

**News
You Can Use**

The Oaks at Durkeeville
1605 N Myrtle Avenue #10
904-632-4532



PAY RENT ONLINE – no more money orders

You can also setup your account to be on **AUTO-PAY**
– which means if you're registered - no more late fees!

SUBMIT MAINTENANCE REQUESTS FROM YOUR PHONE – track your maintenance request online

SEE YOUR CURRENT RENT AMOUNT

COMPLETE RECERTIFICATIONS AND PAPERWORK ONLINE –soon you will be able to complete recertifications via Rent Café

Visit: myportals.jaxha.org

-Click on Resident Login

-Click here to register

-Enter your registration code

All offices will be closed on February 20, 2023 in observance of President's Day



We are hiring!

You can see available openings and apply online at jaxha.org



Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.



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The human heart is a vital organ that pumps blood throughout the body via the vessels of the circulatory system, supplying oxygen and nutrients to the tissues and removing carbon dioxide and other metabolic wastes.

It is the first functional organ to develop and starts to beat and pump blood about three weeks after an embryo is formed. Humans have been aware of the heart since ancient times, even though its exact function and structure were not clearly understood from the onset.

Diseases relating to the heart and the blood vessels are generally referred to as 'cardiovascular diseases.' Their risk factors include high blood pressure, obesity, smoking, and high cholesterol levels. The majority of them are noncommunicable and related to lifestyle and other factors, becoming more prevalent with age. The diseases frequently do not have clear symptoms and can grow for months unnoticed; until after diagnosis is done through the taking of medical history, ultrasound, and listening to the heart sounds with a stethoscope.

7 Days of **Self-Care**

#MindfulMonday  Know your blood pressure numbers and other heart stats	#TastyTuesday  Try a tasty, heart-healthy recipe	#SelfcareSunday  Create your self-care checklist for the week
#WellnessWednesday  Put your heart into your wellness routine	#TreatYourselfThursday  Treat your heart to some relaxation and fun	#FollowFriday  Share who inspires you to show your heart more love
#SelfieSaturday  Post about your favorite way to take care of your heart		



Are you interested in becoming a homeowner?

Want to build a savings account?

Have questions about self-sufficiency?

Contact our Family Self Sufficiency department today!

904-366-6097