

THE

REMINDER



January
2012



The Towers of Jacksonville*1400 Le Baron Ave*Jacksonville, FL 32207(904)398-3406**Florida Relay 711**

Celebrating January

Hot Tea Month

Soup Month

Trivia Day
January 4

Old Rock Day
January 7

Bubble Bath Day
January 8

Letter Writing Week
January 8-14

Houseplant Appreciation Day
January 10

Dr. Martin Luther King, Jr.
Day
January 16

Chinese New Year:
Year of the Dragon
January 23

Australia Day
January 26

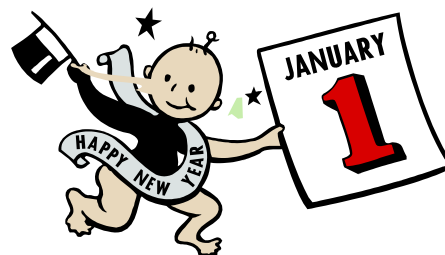
*IN WITH THE NEW
And OUT WITH THE OLD*



WOW! How many times have we heard “in with the new and out with the old”? Hearing is not always doing, is it? Let us make a conscience decision to toss those things in our life we do not need and make room for better things.

REMEMBER: It is never too late to start something new; reach for new goals; adopt new lifestyles and sustain in new found decisions. Remind yourself daily of your new plan.

To assist you in the year 2012; LUMINOSITY will be introduced into Activities. Luminosity is often known as the energy a star produces in a second. Do not worry; we are not going to venture into outer space. We are going to sit right here and involve ourselves in an exercise of improving our brain. Let's get started:





LOOKING BACK:

DECEMBER BIRTHDAYS:



...one of our **MONTHLY**
Birthday parties...



RESIDENT'S

CHRISTMAS PARTY



THANKSGIVING

AT

THE TOWERS....

**Special reserved times for seating
And service with a smile!**





...just a FEW of our VETERANS

at a special
VETERAN'S DAY CELEBRATION
with special speakers and residents

**APRIL'S
FAIR HOUSING
POSTER and ESSAY CONTEST**



The Towers' is home to:

1st Place POSTER: Rachel Vainer

1st Place ESSAY: Jane Miller

2nd Place ESSAY: Myrtle Marshall

FROM YOUR SERVICE COORDINATOR

"A New Year's resolution is something that goes in one year and out the other."

Happy NEW YEAR (2012)!!!

What's happening this month:

- ✓ **January –**
- ✓ **January 3, 10, 17, 24, 31 – Wellness Clinic with Apex – 10am– 12pm**
- ✓ **January 5, 12, 19, 26 – Wellness Clinic with Apex – 2pm – 4pm**
- ✓ **January 10 – Wayne the Hearing Guy will be here at 10:00am-Noon**
- ✓ **January 9 – Podiatrist at 10:00am – 12:00pm**
- ✓ **January 9 – Resident Meeting 1:30pm**
- ✓ **January 12 – 2pm – 4pm Diabetic Ladies are here**
- ✓ **January 19 - Our Health Education Day will be on "Healthy Weight"**
- ✓

Please allow me to start by thanking you all for the cards and gifts. You all mean so much to me and it is with great pleasure that I hope for you all to have a wonderful new year and that your blessings do not go unanswered.

Join Dawn and me for our first Resident Meeting on January 9, 2012 at 1:30pm in the lounge.

Next, don't forget **apartment inspections are happening this month beginning January 30th**. If you need to have your apartment cleaned please note that there are names on the bulletin boards.

Beauty tip: Nutmeg & Cinnamon Face & Body Wash To make this inexpensive, skin-rejuvenating wash, take 6 teaspoons each of ground cinnamon and nutmeg and run through your coffee machine's filter. Pour the mixture directly into a warm bath and soak in it. Or allow the mixture to cool and use as a face or body wash that you can leave on and let penetrate your skin for up to 10 minutes a day.

Health tip: A simple and easy way for independently living seniors to tone the leg muscles is: Lie flat on your back, legs extend straight up with toes pointed (easy does this when beginning, use a slight bend if necessary); try to keep your hips, knees and ankles in a straight line. With your toes always pointed, bend first your right knee, and bring your foot as close to your buttock as possible; raise leg to beginning position, then repeat with the left leg (note, the opposite leg should be kept straight in the air, muscle tight). Repeat with both legs four times, then flex the feet and repeat exercise four more times, each leg. Bring legs down and relax before standing. These exercises can be done on a continuing basis for firming and toning your legs. **Safety tip:** Go out with family or friends rather than by yourself.

- Hold your purse close or keep your wallet in an inside front pocket.
- Don't carry large amounts of cash or unneeded credit cards.
- Use a direct deposit service for Social Security and other regular checks.
- Keep car doors locked, be watchful in parking lots and garages, and try to park in well-lighted spots near entrances.
- Sit near the driver or the exit when riding on a bus, train or subway.
- If a person or situation makes you nervous, get away.

Until next month, take care of yourselves and stay safe.

Many Hugs,
Dorris ☺

Should auld acquaintance be forgot
and never brought to mind?
Should auld acquaintance be forgot
and days of auld lang syne?
For auld lang syne, my dear,
for auld lang syne,
we'll take a cup of kindness yet,
for auld lang syne

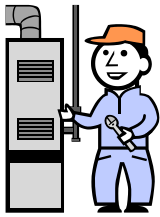
A HAPPY
NEW YEAR

From the Maintenance Crew:

Hello Everyone & Happy New Year!

We all wish you a great 2012. We hope everyone had a wonderful Christmas and enjoyed this Holiday Season. Thank you for all the cards and the “Goodies”. I believe each of us has put on a few pounds eating it up.

I want to remind everyone that Maintenance will be changing your HVAC filter this month. If you are not home when this is done in your apartment, we will leave a note letting you know we have been there. We will also have our annual Fire Alarm Inspection this month. I will post the date/dates, when they become available to me so that you know when to expect the alarms to be activated.



The next item is resident storage rooms. On occasion we have “stuff” pile up outside resident storage bins and that’s not good. Everything placed inside those storage rooms and not in an assigned bin, with the exception of one “grocery cart”, will be removed and disposed of by Maintenance on a routine basis. If the owner is known, the owner will be liable for the disposal costs. Another is the yellow lined floor areas in each storage room. This area is lined in yellow to prevent “stuff” from blocking access of the circuit breaker panels to emergency and maintenance personnel. Do not place anything, including “grocery carts” in this painted floor area, please.



Now let’s talk about your apartment windows. When the wind is blowing hard enough to move your window, it needs to be closed and latched. If it is left open and the wind is blowing hard enough, it will damage the window. That usually

means that it will be hard to close or latch later on. That window damage can be considered negligence or abuse and you could end up being charged for the repair.



I’d like to make all of you aware of an issue we are having with supplies in our public areas. We currently have an issue with the deodorizer being removed from the dispenser in the Men’s Restroom. When products “disappear”, we replace them & our expenses go up. Expenses affect rent increases for everyone. Please do not take supplies from our common areas, it is not free.

Turner Pest Control is scheduled to do these floors this month:

- 11th Floor – Jan 3rd
- 12th Floor – Jan 10th
- 1st Floor – Jan 17th
- 2nd Floor – Jan 24th
- 3rd Floor – Jan 31st



plus work orders received each week. If you have seen any pests, submit a work order for treatment as soon as possible.

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
Tanya
Leon
James
Glen



From your Assistant Administrator

The holidays are always a busy time for everyone. I hope everyone had a good time. I want to thank everyone for the cards and goodies sent to the office. We enjoyed them very much.

Thanks again and Happy New Year.

Grace, Assistant Administrator

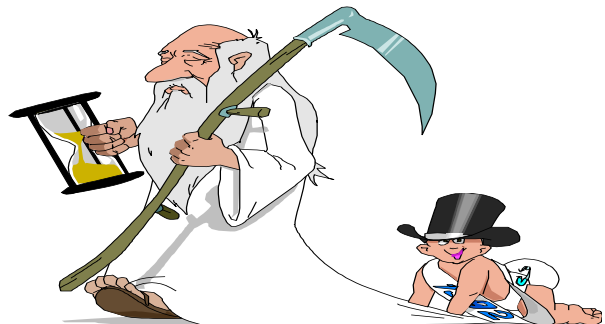
FROM THE LEASING OFFICE:

Happy New Year!

Hello, from the Leasing Office. I know you don't hear from me that often in the news letter, but I wanted to take this opportunity to thank all of you for the birthday cards and well wishes that were showered upon me for my birthday. Thank you also, for the wonderful goodies that were brought to the offices over the holidays. They were very delicious and most appreciated.

I would also like to wish each of you a very *Happy New Year!* I look forward to the coming year with anticipation and having the opportunity of working with all of you again. May you be blessed with good health, happiness and prosperity and many family and friends to enjoy it all with!

Take Care of yourself! **Cathy**



From the Administrator

A special thank you to all who dropped off the many wonderful cards, chocolates, and cookies. I have not stepped on a scale since Thanksgiving.

It is a new year and time is getting more precious. Allow me to tell you a story that may help explain. It is a made up story, but the substance of it I have seen often over the years, even here at The Towers.

Jill was thirty-five years old, experiencing the normal joys and pains of life that we have all been through. On this particular night she had exchanged especially harsh words with her mother over some trivial observation her mother had made. This heated exchange culminated in Jill storming off screaming, 'I really hate you'!

Feeling extremely angry with her lot in life Jill spent the night in the lounge of her mother's retirement community. Tormented by the hurtful words she had thrown at her mother, she tossed and turned and finally fell asleep in the early hours of the morning.

In the middle of the night Jill's mother quietly passed away.

Days later, Jill found a letter addressed to her in the drawer of her mother's night-stand. It read:

Dearest Jill,

I have been sick for a long time now. I've tried to keep it from you in the hope that I'd get better. Please forgive some of the things I've said. I've never meant to hurt you.

I love you very much and will forever,

Your loving mother.

We have only one chance to forgive and forget. Make this one of your New Year resolutions.

Under HUD regulations we must allow a service animal, usually a dog, in the building. This is a working animal, but usually very friendly and can be distracted easily. We now have a service animal at The Towers. It is young and not used to being around so many people. The animal understands verbal commands as well as hand signals. While it

is normal to try to pet an animal like this, it is best that we do not; otherwise, the animal might jump on you to play. This interferes with discipline and training of the animal.

As always, energy cost is an important topic. Here are the December statistics:

Cost

Apt Type	Dec. 2011	Dec. 2010
Studio	\$35.00	\$34.22
1-Bedroom	\$56.09	\$54.84
Avg. Temp ¹	65°F.	59°F.

(¹Jacksonville Naval Air Station as of billing period)

KW/hour Consumption/Sq.Ft.

Apt Type	Dec. 2011	Dec. 2010
Studio	305.34	274.51
1-Bedroom	489.33	471.73

It can be seen that consumption was up by 3.7% in December 2011, while the cost was up by 2.3%. Most likely this cost is being driven by an increase of 10.2 % in the average daily temperature.

May the Creator of us all keep you safe.

Michael McClernon

