



March 1, 2021

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## News from Babette

Happy March!

Last month's Get Healthy shared important information regarding COVID testing and vaccines. We understand it may be difficult to arrange for transportation to these tests and would like to share a helpful resource. Please see below:

Seniors who are unable to find transportation to the Orange County Convention Center vaccination site may be able to qualify for a free ride, thanks to LYNX.

Eligible residents must:

- . Be 65+ and older
- . Have already obtained an appointment for a vaccine at the Orange County Convention Center
- . Not have a way to transport themselves to the Convention Center

If you meet these criteria, **call the County's helpline at 311 (or 407-836-3111 if out of county) for details and coordination.** For more information, **visit Orange County's newsroom.**

Scheduling transportation for appointments needs to be made 24 hours in advance, before 5 p.m.

## Terrace News



- **Clothing Day.** The Marketplace will be open for a **CLOTHING ONLY** day on March 10th from 11am-4pm. This is available to all residents by **APPOINTMENT ONLY**. Please call Gabriella at 407-521-6335 x147 to schedule your appointment.
- **Miracle of Love** is returning. Visit the Miracle of Love bus at the front of Maxwell Terrace every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday from 10am-4pm for free HIV Testing.
- As a reminder, **haircuts** will be available on property every other month. The stylists will return to Maxwell Terrace in April.

## Get Healthy: Overcoming Cigarettes

Nicotine is the drug in tobacco that makes cigarettes so addictive. Although some people who give up smoking have no withdrawal symptoms, many people continue to have strong cravings for cigarettes, yet they are manageable.

Healthcare professionals say the first step to quitting smoking successfully is to make a firm decision to quit and pick a definite date to stop. Make a plan to deal with the situations that trigger your urge to smoke and to cope with cravings. For example, you might:

- Talk with your doctor about medicine to help with symptoms of nicotine withdrawal.
- Go to individual or group counseling.
- Think of what you can do with the money you spend on cigarettes and set up a rewards system.
- Take a walk or try a new physical activity you enjoy. It may distract you from your cravings and is important for healthy aging.
- Download mobile apps or sign up for text messaging service. Try SmokeFree60+ or go to [www.TobaccoFreeFlorida.com](http://www.TobaccoFreeFlorida.com).

Help is just a phone call or click away.

## Housing Updates

### Property Management Staff:

In our efforts in practicing social distancing, our property management staff will complete applications, move in leases, lease renewals and other business from behind our glass. If you have something you would like to discuss in private, please call the number below and use the extensions provided.

### Maxwell Garden: 407-477-1211

Juanita x112

Diana x101

Sandra x109

### Maxwell Terrace: 407-521-6335

Crisetty x111

Clarissa x107

Sandra x109

# Need Help? Know Someone Who Does?

National Suicide Prevention Lifeline  
800-273-8255 or chat now.

Domestic Violence Hotline  
1-800-799-7233 or  
TTY 1-800-787-3224 or chat now.



## Maxwell Terrace -- March 2021 Calendar of Events

SUN	MON	TUES	W ED	THURS	FRI	SAT
	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
			Miracle of Love 10am-4pm			
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
			Free Clothing Day 11am-4pm	More Bang for Your Buck @1:30pm		
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
			Miracle of Love 10am-4pm	Arts & Crafts @ 1:30pm		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
		Get Healthy with Audrey @1:30pm				
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			