



TOWERS TALK

March 22 -29

ADMINISTRATION CORNER



I hope everyone has had a fantastic week!

The weather has been a bit unpredictable, but it's clear that Spring is here! The pollen count reached 1938 yesterday and will worsen, as usual. Our complete Spring pressure-

washing will begin once the pollen subsides. In the meantime, we'll do our best to keep furniture and tables wiped off daily.

It's been a busy week with lots happening, and the weekend looks just as eventful.

Tomorrow is our annual Easter Egg hunt! The forecast does not look too promising. We will continue to watch the radar, so stay tuned for updates via email and by announcement in case plans change due to the forecast.

A few months ago, I met with the Executive Director of City Springs regarding their 2024 community project. The project aims to provide seniors with active engagement through community members. I was humbled and deeply honored that our community was chosen as a partner. The first part of the project will take place this Saturday at MVT. Check out the flyer in the Tower Talk for complete details, but from 3 pm-4:30 pm, there will be various skits and performances on the Sun Porch, along with young professionals in the Magnolia room to assist with tech-related questions.

I challenge each of you to come out and support these inspiring individuals by filling up the Sunporch! Light refreshments will be served, and we'll wrap up the weekend with a concert on Sunday at 7 pm.

Claudia and Damien organized a well-attended ice cream social in dining services this week. Claudia took notes from conversations and met with me to address these concerns. Due to feedback on the new menu, Claudia and Damien are working on revising the menus for a new launch in a couple of weeks. The exciting news is that our extensive breakfast menu before the pandemic will make a comeback, along with adding a couple of breakfast entrees to the lunch menu. Oh, and don't worry, we heard you on the beef stew, and it will also make a comeback. Due to the lack of reservations for the Elegant Dinner on the 27th, it will be canceled. I believe the lack of participation is due to all the parties we have had recently that required an upcharge.

We also started the Kallpods this week. The Kallpods are set up on a 90-day trial, so it's important that I have feedback. Please drop me a comment card on your dining experience using them.

Several maintenance projects are ongoing in the building. The ramp door on the 1st floor has been replaced and is operational. On March 28th, an electrical contractor will replace all the lighting on the upper deck. The areas around the light poles will be blocked off for no parking.

Administrative Corner continued

As mentioned at the Board Meeting, the dining room will be repainted on April 13 & 14th, with meal service temporarily shifted to delivery and to-go only (delivery charges waived). I will issue the menus and the process in a separate communication letter next week.

Finally, Comcast was out this week to take another look at providing services to us as a community. The hold-up is that they cannot provide in-house channels or any service to the Personal Care Center. Another contractor is due to come out in a week to assess the amount of work associated with being able to service the entire building. We will continue to update you on the situation but know that our internet currently is what it is, and there is little we can do to improve our issues with the existing infrastructure. I know that is not news that anyone wants to hear, so we are diligently pressing Comcast on the urgency of the project.

I wish everyone a fantastic weekend, and I will see you all on the Sun Porch tomorrow at 3 pm!

Cheers!

Rita Malone

Executive Director



The Welcome Committee hosts New Resident tables in the dining room for lunch at noon, and dinner at 5pm each Monday. Reservations are required by the previous Friday. Sign up by the mail room.



MVT Travel Group meeting will be Monday, March 25 at 3:30 in the Magnolia Room.

Sign-up sheets are available on most floors and by the first-floor mail room for those interested in overnight travel with their MVT friends. Attend the meetings to learn about destinations and tour companies being considered, as well as prices and details. Co-chairs are Peggy Garnier and Barbara Williams.



Monday, March 25, 2024

High Rise Living - Activities & Transportation
1:30 pm Sun Porch

All Residents Welcome!!

Happy Birthday

Hooray for our March birthday buddies!

Jennifer Atchison A707 - March 23

Nan Franzman B613 - March 25

Mona Webster B608 - March 25

Marilyn Preuss A110 - March 29

Residents Corner



Meet, James "Jim" Corbitt, a puzzle-loving wizard from the 1st floor! Jim and his sweetheart, Mary, have been living on the first floor for over 24 months. This dynamic duo tied the knot 70 years ago on a Thanksgiving Day, way back in 1953. During

his career at IBM until age 63, Jim's hobby was wood working and he created some epic walking sticks. Nowadays, he's the puzzle master, piecing together jigsaw wonders. There's one puzzle that's close to his heart, a gift from a resident's son - a puzzle of Jim puzzling! At 91, he's breaking records among the Corbitt clan, whose average life span was 66 - go, Jim, go! We're thrilled to have this living legend with us.



Please stay tuned for further updates.

FIRE ALARM INFORMATION AND INSTRUCTIONS

International Fire Code Table 405.2 states all occupants MUST participate in fire drills, even if it is just going to the balcony or stairwell. Sandy Springs has a minimum \$1,000 fine for non-compliance with fire drills.

- Make note of the two stairwells closest to your unit, one on either side of your condo door. The Fire Marshall suggested that you count and memorize how many doors are between your front door and the nearest stairwell. This is "IN CASE" the hall is filled with smoke and you can't see well. COUNT THE DOORWAYS and remember how many doors there are so you can safely reach the stairwell.
- Learn the location of the closest fire alarm pull box and fire extinguisher in relation to your unit.
- When the fire alarm has sounded DO NOT USE THE ELEVATOR to exit the building.
- Just because you can't see flames you should still evacuate because smoke can travel many floors and is very dangerous.
- If you see fire and/or smoke and the alarm has not sounded try not to panic. PULL the nearest fire alarm. If you cannot get to the nearest fire alarm pull box, call the Front Desk.
- DO NOT try to fight a fire or rescue other Residents.

When the fire alarms sound, MVT personnel and the Sandy Springs Fire Department are immediately notified. Alarms will sound on the floor that caused the alarm, the floor immediately above it and the floor immediately below it. *If the fire is on your floor the alarm will sound inside your unit.* You **should** assume that the alarm sounding IS for a fire, best to be safe and follow the directions on the attached sheet.

Additional Information

1. You are not required to try to save your neighbors, leave that for the professionals. You can knock on your neighbors' doors to make sure they are aware of the alarm.
2. Mount Vernon Towers was constructed to type A1 standards. The building structure is all concrete and steel, fully protected by automatic sprinklers, and monitored by smoke sensors which will trigger an alarm when activated.
3. We are a fully sprinkled environment
 - The sprinklers are located where they're likely might be a heat source incident. All the sprinklers won't activate at the same time. Only the one(s) above the affected area will activate.
 - The sprinklers are designed to contain the fire to a certain area but it is possible they may not extinguish the fire.
 - The smoke detector located inside your condo is very sensitive. Burning toast, bacon, etc., will cause it to sound.
4. There are smoke detectors throughout the building including inside the HVAC ducts.

If your kitchen or condo has filled with smoke because you have burned something on the stove or in the oven **DO NOT** open your front door to get rid of the smoke. Releasing the smoke into the common hall will set off the fire alarm system. Instead, **immediately** call the Front Desk to make them aware of the situation. To clear away the smoke, open your sliding patio door and maybe a window. Turning on the kitchen exhaust fan may also help

Keep this information in an easily accessible place.



IF THERE IS FIRE IN YOUR UNIT

- If possible, call the front desk and also activate the in-house emergency call system either by pulling the cord or pushing the red button.
- If the fire is between you and your front door, dress for the weather, turn on your outside light and go outside on your balcony. Close the sliding glass door behind you and wait for the Fire Department to assist you.



If the fire alarm is sounding from the speakers INSIDE of your unit it means that someone on your floor has set off the fire alarm.

- Use the back of your hand (so you don't burn your palms) to check if the door is warm or hot. If the door is warm to the touch **DO NOT OPEN IT!**
- If possible, unlock your front door so that Fire Department personnel can reach you.
- Dress for appropriate weather conditions, turn on your outside light, go out on your balcony and close the sliding glass door behind you. Wait for the Fire Department to assist you or until you hear the all-clear announcement from the Front Desk.



If your entrance door is not very warm or hot to the touch (using the back side of your hand to test for heat) stand to the side of the door and open it very slowly. If you don't see smoke and/or fire in the hallway, go to the nearest stairwell. When you open the stairwell door make sure the stairwell is free of smoke before entering. Once you are in the stairwell if you are not physically able to walk down the stairs, wait there on the landing for the Fire Department to assist you. If you are physically able, be sure to use the handrails as you descend the stairs. Go all the way down the stairs and you will either exit onto the courtyard or to the basement. If you exit in the basement then exit the building and go to the upper level of the parking deck.

- The stairwells are rated for two hours of protection from fire, heat or smoke.
- If you can't physically open the stairwell door by yourself, wait in the hall at the stairwell door for either Fire Department personnel to assist you or an all-clear announcement from the Front Desk.



If the fire alarm is sounding from the speakers in the hall OUTSIDE of your unit, it means that someone either on the floor above you or below you has tripped the fire alarm.

- The recommended course of action would be to head into the nearest stairwell and then all the way down the stairs to exit the building. You would then either exit out to the courtyard or if you land in the basement then you should exit the building and go to the upper part of the parking deck.
- Or you may stay in your unit, turn on your outside light and go out on your balcony. Close the sliding glass door behind you and wait for the Fire Department to assist you or until you hear the all-clear announcement from the Front Desk.

SATURDAY, MARCH 23

3:00 - 4:30PM

SUNPORCH

Variety Show

LEADERSHIP PERIMETER HAS PARTNERED WITH SEVERAL LOCAL SCHOOLS AND GRADUATES TO PROVIDE A VARIETY OF SKITS TO PUT ON A SHOW FOR US!

LET'S PACK THE SUNPORCH AND SHOW OUR SUPPORT!

THE VARIETY SHOW WILL FEATURE LOCAL MUSICIANS AND SINGERS FROM METRO ATLANTA SCHOOLS.

SATURDAY, MARCH 23

3:00 - 4:30PM

MAGNOLIA ROOM

Tech Talk

YOUNG PROFESSIONALS WILL BE IN THE MAGNOLIA ROOM TO ANSWER QUESTIONS OR FIX ISSUES WITH CELL PHONES, TABLETS, SMART WATCHES AND MORE!

LIGHT REFRESHMENTS WILL ALSO BE PROVIDED.

This afternoon is presented by member of the 2024 class of Leadership Perimeter. We hope you will join us for a fun and engaging event.



**LEADERSHIP
PERIMETER**

Building Community Excellence

Resident Floor Pictures

MEET IN THE SITTING AREA ON YOUR FLOOR

Monday, March 25: floors 1-3

Tuesday, March 26: floors 4-7

Wednesday, March 27: floors 8-10

1st floor 1:00pm

2nd floor 1:30pm

3rd floor 2:00pm

4th floor 1:00pm

5th floor 1:30pm

6th floor 2:00pm

7th floor 2:30pm

8th floor 1:00pm

9th floor 1:30pm

10th floor 2:00pm



TOWERS TALK– MARCH 22, 2024



TIME	SATURDAY 3/23/2024	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
1:00PM	ANNUAL EASTER EGG HUNT	COURTYARD
1:30PM	BIBLE STUDY: MATTHEW CHAPTERS 14-20	MAGNOLIA ROOM
3:00PM	TALENT AND TECH HOSTED BY THE CITY	SUNPORCH
4:00PM	VIGIL CATHOLIC MASS	HAMMOND HALL

TIME	SUNDAY 3/24/2024	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	SUNPORCH
4:00PM	BOOK CLUB	HAMMOND HALL
7:00PM	T-TONES CONCERT	SUNPORCH

TIME	MONDAY 3/25/2024	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
3:00PM	CURRENT EVENTS	SUNPORCH
7:00PM	PHASE 10	GAMEROOM

ACTIVITIES COMMITTEE: MONDAY 3/25/2024

12:00PM– NEW COMERS LUNCHEON [DINING ROOM]

1:30PM– HIGH RISE LIVING: ACTIVITIES & TRANSPORT SRVS [SUNPORCH]

3:30PM– TRAVEL GROUP MEETING [MAGNOLIA ROOM]

5:00PM– NEW COMERS DINNER [DINING ROOM]

	TUESDAY 3/26/2024	
TIME	EVENT	LOCATION
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	RUMMIKUB	GAME ROOM
3:00PM	TRIVIA	MAGNOLIA ROOM
3:00PM	ARTS & CRAFTS WITH PCC [ALL ARE WELCOME]	PCC
6:30PM	VESPERS	SUNPORCH

	WEDNESDAY 3/27/2024	
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:45AM	ALDI	DEPOT
11:00AM	ZUMBA CLASS	HAMMOND HALL
11:00AM	EPISCOPAL EUCHARIST SERVICE	MAGNOLIA ROOM
1:30PM	BINGO	GAME ROOM
1:30PM	KROGER & BANKS	DEPOT
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
7:00PM	LOOSE SHOES BAND	SUNPORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 3/28/2024	
TIME	EVENT	LOCATION
10:00AM	CIVIL RIGHTS MUSEUM W/LUNCH AT PASCHAL'S [RESIDENTS \$17.99]	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	STANDARD'S PROJECT	SUNPORCH

	FRIDAY 3/29/2024	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:45AM	WALMART	DEPOT
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	COSTCO	BUS DEPOT



SOUP OF THE WEEK

CLAM CHOWDER

VEGETABLE OF THE WEEK

BRUSSEL SPROUTS

DAILY BREAKFAST 8AM-9:30 AM

CINNAMON WAFFLES WITH SAUSAGE AND FRUIT

2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON

OMELETS MADE TO ORDER WITH YOUR CHOICE OF HAM, SAUSAGE, VEGETABLES AND CHEESE. SERVED WITH FRUIT AND TOAST

SATURDAY, MARCH 23

LUNCH

BATTERED COD WITH 1 SIDE

SUNDAY, MARCH 24

BRUNCH

DINING ROOM ONLY

OMELET STATION W/GRITS AND BACON

SCRAMBLED EGGS

BREAKFAST POTATOES

WAFFLE SELF-SERVE STATION

FRESH FRUIT

DESSERTS & PASTRIES

LOX AND BAGEL

COUNTRY FRIED STEAK WITH

MASHED POTATOES AND BROCCOLI

DELIVERY

COUNTRY FRIED STEAK

WITH MASHED POTATOES AND BROCCOLI

OR

SPINACH AND MUSHROOM FRITTATA WITH ITALIAN

SAUSAGE, ROASTED TOMATOES, AND BREADSTICKS

MONDAY, MARCH 25

LUNCH

SALMON BURGER WITH 1 SIDE

DINNER

TABLE 1

BEEF LASAGNA WITH ASPARAGUS AND

GARLIC BREAD

TABLE 2

FRIED CHICKEN WITH GREEN BEAN CASSEROLE

AND ROASTED POTATOES

TUESDAY, MARCH 26

LUNCH

CHICKEN SALAD ON CROISSANT

WITH 1 SIDE

DINNER

EGGPLANT PARMESAN WITH 2 SIDES

WEDNESDAY, MARCH 27

LUNCH

TURKEY CLUB SANDWICH

WITH 1 SIDE

DINNER SPECIAL

TABLE 1

BLACKENED SALMON WITH MANGO PICO

WITH WHITE CHEDDAR CHIVE

MASHED POTATOES

TABLE 2

SWEDISH MEATBALLS COOKED IN A ROUX

WITH EGG NOODLES AND SWEET PEAS

THURSDAY, MARCH 28

LUNCH

FRIED FISH SANDWICH WITH 1 SIDE

DINNER

ORANGE CHICKEN WITH 2 SIDES

FRIDAY, MARCH 29

LUNCH

BUILD YOUR OWN SALAD BAR:

YOUR CHOICE OF MIXED GREENS,

ROMAINE, OR ICEBERG WITH

TOPPINGS

[SHREDDED CHEESE, CROUTONS,

DRIED CRANBERRIES, RED ONIONS,

BOILED EGGS, BACON BITS, GRILLED

CHICKEN, SALAD SHRIMP,

TOMATOES, CUCUMBERS] WITH

YOUR CHOICE OF DRESSING

BURRITO BAR

YOUR CHOICE OF SHREDDED

CHICKEN OR GROUND BEEF

TOPPINGS: LETTUCE, CHEESE,

SALSA, GUACAMOLE, SOUR CREAM,

ONIONS, CILANTRO WITH

TORTILLA CHIPS

DINNER

ROASTED TURKEY BREAST

WITH 2 SIDES

Lunch is Served from 11:30 am - 2:00 pm,

Monday - Saturday Last seating at 1:15 pm

Dinner is Served from 4:30 pm - 7:00 pm,

Monday - Friday Last seating at 6:15 pm

Sunday-11:30 am - 2:00 pm

Last seating at 1:15 pm

Call 404-255-7246

Call by 9AM for Lunch Delivery

Call by 1:30PM for Dinner Delivery

Dining Room Closed 2-3 pm M-F

Call by 9AM for brunch Delivery