

ADMINISTRATION CORNER



Happy Friday, everyone!

I hope my memo this week finds you well. We've weathered the storm, and as I write this, I'm optimistic that the rain will clear soon. Thankfully, we've managed to limit the damage, but I want to

inform you of a few challenges we faced. We experienced significant flooding in the basement overnight and have noted leaks and water intrusion in several areas of the building. Additionally, some large trees and branches have fallen in front of the building. While we've cleared them from the entry and exit paths, removal will have to wait until the weather improves. Please exercise caution outdoors as the water takes time to recede. A special shoutout to my overnight sidekicks, Rick and Pat, for helping me weather the storm!

Due to callouts, we are experiencing staffing shortages for dinner service today as some areas are flooded and without power since last night. Therefore, we will be offering chef table service for dinner tonight, with a dine-in menu of Meatballs and Gravy, Mashed Potatoes, Sweet Peas, Stuffed Cabbage with Ground Beef, Zucchini, Squash Medley and Steamed Rice. For to-go/delivery options, you can choose one of the following, Meatballs and Gravy, Mashed Potatoes and Sweet Peas, or Stuffed Cabbage with Ground Beef, Zucchini, Squash Medley and Steamed Rice.

With the upcoming holiday season, we want to remind everyone that the front desk receives numerous packages daily. To manage this efficiently, starting immediately, residents will have three days to pick up their packages. If not collected within that timeframe, packages will be delivered to your condo at a fee of \$5.00 for small packages and \$10.00 for larger ones. Many residents have asked ahead of holidays coming up, what the procedure is if you are going to be away from the building for several days or longer. For residents planning to be away for several days or longer, please notify the front desk and your floor rep of your absence, including the expected duration. This will help us ensure everyone's safety and well-being. If you are gone for at least seven days, please check in with Susan upon your return to complete paperwork to accrue meals for the days you were away. These accrued meals must be used within three months.

As we approach the busy fourth quarter of the year, I want to highlight some upcoming events.

Administrator Corner cont.

On Monday, the Fire Marshal will join us for the high-rise living series, followed by a Mix and Mingle with me on Wednesday.

October is also Breast Cancer Awareness Month, and I'm excited to share that we will be selling t-shirts and $\frac{3}{4}$ sleeve baseball t-shirts with our special MVT design. T-shirts will be \$12.00, and the $\frac{3}{4}$ sleeve shirts will be \$14.00, with a portion of the proceeds going to the Northside Hospital Cancer Institution. To order, please email me, call the front desk, or stop by the desk with your name, preference, and size. We'll wear these shirts together for several events in October! I have attached a picture of the shirts. Please note that they will look even better in person than they do in the printed image.

Here are some additional activities planned for the month:

October 7th – 31st: Ribbon awareness campaign; pick up a ribbon for a specific cancer type at the front desk. The list with ribbon colors will be at the desk, and the ribbons are free of charge.

October 7th - 14th: Collecting new scarves and hats for donation; please contribute by placing your items in the container at the front desk!

October 7th – 31st: Honor a cancer survivor or someone you've lost to cancer by placing their name on a pink or white ribbon and attaching it to our giving tree for a \$3.00 donation. Ribbons can be purchased at the front desk, and the charge can be placed on your monthly bill.

October 17th: Mount Vernon Towers Pink Out Day, featuring pink-themed refreshments at lunch and dinner. This is a great day to wear those special MVT designed shirts.

October 21st: Join me at the main entrance at 3:30 pm for a cancer walk over to the City Center Greens, ending with a balloon release in honor of those affected by cancer. The Mayor of Sandy Springs, Rusty Paul, will also join us. Please note that this walk is for residents who are completely mobile unassisted.

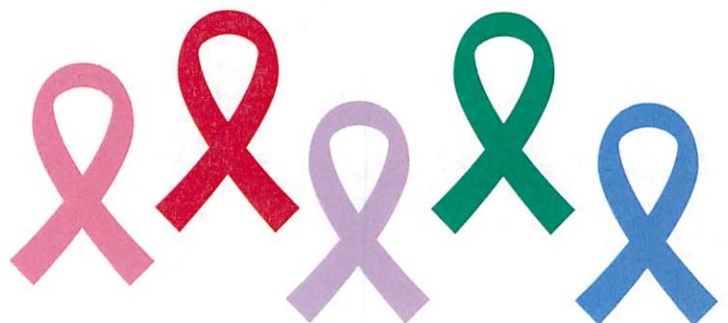
Administrator Corner cont.

October 24th – 30th: Pumpkin Decorating Contest; whether you want to team up with friends or decorate a pumpkin on your own, the goal is to see which pumpkin can raise the most money. All decorated pumpkins will be displayed in the front lobby for everyone to admire. Next to each pumpkin, there will be a donation jar. To vote for your favorite pumpkin, simply donate to the jar next to it. The pumpkin that collects the most donations will be declared the winner, and we will announce the results during the Halloween dinner party on the 30th. All funds raised this month will be donated to the Foundation of the Northside Hospital Cancer Institution.

As we transition from discussing activities, I want to remind everyone about the upcoming mandatory sprinkler head inspection. This inspection will begin at 9 AM on the 10th floor on October 2nd and will continue down through the building, concluding on October 3rd. Additionally, we have noticed an increase in residents contacting the maintenance department directly to request repairs for their individual units. Please refrain from doing this. The correct procedure for submitting a maintenance request is to call the front desk and place a work order. Work orders are addressed based on priority, ensuring that urgent issues are handled promptly. Following this procedure helps us manage requests efficiently and ensures that all residents receive the necessary assistance in a timely manner.

Thank you for your cooperation and support. Have a safe day and enjoy your weekend!

Rita Malone
Executive Director



Nominating Committee

2025-2026 HOA Board Candidates

Individuals interested in running for one of two open positions for two-year terms on the MVT HOA Board of Directors should contact Rita Malone for additional information on responsibilities, campaign rules and the 2024 election calendar. There is one position open for a resident owner and one for an individual living outside the community, who is not required to be an owner. Cover letters and resumes will be accepted beginning Monday, September 30th, with the deadline for submission ending at 5:00 pm on Wednesday, October 9th. Submission can be delivered to the front desk in a closed envelope addressed to Rita Malone, or emailed to rita@mountvernontowers.com

The Nominating Committee will interview candidates in mid-October and the slate will be announced at the October Board Meeting. No campaigning is allowed until candidates are announced. Information on approved candidates will be submitted, reviewed and distributed to owners in late October. Meet the Candidate events will be held in November, and the ballots will be tabulated at the December 16 Annual Meeting.

Voting in the General Election

If you missed the visit from the Fulton County Elections Office, here is information on voting in the 2024 general election. Absentee ballots BEGIN mailing on October 7th, which is also the Voter Registration deadline.

Early voting begins Tuesday, October 15th, and Tuesday, November 5th is Election Day. The Sandy Springs Library is an advance voting location from Tuesday October 15th, to Friday, November 1st, and has a drop box inside during voting hours. MVT will offer shuttle service to advance voting. Dates and times will be announced closer to the date. Early voting hours and sites will be available at the front desk by Friday, October 11th.

The poll location for MVT on election day is Lake Forest Elementary School at 5920 Sandy Springs Circle, Sandy Springs, 30328. Georgia law requires voters to show a valid photo ID. A driver's license is accepted, even if expired.

At any time, you may check www.fultonelections.com or Georgia's My Voter Page (MVP) at <https://mvp.sos.ga.gov>. Sample ballots will be available by October 7 on MVP. With your first initial, last name, county of residence (Fulton) and date of birth, you can find the following on MVP:

1. Voter registration status
2. Mail-In application and ballot status
3. Poll location
4. Early voting locations
5. Elected Officials
6. Registration information on file with the county office
7. Sample ballot for the upcoming election
8. Provisional Ballot status



Happy birthday shout-out to the fabulous
NEELIMA BIDDIX B611 and KAREN
WALKER A506 on 9/30! Let's sprinkle some
confetti for MARIA BRATKO A106 on 10/2,
party it up for PAUL TIMMERMAN A204 on
10/4, and give a big cheer for STEVE
NEMETH B201 on 10/5!



High Rise Living Series

Sandy Springs Fire Lieutenant on Fire Safety
September 30 / 1:30 Sun Porch

Travel Club

Calling all travel enthusiasts!
Pack your bags, because the
Travel Club is meeting on
October 7 at 3:30 PM in the
Magnolia Room. Get ready to
feast on adventures like the
Jekyll Island Shrimp & Grits
Festival from October 25-27 and
the Biloxi and New Orleans
Gambling trip from October 28-
Nov 1! Last month, over 20 MVT
residents hit the road to
Charleston and had a blast!
Swing by the meeting to uncover
more exciting escapades ahead!



MIX N MINGLE

with Rita



Sip on Rita's top-secret
homemade concoctions and
munch on tasty treats!

Groove to the vibes of "Music to
My Ears" starting at 3:30 PM on
the Sun Porch!

TRIVIA

Get ready to flex those brain
muscles at Super Trivia on October
9th from 2-4 PM. Last time was such
a blast that we just had to bring it
back for round two! Because the
date shifted, new teams have formed
to accommodate the changes.
Contacts for each team will be
notified to confirm team members. If
you have already formed a team,
you do not need to register again.
The winning team will snag a
fabulous gift basket, so bring your A-
game! For all the juicy details, hit up
Rita or Nancy Rogers!



New Resident Meal sign-ups

Lunch and Dinner each Monday.
Register Sunday by NOON by the mailroom.

**ORDER YOUR SHIRT AT THE
FRONT DESK!**

**MOUNT VERNON TOWERS
BREAST CANCER AWARENESS
SHIRTS FOR SALE!**

T-SHIRTS – \$12.00

3/4 SLEEVE – 14.00



TOWERS TALK– SEPTEMBER 27 , 2024



	SATURDAY 9/28/2024	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
10:15AM	HAPPY TAILS PET THERAPY	BACK LOBBY
12:00PM	HELP TECH W/ YOUNG MEN'S LEAGUE	MAGNOLIA ROOM
1:00PM	NAT'L CHARITY LEAGUE CARAMEL APPLE DECORATING	SUN PORCH
1:30PM	BIBLE STUDY: THE CHOSEN SEASON 4	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH
7:00PM	POKER	GAME ROOM
TIME	SUNDAY 9/29/2024	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	SUN PORCH
4:00PM	BOOK CLUB	HAMMOND HALL
TIME	MONDAY 9/30/2024	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
12:00PM	NEWCOMERS LUNCH	DINING ROOM
1:30PM	HRLS: SANDY SPRINGS FIRE DEPARTMENT	SUN PORCH
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
3:00PM	SHEA ROBERTS GA REPRESENTATIVE HOUSE DISTRICT 52	
5:00PM	NEWCOMERS DINNER	DINING ROOM
7:00PM	PHASE 10	GAME ROOM
	TUESDAY 10/1/2024	
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:30AM	STANDING TAI CHI W/MARIE	HAMMOND HALL
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	RUMMIKUB	GAME ROOM
3:30PM	ROBERT MCNEILY REPUBLIAN CANDIDATE STATE HOUSE DISTRICT 52	SUN PORCH
6:30PM	VESPERS	SUN PORCH

	WEDNESDAY 10/2/2024	
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	CHAIR YOGA	HAMMOND HALL
10:45AM	ALDI	DEPOT
10:45AM	READING BUDDIES: LAKE FOREST ELEMENTARY	DEPOT
11:00AM	ZUMBA CLASS	HAMMOND HALL
11:00AM	EPISCOPAL EUCHARIST SERVICE	MAGNOLIA ROOM
1:30PM	BINGO [DOLLAR BILLS OR QUARTERS ONLY]	GAME ROOM
1:30PM	KROGER & BANKS	DEPOT
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
3:30PM	MIX AND MINGLE W/MUSIC TO MY EARS	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 10/3/2024	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	TONIGHT WITH THE IMPRESSIONIST IN PARIS 1874 EXHIBT W/BRUNCH AT CORNER CAFE	BUS DEPOT
7:00PM	MUSIC W/ROBERT RICE	SUN PORCH
7:00PM	DOMINOES	GAME ROOM

	FRIDAY 10/4/2024	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART [CHAMBLEE LOCATION]	DEPOT
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	OLLIE BOY THE VIOLINIST CONCERT	SUN PORCH
3:00PM	COSTCO	DEPOT



TABLE 300

FISH OF THE WEEK: SALMON

VEGGIE OF THE WEEK: BRUSSEL SPROUTS

SOUP OF THE WEEK: CHICKEN & RICE

SOUP OF THE DAY- MONDAY: BROCCOLI AND CHEESE, TUESDAY: CHICKEN NOODLE, WEDNESDAY: TOMATO BISQUE, THURSDAY: CHICKEN GUMBO

FRIDAY: BUTTERNUT SQUASH

Saturday, September 28

LUNCH

Salmon BLT with Chips and 1 side

Sunday, September 29

Brunch

Bacon, Sausage, Scrambled Eggs and

Grits, Assorted Fresh Fruit,

Assorted Bakery Items,

Smoked Salmon Platter LOX

Waffle Station - Whipped Topping, Peaches,

Blueberries and Strawberries,

Powder Sugar, Syrup

Omelet Bar - Bacon, Sausage, Diced Ham
Spinach, Tomato, Mushrooms Diced Peppers,
Onions and Cheddar Cheese

Hot Line - Stuffed Pork Loin, Sliced Turkey &
Gravy, Roasted Vegetables, Collard Greens
Roasted Potato Medley, Cornbread Dressing

DELIVERY

Stuffed Pork Loin or Sliced Turkey & Gravy,
with two sides - Collard Greens, Red Beans &
Rice, Roasted Vegetables, Roasted Potato
Medley

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

Monday - Sunday Last seating at 1:15 pm

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

Last seating at 6:15 pm

Monday, September 30

Lunch

BBQ Chicken Sliders and Baked Beans

DINNER

Meatloaf, Mashed Potatoes and
Asparagus

Tuesday, October 1

LUNCH

Philly Cheese Steak and Onion Rings

DINNER

Beef & Broccoli, Lo Main Noodles,
Garlic Green Beans,
Sweet & Sour Chicken, Fried Rice,
Steamed Broccoli

Wednesday, October 2

LUNCH

Meatball Sub and Southern Green
Beans

DINNER

Pesto Crusted Salmon, Fried Chicken,
Buttered Herbed Angel Hair Pasta,
Spaghetti Squash, Mac & Cheese
Pea & Carrots

Thursday, October 3

LUNCH

Shrimp Caesar Wrap and Potato Salad

DINNER

Grilled Hawaiian Chicken, Zucchini &
Roasted Cauliflower, Sweet Potato

Friday, October 4

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

Deli Bar - Choose Your Bread from Sub
Rolls, Wheat, White Or Rye. Your Choice
of Meat from Deli Turkey, Deli Ham,
Tuna Salad, Chicken Salad with All The
Fixings

DINNER

Veal Marsala, Risotto,
Northern Green Beans

Call 404-255-7246 by 9 AM for Lunch Delivery,

1:30 PM for Dinner Delivery.

Dining Room Closed 2-3 pm M-F.

Call by 9AM for Brunch Delivery