



# GARDEN GAZETTE

## NOVEMBER 2009

### THANKSGIVING COVERED-DISH SUPPER

Each day we are bombarded with one bad news report after another. Some news reports are of man made disasters and crimes, and others are natural disasters worldwide. When we are not thinking of the problems in our country and around the world, our human nature frequently leads us to concentrate on the negative things in our work and home lives. Thanksgiving is one day of the year that we can set aside to focus on what is good in our lives. There are always things we can and should be thankful for, but there are times we need to stand back from our busy lives to recognize them.

Please plan to join your neighbors this Thanksgiving and share with them the things you are thankful for. Please bring a casserole dish of some kind large enough to feed 6-8 people and a serving spoon. Hot dishes need to be brought hot and cold dishes cold since we don't have the ability to cook in the trailer. The Resident Committee will provide a Turkey and Ham and Spring Gardens will provide dessert, that leaves all the vegetable dishes to the rest of you.



Date: November 20th  
Time: 11:00 AM -1:00 PM  
Where: Activity Trailer



## VETERANS DAY!



U.S. holiday celebrated on November 11, honoring veterans of the U.S. armed forces and those killed in battle. Originally called Armistice Day, it began as a commemoration of the ending of World War I on Nov. 11, 1918. After World War II it was recognized as a day to pay tribute to all service members, and in 1954 it was designated as Veterans Day.

MAINTENANCE WILL BE PERFORMING PREVENTATIVE MAINTENANCE FOR THE NEXT THREE MONTHS TO PREPARE FOR THE WINTER SEASON. PLEASE CALL NITA IF YOU HAVE ANY QUESTIONS 808-4177.



**The office will be closed:**

**November 11th, November 26th and 27th**



# TEN PENNY AUCTION

## TIFFANY RICE OF LIFE CARE HOSPICE

WEDNESDAY, NOVEMBER 18, 2009

FROM: 10:00—11:00 AM



**EVERYONE BRINGS 10 PENNIES WITH THEM TO PLAY. THERE WILL BE DOOR PRIZES.  
THE MONEY THAT IS RAISED WILL GO IN THE RESIDENT COMMITTEE'S ACCOUNT.**

**COME JOIN IN THE FUN!!!**



**HOT LUNCHES ARE SERVED DAILY AT 12:00 NOON.  
PLEASE BE THERE BY 11:45 FOR SEATING  
ENCOURAGE YOUR NEIGHBORS TO JOIN YOU FOR LUNCH.**



Make sure we continue to receive our lunches by doing your part. Hot lunches are provided daily at the Activity Trailer by the Office of Senior Citizen Services. They request a \$1 donation per meal. You can make your donation daily or weekly, \$1.00 daily or \$5.00 weekly. Please pay with bills instead of change. If you have any questions please call Karen at 808-4425 .



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

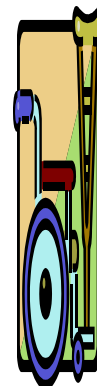


**Nutritionists through OSCS  
visit every other month for diet  
information and assistance.**

**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 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**

# NOVEMBER 2009 UPDATES FROM KIM



We have a Roof! As you can imagine, the rain slowed them down for a few weeks but they got right back at it as soon as weather allowed and look how much they were able to complete! We're in the home stretch now!



## J.D. Inspection Month

Don't forget JD will be coming around to conduct the bi-annual inspections the weeks of 11/2 - 11/17. A notice was delivered to each of you in September detailing which days he will be in each section. Please refer to your notice if you have any questions.

## Holiday Open House in December

The Staff of Spring Gardens, Amy, Cathy, Karen, Kim, & Nita would like to invite you to join us in December for the annual Holiday Open House. This years event will be held on Tuesday, 12/29 from 11:00 am until the last meatball is eaten! This will also be the last time the event will be held in the trailer, thank goodness!



Thanks again for your patience!  
and  
**ROLL TIDE!**



## PICKIN' AND GRINNIN'

### COUNTRY-WESTERN & GOSPEL MUSIC FUN AND FELLOWSHIP

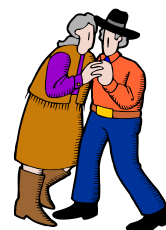
BRING A LIGHT SNACK

2nd Friday, will be the Southern Drifters

November 13th

TIME: 6:30—9:00 PM

WHERE: Activity Trailer



### VIVA Medicare Plus Presentation

Everett Coleman will be here to answer your questions about Medicare and the Viva Plus programs.



Date: November 12, 2009

Time: 10:30—11:30 AM

Where: Activity Trailer



### Presentation on Humana's Medicare Advantage Plan

Harold Collins will be here to present any changes to the Humana Medicare Advantage Plans'

In 2010 Humana will still offer Medicare D drug plans. Humana will also be offering Medicare Advantage Plans to cover hospital, medical, and physician coverage.

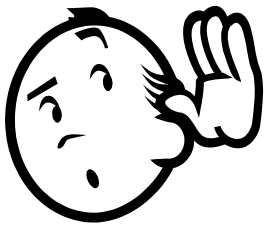
Come and hear all about these Humana plans.

Date: November 17th, 2009

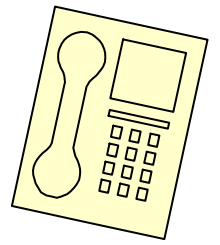
Time: 10:00 AM-11:30 AM

Where: Activity Trailer





## 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.

**DO YOU HAVE A CHRONIC MEDICAL CONDITION SUCH AS ARTHRITIS, DIABETES, OR HIGH BLOOD PRESSURE?**

**YOU JUST MIGHT BE INTERESTED IN A PROGRAM TO IMPROVE YOUR LIFE.**

**THE GROUP WILL MEET ONE TIME A WEEK FOR TWO HOURS FOR SIX WEEKS! IF YOU ARE INTERESTED CALL CATHY OR AMY AT 841-5032.**



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.



### 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 1:00 P.M.

The Activity Trailer

# Free Food & Free Prizes!!

Come meet the UAB Occupational Therapy  
Students and learn about  
Home Safety Tips

Where: Activity Trailer

When: Fridays at 10:00 AM

Dates: November 6<sup>th</sup>  
November 13<sup>th</sup>  
November 20<sup>th</sup>



Chances to win Wal-Mart gift cards each week!

# Free Food & Free Prizes!!

NOVEMBER

ADSS NUTRITION PROGRAM

FALL 2009

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Menu 1 Apple Cherry Juice Turkey Rice Casserole Peas and Carrots Pineapple Tidbits White Bread Margarine Vanilla Creme Cookies Milk	2	Menu 2 Taco Salad Taco Meat Lettuce/Tomato/Cheese Pinto Beans Corn Chips Taco Sauce Raspberry Pear Gelatin Milk/Chocolate Milk	3	Menu 3 Chicken Noodle Casserole Green Beans Marinated Slaw Fresh Fruit Wheat Bread Margarine Birthday Cake Milk	4	Menu 4 Orange/Pineapple Juice Chili with Beans Buttered Rice California Vegetables Saltine Crackers Oatmeal Cookie Milk	5	Menu 5 Orege Juice BBQ Rib Patt Country Potatoes Mixed Greens Cornbread Margarine Snow Puff Milk/Buttermilk	6
Menu 6 Apple Juice Chicken/Country Gravy Green Peas Hot Country Tomatoes Wheat Bread Margarine Orange Gelatin Milk	9	Menu 7 Salsbury Beef/ Gravy Whipped Potatoes Succotash Mandarin Oranges/Pineapples Texas Bread Margarine Fig Bar Milk	10	 Veterans Day	11	Menu 9 Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Catsup/Mustard/Mayonnaise Hot Apple Cobbler Milk/Chocolate Milk	12	Menu 10 Cranberry Juice Turkey Breast/Gravy Cornbread Dressing Glazed Carrots Multigrain Bread Margarine Cranberry Sauce Fruited Cherry Gelatin Milk	13
Menu 11 Grilled Pork/Mushroom Gravy Garlic Whipped Potatoes Parried Carrots Shawberry Applesauce White Bread Margarine Banana Marshmallow Pie Milk	16	Menu 12 Blended Juice Vegetable Plate: Macaroni and Cheese Turnip Greens Hot Spiced Apples Cornbread Margarine Chocolate Cake Milk/Buttermilk	17	Menu 13 Apple Juice Frankfurter/Bun Baked Beans Coleslaw Diced Onions Catsup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk	18	Menu 14 BBQ Meatballs (3) Country Corn Tossed Salad/Italian Dressing Fresh Fruit Wheat Roll Margarine Chocolate Pudding Milk	19	Menu 15 Pineapple Juice Chicken Pot Pie Green Beans Beet Salad Wheat Bread Margarine Spice Cookie Milk Alternate: Braised Beef with Noodles	20
Menu 16 Blended Juice Italian Mac Casserole Fiesta Vegetables Peas/Peas Wheat Bread Margarine Spice Cookie Milk/Chocolate Milk	23	Menu 17 Grape Juice Glazed Chicken Breast Ona and Tomatoes Oatmeal Gyoons Cornmeal Margarine Strawberry Corgelated Salad Milk/Buttermilk	24	Theme Menu Cranberry Juice Sliced Turkey/Gravy Cornbread Dressing Green Beans Almandine Multigrain Bread Margarine Cranberry Sauce Carrrot Cake Milk	25		26	Closed for Holiday	27
Menu 1 Apple Cherry Juice Turkey Rice Casserole Peas and Carrots Pineapple Tidbits White Bread Margarine Vanilla Creme Cookies Milk	30								

**SPRING GARDENS**

**ACTIVITY CALENDAR**

# November 2009

November 2009							December 2009						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			
30													

Monday	Tuesday	Wednesday	Thursday	Friday
<p>November 2</p> <p>9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Foodland &amp; Banks</p>	<p>12:00pm 12:30pm Lunch time 1:30pm 3:30pm I Can Program Speaker</p>	<p>12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 1:00pm 2:00pm Exercise Class 2:00pm 4:00pm Kmart</p>	<p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Walmart</p>	<p>10:00am 10:30am UAB Student Presentation "Free Food &amp; Prizes" 12:00pm 12:30pm Lunch time</p>
<p>9</p> <p>9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Foodland &amp; Banks</p>	<p>RENT DUE BY 10TH 12:00pm 12:30pm Lunch time 1:30pm 3:30pm I Can Program Speaker 2:00pm 4:00pm Kmart</p>	<p>12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 1:00pm 2:00pm Exercise Class</p>	<p>10:30am 11:30am VIVA Medicare Plus Presentation 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Walmart</p>	<p>10:00am 10:30am UAB Student Presentation "Free Food &amp; Prizes" 12:00pm 12:30pm Lunch time 6:00pm 9:00pm -Pickin' &amp; Grinnin'</p>
<p>16</p> <p>9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Foodland &amp; Banks</p>	<p>10:00am 11:00am Humana's Medicare Advantage Plan 12:00pm 12:30pm Lunch time 1:30pm 3:30pm I Can Program Speaker 2:00pm 4:00pm Kmart</p>	<p>12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 1:00pm 3:00pm Equipment Ck 1:00pm 2:00pm Exercise Class</p>	<p>12:00pm 12:30pm Lunch time 2:00pm 4:00pm Walmart</p>	<p>10:00am 10:30am UAB Student Presentation "Free Food &amp; Prizes" 11:00am 1:00pm Resident Committee's THANKSGIVING COVERED-DISH</p>
<p>23</p> <p>9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Foodland &amp; Banks</p>	<p>12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 1:30pm 3:30pm I Can Program Speaker 2:00pm 4:00pm Kmart</p>	<p>2:00pm 4:00pm WALMART TRIP</p>	<p>CLOSED FOR THANKSGIVING HOLIDAY</p>	
<p>30</p> <p>9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 2:00pm 4:00pm Foodland &amp; Banks</p>				

**All Store Trips Are Free. There is a 5 rider minimum and a 12 rider maximum**      **2nd Trips will be taken when more than 12 seated riders or a 2nd wheelchair rider wants to go**