

January, 2025

Talk of the Towers

HAPPY JANUARY BIRTHDAYS

Check the calendar for party time

- 1/1—————Dorothy Townsend
- 1/1—————Bonnie Day
- 1/17—————Milagros Fonseca
- 1/19—————Linda Kirtsey
- 1/21—————Boris Bogin
- 1/22—————Hasan Kalatsi
- 1/23—————Tatiana Barannik
- 1/24—————David Dahl
- 1/25—————Sofia Zavadska
- 1/26—————Cynthia Cooper
- 1/26—————Joszet Johnson

Happy Birthday to you all



Donation Pick up

If you have household items that you want to donate such as furniture, clothing or just items you don't want anymore, here are some places you can call for a pick up.

- Vietnam Veterans of America-800-775-8387
- City Rescue Mission———— 904-421-5137
- St Vincent De Paul————- 904-396-7473
- Salvation Army————— 800-728-7825
- *****

Charities in Jacksonville

Here is a list of a few charitable organizations that help in many ways: food, clothing and financial.

- UCOM Urban Services————-904-396-2401
- (Food Bank)
- Catholic Charities—————904-354-4846

Jewish Family & Community Services
904-448-1933

United Way—————-904-390-3200

Salvation Army Center of Hope
904-366-9222

OUR COMMUNITY BUS



To schedule a bus ride to shop, look on your monthly calendar to see what day and store you would like to go. Call Janice @ 904-398-3406 on Friday to schedule for the following week.

Monthly Happenings

Every Monday @ 10 am we have a YouTube, Zumba class playing on the TV in the common area. This is low impact chair exercise that helps blood flow throughout the body. It is painless and good for you. The class has openings, so come down and give it a try.

Every Thursday @ 10am more exercise with YouTube. Yoga classes.

Every Monday, Wednesday and Friday from 8-10am. In the kitchen area, coffee and pastry's are offered at a very low cost. Come sit and have some coffee with your neighbors and friends.

Every Tuesday and Thursday from 2-4pm. The snack bar is opened. Come support your resident association and stock up on your snack cravings.

Every Tuesday at 12 noon in the common area we have Wii Bowling. It's loud, it's fun and it's great fellowship. Come down and roll some virtual bowling balls.

Also every Tuesday at 1pm. Residents get together and play bingo in the card room. Everyone loves to play bingo.

Every Friday at 1pm. In the card room, Residents get together and enjoy playing board games. We are always looking for more residents to attend this fun filled event with lot's of fellowship.

The 2nd Tuesday of each month at 6pm, Resident Association Meeting

The 3rd Tuesday of each month, our Dermatologist Dr. Tra visits residents in their homes. Check the common area for a sign-up sheet

On the 1st and 3rd Wednesday of each month, around 11am. UCOM brings us our Food Distribution Program. All residents that need supplemental food items are welcome to join in the program. The food we get is donated from local grocery stores. We cannot know what to expect from each delivery. It is based on what donations that come in.

Every 3rd Thursday of each month, Marvin asks Trivia questions to those in attendance, and you just have to wait for some of the crazy answers that are given. It's way to much fun for one hour.

The last Wednesday of each month at 1pm, we celebrate all that month's birthdays with cake and ice cream.

And the last Friday of each month at 5pm. We sit down to a Pot Luck Dinner with friends and neighbors. Check the common area for a sign-up sheet

Every Sunday 9-12 in the common area, Worship Service, Bible Study and Fellowship

As always check the monthly calendar for days and times

January is National Poverty in America Awareness Month.

- In 2024, 11.5% of the US population, or 37.9 million people, live in poverty. The federal poverty level (FPL) for 2024 is:
- **1 person:** \$15,060
- **2 people:** \$20,440
- **3 people:** \$25,820
- **4 people:** \$31,200

In 2024, 10.9% of adults aged 65 and older in the United States live below the poverty level. However, the reality of poverty for older adults is more complex than these numbers suggest:

- **Economic insecurity:** More than 17 million older adults in the United States live at or below 200% of the federal poverty level (FPL).
- **Poverty rates by gender:** Older women are more likely to live in poverty than older men.
- **Poverty rates by race:** Economic insecurity is higher among minority older adults.
- **Poverty rates by state:** Poverty rates for older adults vary by state, with the highest rates in Louisiana and the lowest rates in Utah.
- **Factors that contribute to poverty:** Older adults may face challenges such as rising housing and health care bills, inadequate nutrition, lack of access to transportation, and diminished savings.
- **Health outcomes:** Poverty is associated with poor health outcomes, including an increased risk of disability, homelessness, and physical and cognitive decline.

Everyone deserves the right to age well, but more than **17 million Americans** age 65+ are economically insecure—living at or below 200% of the federal poverty level (FPL) (\$30,120 per year for a single person in 2024).¹ These older adults struggle with rising housing and health care bills, inadequate nutrition, lack of access to transportation, diminished savings, and job loss. For older adults who are above the poverty level, one major adverse life event can change today's realities into tomorrow's troubles.

Poverty Awareness (cont'd)

When we talk about fighting poverty in the United States, the conversation is often focused on preventative measures such as [education](#) or jobs. Thanks to this focus, poverty prevention programs, policies, and corresponding social movements have made significant progress in raising wages, empowering people, reducing poverty levels and changing lives.

However, when it comes to an increasing population of low-to-no-income seniors, many preventative measures come too late. Education and retraining initiatives, savings plans, and job creation programs won't help someone in her 70s or 80s who is struggling just to cover room and board after a lifetime of low-wage labor. But it's not too late to protect the rights of seniors to a basic living.

For this growing demographic of aging poor, we cannot hold up our hands and say we should have helped them 50 years ago, or helped their parents a century ago. We must, and we can, take action. By updating the federal safety-net programs we already have in place, we can move towards an economically stable future for people as they age.

Here are steps to fight senior poverty:

Strengthen the existing safety net. Senior poverty would be much worse without Social Security, the [Supplemental Security Income](#) program, and [Medicare and Medicaid](#). These programs are almost single-handedly responsible for reducing the official measure of senior poverty from 35 percent in 1960 to 9 percent today. But seniors today are rapidly losing ground. Proposals to cut Social Security benefits, increase Medicare cost-sharing for beneficiaries, or limit Medicaid coverage should all be rejected. Instead lawmakers must advance proposals to ensure that these benefits meet the growing need.

Improve the Supplemental Security Income program. The poorest two million people over age 65 receive SSI payments, but the rate of seniors in extreme poverty is increasing in part because this program — originally intended to lift all seniors out of poverty — has not been significantly updated since it was first passed in 1972. As a result, SSI essentially still leaves millions of the country's most needy seniors in poverty. The maximum federal benefit for an individual is \$721 per month (though some states kick-in a small supplement), but to be eligible a senior must have less than \$2,000 in savings. In addition to the limit on savings, the SSI income disregard limits the amount of income someone can have from another source, such as from a pension or Social Security benefit, and still receive SSI. But the current SSI income disregard allows for only \$20 of additional general income or \$65 of earned income before there is a reduction in benefits. Updating the SSI income disregard would mean just a little more money for people for whom every dollar counts. The [Supplemental Security Restoration Income Act](#), poised for reintroduction in Congress this spring, offers an opportunity to modernize the program.

Increase the availability of programs that provide assistance with healthcare and long-term care costs. One of the drivers of seniors' economic vulnerability is the rising cost of health care. Proposals that would shift more of those costs to seniors will only drive more seniors into poverty. Instead, the health care programs that are designed to help the poorest seniors afford their health care — Medicaid, Medicare Savings Programs, and the Medicare Part D Low-Income Subsidy — should be expanded, and out-of-pocket costs should be reduced or eliminated.

NEW YEARS CELEBRATIONS

Although [much of the world](#) festively rings in the new year each December 31, we don't all celebrate the same way. In the United States, we all know the traditions: the ball drop at Times Square, sharing a kiss with a loved one at the stroke of midnight, and countless fireworks.

But elsewhere around the globe, traditions can include giving your house a thorough cleaning or cracking open a fresh pomegranate.

From Spain to Japan, read on to learn about 14 different New Year's Eve celebrations around the globe.

Throughout the world, New Year's Eve is celebrated with a meal in the company of friends and family. In some places, this means eating specific "lucky" foods. In Spain, Portugal, and much of Latin America (such as Colombia), for example, it's 12 grapes or raisins, and in [Italy](#), 12 spoonfuls of lentils—one with each of the 12 chimes of the clock at midnight.

The French usher in the best New Year with a stack of pancakes. Germans prefer marzipan shaped into a pig for luck, whereas in the Netherlands, people eat doughnuts and ring-shaped foods. Estonians feast as many as 7, 9, or even 12 times on New Year's Eve, as they believe for each meal consumed, the person gains the strength of that many men the following year.

Across the U.S. South, communities dig into collard greens and black-eyed peas for luck and prosperity on New Year's Day. Fun fact: Collard greens are chosen for their color—the green symbolizes money.

If you happen to be in Edinburgh, Scotland for the festivities, expect to see pipers and drummers leading torch-wielding locals on a procession throughout the city (scheduled for December 29 in 2024). And on New Year's Day, the party ends with a bracing swim in the chilly waters of the Firth of Forth.

To ensure a happy new year, the Filipino community believes that wearing round shapes (such as polka dots!) promotes prosperity and good luck. Additionally, [eating](#) round fruits—like oranges, watermelon, longan, grapes, and pomelos—is considered fortuitous as well. Many Filipinos gather 12 or 13 round fruits (the exact number is up for debate) and display them as the centerpiece of their dinner table.

Another fun one for kids? Jump as high as you can as soon as midnight hits. Some people believe that it will help them grow taller in the New Year.

In Cuba, people symbolically gather all of the bad spirits and negative energy from the past 365 days and toss them right out the front door. It's not uncommon to see buckets full of dirty water flying out of homes during the countdown to midnight. Watch out if you find yourself strolling through a [Cuban neighborhood](#) on New Year's Eve.

Russians say thank you to the past year by remembering its most important events during the hours leading up to midnight, and they use 12 seconds of silence before the stroke of midnight to make wishes.

History of Martin Luther King Day

The idea of Martin Luther King Day 2025 as a holiday was promoted soon after his assassination in 1968. After King's death, United States Democrat Representative, John Conyers and, United State Republican Senator, Edward Brooke introduced a bill in Congress to make King's birthday a national holiday.

The bill first came to a vote in the United States House of Representatives in 1979 and fell five votes short of the number needed. There were two main arguments mentioned by opponents, the first being that a paid holiday for federal employees would be too expensive and, secondly, that a holiday to honor the birth (of a private citizen who had never held public office) would be contrary to the longstanding tradition.

The effort received more publicity when, after a decade, shortly after the failure of a bill that was introduced by Representative John Conyers. In September of 1979, Stevie Wonder released a song called "Happy Birthday". That was meant to make a case for the holiday, calling out anyone who didn't support the idea. Additionally, Six million signatures were collected for a petition to Congress to pass the law. In 1981, President Ronald Reagan came into office and originally opposed the holiday.

Additionally, Senators, of North Carolina Republicans, Jesse Helms and John Porter East opposed the holiday and questioned whether King was important enough to receive such an honor and criticized King's opposition to the Vietnam War.

On November 2, 1983, Reagan signed a bill, proposed by Representative Katie Hall of Indiana, to create a federal holiday honoring King. The bill passed the House of Representatives and was observed for the first time on January 20, 1986. Initially, some states resisted observing the holiday only in the year 2000 was it officially observed in all 50 states for the first time.

Martin Luther King Day is a relatively new federal holiday and there are few long standing traditions. Its traditions are rooted in the idea of promoting equal rights for all Americans, regardless of their background.

Some schools celebrate the day by teaching their pupils or students about the work of Martin Luther King and the struggle against racial segregation and racism. In recent years it is encouraged that Americans to give some of their time on this day as volunteers in citizen action groups.

AULD LANG SYNE

BABY

BALL

BALLOONS

CALENDAR

CELEBRATION

CHAMPAGNE

CLOCK

CONFETTI

COUNTDOWN

DANCING

DECEMBER

EVE

FATHER TIME

FIRECRACKER

FIRST

FLUTE

GAMES

Happy New Year!

G	N	T	I	B	R	A	D	N	E	L	A	C	L	O	C	K	K	A
U	O	R	O	D	E	X	U	T	O	U	I	G	O	F	H	C	T	X
A	I	A	T	B	S	X	B	V	P	A	R	T	Y	I	M	I	O	W
T	T	D	V	Q	O	A	W	A	R	Y	F	F	T	R	M	S	T	G
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E	S	E	D	D	E	C	E	M	B	E	R	G	H	F	T	S	E	C
A	S	R	L	W	X	E	M	I	T	R	E	H	T	A	F	M	F	M



GOWN
HAPPY
HAT
HOURGLASS
INVITATION
JANUARY
KISS
MIDNIGHT
MUSIC
NOISE MAKER

PARTY
RESOLUTION
SPARKLER
STREAMER
TIMES SQUARE
TOAST
TRADITION
TUXEDO
VOW
YEAR

The Senility Prayer



Grant me the
senility to forget
the people I never
liked anyway, the
good fortune to run
into the ones I do,
and the eyesight
to tell the
difference.



Service Coordinator's Corner

A new year (2025) is upon us. And with that comes new residents that we welcomed in December, 2024. So, let's welcome; Betty Paschal & Joana Lopes & Brigitte Alison & Barney Hooks & Lillie Austin & Adele Delsavio & Roseann Pacifico. OK, that's a lot for one month, but new faces bring on new ideas. Welcome to all of you.

A management note: Janice and Tabertha will be doing another inspection on Jan. 27th thru Jan. 30th. Please have your apartments ready. Also we ask that residents do not sit in the lobby chairs, the common area is always open for seating. We need those chairs for potential residents as they wait for their appointment with staff. Please put trash in the trash shoot and do not just leave it in the trash room. Make sure the trash will go down to the bin. Also please pick up after yourselves. If you drop something pick it up. Thank you and happy new year.

Keep an eye on any mail coming from Access (DCF) and/ or Social Security. You might get a notice to reapply for Medicaid. DO NOT ignore this. If you get this notice, come see me, I can reapply for you ,as well as food benefits.

Also, if you are in need of some help with any personal care such as house cleaning or laundry, let me know I have some real good resources for this.

At midnight on New Year's Eve, on the St John's River, you can see one of the best firework shows in Florida. The best view will probably be from the walk over bridge. You may be able to see them from our river walk right here in our backyard.

So as I get younger, with each year, I tend to not get too excited about the holidays. However, I do have a New Year resolution. Play more GOLF. I fixed my swing with a new hip and can now see the ball with new eyes. I pray, no other body parts need to be replaced any time soon.

If you do make a New Year resolution, I hope it is to stay healthy and happy. Stay busy, get out more, take walks, attend events, here or around town, find a new friend, eat healthy foods, and just enjoy 2025 with a revigorated life.

I want to acknowledge our volunteers during these holiday times. Decorations are fantastic, and special holiday events have been coordinated perfectly. Kudos to our coffee and snack bar volunteers and our food program volunteers. Keep up the good work and encourage others to help out wherever they can.

HAPPY NEW YEAR TO YOU ALL /MY FRIENDS