILLI'S/TARGET

SEPTEMBER-16TH WAL-MART/SAM'S-TRUSSVILLE

SEPTEMBER 23RD - AM TRIFT(HUFFMAN)/ALDI

SEPTEMBER 30TH - PUBLIX MALL

THE BUS LEAVES PROMPTLY AT 12PM

SEPTEMBER 2026

ADSS NUTRITION PROGRAM SUMMER MENU

SUMMER FY26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>Menu 2</u> Chicken Taco Salad Chicken Taco Meat Lettuce/Tomato/Cheese Mexican Beans Corn Chips (Bulk) Assorted Crème Cookies Milk Taco Sauce	2 <u>Menu 3</u> Cranberry Juice Macaroni and Cheese Black-eyed Peas Collard Greens Cornbread Rice Kristpies Treat Milk Margarine	3 <u>Menu 4</u> Hamburger Patty Baked Beans Potato Chips Lettuce/Onion/Tomato Hamburger Bun Cherry Fruited Gelatin Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise	4 <u>Menu 5</u> Orange Tangerine Juice Apple Chicken Salad Pineapple Coleslaw Mixed Fruit Whole Wheat Bread (2 slices) Chocolate Cake Milk
	8 <u>Menu 7</u> Orange Juice Smoked Sausage Red Beans/Rice Country Vegetables Hotdog Bun Mississippi Mud Pudding Milk/Chocolate Milk Mustard/Ketchup	9 <u>Menu 8</u> Chicken and Rice Casserole Whole Kernel Corn Green Beans Fresh Fruit Whole Grain White Roll White Cake Milk Margarine	10 <u>Menu 9</u> Chef Salad: Diced Turkey Chef Salad Mix Ranch/Diet Italian Dressing – 2 Black-eyed Pea Salad Saltine Crackers (2 pks) Shortbread Cookies Milk	11 <u>Menu 10</u> Orange Pineapple Juice BBQ Rib Patty Scalloped Potatoes Mixed Greens Cornbread Oreo Cookies Milk Margarine
14 <u>Menu 11</u> Grape Juice Lemon Chicken Wild Rice Green Peas Whole Grain White Roll Rosey Applesauce Milk Margarine	15 <u>Menu 12</u> Taco Salad: Taco Seasoned Beef Lettuce/Cheese/Tomato Corn Chips Pinto Beans Orange Fruited Gelatin Milk/Chocolate Milk Sour Cream/Taco Sauce	16 <u>Menu 13</u> Strawberry Kiwi Juice BBQ Turkey White Lima Beans Garden Vegetables Hamburger Bun Banana Moon Pie Milk	17 <u>Menu 14</u> Meatloaf/Brown Gravy Whipped Potatoes Mustard Greens Fresh Fruit Cornbread Assorted Crème Cookies Milk Margarine	18 <u>Menu 15</u> Apple Juice Southern Chicken Salad Potato Salad Sliced Peaches Whole Wheat Bread (2 slices) Yellow Cake Milk
21 <u>Menu 16</u> Tropical Juice Cheesy Beef Casserole Green Beans Cabbage Whole Grain White Roll White Cake Milk Margarine	22 <u>Menu 17</u> Tuscan Chicken Creamy Alfredo Pasta Glazed Carrots Fresh Fruit Whole Grain White Roll Banana Moon Pie Milk Margarine	23 <u>Menu 18</u> Apple Juice Ham and White Beans Whole Kernel Corn Turnip Greens Cornbread Nutty Buddy Milk Margarine	24 <u>Menu 19</u> Cranberry Juice Frankfurter/Bun Baked Beans Coleslaw Pineapple Dump Cake Milk/Chocolate Milk Onion Packet Mustard/Ketchup	25 <u>Menu 20</u> Sliced Turkey/Swiss Cheese Sandwich Macaroni Salad Lettuce/Tomato Mixed Fruit Whole Wheat Bread (2 slices) Marble Pudding Milk/Mustard/Mayonnaise
28 <u>Menu 1</u> Apple Juice Beef Ziti Casserole Whole Kernel Corn Green Beans Whole Grain White Roll Oatmeal Crème Pie Milk/Margarine	29 <u>Menu 2</u> Chicken Taco Salad Chicken Taco Meat Lettuce/Tomato/Cheese Mexican Beans Corn Chips (Bulk) Assorted Crème Cookies Milk/Taco Sauce	30 <u>Menu 3</u> Cranberry Juice Macaroni and Cheese Black-eyed Peas Collard Greens Cornbread Rice Kristpies Treat Milk /Margarine	1 <u>Menu 4</u> Hamburger Patty/Bun Baked Beans Potato Chips Lettuce/Onion/Tomato Cherry Fruited Gelatin Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise	2 <u>Menu 5</u> Orange Tangerine Juice Apple Chicken Salad Pineapple Coleslaw Mixed Fruit Whole Wheat Bread (2 slices) Chocolate Cake Milk

September 2026

September 2026							October 2026						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5					1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aug 30	31	Sep 1 9:30am MOBILE MARKET	2 12:00pm BANKS/WAL-MART	3 10:00am ARCHWELL	4 10:00am Humana Bingo	5
6	7 FRONT OFFICE/ CENTER CLOSE	8 10:00am Oak St. Bingo 12:00pm Ice Cream Social	9 12:00pm CHILLI'S/TARGET	10	11	12
13	14 Filter Change Brighton	15	16 12:00pm WAL-MART/SAM'S-T RUSSVILLE	17	18	19
20	21	22	23 12:00pm TRIFT STORE/ALDI	24	25 10:00am Spring Gardens Bingo	26
27	28 10:00am Genesis/Bingo	29	30 12:00pm PUBLIX MALL	Oct 1	2	3