



TOWERS TALK

February 3-February 9

ADMINISTRATION CORNER



Hello MVT Community!

I hope this memo finds you well, and HAPPY Groundhog Day! I am so excited that Punxsutawney Phil did not see a shadow today, so therefore we can look forward to an early spring 🌞. I am also equally excited to say that the double elevator is now working! I appreciate everyone's patience in waiting for the repair.

January was a month of fresh beginnings and setting intentions for the year ahead, but I am ready to turn our attention to February.

Here are a few things to look for in February.

Two exciting events are on the horizon, bringing joy and celebration to our community. First, Valentine's Day is dedicated to expressing love and appreciation for our friends, family, and significant others. It is a time to spread kindness, share heartfelt messages, and celebrate the meaningful connections we have in our lives. Additionally, we have Mardi Gras to look forward to, a festive occasion filled with vibrant colors, music, lively parades, and the fantastic Mardi Gras dinner party that always brings our community together.

As many of you know, we have actively engaged with Comcast to provide quotes for our TV and internet services. We have reached a crucial stage in this process where we need your input to make an informed decision regarding the channels to include in our bundle.

To ensure that we meet our community's diverse needs and preferences, we will send out a TV channel survey separately to each condo unit. This survey is of utmost importance, and we request your active participation. Your feedback will play a significant role in determining the channels included in our TV/Internet bundle.

The survey will consist of a comprehensive list of TV channels, and we ask that you indicate the channels that hold significance to you. By sharing your preferences, you will help us prioritize the most important channels to our community. Your input will guide us in creating a TV/Internet bundle that meets your needs and enhances your viewing experience. Please be on the lookout for the survey, which will be delivered to your condo unit with detailed instructions on Wednesday, February 7th.

Last, I want to bring your attention to an essential aspect of your condo's infrastructure that often goes unnoticed but plays a vital role in our daily lives - the plumbing system. The pipes running through the building and within your individual condos are the lifelines that ensure the proper functioning of essential fixtures such as garbage disposals, dishwashers, sinks, and more.

It has come to my attention that many items are being placed in the garbage disposals that are not appropriate, which leads to clogged pipes and backups. To address this concern, the maintenance team prepared a helpful flyer, attached to this week's Tower Talk, outlining the do's and don'ts of garbage disposal usage. Please read over it and save it on your fridge for future reference.

I wish you all a wonderful weekend filled with joy and happiness!

Rita Malone, Executive Director

BOARD MEMBER REPORTS

Scott Carriere, Chairman



The inaugural Board meeting of 2024 featured a comprehensive review of the five preceding Executive Board meetings, during which the activities of MVT were

scrutinized, and plans for the upcoming year were formulated. Noteworthy deliberations in the Executive meetings resulted in the passage of several motions, including the decision to refrain from providing compensation to board members, the elimination of the leash requirement times for the dog park, the approval of Walker Consulting to conduct an evaluation of the parking deck structure, the discontinuation of the lease renewal fee for renters, the referral of the roof anchor project to the Architectural Committee, and the appointment of Jerry Bauer as the Sales and Leasing Director for MVT.

Further clarification is warranted regarding Mr. Bauer's role. It is imperative to note that Jerry Bauer is not an employee of MVT; rather, he will be responsible for managing phone calls and walk-in inquiries from individuals interested in MVT. Importantly, Mr. Bauer, who functions as a real estate agent, will receive compensation solely through standard real estate commission structures. MVT will not direct his activities nor provide him with a fixed salary. Additionally, Mr. Bauer will be renting an office space located in the hallway leading to the Sun Porch. This strategic placement aims to optimize accessibility for individuals seeking information about MVT. Please note, If you have a need for a realtor you are not obligated to use Jerry, you can select any realtor you prefer.

Jerry Bauer, Dining Committee



The Dining Committee is meeting February 5th with Claudia, the new Regional Director with Morrisons Living. She will be hands on as needed.

We will be adding special themes and organizing new menus for the coming year. Our Spring/Summer menu should roll out at or about March 1st.

Nancy Rogers, Secretary Social Activities Co-Chair Nominating Committee



The chairs met with MVT staff to discuss expanding offerings and engagement, as well as supporting staff. A volunteer sign-up will be held on Monday, February 5, at 3:30 – 4:30 pm on the Sun Porch.

Volunteers are needed for the library, announcement readers, resident welcome, renters, activities and more. The next Buy for Nothing Sale is Tuesday, February 6, on the Sun Porch (thanks to the volunteers).

Nominating Committee

The Nominating Committee will clarify policies and practices related to elections and voting. Then it will focus on overseeing the recruitment and election of two new board members in December.

Tricia Morris, Treasurer Marketing & Communications Co-Chair



Introducing the Finance Committee members: Scott Goins, Brian Greenberg, Al Burgess, Jim Russ, Jeff Daniel, and Rita Malone. Notably, Scott Goins serves as the Chairman, taking the lead and demonstrating exceptional leadership skills.

Tricia Morris, Treasurer
Marketing & Communications
Co-Chair

Marketing & Communications

Guess who's been crowned the new wizard of the MVT Facebook page? Yours truly! We're upping our game with more exciting posts and thrilling updates. And get this: we're cooking up a new Towers Talk that's super sleek and sustainable with fewer pages to flip through. The menu's already been slimmed down to one page, but we're not stopping there! We're testing out even more changes that'll take your breath away. Stay tuned!

Wishing a very Happy Birthday to some wonderful individuals this February!

First up, Barbara Olson, celebrating on February 3rd – may your day be filled with joy and surrounded by those who cherish you.

Next, warmest birthday wishes to Jean Bliss, Sandra Bullock, and Nancy Krincek, all sharing the joy on February 6th – may your celebrations be as fantastic as your presence in our lives. Sending early birthday cheers to Doug Scales on February 7th – may the year ahead be filled with success and happiness. And looking ahead to February 9th, we extend heartfelt birthday wishes to Carolyn Yost – may your special day be as incredible as you are!



Residents Corner

Give it up for MVT's dynamic duo, Frankie Keaton and Agnes Benson! They've both been calling this place "home" for 20 years straight!



Frankie and her hubby Jim found their way to MVT back in Jan 2004. Frankie still gets all misty-eyed when she talks about Jim, proclaiming him the best hubby in the world! Don't miss Frankie's weekly BINGO battles every Wednesday in the Game Room, and if you're lucky, you can catch her sipping some Happy Hour magic with her sixth-floor crew.



Agnes Benson has been living it up in Atlanta for half a century, and her journey started with a leap of faith. After selling her Roswell home, she prayed for a sign to lead her to a new abode. Lo and behold! An email from a friend popped up at work, offering a unit for sale at MVT. Agnes took it as a divine message and grabbed the opportunity.

Working at the CDC as a Television Production Coordinator never stopped her from being a social butterfly. Agnes has been a Floor Rep, taught water aerobics, and even served on the MVT Board of Directors. When she's not busy, you can find her playing Bridge, Texas Trains, and Manipulation. And, oh, did we mention her sunrise chit-chats with her buddy Frank on their balcony over coffee?

Agnes also heads a squad of 25 fun-loving people who get season tickets to the Sandy Springs Performing Arts Center. If you're looking for an exciting gang to join, give Agnes a ring!

GARBAGE DISPOSAL DO'S & DON'T

Do These Things

1. Run your garbage disposal regularly, this prevents rust & corrosion.
2. Always run a strong cold-water flow before you turn it on to grind food waste. Keep cold water running until grinding is finished.
3. Cut large items into smaller pieces

Don't Do These Things

1. Don't pour down grease, oil, or fat
2. Don't use hot water when grinding food waste
3. Don't grind any of the following: citrus peels, eggshells, banana peels, avocado peels, potato peels, corn husks, celery, onion skins, and artichokes. The list also includes expandable foods like pasta and rice.
4. Don't try to grind up peanut butter. Peanut butter is so oily and sticky that the water and the grinder cannot expel it.
5. Don't put coffee grounds down a garbage disposal
6. Don't use bleach or drain cleaners
7. Don't put in anything that is non-biodegradable. Don't ever (that means never) put anything in your disposal that is not biodegradable food.
8. Don't use your hand to retrieve

A good rule of thumb is that when in doubt, toss it out (in the garbage) and not down your sink's garbage disposal.



Volunteer Committee Sign -Up

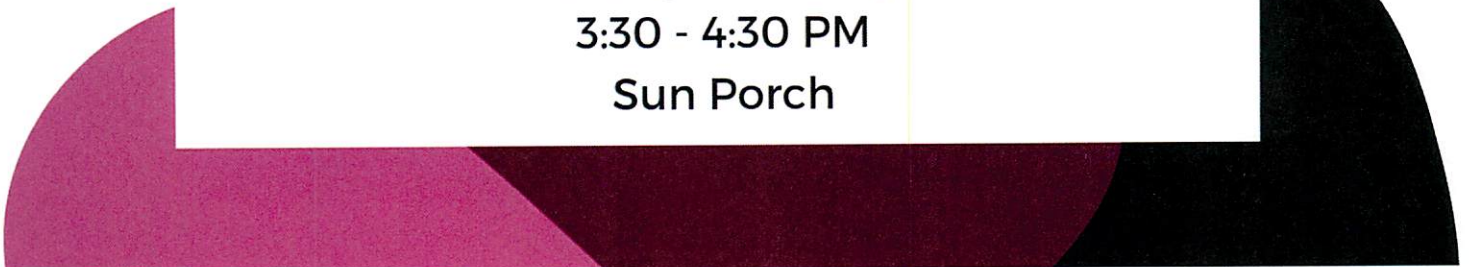


We are in search of volunteers. We believe you are the missing piece. It's not a complicated task, but it's close to being one - we need everyday heroes to help us make our Committees and events more special. Come and be a part of this selfless act, and let's transform ordinary moments into unforgettable memories together!

Committees Seeking Volunteers

WELCOME
RENTERS
ACTIVITIES
LIBRARY and MORE!!!

Monday, February 5
3:30 - 4:30 PM
Sun Porch



MVT

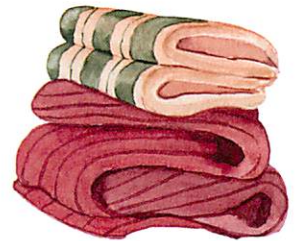
BUY FOR NOTHING DAY

Tuesday, February 6

**10 am - 2 pm
Sun Porch**



**Unearth the thrill of
sharing and giving old
things a new lease on
life! Because guess
what? Your 'blah'
might be someone
else's 'ta-da'!**



If you have a sofa, chair or other piece of furniture to part with, snap a pic with your name and number on it, and we'll display it at the event. Anyone who fancies your furniture can call you for more details.

**Residents can bring their items to the Sun Porch after 5 pm on
February 5 or the morning of February 6**

TOWERS TALK– FEBRUARY 2, 2024



	SATURDAY 2/3/2024	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
12:00PM	HELP TECH W/ YOUNG MEN'S LEAGUE	MAGNOLIA ROOM
4:00PM	VIGIL CATHOLIC MASS	SUNPORCH
7:00PM	POKER	GAME ROOM
	SUNDAY 2/4/2024	
TIME	EVENT	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	SUNPORCH
	MONDAY 2/5/2024	
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO W/ YOUNG MEN'S LEAGUE [ALL ARE WELCOME]	PCC
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
3:30PM	COMMUNITY VOLUNTEER SIGN-UP	SUNPORCH
7:00PM	PHASE 10	GAME ROOM
	TUESDAY 2/6/2024	
TIME	EVENT	LOCATION
10:00AM	BUY FOR NOTHING DAY	SUNPORCH
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:30AM	STANDING TAI CHI WITH MARIE	HAMMOND HALL
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUNPORCH

	WEDNESDAY 2/7/2024	
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	CHAIR YOGA	HAMMOND HALL
10:45AM	ALDI	DEPOT
11:00AM	ZUMBA *NEW CLASS ALERT*	HAMMOND HALL
11:00AM	EPISCOPAL EUCHARIST SERVICE	MAGNOLIA ROOM
1:30PM	BINGO	GAME ROOM
1:30PM	KROGER & BANKS	DEPOT
1:30PM	BIBLE STUDY (viewing of "The Chosen" series)	MAGNOLIA ROOM
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
3:30PM	MUSIC TO MY EARS	SUNPORCH

	THURSDAY 2/8/2024	
TIME	EVENT	LOCATION
10:00AM	JIM HOWE BLACK HERITAGE TOUR W/LUNCH AT MARY MAC'S TEA ROOM [RESIDENTS \$15.00]	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:00PM	RENTERS COMMITTEE MEETING	SUNPORCH
1:30PM	BIBLE STUDY VIEWING OF THE CHOSEN SERIES	MAGNOLIA ROOM
1:30PM	TAI CHI WITH MARIE	HAMMOND ROOM
7:00PM	JAZZ BY THREE BAND	SUNPORCH
7:00PM	DOMINOES	GAME ROOM

	FRIDAY 2/9/2024	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:45AM	WALMART	DEPOT
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	TARGET	DEPOT
3:30PM	MIKE SMITH THE ENTERTAINMENT	SUNPORCH

ALL EXTRA FURNITURE IN HAMMOND HALL WILL BE TAKEN TO GOODWILL

TUESDAY 2/6 AND WEDNESDAY 2/7. PLEASE MAKE YOUR CLAIM NOW ON REMOVE YOUR ITEMS. THANK YOU



SOUP OF THE WEEK

CHICKEN NOODLE

VEGETABLE OF THE WEEK

GREEN PEAS

DAILY BREAKFAST 8 AM-9:30 AM

OPTION 1- 2 EGGS YOUR WAY, GRITS, SAUSAGE, BISCUIT & FRUIT

OPTION 2- FRENCH TOAST, SAUSAGE & FRUIT

OPTION 3- OMELETS MADE TO ORDER WITH CHOICE OF HAM, SAUSAGE, VEGETABLES & CHEESE. SERVED WITH TOAST & FRUIT

Saturday, February 3

LUNCH

Battered Cod served with 1 Side

Sunday, February 4

BRUNCH

Dining Room Only

Omelet station w/Bacon and Buttered Grits

Scrambled Eggs, Cinnamon Waffles

Baked Chicken with Rice Pilaf and Green Beans, Smoked Salmon and Bagel Station

Desserts and Pastries, Fresh Fruit

DELIVERY

Baked Chicken with Rice Pilaf and Green Beans

Ham and Cheese Quiche served with Fresh Fruit and Pastry

Monday, February 5

LUNCH

Egg Salad on Croissant Served with 1 Side

DINNER

Chef Table 1

Stuffed Chicken Breast served with Mashed Potatoes and Broccoli

Chef Table 2

Pot Roast served with Black-Eyed Peas, Greens and Corn Bread

Tuesday, February 6

LUNCH

Taco Salad served with 1 side

DINNER

Coconut Curry Fish served with 2 Sides

Wednesday, February 7

LUNCH

Mediterranean Chicken Sandwich served with 1 side

DINNER

Fried Chicken served with Baked Beans, Okra and Tomatoes

BBQ Pork Loin with Mashed Potatoes and Spinach

Thursday, February 8

LUNCH

Hawaiian Pizza served with 1 side

DINNER

Sweet and Sour Salmon served with 2 sides

Lunch is Served from 11:30 am - 2:00 pm,
Monday - Friday Last seating at 1:15 pm
Dinner is Served from 4:30 pm - 7:00 pm,
Monday - Friday Last seating at 6:15 pm

Friday, February 9

LUNCH

BUILD YOUR OWN SALAD BAR:

Your choice of mixed greens, Romaine or Iceberg lettuce with topping choices...Shredded Cheese, Croutons, Dried Cranberries, Red Onions, Hard Boiled Eggs, Bacon Bits, Grilled Chicken, Salad Shrimp, Tomatoes, Cucumbers and your choice of salad dressing

Loaded Baked Potato Bar with all the fixings. Toppings include (Shredded Cheese, Nacho Cheese, Steamed Broccoli, Grilled Chicken, Shrimp, Sour Cream, Green Onion, Bacon Bits, Butter, Spinach)

DINNER

Chicken and Sausage Jambalaya served with 2 sides

Call 404-255-7246
by 9 AM for Lunch Delivery
1:30 PM for Dinner Delivery
Dining Room Closed 2-3 pm