



GARDEN GAZETTE

MAY 2009



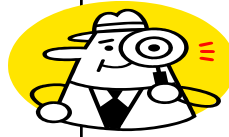
SPRING PORCH CLEAN UP

Spring is almost upon us and so is the time for the annual porch inspections!!!

During the inspection staff will be looking for the best and worst. The best of the bunch will receive a prize for being the best!! The worst porches will be so noted by way of a letter informing you of what is not allowed. To help you prepare for this important event we are including a list of no-no's. See you soon!

NO-NO'S

No furniture of any kind not designed for outdoor use. No bags of anything, nothing that needs repairing, no piles of wood or piles of cans. The surface of the cement should be clean and swept.



SPRING GARDEN APARTMENTS BI-ANNUAL COMMUNITY INSPECTION 2009

The inspection will start, Monday, May 12th - Thursday May 28th; Inspecting M-TR, 8:00 am – 4:00 pm. See your flyer for details of when J.D. will be coming to your area. Disregard the dates at the top of your letter, go by the dates assigned to each apartment section.

If you have any questions, call either Nita at 808-4177 or Kim at 841-5032 ext. 23.

SEASONED PERFORMERS

This group will be coming to perform and read (moving) stories. Come out and join the fun!

May 19, 2009
10 AM– 10:30 AM
Activity Trailer



MAY 2009 CONSTRUCTION UPDATE



Well, here we are again. Another month has gone by with no basement. Last month's obstacle with the gas company was overcome in a timely fashion. I have no doubt it was due in part to all of your thoughts making their way to the powers-that-be at the gas company. This month we need to focus those thoughts towards Alabama Power. The contractor has laid the ground work for the power company to redirect their wires over 2 weeks ago! Hopefully by the time you receive this edition of the Gazette the power company would have been out and finished so that the basement can finally be dug!

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!

Parking on the Side of the Road

Residents living around the construction site and their visitors need to stop parking on the side of the road, even if just to check the mail. The main road into the community is also the main road for the big trucks and we can not block it. We will start issuing \$10 parking tickets each time we see a car illegally parked. The fee will be added to your rent bill.

Sidewalk Covers

The preliminary work for the covers over the sidewalks in the old section has begun as promised and the actual metal covers should start going up this month!!!

Thanks again for your patience!

Kim Mason, Manager



DIGITAL COMBO PLUS: DIGITAL CABLE, HOME PHONE, & HIGH SPEED INTERNET



Make life easier with Bright House Networks Combo Plus: delivering TV that's interactive, unlimited home phone service and high speed internet that's always-on. It's three great services from one company all on one convenient, low monthly bill. That's the value of living in a bright house neighborhood.

Special Offer! The Triple Play

For a limited time, you can get all the services in the Digital Combo Plus Package in the Triple Play Special. Enjoy Digital Cable, Home Phone and High Speed for Only **\$109.95 per month for the first 12 months**, plus taxes. You'll save big money and enjoy the convenience of having all your services together on one bill. This offer is available to current standard service customers and new subscribers only. Some restrictions may apply.

Call Chris Murry with Bright House 205-337-4492 for more information

LET'S TALK ABOUT THE SWINE FLU

There is no need to panic over the Swine Flu, but now is the time to get informed!

Join Cathy King, RN, at the Activity Trailer to talk about what to expect, how to protect yourself, and what to do if you should get sick.



Tuesday, May 5, 2009

Time: 9:30 AM– 10:30 AM

Where: Activity Trailer



Please Note:

Nita Clark will be out of the office from May 11th until May 18th. Please continue to call the Maintenance number and the answering service will forward the calls to the office. If you want to order Angel Food, please order by May 8th, or the last day to order is May 18th.

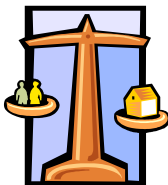
PEST CONTROL WILL SPRAY INSIDE YOUR APARTMENTS THIS MONTH. PLEASE MAKE SURE YOU HAVE YOUR SCREEN DOOR UNLATCHED ON YOUR WEEK FOR HIM . IF YOU HAVE ANY QUESTIONS PLEASE CALL NITA CLARK AT 808-4177.



**“Stress Relief and Life Balance”
Presentation**

“Viva Healthy Lifestyles”

Nutritionist Natalie Gavin will be here to provide information on ways to reduce your stress. She will also be available to discuss your diet needs after the presentation.



Thursday, May 14th at 9:30 AM
Location: Activity Trailer

Program by Viva Representative
Everett Coleman.

Come and hear information about
Viva Medicare’s newest program.

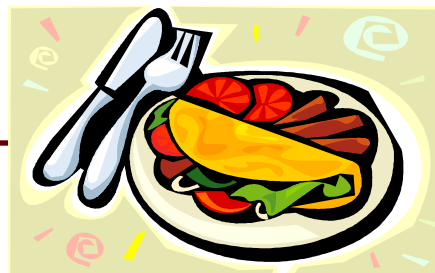


Date: Tuesday, May
26th at 9:30 AM
Where: The Activity
Trailer.

**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 MAY 22nd BRING A LIGHT SNACK.

2nd Friday, will be the Southern Drifters.

4th Friday, will be the Brookridge Drifters.

DATES: May 8th and 22nd, 2009

TIME: 6:00 – 9:00 PM

WHERE: Activity Trailer



SPRING LUNCHEON

Spring luncheon on May 29th.

The meat will be provided by the
Resident Committee.
Please bring sides such
as vegetables, desserts,
or bread .



DATE: MAY 29TH, 2009

TIME: 10:00 AM– 1:00 PM

WHERE: ACTIVITY TRAILER

It's a Jungle Out There!



Sometimes members of our staff return from their rounds with tales of battling through a tangle of personal belongings as they try to reach a water heater or electrical box. Yes, some of these jungles can be found inside the apartments in our community. Please, if you are expecting a visit from our maintenance technicians , clear the area in question so that they can get to it and resolve it with a minimum of hassle. Also, now that warmer temperatures have arrived, our landscaping team will be working on the grounds, so be sure to pick up all your belongings after you've been out enjoying the beautiful weather. Thank you for helping us.

CHICKEN VEGETABLE STIR-FRY

SERVE: 4

PREP TIME: 25 MINUTES

TOTAL TIME: 20 MINUTES

Ingredients

- 1 pound frozen stir-fry vegetables
- 4 tablespoons light soy sauce
- 1 tablespoon sesame oil
- 1 cup cooked white chicken meat, skinless, cut in cubes
- 3 cups cooked brown rice
- **Preparation:**

Lightly spray a large, non-stick skillet with vegetable cooking spray & heat over medium-high heat. Saut'e the vegetables until crisp-tender and heated through, about 5 minutes. Season the vegetables with the soy sauce and sesame oil and add the chicken. Cook, stirring, until heated through. Serve the vegetables over the rice.



**DON'T FORGET MAY 25TH IS MEMORIAL DAY !
THE OFFICE & TRAILER WILL BE CLOSED**

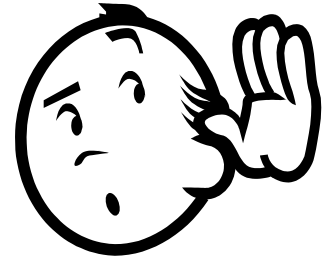
This Memorial Day while you're relaxing in your lawn chair and meditating on the ritual of barbecues, don't forget the men and women who gave their lives to protect the freedom we often take for granted.

On behalf of our team, we would like to remember those who made the ultimate sacrifice in service to our country. Without their talents, strengths and gifts, we would not be the society we are today.



FREE HEARING SCREENINGS

The Hearing screening has been rescheduled. 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.



No appointment required!

When? Tuesday, May 26th, 2009

What time? 1:00 PM– 3:00 PM

Where? Activity Trailer

Special Bingo with Karla Roberts
of Southern Care Hospice

Monday, May 11, 2009

9:00 AM—10:00 AM

ACTIVITY TRAILER

Refreshments provided



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.

Join Leslie Davis from "Smart Moves"
every Wednesday at 1:00 P.M.

Activity Trailer



**THE MANY FACES OF
MOTHERHOOD**

What makes motherhood so special is the fact that each mother is unique. Some moms have husbands; others are single or widows. Some support their family by staying at home with their kids, while others go to work .

But regardless of circumstances, religion, or ethnicity, all mothers share a common bond; love for their children. Sunday, May 10th, is Mother's Day, and Spring Gardens salutes moms everywhere for their hard work and dedication.

