



GARDEN GAZETTE

OCTOBER 2021



**OFFICES OPEN, BY APPOINTMENT ONLY
MONDAY thru THURSDAY 8am to 4pm**

Documents may be left at the front desk, during business hours, or in the black drop box at the front door of the office building.
Rent may be put in the drop box outside the front door of the office building or the drop box next the library door, during business hours.

Smoke/Fire Alarms

We have finished ALL the installation for the Smoke/Fire Alarm system. Every unit has been tested and is set up to call the Fire Department if they go off. The system is set up to alarm in the closest laundry room to your apartment. This DOES NOT need to be reset until the alarm is investigated. Either the fire department or maintenance staff will reset the alarm system.

If you set the alarm off by burning toast, eggs, etc. please call 911 and let them know where you are and the circumstances of your call. The fire department will still come, but will know it's not an emergency.

IF you have any questions, please feel free to call Nita Clark (Ext. 1102) or Tammy Womble (Ext. 1104) during normal business hours.



Come join us. Play bingo for prizes on Oct.4th. Bingo will be played in the center dining room.

9:30am

COMFORT CARE BINGO

Belinda Dove, will be here to play bingo with you on October 13th in the center dining room.

10:00 am

OAK STREET HEALTH

Leonard Bell, a representative from OAK STREET HEALTH will be here on Oct.7th. HE will be talking with you only on MEDICARE and to answer any questions you may have. He will meet with you all in the center dining room.

TRUE VINES MINISTRIES Worship Service



WILL MEET IN THE DINING ROOM

(Every Thursday at 2:00 PM)

BUS TRIPS



The Spring Gardens bus is now making weekly trips. All locations will be on your monthly calendar, which is included in the Spring Gardens Gazette.

A sign-up sheet, for each trip, is located in the Center's dining room. The deadline for signing up is 1:00 PM on the day before the scheduled trip.

Any trip with less than 5 riders signed up, by the deadline, will be cancelled.

HUMANA

Rob Ballard, representative with Humana, will be here on October 28 at 10 am. He will have goodie bags for everyone.

Come join us in the center dining room.

SPRING GARDENS
201 SPRING GARDENS RD.
BIRMINGHAM, AL 35217
205-841-5032
MAINTENANCE: 205-808-4177

STAFF DIRECTORY

Nita Clark - Property Manager	Ext. 1102
Tammy Womble - Asst. Property Manager	Ext. 1104
Deborah Butler-Service Coordinator	Ext. 1105
Annie Thomas - Senior Center Manager	Ext. 1108

**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. This is a nutrition program and not something you may “show up” to occasionally. **Regular participation is required to receive hot, congregate, meals.**

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 \$3.73.

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’re 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, for some unforeseen reason, GA Foods is unable to provide food or the food is delivered and doesn’t meet temperature requirements, we will provide a hot lunch from another source.

Lunches will be provided, under these circumstances, to anyone signed up by 10:30 am.

****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 guidelines of United Way Area Agency on Aging)**

Pest Control

We will continue treatment inside one month and outside the next. Pest Control service will come to your unit to treat inside the months indicated. Please remember to leave the front storm door unlatched to allow entrance. If you are sick, please put a note on your door to let them know not to enter. If you experience problems with German roaches, ants, etc. you can call the office to schedule a special treatment. Pest Control is on the property every Tuesday. Not reporting roach infestation is a violation of your lease. Help us keep your apartments pest free. You can call the main number 205-841-5032 to have special treatment.

Laundry Rooms

The laundry rooms have been completely renovated just as your apartments have. You now have new equipment that will take a debit/credit card.

Please help us keep it clean. Do not put your household garbage in the laundry room trash cans, these are only for laundry room trash. Do not leave food or clothes in the laundry rooms. Please help us keep your community clean and tidy.

HALLOWEEN BINGO

Susan Schmitz representative for United Healthcare, will be here on Oct.26 at 10 a.m. to play Halloween bingo, in the center dining room.



Shelley Barlow will be bringing lots of Avon products.
Get an early start on your holiday shopping.

OCT. 6th at 10:00
(Center's Dining Room)

Emergency Rental Assistance Program
For Jefferson County

STATE/TERRITORY:

Alabama

PROGRAM NAME:

Jefferson County Alabama Emergency Rental Assistance Program

PROGRAM TYPE:

County

GET STARTED:

<https://erap.jccal.org/>

Birmingham Urban League Headquarters

1229 3rd Avenue North

Birmingham, Al 35203

205-326-0162

Email: info@birminghamul.org

New Hope Baptist Church

1740 Cleburn Avenue

Birmingham, Al 35211

Email: info@birminghamul.org

QDS BOUTIQUE



Lashan Johnson will have clothing, handbags, wallets and much more, for your shopping pleasure. You don't want to miss out on this cute stuff!



Oct. 6th at 10:00
(Center's Dining Room)

October 2021

October 2021						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2021						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sep 26	27	28	29	30	Oct 1 Office Closed/Dining Room open 9-1 9:30am MUSIC/OLDIES	2
3	4 9:30am BINGO 10:00am Ceramics	5 best cont/outside 9:30am EXERCISE VIDEO 12:15pm Bank/Thrift Store	6 10:00am Ceramics 10:00am Avon 10:30am QDS Boutique	7 10:00am OAK STREET HEALTH 2:00pm True Vines Ministries	8 Office Closed/Dining Room open 9-1 9:30am EXERCISE VIDEO	9
10	11 NO LUNCHES 10:00am Ceramics	12 best cont/outside 9:30am EXERCISE VIDEO	13 10:00am Ceramics 10:00am COMFORT CARE BINGO	14 9:30am EXERCISE VIDEO 12:15pm Dollar Tree/Aldi 2:00pm True Vines	15 Office Closed/Dining Room open 9-1 9:30am PUZZLE DAY	16
17	18 9:30am MOVIE TIME 10:00am Ceramics	19 best cont/outside 9:30am PUZZLE DAY	20 EXERCISE VIDEO 10:00am Ceramics	21 12:15pm Wal-Mart 2:00pm True Vines Ministries	22 Office Closed/Dining Room open 9-1 9:30am EXERCISE VIDEO	23
24	25 10:00am Ceramics	26 best cont/outside 10:00am UNITED HEALTHCARE/BINGO	27 10:00am Ceramics	28 10:00am HUMANA/ROB BALLARD 12:15pm Target Mall 2:00pm True Vines	29 Office Closed/Dining Room open 9-1 9:30am MUSIC/OLDIES	30
31	Nov 1	2	3	4	5	6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>Menu 1 1</p> <p>Seasoned Chicken Thigh Black Eyed Peas Collard Greens Corn Bread Banana or Fresh Fruit Chocolate Pudding Milk/Buttermilk Margarine</p>
<p>Menu 2 4</p> <p>Blended Juice Three Bean and Beef Chili Steamed White Rice Brussels Sprouts Crackers (2 packets) Orange Fruited Gelatin Milk Margarine</p>	<p>Menu 3 5</p> <p>Apple Glazed Pork Chop Patty Steamed Cabbage Country Vegetable Medley Wheat Bread Orange or Fresh Fruit Banana Pudding Milk Margarine</p>	<p>Menu 4 6</p> <p>Broiled Beef Patty/Bun Baked Beans Cold Corn and Tomato Salad Shredded Lettuce/Onion/Tomato Cherry Fruit Pie Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise</p>	<p>Menu 5 7</p> <p>Orange Pineapple Juice Herb Roasted Chicken Breast Diced Sweet Potatoes Turnip Greens Cornbread Oatmeal Raisin Cookie Milk/Buttermilk Margarine</p>	<p>Menu 6 8</p> <p>Apple Juice Baked Rotini with Meat Sauce Italian Flat Beans Mixed Green Salad Dinner Roll Sponge Cake Milk Margarine Italian/Ranch Dressing</p>
<p><i>NO Lunches</i> 11</p> <p><i>Happy Columbus Day!</i></p>	<p>Menu 8 12</p> <p>Orange Juice Mac & Cheese Speckled Butter Beans Okra and Tomatoes Dinner Roll Waffle Grahams Milk Margarine</p>	<p>Menu 9 13</p> <p>Blended Juice BBQ Chicken Thigh Mixed Greens Purple Hull Peas Cornbread Strawberry Fruited Gelatin Milk/Buttermilk Margarine</p>	<p>Menu 10 14</p> <p>Open Face Hot Turkey Sandwich on Wheat Bread with Gravy Mashed Sweet Potatoes Green Beans Sliced Peaches Yellow Cake Milk Margarine</p>	<p>Menu 11 15</p> <p>Orange Pineapple Juice Beef Dog/Bun Baked Beans Green Beans Coleslaw Chopped Onion Apple Fruit Pie Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise</p>
<p>Menu 12 18</p> <p>Orange Juice Meatloaf with Onion Gravy Garlic Mashed Potatoes Green Peas Wheat Bread Vanilla Pudding Milk Margarine</p>	<p>Menu 13 19</p> <p>Beef Tacos Seasoned Ground Beef Shredded Lettuce/Cheese/Tomato Corn Chips Pinto Beans Mandarin Oranges Milk/Chocolate Milk Sour Cream/Mild Taco Sauce</p>	<p>Menu 14 20</p> <p>Apple Juice Seasoned Baked Chicken Drums White Lima Beans Turnip Greens Cornbread Chocolate Cake Milk/Buttermilk Margarine</p>	<p>Menu 15 21</p> <p>Meatballs in Marinara Sauce Penne Pasta Parslied Carrots Mixed Green Salad Dinner Roll Gingerbread Cookie Milk Margarine Italian /Ranch Dressing</p>	<p>Menu 16 22</p> <p>Chicken Salad/Wheat Bread (2 slices) Three Bean Salad Lettuce/Tomato Fresh Orange Nutty Buddy Milk Mayonnaise</p>
<p>Menu 17 25</p> <p>Orange Pineapple Juice Brunswick Stew Brown Rice Whole Kernel Corn Crackers (2 packets) German Chocolate Cake Milk</p>	<p>Menu 18 26</p> <p>Cheesy Chicken Parmesan Pasta Bake Green Lima Beans California Vegetable Blend Dinner Roll Pineapple Tidbits Fudge Round Milk Margarine</p>	<p>Menu 19 27</p> <p>Orange Juice Sausage Patties w/Sausage Pepper Gravy Parsley Diced Potatoes Sliced Tomatoes Biscuit Applesauce Waffle Grahams Milk</p>	<p>Menu 20 28</p> <p>Apple Juice Salisbury Steak w/ Brown Gravy Parslied Mashed Potatoes Mixed Vegetables Wheat Bread Watermelon Fruited Gelatin Milk/Chocolate Milk Margarine</p>	<p>Menu 1 29</p> <p>Seasoned Chicken Thigh Black Eyed Peas Collard Greens Corn Bread Banana or Fresh Fruit Chocolate Pudding Milk/Buttermilk Margarine</p>