

GARDEN GAZETTE

FEBRUARY 2019



INCLEMENT WEATHER

THE OFFICE AND SENIOR CENTER follows the same guidelines as The JEFFERSON COUNTY School System. Closing will be reported on FOX 6 news or WBRC.

HARD FREEZE WARNING

Please leave your heat on in your apartment, no lower than 66 degrees. It would help to open your kitchen cabinet doors AND LEAVE A FAUCET DRIPPING. IF YOUR PIPES ARE FROZEN, PLEASE ALLOW TIME OR THEM TO THAW OUT. CALL THE ON-CALL MAINTENANCE LINE FOR EMERGENCIES AT 205-808-4177.



SENIOR BINGO

THE SECOND MONDAY OF EACH MONTH.

COME AND JOIN US.

FEBRUARY 11TH AT 9:30

BIBLE STUDY

(Ruby Stringer)



FEBRUARY 11TH at 1:00

BIBLE STUDY/ TRUE VINES MINISTRIES



WILL MEET IN THE DINING ROOM

THURSDAYS 2PM

GARDENDALE FUNERAL HOME



The second Monday of each month a representative will be bringing cupcakes and will be available to answer questions you may have concerning pre-needs - funeral arrangements, burial policies

FEBRUARY 11TH at 10:00

HALAL PRAISE HOOPS

EVERY FRIDAY OF THE MONTH 10:00





**WISHING EVERYONE BORN IN THE MONTH OF
FEBRUARY A VERY HAPPY BIRTHDAY**

Remember to keep saving your pull tops from any type cans for the Ronald McDonald House. There is a collection house located in the dining room.



Nita Clark and Tammy Womble are Notaries Public. If you need important documents notarized they are at your service, by appointment. You may reach Nita at 841-5032 ext.1102 or Tammy at 841-5032 ext.1104.

Please call before you come, to ensure they are available

WHERE TO SUBMIT YOUR RENT

ALL RESIDENTS PLEASE MAKE YOUR CHECKS OR MONEY ORDERS PAYABLE TO JEFFERSON COUNTY HOUSING AUTHORITY (JCHA). MAIL YOUR PAYMENTS TO THE ADDRESS BELOW OR DROP IT IN THE DROP BOX LOCATED AT THE CENTER. **DO NOT LEAVE IT IN THE FRONT DOOR.**

ALL RENT IS DUE BY THE 10TH OF EACH MONTH.

201 Spring Gardens Rd.
Birmingham, AL 35217

Center: (205) 841-5032
Maintenance: (205) 808-4177

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



Lunches are provided by United Way Area Agency on Aging. Donations, in any amount, are appreciated but not required.

If you are physically unable to stand in line to receive your lunch a volunteer will be happy to serve you at your table. If you are in need of this service and are not currently on the table service list contact Nurse Cathy (841-5032) for evaluation.

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 as long as they are store bought and labeled.

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

Policy on Foods 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 to one additional serving. The milk must be consumed at the center.**

If you would like to purchase an additional meal after everyone is served, they are available for \$3.35.

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 serve 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 in 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 12:00.

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

(Based on the guidelines of United Way Area Agency on Aging.)

Health Checks with Nurse Cathy



Would you like to know your number?
Come up and have your
Blood pressure or blood sugar checked.

Wednesdays 10:30 to 12:30
Dining Room

THEY'RE BACK!



CHURCH OF THE HIGHLANDS

SERVICE AND LUNCH FEBRUARY 2nd

BEGINNING AT 10AM

CENTER'S DINING ROOM

BRIGHT HEALTH PLAN BINGO

Come join us, Amy Larue, will
be here to do bingo with us.

FEB. 4TH 9AM

CLEAR CAPTIONS FEB. 12TH 9AM

Greg Lawrence, will be here to
Discuss phone and captioning
service provided at no cost
through a federally- funded
program.

COMMUNITY FOOD BANK

The Community Food Bank will be back on FEBRUARY 20TH

Distributions will begin at 2:00 pm.

- All food must be picked up at the Spring Gardens Center. There will be no home deliveries for anyone.
- Limit of 1 disbursement per household.
- Each resident will be responsible for getting their disbursement to their apartment.

It is unknown if they will be bringing the same amount of food but it's advisable for you to bring a box to your food and a utility cart, or something similar, to transport the disbursement to your apartment.

Tickets will be distributed on that day



MEMORY SCREENING

FEB. 13TH 9AM TO 12PM
Janice Williams, from Jefferson
County of Senior Services, will be
here. IN THE CRAFT ROOM

LUNCH HANDOUTS MONTH OF FEBRUARY

KNOW YOUR NUMBERS
WHY WATCH YOUR
SODIUM?
DIABETES MANAGEMENT
Go4Life-Making an Exercise
Buddy Agreement

OMBUDSMAN MEDICAID ELIGIBILITY

Morgan Rhodes, will be here to
discuss medicaid eligibility and
to answer any questions that you may
have.

FEB. 26TH 10:00AM



THE SINNERS BAND

Band Members:

Tim Dodgen, Larry Peoples, Kevin “Moose” Mousseau, Travis McKinzie, Dave Hulsey and Ron Naramore

About:

Christian Music, Southern Style, Gospel Blues

Biography:

Our prayer is that God will use our music for His great purposes-to Him be the glory!
Praise God!

Influences:

Jesus Christ our Lord and Savior

GUEST PERFORMER: SAM FRAZIER, JR.

Sam Frazier, Jr. can play the harp like Sonny Boy Williamson or sing a country tune like Charley Pride, a versatile and rare bluesman from Birmingham, AL.

(<https://musicmaker.org/artists/sam-frazier-jr/>)

Those of you that missed their performances, at our Center, in June & July really missed some great music!

They have CDs available for purchase if you're interested (\$10.00).

MUSIC FOR THE SOUL!

FEBRUARY 14TH 1:00PM

Spring Gardens Center Dining Room

MEDICAL EQUIPMENT AND SUPPLIES

JERINGANS HOME CARE WILL HAVE A PRESENTATION ON HOME MEDICAL EQUIPMENT AND SUPPLIES THAT ARE AVAILABLE FOR ELIGIBLE INDIVIDUALS. BOB DISMUKES, WILL DISCUSS WHAT IS COVERED BY INSURANCE AND HOW TO OBTAIN WHAT IS NEEDED. BRING YOUR QUESTIONS OR JUST COME TO LEARN. YOU NEVER KNOW WHAT YOU MIGHT NEED TOMORROW.

WEDNESDAY FEBRUARY 20TH

11:00 AM IN THE DINING ROOM

SPECIAL CERAMIC PROJECT FOR FEBRUARY

Silk screening on ceramic plates



Image for graphics only. Print may not be available.

**February 5th at 10:00
(Ceramic Room)**

Sign up as soon as possible to get your spot.

\$15.00 charge (per person) which covers all materials for this project

PUBLIC TRANSPORTATION ANYONE?

RESIDENT SURVEY



Would the services of a public transportation system, similar to Max Transportation, be something you would take advantage of if it was available to you?

YES

NO

What services would you use: Circle all that apply.

Doctor/Dentist appointments

Shopping/Dining

Special outings (museums, parks, etc.)

Work

Other: _____

How often do you think you would use it?

THANK YOU FOR PARTICIPATING

Detach survey from the newsletter and return to the Spring Gardens reception desk before February 7th, 2019.