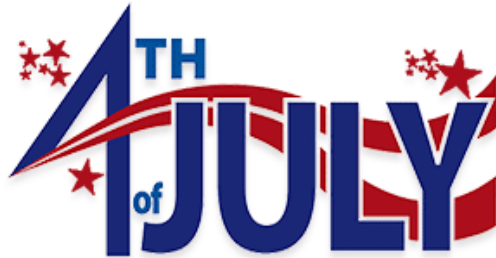


GARDEN GAZETTE

July 2022



DO NOT INTERRUPT THE GROUNDS KEEPERS



The grounds keepers are contracted and receive their direction from management.

Do not approach any member of the grounds keeping team, for any reason.

Interruptions are time consuming and costly.

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
Annie Thomas - Senior Center Manager	Ext. 1108
Ardrea Johnson-Service Center Coordinator	Ext. 1105



Come join us. Play bingo for prizes on July 13th and 25th
Bingo will be in the center dining room.

10:00am

SHOPPING CART

(Crystal Berry)

Mrs. Berry is a personal shopper and will be explaining what services she has to offer.
(She's a relative of one of our residents).

July 11 at 11:00
CENTER'S DINING ROOM)

TRUE VINES MINISTRIES

(Worship Service)

Meets in the dining room every Thursday at 2:00 PM

(P.E.P. RALLY)

PEOPLE ENCOURAGING PEOPLE

BIBLE STUDY WITH KAREN

Weekly in the crafts/ceramics room

TUESDAYS
10-12



CHURCH OF THE HIGHLANDS

SERVICE AND LUNCH

July 16th
CENTER OPENS AT 10 AM

(CENTER DINING ROOM)

MEDICARE /BINGO

Robert Ballard will do a presentation, for Medicare and answer any
question you may have. Also, he will play bingo for prizes come joins us.

JULY 7TH CENTER DINING ROOM 10 AM

QDS BOUTIQUE

July 6th at 10:00
(Center's dining room)



NO FOOD LEFT BEHIND

STOP leaving food in the common areas of the property.

If you have surplus food that you wish to bless someone with, please just deliver it to them. Don't leave it to rot on the grounds for someone else to clean up or to attract wild animals.

PENNY AUCTION

Will be hosted by AMEDISYS HOSPICE. Debbie Logan will be hosting this event please come join us and have some fun.

Center Dining Room 10 AM

JULY 18TH

SLEEP & ARTHRITIS

Kim Smith Community Educator Right at Home
Will here to speak with you all about sleep and
arthritis come join us.

July 28th Center Dining Room 10am

MAUST & LEONE
MEDICARE ADVISERS

Wanda Bledsoe and Susan Schmitz will be here on July 19th to do a presentation on Medicare and to play bingo with you all.

Center Dining Room 10am

ENERGY ASSISTANCE
(Formerly administered by JCCEO)

August 3, 2022
Senior Center Dining Room
9:00 am

Call Ardrea (205-841-5032, ext. 1105) for an appointment.

Bring the following with you to your appointment on August 3rd.

- Energy Assistance Application
- Copies of the following:
- Identification
 - Social Security Card
 - Lease or Lease Amendment
 - Most recent Alabama Power Bill
 -

Last day for our office to make copies will be Tuesday, July 26, 2022.

No copies will be made the day of interviews, NO EXCEPTIONS.

CAPTIONCALL

JOIN US!

If you have hearing loss and need captioned telephone service to use the telephone effectively, you are eligible for this no-cost federally funded service.

Caption Call does not charge for the captioning service, phone or mobile app, delivery, or any form of customer support.

July 6 at 10:00
Center's Dining Room

**HOT LUNCHESES 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 the guidelines of the United Way Area Agency on Aging.) ****

Benefits of Air Conditioning

According to Mayo Clinic, running an A/C not only reduces humidity in your home, but can also lower the amount of pollen, mold, mildew, and other airborne outdoor allergens that can potentially lead to asthma symptoms. Air conditioners can also lower your exposure to indoor allergens, like dust mites. Sep 6, 2018

Better air quality

Air conditioners circulate and filter air, removing pollutants and mold from the air. This is especially important for people who suffer from allergies and asthma because it minimizes the irritants that trigger an attack.

Protects furniture

Heat, and especially the humidity that often accompanies it, can wreak havoc on furniture of all kinds. Wood gains and loses moisture with the air around it which over time leads to warping. Leather also absorbs moisture which could eventually cause that stylish couch to rot. And any fabric is susceptible to the mold that breeds rampantly in damp environments.

Prevents electronic devices from overheating

Almost as scary as the effects of heat and humidity on our bodies is the damage they can do to our electronics. The phones and computers we depend on daily can suffer serious meltdowns when the temperature goes up leading to loss of data and an overall shorter lifespan.

Better security

Depending on where you live or work, an unsecured window or door simply isn't safe. You want to keep your loved ones and valuables protected from both the elements and the unpleasant side of humankind.

NOTE: Using the bathroom exhaust fan, while showering, will also help with keep the humidity under control.

July 2022

July 2022							August 2022						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
3	4	5	6	7	8	9	1	2	3	4	5	6	7
10	11	12	13	14	15	16	8	9	10	11	12	13	14
17	18	19	20	21	22	23	15	16	17	18	19	20	21
24	25	26	27	28	29	30	22	23	24	25	26	27	28
31							29	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jun 26	27	28	29	30	Jul 1	2
	4 CENTER CLOSED	5 Pest Cont/Pink 10:00am Bible Study	6 10:00am CaptonCall 10:00am Ceramics 10:00am QDS Boutique	7 10:00am MEDICARE BINGO 12:15pm Banks/W-Mart/Del/Tr 2:00pm True Vines	8 OFFICE CLOSED/DINING OPEN 9-1 9:30am Exercise Video	9
3						
10	11 9:30am Bus-Farmer's Market 10:00am Ceramics 11:00am The Shopping	12 Pest Cont/Blue 10:00am Bible Study	13 10:00am bingo 10:00am Ceramics	14 10:00am Mobile Market 12:15pm Aldi/Target Mall 2:00pm True Vines	15 OFFICE CLOSED/DINING ROOM OPEN 9-1 10:00am Puzzle Day	16 10:00am CHURCH OF THE HIGHLANDS
17	18 10:00am Ceramics 10:00am PENNY AUCTION	19 Pest Cont/Gain 10:00am Bible Study 10:00am BINGOWITH WANDA	20 9:30am MUSIC/OLDIES 10:00am Ceramics	21 12:15pm Wal-Mart/Thrft.St. 2:00pm True Vines	22 OFFICE CLOSED/DINING ROOM OPEN 9-1 9:30am Exercise Video	23
24	25 10:00am BINGO 10:00am Ceramics	26 Pest Cont/Vel 10:00am Bible Study	27 9:30am EXERCISE VIDEO 10:00am Ceramics	28 10:00am SLEEP& ARTHRITIS 12:15pm Aldi/Target 2:00pm True Vines	29 OFFICE CLOSED/DINING ROOM OPEN 9-1 10:00am PUZZLE DAY	30
31	Aug 1	2	3	4	5	6

Tammy Wormble


1

6/29/2022 9:34 AM

JULY 2022

ADSS NUTRITION PROGRAM

SUMMER FY22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Theme Meal BBQ Chicken Breast Baked Beans Potato Chips Coleslaw Texas Bread Banana Pudding/Vanilla Wafers Milk Margarine
				Margarine
	Menu 3 Orange Juice Chicken Chorizo Alfredo California Blend Vegetables Wheat Bread Banana or Fresh Fruit Vanilla Pudding Milk Margarine	Menu 4 Blended Juice Meatballs/Apple Brown Gravy Brown Rice Collard Greens Cornbread Red Velvet Cake Milk/Buttermilk Margarine	Menu 5 Egg Salad/Wheat Bread (2 sl) Lettuce/Tomato Potato Chips Fresh Orange Oatmeal Cream Pie Milk/Chocolate Milk	Menu 6 Orange Juice BBQ Pork Riblet/Bun Potato Salad Black Eyed Pea/Corn Salad Cherry Cookies Milk
4	5	6	7	8
				
Menu 7 Orange Juice Italian Seasoned Chicken Breast Cavatappi Pasta with Marinara Green Lima Beans Dinner Roll Lime Fruited Gelatin Milk Margarine	Menu 8 Sweet and Sour Pork Brown Rice Mixed Vegetables Wheat Bread Sliced Peaches Yellow Cake Milk Margarine	Menu 9 Baked Beef Patty/Bun Baked Beans Corn/Tomato Salad Shredded Lettuce/Onion/Tomato Apple Pasty Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise	Menu 10 Apple Juice Mac and Cheese Mixed Greens Succotash Cornbread Sugar Cookie Banana Pudding Milk/Buttermilk Margarine	Menu 11 Blended Juice Italian Chicken Pasta Salad Mixed Green Salad Wheat Bread Apple or Fresh Fruit Banana Pudding Milk Margarine Italian/Ranch Dressing
11	12	13	14	15
Menu 12 Blended Juice Meatloaf/Tomato Gravy Mashed Potatoes Green Peas Wheat Bread Watermelon Fruited Gelatin Milk Margarine	Menu 13 Honey Mustard Pork Loaf Parried Rice Tuscan Blend Vegetables Wheat Bread Fresh Orange Chocolate Cake Milk Margarine	Menu 14 Sliced Turkey/Wheat Bread (2 sl) Sliced Cheese Tomato/Lettuce Three Bean Salad Apple or Fresh Fruit Oatmeal Raisin Cookie Milk/Chocolate Milk Mustard/Mayonnaise	Menu 15 Apple Juice Salsbury Steak/Brown Gravy Collard Greens Mashed Potatoes Cornbread Butterscotch Pudding Milk/Buttermilk Margarine	Menu 16 Orange Juice Beef Dog/Bun Baked Beans Coleslaw Chopped Onion Cherry Pasty Milk Mustard/Ketchup/Mayonnaise
18	19	20	21	22
Menu 17 Orange Juice Sloppy Joe/Bun Green Beans Corn Strawberry Fruited Gelatin Milk Margarine	Menu 18 Apple Juice Ham/Potato Bake Parried Carrots Wheat Bread Apple or Fresh Fruit Sponge Cake Milk Margarine	Menu 19 Seasoned Ground Beef Shredded Lettuce/Cheese/Tomato Corn Chips Pinto Beans Fresh Orange Milk/Chocolate Milk Sour Cream/Mild Taco Sauce	Menu 20 Pork Chop Patty/Brown Gravy Black Eyed Peas Mixed Greens Cornbread Banana or Fresh Fruit Chocolate Pudding Milk/Buttermilk Margarine	Menu 1 Orange Juice Spaghetti/Meat Sauce Italian Flat Beans Mixed Green Salad Dinner Roll Nutty Buddy Milk Margarine Italian/Ranch Dressing
25	26	27	28	29