



GARDEN GAZETTE

SEPTEMBER 2009

"RESIDENT COMMITTEE HOEDOWN"



SEPTEMBER 19TH, 2009

FROM: 5:00 PM—8:00 PM

WHERE: THE ACTIVITY TRAILER

SOUTHERN DRIFTERS WILL BE PERFORMING!

THERE WILL BE A \$2.00 CHARGE FOR SNACKS.

COME ON OUT AND BRING YOUR LAWN CHAIR. YOU CAN DRESS UP IN OVERALLS AND A STRAW HAT! THERE WILL BE LOTS OF DOOR PRIZES!!!!



Coming Soon.....



Look in the October Garden Gazette for information regarding the UAB Fun Day and FLU SHOTS at Spring Gardens!



CELL PHONE FROM SAFELINK



ALWAYS WANTED A CELL PHONE AND COULDN'T AFFORD IT? SAFELINK IS GIVING FREE ONES TO PEOPLE THAT QUALIFY.

IF YOU ARE INTERESTED IN LEARNING MORE CALL AMY AT 841-5032 EXT. 24

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



THE OFFICE WILL BE CLOSED

September 7th, 2009

TO OBSERVE LABOR DAY!

Nita Clark will be out of the office for Training

September 8th—September 11th, 2009

Amy & Kim in Training

September 21st—September 25th, 2009

SEPTEMBER 2009

CONSTRUCTION UPDATE FROM KIM



Can you believe it, we have WALLS!!! Hopefully the cement slab under the offices, lobby, den, craft, and computer rooms will be poured before this issue of the Gazette goes out. Thank you all for being such good neighbors to the construction workers, they think this is the best place they've ever worked!



Hanging Out

Please remember, you aren't suppose to stop and stand or sit in the roadway to watch the construction. Please, pick a spot out of the way on the grass or by the mailboxes where you can watch till your hearts content.

Feeding The Birds

Thanks to all of you who read and followed last months request to **STOP** feeding the birds. We still have a few who didn't get the message so I'm putting in this reminder, **DO NOT** feed the birds until we give permission. We will post permission in the Gazette when the time is right.

Thanks again for you patience!

And

ROLL TIDE!

Kim Mason, Manager



Dirty Bingo

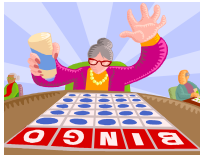
Dirty Bingo

Friday September 25th 2009

From: 1:00 PM—3:00 PM

Where: The Activity Trailer

Bring a gift not less than \$5.00 or more than \$10.00.



FARMERS' MARKET TRIP

FARMERS' MARKET TRIP

DATE: SEPTEMBER 4TH

TIME: 9:00 A.M.

Call Karen at 808-4425 or go by the Activity Trailer to sign up if you want to go to the farmers market.



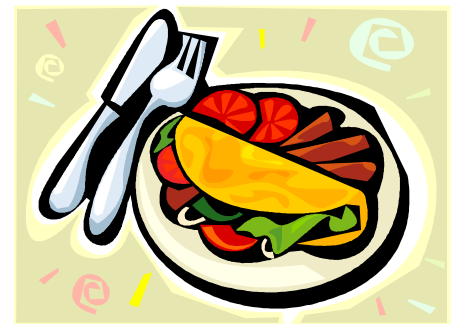
PLEASE NOTE THE CHANGE IN LUNCH TIME:

HOT LUNCHES ARE SERVED DAILY AT 12:00 NOON.

PLEASE BE THERE BY 11:45 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.

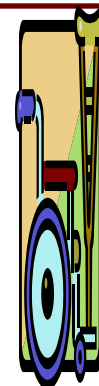


Nutritionists through OSCS visit every other month for diet information and assistance.

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

BRING A LIGHT SNACK

2nd Friday, will be the Southern Drifters

4th Friday, will be the Brookridge Drifters

September 11th and September 25th, 2009

TIME: 6:30—9:00 PM
WHERE: 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. in the Activity Trailer.



Things you need to tell your doctor...

1. Smoke, drink in excess, or take drugs that are not prescribed to you—your doctor can not make good medical decisions or diagnosis if you do not tell him. Many tests and medications do not have the same effect when certain chemicals are present.
2. Having elimination issues—we are taught as children not to talk about what happens in the “potty”. Colon cancer may be discovered in early stages if you report blood in your stool to your doctor. Urination -are you going to much, hurts to go, or urine is dark colored. Report any of these to your healthcare provider.
3. Taking herbs-many Americans use “alternative medicines”. Doctors are no longer surprised if you give this a try, but many herbs or alternative medicines interact with prescribed medications.
4. Having financial troubles– money is not easy to discuss with your doctor. But if the recommendation is a procedure you can not afford, tell them so. Often an affordable payment plan can be set-up if you are forthcoming with this 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.



ADSS NUTRITION PROGRAM

SEPTEMBER

MANAGERS MEETING
AUGUST 4 - 11:00 A.M.
Southside Baptist Church

ALL MANAGERS
are required to attend!

LABOR DAY

CENTERS CLOSED
(No meals delivered!)

Menu 1 BBQ Meatballs Yellow Rice Garden Vegetables Fresh Fruit Texas Bread Margarine Orange Pineapple Gelatin Milk	Menu 2 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw Diced Onions Ketchup/Mustard/Mayo Hot Peach Crisp Milk/Chocolate Milk	Menu 3 Cranberry Juice Chicken Rice Casserole Mixed Greens Okra and Tomatoes Cornbread Margarine Birthday Cake Milk/Buttermilk	Menu 4 Cranberry Juice Chicken Rice Casserole Mixed Greens Okra and Tomatoes Cornbread Margarine Birthday Cake Milk/Buttermilk	Menu 5 Spaghetti Casserole Green Peas Tossed Salad/Ranch Dressing Pineapple Tubits Wheat Bread Margarine Star Crunch Milk
Menu 6 Sliced Turkey Breast/Gravy Northern Beans Corn Salad Sliced Peaches Dinner Roll Margarine White Cake Milk	Menu 7 Sliced Turkey Breast/Gravy Northern Beans Corn Salad Sliced Peaches Dinner Roll Margarine White Cake Milk	Menu 8 Blended Juice Meatloaf/Tomato Gravy Blackeyed Peas Cabbage Cornbread Margarine Glazed Fruit Milk/Buttermilk	Menu 9 Blended Juice Meatloaf/Tomato Gravy Blackeyed Peas Cabbage Cornbread Margarine Glazed Fruit Milk/Buttermilk	Menu 10 Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayo Hot Apple Cobbler Milk/Chocolate Milk
Menu 11 Chuckwagon Steak Garlic Whipped Potatoes Buttered Carrots Sliced Apples Dinner Roll Margarine Chocolate Cake Milk	Menu 12 Taco Salad: Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Lemon Gelatin/Mandarin Oranges/ Pineapple Milk/Chocolate Milk	Menu 13 Ham and White Beans Mustard Greens Country Tomatoes Fresh Fruit Cornbread Margarine Peanut Butter Cookie Milk/Buttermilk	Menu 14 Orange Pineapple Juice Grilled Chicken Fingers/ Chicken Gravy (3 each) Country Potatoes Green Pea Salad White Bread Margarine Strawberry Swirl Pudding Milk	Menu 15 Apple Cherry Juice BBQ Rib Patty Mixed Beans Marinated Slaw Hamburger Bun Cranberry Congealed Salad Milk
Menu 16 Pineapple Juice Italian Beef Country Vegetables Cucumber Salad Multi-grain Bread Margarine Vanilla Creme Cookie Milk	Menu 17 Grilled Pork Patty/Creole Sauce Succotash Marinated Vegetables Fresh Fruit Wheat Bread Margarine Marble Pudding Milk Alternate: Sweet & Sour Meatballs(3)	Menu 18 Grilled Pork Patty/Creole Sauce Succotash Marinated Vegetables Fresh Fruit Wheat Bread Margarine Marble Pudding Milk Alternate: Sweet & Sour Meatballs(3)	Menu 19 Vegetable Plate Macaroni and Cheese Black Eyed Peas Green Bean and Tomato Salad Mandarin Oranges and Pineapple Cornbread Margarine Fudge Cookie Milk/Buttermilk	Menu 20 Grape Juice Teriyaki Chicken Yellow Rice California Vegetables Multi-grain Bread Margarine Tropical Fruit Milk
Menu 21 Pineapple Juice Italian Beef Country Vegetables Cucumber Salad Multi-grain Bread Margarine Vanilla Creme Cookie Milk	Menu 22 Apple Juice Turkey Pot Pie Three Bean Salad Peaches and Pears Dinner Roll Margarine Strawberry Cake Milk	Menu 23 Grilled Pork Patty/Creole Sauce Succotash Marinated Vegetables Fresh Fruit Wheat Bread Margarine Marble Pudding Milk Alternate: Sweet & Sour Meatballs(3)	Menu 24 Vegetable Plate Macaroni and Cheese Black Eyed Peas Green Bean and Tomato Salad Mandarin Oranges and Pineapple Cornbread Margarine Fudge Cookie Milk/Buttermilk	Menu 25 Grape Juice Teriyaki Chicken Yellow Rice California Vegetables Multi-grain Bread Margarine Tropical Fruit Milk
Menu 26 Tomato Juice Sausage Patty/Gravy Hashbrown Casserole Hot Sliced Apples Biscuit Margarine Bran Muffin Milk	Menu 27 Breaded Pork/Cream Gravy Au-gratin Potatoes Mixed Greens Fresh Fruit Cornbread Margarine Orange Gelatin Milk/Buttermilk	Menu 28 Special Meal 1 Tomato Juice Sausage Patty/Gravy Hashbrown Casserole Hot Sliced Apples Biscuit Margarine Bran Muffin Milk	Menu 29 Special Meal 2 Breaded Pork/Cream Gravy Au-gratin Potatoes Mixed Greens Fresh Fruit Cornbread Margarine Orange Gelatin Milk/Buttermilk	Menu 30 Special Meal 3 Orange Pineapple Juice Beef Fingers/Gravy Blackeyed Peas Green Beans White Bread Margarine Assorted Snack Cakes Milk

Helpful Hint

“Read your **SERVING GUIDE** daily”

Check your food temperatures for accuracy!

Hot items below 140 degrees and Cold above 41 degree

Are not to be served...

THEY MUST BE REPLACED!!!

September 2009

September 2009							October 2009						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6		5	6	7	8	9	10	11
7	8	9	10	11	12	13	12	13	14	15	16	17	18
14	15	16	17	18	19	20	19	20	21	22	23	24	25
21	22	23	24	25	26	27	26	27	28	29	30	31	
28	29	30											

Monday	Tuesday	Wednesday	Thursday	Friday
	September 1 12:00pm 12:30pm Lunch time	2 12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 1:00pm 2:00pm Exercise Class 1:30pm 3:30pm Kmart 1:30pm 2:00pm Produce Truck	3 12:00pm 12:30pm Lunch time 1:30pm 3:30pm Walmart	4 9:00am 9:30am Farmers Market 12:00pm 12:30pm Lunch time
7 CLOSED FOR LABOR DAY	8 12:00pm 12:30pm Lunch time 1:30pm 3:30pm Kmart	9 12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 1:00pm 2:00pm Exercise Class 1:30pm 3:30pm Foodland & Banks 1:30pm 2:00pm Produce Truck	10 RENT DUE BY 10TH 12:00pm 12:30pm Lunch time 1:30pm 3:30pm Walmart	11 12:00pm 12:30pm Lunch time 6:00pm 9:00pm -Pickin' & Grinnin'
14 9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 1:30pm 3:30pm Foodland & Banks	15 12:00pm 12:30pm Lunch time 1:30pm 3:30pm Kmart	16 12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 1:00pm 3:00pm Equipment Ck 1:00pm 2:00pm Exercise Class 1:30pm 2:00pm Produce Truck	17 12:00pm 12:30pm Lunch time 1:30pm 3:30pm Walmart	18 12:00pm 12:30pm Lunch time
21 9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 1:30pm 3:30pm Foodland & Banks	22 12:00pm 12:30pm Lunch time 1:30pm 3:30pm Kmart	23 12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 1:00pm 2:00pm Exercise Class 1:30pm 2:00pm Produce Truck	24 12:00pm 12:30pm Lunch time 1:30pm 3:30pm Walmart	25 12:00pm 12:30pm Lunch time 1:00pm 3:00pm Dirty Bingo 6:00pm 9:00pm -Pickin' & Grinnin'
28 9:00am 10:00am BINGO 12:00pm 12:30pm Lunch time 1:30pm 3:30pm Foodland & Banks	29 12:00pm 12:30pm Lunch time 1:00pm 4:00pm Health Cks 1:30pm 3:30pm Kmart	30 12:00pm 12:30pm Lunch time 1:00pm 2:00pm Exercise Class 1:30pm 2:00pm Produce Truck		

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