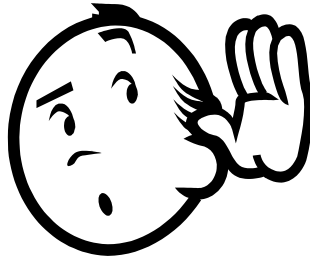




GARDEN GAZETTE

APRIL 2009

FREE HEARING SCREENINGS



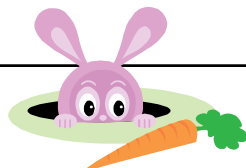
Mr. Bobby Harris with the Alabama Institute for the Deaf and Blind will be here to perform free hearing tests. You may qualify for programs that provide assistance getting hearing aids if you have a hearing loss. Call Cathy or Amy at 841-5032 to schedule an appointment or for more information.

When? Tuesday, April 21st
What time? 10:00 AM – 1:00 PM
Where? Spring Garden's Office

ANGEL FOOD MINISTRIES



DID YOU KNOW? If you want to order Angel Food you can pay for your food with food stamps. If you receive food stamps you can split your payment. For example, if you receive \$14.00 from food stamps you can pay the balance with cash or check. See Nita Clark 808-4177 for more details.



BAMA BILL DJ

**COME JOIN
THE FUN!**



SATURDAY
APRIL 25TH
2:00 PM—4:00 PM
ACTIVITY TRAILER

RUMORS, RUMORS & MORE RUMORS



Once upon a time, in a land far, far away, lived a sad little creature called Rumor.

Rumor spent his days digging through the dirt in search of anything he could find that he could pass along to others in hopes of finding someone to like him.

One day Rumor dug up a piece of dirt that went something like this;

Kim is leaving to go to work for the Housing Authority; Kim is leaving to go to work for a large corporation and make lots of money; Kim is leaving to go to work in Washington DC; Kim is leaving because she won the lottery.

Rumor went door to door and person to person in search of anyone who would believe the dirt he'd dug up and no one would.

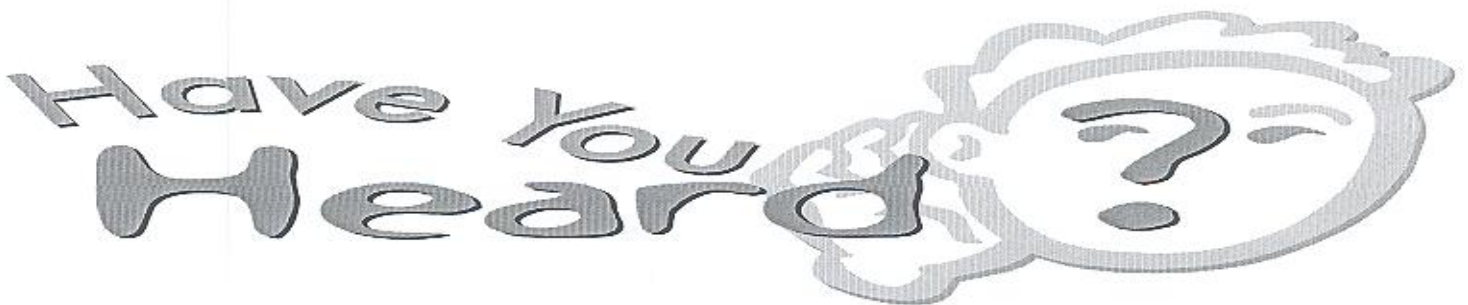
Moral of the story, **DON'T LISTEN TO RUMOR!**

The Real Story

Sometime in 2010, or maybe 2011, Spring Garden Apartments and all it's staff members will go back under the Jefferson County Housing Authority. What that will mean for residents is they will mail rent payments to a different address, that's the only difference. It is the end of the story unless, of course, you're Rumor. Before the address changes you will receive a letter from, guess who, Kim explaining it.

Please remember to be kind to Rumor, he's a sad little creature.

Kim Mason, Manager



APRIL 2009 CONSTRUCTION UPDATE



I know all of you are as excited as we are that work has started on our new Center. Life is nothing without problems, the latest one for the contractor was the discovery of a gas line that wasn't on any of the old plans! The line crosses the area where the basement will be so he is having to wait on Ala Gas Co to move it before he can finish digging. Hopefully the gas company will have been out by the time you get this and they'll have the basement started.

Watch Your Speed

Please be mindful of our **10 MPH speed limit**. When the heavy equipment and large trucks start coming on the property all of you will need to slow down!

When will it be finished?

Please direct any questions you have about the construction work to the Spring Gardens staff. Please don't stop and talk to the workers, they are here to work not socialize.

Sightseeing

Please don't stop in the roadway beside the construction site to watch the work. Find a spot out of the way and off the road to watch as long as you'd like.

Sidewalk Covers

The covers over the sidewalks in the old section will begin as soon as the sample repair work at 311 Road is approved by the Architect. Hopefully they will be underway by the time you receive this.

Thanks for you patience!

Kim Mason, Manager

JOIN YOUR NEIGHBORS AND UAB OCCUPATIONAL HEALTH STUDENTS FOR A HEALTHY WALK AT SPRING GARDENS!

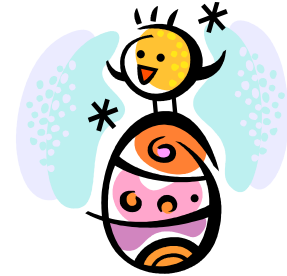
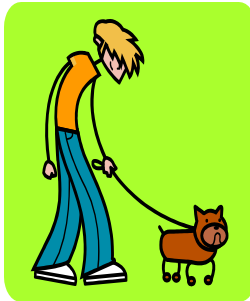


Walk, or ride in your wheelchair, for your health and to have a good time.

The UAB OT Student walks will be at 12:30 PM instead of 1:00 PM

Join the group on April 7th, 14th and 21st

The K-Mart trip will be delayed until 1:30 on those three Tuesdays.

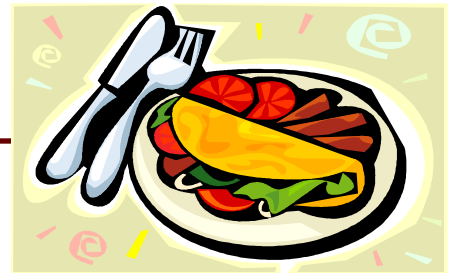


HOT LUNCHES ARE SERVED DAILY AT 11:00 AM.

PLEASE BE THERE BY 10:45 FOR SEATING



Hot lunches are provided daily at the Activity Trailer by the Office of Senior Citizen Services. They request a \$1 donation per meal. Call Karen at 808-4425 for more information.



KEEP IN MIND THAT THESE SERVICES ARE AVAILABLE AT SPRING GARDENS.

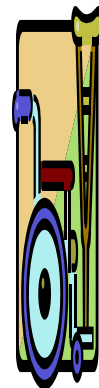


Nutritionists through OSCS visit every other month for diet information and assistance.

Health Educator Cathy King, RN, does weekly health checks every Wednesday from 1:00 PM until 4:00 PM in the Activity Trailer.

Bob Dismukes from Jernigan's Healthcare visits every month to assist with your medical supply and equipment needs from 1:00—3:00 PM on the third Wednesday of the month. Call Cathy at 841-5032 for questions or more information .

Amy Mims and Nita Clark are now Notaries Public. If you need important documents notarized they are at your service. Call Amy Mims at 841-5032 or Nita Clark at 808-4177.



Medical Aids

PICKIN' AND GRINNIN'

COUNTRY & WESTERN & GOSPEL MUSIC.
FUN AND FELLOWSHIP.

ON APRIL 24th BRING A LIGHT SNACK.

2nd Friday, will be the Southern Drifters.

4th Friday, will be the Brookridge Drifters.

DATES: April 10th and 24th 2009

TIME: 6:00 – 9:00 PM

WHERE: Activity Trailer



DIRTY BINGO

DATE: APRIL 17TH

BRING A \$5 GIFT.

START AT 1:00 PM

WHERE: THE ACTIVITY TRAILER



DR. CLECKLER, PODIATRIST



Dr. Cleckler, the Podiatrist, is no longer making home visits at Spring Gardens. Call Dr. Cleckler's office for information on how to arrange a visit at one of their office locations. His office number is 620-1823.



HOPE AND JOY

Chocolate rabbits, white lilies, brightly colored eggs the Easter season must be upon us.

With traditions that are centuries old mixed with some that evolved as recently as the nineteenth century, Easter is a season of hope and renewal for millions of people around the world.

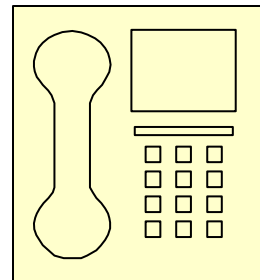
Beyond the scope of any one culture or belief system, this time of year encourages people to dream and to look toward the future as a time of possibilities.

Whether you're gathering with friends and family to celebrate this day or you're contemplating quietly on your own, we the Staff of Spring Gardens wish you a joyous and peaceful season.



ARE YOU HARD OF HEARING AND HAVE TROUBLE USING A TELEPHONE?

Did you know that an amplified telephone may help you be able to understand telephone conversations better? You may be eligible to receive one free if you have a medical need for this type of telephone and have a limited income. The Alabama Institute for the Deaf and Blind's ATCP (Alabama Telecommunications Access Program) provides these and other hearing assistive telephones for eligible Alabama residents. Contact Program Coordinator Mrs. Jane Burks at 328-3989 for more information.



LIKE TO READ BUT CAN'T GET TO THE LIBRARY?



Books-by-Mail is a free service of the Birmingham Public Library and is available to all residents of Jefferson County. Books and books on cassette are mailed to you and you mail them back when you are through. No library card is needed and renewals can be done over the phone. There are no overdue fines! To take advantage of this wonderful service call 925-6178 and ask for Books-by-Mail. Happy reading!

HEALTH CORNER

WEEKLY EXERCISE IS BACK!

Weekly Exercise Classes are back and better than ever!

Do you remember the old Chicken Fat Exercise?

Want to learn to Line Dance?

Enjoy exercising to the Oldies?

Join Leslie Davis from "Smart Moves" every Wednesday at 1:30 P.M. in the Activity Trailer.



Remember to keep saving your pull tops from any type cans for the Ronald McDonald House. During lunch you can drop them into the collection house at the Activity Trailer.



SPECIAL BINGO GAME SPONSORED BY LIFE CARE HOSPICE

WITH BELINDA

DATE: APRIL 6TH

TIME: 9:30 AM

REFRESHMENTS & GIVEAWAYS

PROVIDED

WHERE: ACTIVITY TRAILER

