

# Mekkah's Monthly

Volume 7, Issue 2

March 2020

## Resource of the Month Mooney's Pharmacy



Mooney's pharmacy is a neighborhood pharmacy that places a high priority on integrity, trust, and putting patients first. They offer low-cost prescriptions, free delivery, compounding services, custom packaging, and friendly service with a smile.

Adam Poston will attend our first quarterly potluck of 2020 March 19<sup>th</sup> at 12:30 to tell you about the pharmacy, answer questions, and provide free supplement samples.

Mooney's pharmacy is located at 1107 North Roan in Johnson City, Their phone number is 423.926.7333.

They are open Monday-Friday 9-6, and Saturday 9-1.

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## Updated Lawn Policy Please Sign and Return Form



Spring is almost here, which means it is planting season. The lawn policy has been updated. It is included on pages \_-\_. Please review this policy carefully, sign, and return it to the office no later than March 9<sup>th</sup>. We will review the policy in detail at our March tenant meeting. Please be aware of the following updates:

- Flowers must be no taller than 10 inches.
- You are not allowed to plant bushes, shrubs, or bedding plants (ground-covers and other plants that are known to spread quickly).
- You are allowed a maximum of 2 flower pots and 3 decorative items. Flowerpots cannot be counted as decorative items.
- You may have up to two patio chairs and one small patio table in front of your unit.
- You are allowed to attach small garden flags and wind chimes to the outside of the building using a non-damaging adhesive.
- You must remove dead flowers and weeds.
- Artificial flowers are decorative items and are not considered plants. We suggest using flowerpots to display these.

If you have planted daylilies or other tall flowers that come up every year, these must be removed. Kevin is willing to move these to a common area for you.

## Memorial Garden Ceremony

Saturday, March 28<sup>th</sup> at 2:00



Mekkah's Meadow will have a small ceremony Saturday, March 28<sup>th</sup> at 2:00 to honor the memory of residents Jacqueline Houston and Thomas Seaton, former residents who passed away this past year.

The families have been invited to the event. Pastor Tim and other members of the community have also been invited.

We will begin in the community center where we will share our favorite memories. We will then move out to the memorial garden where Pastor Tim will say a few words. The families will also have an opportunity to speak, if they so desire, and we will present them with a small sympathy gift.

We will use a portion of the hospitality fund to assist with the costs. Tenants are welcome to contribute as well. Please bring any contributions to the office.

## Quarterly Potluck Dinner

Thursday, March 19<sup>th</sup> at 12:30

The first quarterly potluck of 2020 will be Thursday, March 19<sup>th</sup> at 12:30. Please bring a dish to share if you can. You are welcome to attend even if you cannot bring a dish to share. Friends and family are welcome. Adam Poston of Mooney's Pharmacy will also attend.

## Maintenance Matters

From the Maintenance Department



The community center and laundry room will be closed Tuesday, March 10<sup>th</sup> for floor tripping, buffing, and shining. We anticipate this will be completed in one day. It could take two days if an emergency arises.

Kevin will do the laundry room floor first to ensure the laundry room is open by the end of the day. Please plan ahead so you do not need to use the laundry facilities March 10<sup>th</sup>.

The office will be closed due to site manager absence already. If you need to speak with the site manager, please drop a note in the drop box or call if you have an emergency. We apologize for any inconvenience and thank you for your cooperation.

## Elderberry Syrup for Health With Michael and Deirdre Hefflin



Michael and Deirdre taught Bible study at Mekkah's Meadow. You may remember when they got married. They now have two beautiful children and one on the way. Their experience as

parents led them to many discoveries about maintaining health naturally.

The impact elderberry syrup has had on the health of their family led them to start growing, producing, and selling it. They are coming to Mekkah's Meadow Friday, March 20<sup>th</sup> at 2:00 to share these discoveries with you and offer you an opportunity to purchase elderberry syrup.

## Exciting Opportunities Thanks to the Elizabethton Library



Mary Anne Owen of the Elizabethton Carter County Public Library was here in February to discuss the many activities the library can offer our residents.

The library offers free genealogy research, fiber arts lessons (crocheting, knitting, quilting, embroidery, etc.), and “coloring connection,” which involves adult coloring and connecting with others.

These programs are offered at the library, but if we have enough tenant interest, the library will bring these activities and more to Mekkah’s Meadow! If you have any ideas for activities or events you would like to see at Mekkah’s Meadow, please let us know. Mary Ann discussed the following ideas with the hospitality committee:

- Cooking/canning classes or other classes through the UT extension office
- Raised bed vegetable gardens
- Classes about herbs
- A large-print mobile library
- A board game library

Management will work closely with the library to make as many of these opportunities available as possible. You can help by completing the survey on page \_ of this newsletter. Please bring your completed survey to the March tenant meeting, where we will discuss your ideas. You may turn yours in at the office by March 9<sup>th</sup> if you cannot come to the tenant meeting.

## Office Closures in March

March 10-13<sup>th</sup>, 30<sup>th</sup>

The office will be closed on the above dates, but the maintenance technician will be here. Non-emergency maintenance requests should be submitted in writing on the service request form and placed in the drop box during this time. Please remember to refrain from approaching the maintenance tech about non-emergency service requests.



## Bible Study



Pastor Tim would like to encourage everyone to come to Bible study Monday mornings at 10:30. This is a non-denominational Bible study that lasts for about an hour. It is open to anyone who would like to study God’s Word.

The current study course is the book of Psalms. It is truly an uplifting time that helps get your week started off right. Each study session begins and ends with prayer. Prayer requests are welcome. Pastor Tim is kind,

## Upcoming Events... Highlights and Reminders

- Mar 9 1:30 Tenant Meeting
- Mar 13 11:00 2<sup>nd</sup> Harvest Food Bank
- Mar 16 9-11 Air filter changes
- Mar 17 2:00 BINGO with Kim
- Mar 19 12:30 Potluck with Mooney’s
- Mar 20 2:00 Elderberry Presentation
- Mar 25 2:00 Hospitality Committee
- Mar 26 Pest Control
- Mar 28 2:00 Memorial Garden Ceremony
- Bible study every Monday at 10:30
- Office Closed: Mar 10-13, 30<sup>th</sup>
- After hours emergency numbers:  
Maintenance: 423.845.0189  
Site Manager: 423.439.9224





## Hospitality Committee Corner



The hospitality committee is excited to add Becky, Gala, and Janice to the committee! As a result, the committee has expanded and updated services offered, as follows:

- ♥ **Hospital Visits:** If you know of any resident who is hospitalized, please let Joey and Peggy in 12 know, as they are our hospital visitors!
- ♥ **Cards** for birthdays, holidays, and all occasions, to be prepared by Patsy,
- ♥ **Emergency toilet paper or paper towels** available in the community center
- ♥ **Laundry room quarters:** If you need quarters, please see Gala in 9.
- ♥ **Scrapbook/Memory Book**—Janice and Becky will work together to create a book commemorating the tenants and events at Mekkah's Meadow
- ♥ **Birthday cake**—Becky will bake the cakes for the quarterly birthday parties
- ♥ **Emergency fund**—for tenants with a one-time need
- ♥ **Housewarming gifts**—gift baskets to new tenants

The committee is always glad to welcome new members, so if you would like to be a part of it, please come to our next meeting in unit 4 on Wednesday, March 25<sup>th</sup> at 2.

We currently have \$\_\_\_ in the fund. Our balance January 1<sup>st</sup> was \$\_\_\_. received \$\_ in donations. Your ongoing support is appreciated. Gala in 9 is the treasurer in charge of the fund. Donations can be sent to the office or given directly to Gala in 9.

## Stretch Your Dollar Getting Ready for Spring

Winter is almost over as March hails the arrival of spring. This is when many people do their spring cleaning. Here are some tips to save money:

1. **Get rid of items you haven't used in the past year.** If they are in good condition, you may be able to sell those items at a local consignment shop or online at a place like Craigslist.
2. **Use homemade cleaners.** This is much cheaper and perhaps healthier than using store-bought mixtures. Hydro-gen peroxide, rubbing alcohol, vinegar, and baking soda all make excellent household cleaners.
3. **Don't forget to spring clean your budget!** Identify unnecessary spending habits that have crept in, prioritize, and start fresh spending habits today. 😊

## This Month's Tenant Meeting Monday, March 9, 2020



- ▶ Updated lawn policy with Q&A
- ▶ Library Opportunities
- ▶ Memorial Garden Ceremony
- ▶ Upcoming Events
- ▶ Hospitality Committee Updates

As always refreshments will be served. Attendance is not mandatory, but strongly encouraged, as important information is shared at each meeting, and this is your opportunity to share feedback and ask questions. 😊

# Puzzles & Games

## Funnies



If a cow doesn't produce milk, is it a milk dud or an udder failure?

The man who fell into an upholstery machine is fully recovered.

Break-in at the Apple store! Police looking for iWitnesses.

I call my horse Mayo, and sometimes Mayo neighs.

I looked up opaque. The definition wasn't very clear.

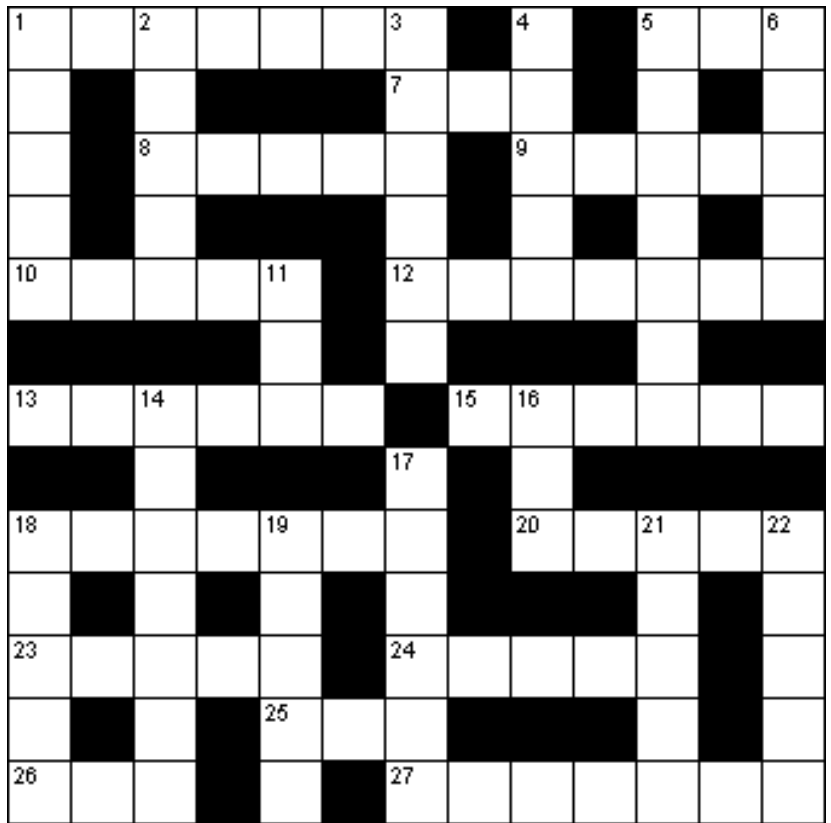
My fear of moving stairs is escalating.

I ordered a chicken and an egg off the internet to see which comes first.

Whenever I try to eat healthy, a chocolate bar looks at me and snickers.

Cheerful cowboys make jolly ranchers.

Man assaults neighbor with milk and cheese. How dairy!



### Across

1. \_\_\_ pains (7)
5. Game, \_\_\_ and match (3)
7. \_\_\_ in a day's work (3)
8. Trial and \_\_\_ (5)
9. Offer an \_\_\_ branch (5)
10. \_\_\_ side up (5)
12. Lead by \_\_\_ (7)
13. Hands \_\_\_ the water (6)
15. One-armed \_\_\_ (6)
18. Like a well oiled \_\_\_ (7)
20. Heavy \_\_\_ (5)
23. \_\_\_ and effect (5)
24. \_\_\_ and Stripes (5)
25. \_\_\_ before beauty (3)
26. Are we there \_\_\_? (3)
27. Snakes and \_\_\_ (7)

### Down

1. Fun and \_\_\_ (5)
2. A drop in the \_\_\_ (5)
3. Everything in the \_\_\_ is lovely (6)
4. \_\_\_ and fauna (5)
5. Hopped, \_\_\_ and jumped (7)
6. Variation on a \_\_\_ (5)
11. \_\_\_ or no (3)
14. A raw \_\_\_ (7)
16. We \_\_\_ to please (3)
17. Pop goes the \_\_\_ (6)
18. The real \_\_\_ (5)
19. Any more bright \_\_\_? (5)
21. An acquired \_\_\_ (5)
22. \_\_\_ and Ladies (5)

	1	5							
		4			5				9
		6	8		4	2	7	5	
	2	9		3		7			
			9	7	6				
		3		4		9	5		
6	8	7	2		3	1			
9			7			5			
						8	2		



# Spring Word Scramble

WBNIAOR \_\_\_\_\_  
 BLLAMURE \_\_\_\_\_  
 WFLORE \_\_\_\_\_  
 PLITU \_\_\_\_\_  
 NERGE \_\_\_\_\_  
 MLOBO \_\_\_\_\_  
 PLRIA \_\_\_\_\_  
 LFBTUTREY \_\_\_\_\_  
 NIAR \_\_\_\_\_  
 DREGNA \_\_\_\_\_  
 EBE \_\_\_\_\_  
 YMA \_\_\_\_\_  
 GNRIPS \_\_\_\_\_  
 HSSNIEUN \_\_\_\_\_  
 YBNUN \_\_\_\_\_  
 CAMHR \_\_\_\_\_  
 EDES \_\_\_\_\_



Assessors: rabbit, umbrella, flower, strip, green, bloom, April, butterfly, rain, garden, bee, May, spring, sunshine, bunny, March, seed  
 2014 FamilyCentsability.com





Spring is proof that there is beauty in new beginnings. – Matshona Dhliwayo

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# Library Outreach Survey

Please take a few moments to complete this survey and let us know of anything at all that you would like Mekkah's Meadow to facilitate. We want to hear all ideas, even if you think your idea is too big or too small. You are welcome to include your name, but it is not necessary.

1. Would you borrow books from a large-print mobile library located in the Mekkah's Meadow community center? Yes\_\_\_ No\_\_\_ Unsure\_\_\_
2. Would a raised bed garden that is waist-height help you help you with your monthly food supply? Yes\_\_\_ No\_\_\_ Unsure\_\_\_
3. Would you be interested in helping maintain a waist-height raised bed garden? Yes\_\_\_ No\_\_\_ Unsure\_\_\_
4. Would you participate in an adult-coloring event once a month or once a quarter at Mekkah's Meadow? Yes\_\_\_ No\_\_\_ Maybe\_\_\_
5. Would you participate in a periodic game night at Mekkah's Meadow? Yes\_\_\_ No\_\_\_ Maybe\_\_\_
6. Would you participate in a movie-night held periodically at Mekkah's Meadow? Yes\_\_\_ No\_\_\_ Maybe\_\_\_
7. Would you enjoy occasional cooking classes at Mekkah's Meadow? Yes\_\_\_ No\_\_\_ Depends\_\_\_
8. Would you be interested in a free canning class at Mekkah's Meadow? Yes\_\_\_ No\_\_\_ Maybe\_\_\_
9. Would you be interested in a free estate planning clinic at Mekkah's Meadow (power of attorney, living will, etc.)? Yes\_\_\_ No\_\_\_ Unsure\_\_\_
10. What do you want to see offered at Mekkah's Meadow? Think of ideas you have had, things you have wished you could do or learn, or even a repeat of things we have done in the past. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_







Enjoy the little things in life, for one day you may look back and realize they were the big things. ~Robert Breault