

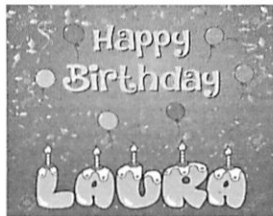
Mount Vernon Towers

TOWERS TALK MARCH 27, 2020
FRONT DESK NUMBER 404-255-3534

B1011 DORIS WILLIAMS 3/31



PCC11 LAURA BRACKETT 4/2



Beginning Monday, March 30, 2020, the building will be limited to Essential Visitors only.

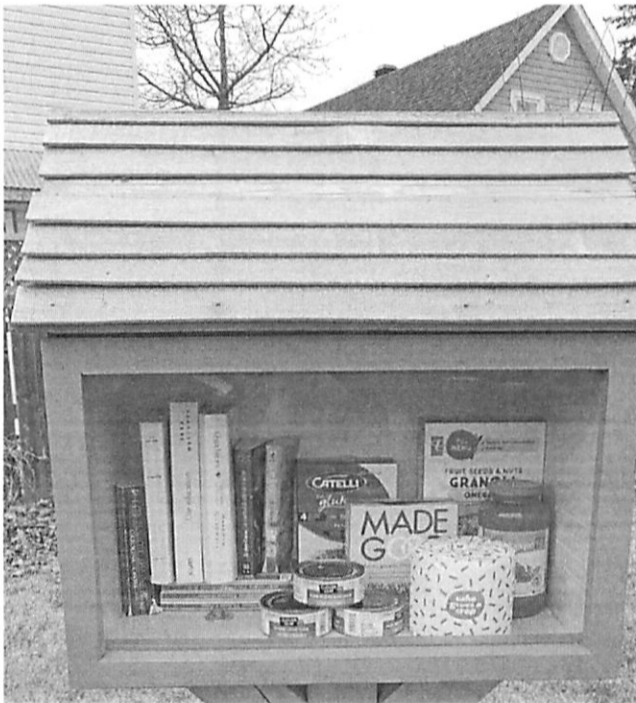
Essential Visitors Only

Essential visitors are defined as relatives who have a loved one who is critically ill, home health services that are crucial, hospice, and those requiring a caregiver.

Essential visitors must comply with active screening measures, and those who fail screening or who refuse screening will not be permitted to enter. No other visitors will be permitted to enter.

Meal Delivery

Lunch orders must be placed by 10:00am and dinner by 3:00pm. For Sunday brunch please place your orders by 10:00am. If you have ordered meals, please wait until 12:45pm (for lunch) and 5:45pm (for dinner) to call the front desk to report that you did not receive your order.



Although Little Free Pantries have been popping up in people's neighborhoods since 2016, these newly-converted pantries are being hailed as a particularly uplifting example of community kindness amidst the coronavirus outbreaks.

HAPPY HOUR ANNOUNCEMENT
THE CROWDS HAVE BECOME TOO LARGE TO HAVE HAPPY HOUR MEET THE SAFE REQUIREMENTS WE ARE ASKED TO ADHERE TO.
WE WILL BEGIN SERVING AGAIN WHEN IT IS SAFE.

Submitted by Louise Lord

Please join me in remembering a great icon of the entertainment community. The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 71. Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkie and Captain Crunch. The grave site was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Born and bread in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he still was a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife Play Dough, three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father Pop Tart. The funeral was held at 350 for about 20 minutes.

If this made you smile for even a brief second, please rise to the occasion and take time to pass it on and share that smile with someone else that may be having a crummy day and kneads a stir.

April 2020

April is known for a lot of showers,
Which tend to give it a lot of flowers.
It often is a welcome time of spring,
That soon will have our spirits on the wing.

- - - A Towers Resident

WORDS FROM MARTIN LUTHER
DURING THE BUBONIC PLAGUE,

An illness that saw 50% of Europe's population die.

Therefore I shall ask God mercifully to protect us. Then I shall fumigate, help purify the air, administer medicine, and take it. I shall avoid places and persons where my presence is not needed in order not to become contaminated and thus perchance infect and pollute others, and so cause their death as a result of my negligence.

If God should wish to take me, he will surely find me, and I have done what he has expected of me and so I am not responsible for either my own death or the death of others. If my neighbor needs me, however, I shall not avoid place or person but will go freely, as stated above. See, this is such a God-fearing faith because it is neither brash nor foolhardy and does not tempt God.

The 2020-2021 Season at the Byers Theatre

UPCOMING

MAMMA MIA - SEPTEMBER 2020

INTO THE WOODS - DECEMBER 2020

THE KING AND I - MARCH 2021

SOMETHING ROTTEN - MAY 2021

WEST SIDE STORY - JULY 2021

GOOD NEWS!
ON TUESDAYS & THURSDAYS
BEGINNING ON MARCH 31,
WE WILL HAVE TWO SHOWINGS OF A MOVIE AT
11:00am & 3:00pm
IN HAMMOND HALL

THERE WILL BE 10 SEATS AT EACH TIME SLOT. YOU MUST SIGN UP AT THE FRONT DESK.

SEATS WILL BE SET APART FROM EACH OTHER AND WILL BE WIPED DOWN AFTER EACH SHOWING.
THURSDAY WILL BE A DIFFERENT MOVIE.


SIGNUPS WILL BE PUT OUT EACH FRIDAY, AT 12:00 NOON

MAINTENANCE CORNER

1. Maintenance will not be doing filters in the month of April so as to keep the number of people entering your condo down.
2. Please refrain from putting sanitizer wipes in your toilet. Dispose of them in the trash.
3. Any questions about recyclables, see Maintenance.
4. All work orders need to go through the Front Desk, please do not contact the Maintenance Dept. directly.

HAPPY BIRTHDAY

PCC11	LAURA	BRACKETT	4/2
A714	JEAN	MORRIS	4/5
P715	MARION	SAMS	4/5
B408	RICHARD	HAMMOND	4/8
A805	TONY	SHIBONA	4/8
B1007	HARRY	PREVATT	4/9
B215	NONA	WHIPPLE	4/10
B508	MARGO	SAVAGE	4/10
A104	MARY	SMITH	4/11
B314	JEAN	ALLISON	4/14
A505	ARLETTE	PACE	4/14
A110	GLORIA	SHATZEN	4/14
A806	HUGH	PUGSLEY	4/15
PCC49	MARTHA	SWICEGOOD	4/15
A305	DICK	BUSH	4/18
A301	REATHER	WEATHERS	4/18
A507	FRANK	EGAN	4/18
A108	ROSALIE	NORTH	4/19
B111	NONNETTE	SHERRY	4/19
B1006	CAROL	HANNER	4/21
A610	MARTHA	SMITH	4/21
A1005	CATHERINE	WELLS	4/24
A809	GAY	HORNE	4/26
B514	BILL	HACKADAY	4/26
B504	ERA	WEEKS	4/26
B415	CAROL	CALDWELL	4/28
B515	NANCY	NUTTER	4/30
B307	LAURA	HOPPE	4/30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>5</p> <p>Medical Appointments</p> <p>8:30 am - 4:00 pm The Depot 1:00pm Library</p>	<p>6</p> <p>Medical Appointments</p> <p>8:30 am - 4:00 pm 1:00pm Goodwill The Depot</p>	<p>MVT CAN TAKE YOU TO YOUR DOCTOR'S OFFICE ON MONDAY'S AND TUESDAY'S WHEN THEY OPEN AGAIN. WE WILL ALSO GO BACK TO OUR NORMAL BUS SCHEDULES, WHEN IT IS SAFE TO DO SO.</p>		
<p>12</p> <p>Medical Appointments</p> <p>8:30 am - 4:00 pm The Depot</p>	<p>13</p> <p>Medical Appointments</p> <p>8:30 am - 4:00 pm 1:00pm Goodwill The Depot</p>			
<p>19</p> <p>Medical Appointments</p> <p>8:30 am - 4:00 pm The Depot 1:00pm Library</p>	<p>20</p> <p>Medical Appointments</p> <p>8:30 am - 4:00 pm 1:00pm Goodwill The Depot</p>			
<p>26</p> <p>Medical Appointments</p> <p>8:30 am - 4:00 pm The Depot 1:00pm Library</p>	<p>27</p> <p>Medical Appointments</p> <p>8:30 am - 4:00 pm Front Door 1:00pm Goodwill The Depot</p>			

EST. 2006
**SANDY SPRINGS
 POLICE**
 GEORGIA

Senior Shopping Hours

Costco: Tuesday and Thursday 8-9am
 6350 Peachtree Dunwoody Rd

Kroger: Monday-Friday 7-8am
 227 Sandy Springs Pl
 2090 Dunwoody Club Dr
 4920 Roswell Rd

Publix: Tuesday & Wednesday 7-8am
 6615 Roswell Rd
 1100 Hammond Dr
 7525 Roswell Rd
 8725 Roswell Rd
 6300 Powers Ferry Rd

Target: Wednesday first hour
 5570 Roswell Rd

Trader Joe's: Senior only line 9-10am
 6277 Roswell Rd

Whole Foods: Monday-Friday 7-9am
 5930 Roswell Rd

www.SandySpringsGAPolice.gov

Julie Maisel, third floor rep would like to share this information with you. These shopping times are just for Senior shopping. Also if you have prescriptions at CVS and Walgreens, you may want to check with them to see if they have free delivery for seniors. Also she has heard that Trader Joes may be limiting the number of people in the store at a time.

SUBMITTED BY TONY SHIBONA

I've always wanted to write, but it's been hard. There have been so many distractions, and I'm easily distracted. I'm distracted by all kinds of things. But, mostly by people. I enjoying listening to them and learning about them. Even now, I'm tempted to get up and call somebody, or take a walk to see who I'll meet. But now I'm faced with a new distraction in my life. Now that the Coronavirus has entered my life, and it seems that it will be around for some time, maybe many weeks or months, millions of people are faced with social distancing or the possibility of dying. It's the real thing, epidemics. I hear they have been around for a long time. And this virus will be around for a long time, too. It's scaring the hell out of people. In this time of plenty, panic has emptied store shelves. Scarcity is a big part of the new reality.

Mature, intelligent people are acting calmly, but young people are not yet taking this virus seriously enough. The whole world is braced for the unknown.

So, how are we to face this new situation? Getting the facts will help us cope with it, but the problem is that we don't have all the facts. They keep coming in but they are still not enough.

At a time when we are enjoying unparalleled prosperity, we are facing an existential threat, We have been dealing with cancer, nuclear annihilation and other terrifying life-ending phenomena for decades, and now this. As an octogenarian I must take this new situation in stride. I have no choice. We're all in the same boat, but some of us are closer to the front of the boat, and we view all this as mankind has for centuries, it is simply that death is a part of life. We do our best and go on and pray that God will take care of us. Is it enough?

Or maybe the new virus is a consciousness raising mechanism or a warning to us. Or, maybe just another wrinkle in our journey to the stars. Tune in for more and remember to wash your hands.



DELIVERY MENU

Monday, 3/30 - Sunday, 4/5

MONDAY, 03/30

Lunch -

BEEF QUESADILLA WITH SWEET POTATO FRIES

TURKEY BURGER WITH SWEET POTATO FRIES

ICEBERG SALAD WITH BACON BITS, TOMATOES, AND BLEU CHEESE DRESSING

CHICKEN SALAD CLUB WITH JELLO AND POTATO CHIPS

Dinner -

MEATLOAF WITH GREEN BEANS AND MASHED POTATOES WITH GRAVY

LEMON PEPPER GLAZED COD WITH GREEN BEANS AND RICE

MIXED GREEN SALAD WITH STRAWBERRIES, ONIONS, FETA CHEESE AND RASPBERRY VINEGRETTE

HAMBURGER/CHEESEBURGER WITH FRIES

TUESDAY, 03/31

Lunch -

BBQ PULLED PORK SANDWICH ON A BRIOCHE BUN WITH SWEET POTATO TOTS AND FRIED APPLES

HAMBURGER/CHEESEBURGER WITH SWEET POTATO FRIES AND FRIED APPLES

VEGETABLE BURGER WITH SWEET POTATO FRIES AND FRIED APPLES

ENTRÉE CAESAR SALAD

Dinner -

BBQ CHICKEN WITH MACARONI AND CHEESE, COLLAR GREENS, AND SWEET POTATO MASH

FRIED FLOUNDER WITH MACARONI AND CHEESE, COLLAR GREENS, AND SWEET POTATO MASH

ENTRÉE CAESAR SALAD

SWEDISH MEATBALLS WITH EGG NOODLES

(CORN BREAD WITH EACH ENTRÉE)

WEDNESDAY, 04/01

Lunch -

FRIED CATFISH WITH PLANTAINS AND RICE

HOT DOG WITH FRENCH FRIES

CHICKEN QUESADILLAS WITH FRENCH FRIES

ICEBERG SALAD WITH CARROTS, CUCUMBERS, AND TOMATOES W/RANCH

Dinner -

SHRIMP ALFREDO SERVED WITH GARLIC BREAD (PENNE PASTA)

BOURBON GLAZED PORK LOIN WITH SPANISH RICE AND GREEN BEANS

BEEF STROGANOFF WITH EGG NOODLES AND GARLIC BREAD

GREEK SALAD - OLIVES, RED ONIONS, TOMATOES, AND CUCUMBERS WITH FETA CHEESE AND BALSAMIC DRESSING



DELIVERY MENU

Sunday, 3/22 - Saturday, 3/28

THURSDAY, 04/02

Lunch -

MONTE CRISCO - GRILLED HAM AND CHEESE DIPPED IN EGG BATTER WITH FRENCH FRIES
CHICKEN SALAD PLATE SERVED WITH COTTAGE CHEESE, FRUIT, AND JELLO
CHICKEN TENDERS WITH FRENCH FRIES

Dinner -

POT ROAST WITH BROWN RICE
TURKEY BREAST WITH MASHED POTATOES/GRAVY AND GREEN BEANS
BAKED FLOUNDER WITH BROWN RICE AND BROCOLLI
MIXED GREEN SALAD WITH MANDARIN ORANGES, GRAPES, RED ONIONS WITH RASPBERRY VINEGARETTE

FRIDAY, 04/03

Lunch -

BATTERED COD WITH HUSH PUPPIES, SWEET POTATO TOTS AND COLESLAW
TURKEY BLT WRAP WITH AVOCADO RANCH DRESSING, FRENCH FRIES, AND COLESLAW
CHICKEN TENDERS WITH FRENCH FRIES

Dinner -

FRIED SHRIMP BASKET WITH COLESLAW AND FRIED APPLE
CHICKEN POT PIE
SPAGHETTI AND MEATBALLS WITH GARLIC BREAD
CAESAR SALAD

SATURDAY, 04/04

Lunch -

COD CAKES WITH PLANTAINS AND RICE
HAMBURGER/CHEESEBURGER WITH FRENCH FRIES
HOT DOG WITH FRENCH FREIS
COBB SALAD

Dinner -

BEER BATTERED POLLACK WITH FRIED APPLES AND STEWED TOMATOES
SWEET AND SOUR CHICKEN OVER RICE SERVED WITH BROCCOLI
SLICED TENDERLOIN WITH ASPARAGUS AND MASHED POTATOES

SUNDAY, 04/04

CHICKEN AND WAFFLES WITH BREAKFAST POTATOES AND GRITS
EGGS SCRAMBLED WITH SAUSAGE (2), BACON (2), BREAKFAST POTATOES, AND GRITS
WHITE FISH FLORENTINE (HADDOCK) WITH WILD RICE AND GLAZED CARROTS