



MOUNT VERNON TOWERS
ACTIVE 55+ COMMUNITY

TOWERS TALK

OCTOBER 4 - OCTOBER 11

ADMINISTRATION CORNER



Happy Friday, everyone!

I hope my memo this finds you well. It has been a busy week, and I truly enjoyed the mix and mingle event last night as a wonderful way to wrap up the

Administration Updates:

Road Project:

If you have been out and about this week, you've likely noticed changes on the road project. Starting October 8th, the project will enter its next phase, which will lead to changes in traffic patterns. To clarify, the light that is being removed is not our traffic light, but rather the one located at the Chevron station. For employees and vendors entering our employee parking lot from the east on Mount Vernon, left turns will not be allowed. They will need to proceed to the main drive and turn around to head back towards Roswell Road. Attached, you will find detailed information and a map provided by the city. I encourage everyone to allow extra time for travel when planning appointments during this transition.

Scooter Policy:

We have recently encountered several accidents and disputes related to scooter use. In response, I have developed a policy regarding the use of mobility devices in the building.

This coming week, administration will reach out to those who use these devices to review the policy and secure their acknowledgment. It is crucial to remain aware of your speed, especially in hallways, the dining room, and while parking or maneuvering these devices.

Common Area Items:

I want to remind everyone that items in common areas, such as the sitting area on your floor, are not for individual appropriation as decor for personal living spaces. If you have taken items from the walls or shelves in the sitting area without permission, please return them to their original locations.

MVT Nominating:

A reminder for those interested in running for one of the two open positions on the MVT HOA Board of Directors for two-year terms: please contact me for further information regarding responsibilities, campaign rules, and the 2024 election calendar. One position is open for a resident owner, while the other is for an individual living outside the community who is not required to be an owner.

Administrator Corner cont.

The deadline for submitting cover letters and resumes is 5:00 PM on Wednesday, October 9th. Submissions can be delivered to the front desk in a sealed envelope addressed to Rita Malone or emailed to rita@mountvernantowers.com.

Activities:

Please remember the activities starting this week in recognition of Breast Cancer Awareness Month. For a quick reference, check the flyer included in this week's Tower Talk. While the pink ribbon is widely recognized for Breast Cancer, many other ribbons represent various types of cancer. On Monday, you can view the different types and their corresponding ribbons at the front desk. If you or someone you know is affected by one of these types, feel free to pick up the corresponding ribbon to wear proudly this month. If you have any questions, please reach out to me.

Our shirt sales are progressing well and are still available for purchase, with delivery expected during the week of October 10th.

Additionally, the gardening club is organizing a field trip to Pike Nursery on October 12th for a free class titled "Autumn Blooms: Creating Stunning Fall Container Gardens." Although the class is free, registration is required, and we have eight spots left. If you are interested, please email me as soon as possible to secure your registration. The bus will depart around 9:30 AM and return after the class, which runs from 10:00 to 11:00 AM.

Administrator Corner cont.

There is a lot happening next week, including a great High-Rise series with Emory, the Buy for Nothing Sale, and Super Trivia! Please refer to your Tower Talk for more details.

Maintenance:

This past weekend, into this week, someone is stuffing large boxes down the trash chute. If this behavior continues, we will need to monitor the situation via camera, which could result in significant fines. This practice causes backups in the chute and requires multiple staff members and hours to resolve. Please remember to break down boxes and dispose of them in the designated area in the trash room.

Additionally, our dedicated maintenance team will be changing filters on floors 9 and 10 on Tuesday, October 8th. They will not enter units if residents are not home. If you reside on those floors and wish to grant permission for entry while you are away, please email me with your consent.

As always, feel free to reach out with any questions or concerns.

Rita Malone
Executive Director





Happy birthday to the fabulous MICHELINE HICKS! A703 is the party zone on 10/10, so let the celebration begin!



High Rise Living Series

Breathe Better – Alex Colac, Manager
Respiratory Care Emory Healthcare
October 7/ 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!



Buy For Nothing

Got stuff you don't want anymore? Time to free up space in your closet, drawers, or that storage unit you keep meaning to organize!

Tuesday, October 8 from 9 AM - 1 PM on the Sun Porch. Item drop-off starts Monday night from 6-9PM and Tuesday morning starting at 9 AM! Give away what you no longer need and maybe snag something new (for FREE!). Let's keep the cycle going—declutter and get some cool finds!

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A** Get ready to flex those brain muscles at Super Trivia on October 9th from 2-4 PM on the Sun Porch. 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.



Breast Cancer Awareness Month

October 7-31

Ribbon Awareness Campaign
Pick up a ribbon for a specific cancer at the front desk.

October 7-14

New scarves and hat collection.
Collection bin at Front Desk.

October 7-31

Honor a cancer survivor or someone you've lost on our Pink Tree. \$3 Donation

October 17

MVT Pink Out
featuring pink-themed refreshments at lunch and dinner

October 21 / 3:30 PM

Walk with Rita to City Springs
Green ending with a balloon release.

October 24-30

Pumpkin Decorating Contest
Vote for your favorite pumpkin in the donation jar.

BREAST CANCER T-SHIRTS AVAILABLE AT THE FRONT DESK

All charges will be placed on your monthly bill.

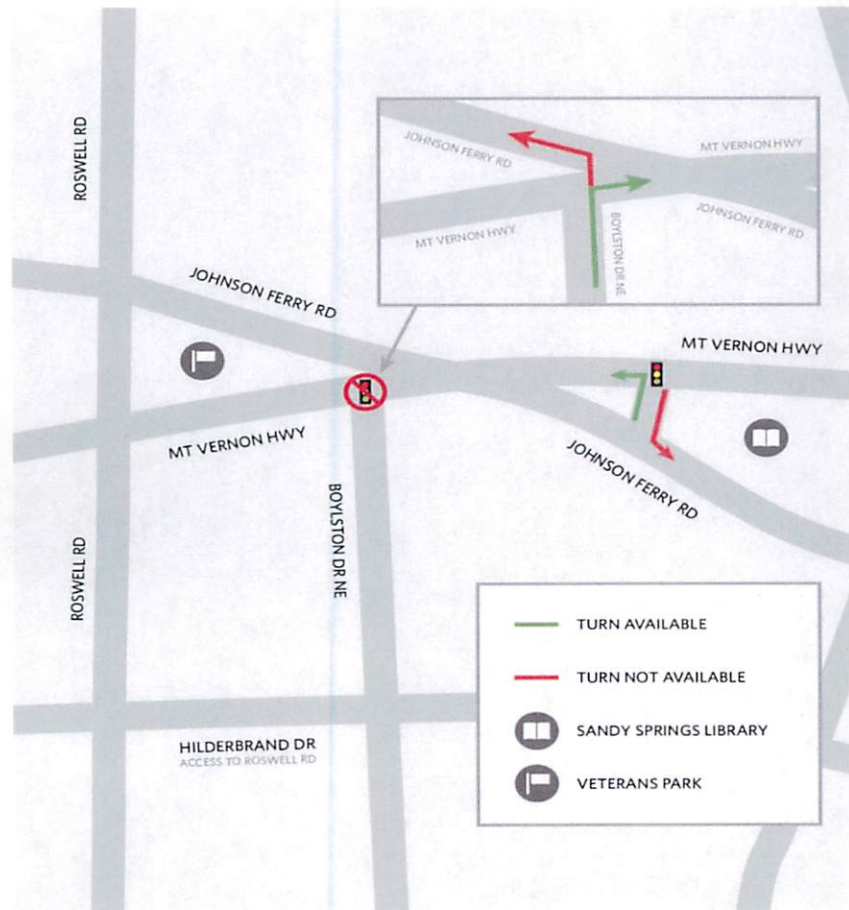
New traffic shift coming soon to Mount Vernon Highway and Johnson Ferry Road!

Here's what you can expect:

- Crews are laying down fresh asphalt and anticipating completion next week.
- The stop light at Boylston Drive and Mount Vernon Highway will be removed, and only northbound right turns from Boylston are allowed.
- The intersection near the Sandy Springs' library will have a slight change. Turning left from Mount Vernon to Johnson Ferry will be prohibited. However, drivers coming from Johnson Ferry Road towards Roswell Road are still able to make left turns.

Upcoming traffic shift: October 8, 2024

On October 8, the project will move into the next phase, which means a traffic shift will be implemented. The one-way sections of Mount Vernon and Johnson Ferry will switch to traffic lanes on the north sides of the road, while crews work in the south lane. The biggest change will be the removal of the stop light at the intersection of Boylston Drive and Mount Vernon Highway. Only northbound, right turns, from Boylston will be allowed. There will be a smaller change at the intersection closer to the library. That light isn't going anywhere (yet), but the option to turn left from Mount Vernon to Johnson Ferry is going away. If you're coming up Johnson Ferry towards Roswell Road, you'll still be able to make that left turn to continue. The attached maps detail the changes, and the pedestrian detour that will help you navigate the area.



TOWERS TALK– OCTOBER 4 , 2024



SATURDAY 10/5/2024		
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
12:00PM	HELP TECH W/ YOUNG MEN'S LEAGUE	MAGNOLIA ROOM
1:30PM	BIBLE STUDY: THE CHOSEN SEASON 4	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH
7:00PM	POKER	GAME ROOM

SUNDAY 10/6/2024		
TIME	EVENT	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	SUN PORCH

MONDAY 10/7/2024		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
12:00PM	NEWCOMERS LUNCH	DINING ROOM
1:30PM	HRLS: EMORY HEALTHCARE: BREATHE BETTER	SUN PORCH
5:00PM	NEWCOMERS DINNER	DINING ROOM
7:00PM	PHASE 10	GAME ROOM

TUESDAY 10/8/2024		
TIME	EVENT	LOCATION
9:00AM	BUY FOR NOTHING DAY	SUN PORCH
10:00AM	STANDING AEROBICS	HAMMOND HALL
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	RUMMIKUB	GAME ROOM
2:30PM	SHOW & TELL	HAMMOND HALL
6:30PM	VESPERS	SUN PORCH

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

THURSDAY 10/10/2024		
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	TOUR OF DAHLONEGA W/ LUNCH AT THE SMITH HOUSE	BUS DEPOT
7:00PM	JAZZ BY TWO BAND	SUN PORCH
7:00PM	DOMINOES	GAME ROOM

FRIDAY 10/11/2024		
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	DANA AND ALDEN BAND	SUN PORCH
3:00PM	TARGET	DEPOT



TABLE 300

FISH OF THE WEEK: TROUT

VEGGIE OF THE WEEK: GRILLED EGG PLANT

SOUP OF THE WEEK: BEEF VEGETABLE

SOUP OF THE DAY: MONDAY: BROCCOLI AND CHEESE, TUESDAY: CHICKEN NOODLE, WEDNESDAY: LOBSTER BISQUE, THURSDAY: VEGETABLE MINISTRONE, FRIDAY: ITALIAN WEDDING

Saturday, October 5

LUNCH

Shrimp Po'boy with House Chips

Sunday, October 6

Brunch

Bacon, Sausage, Scrambled Eggs and Grits, Assorted Fresh Fruit, Assorted Bakery Items,

Banna Foster Pancakes with Whipped Topping- Banna Foster Topping

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

Hot Line - Glazed Honey Baked Ham, Shrimp & Grits, Honey Glazed Carrots, Broccolini Baked Sweet Potato, Orzo

DELIVERY

Honey Baked Ham or Shrimp & Grits with two sides - Honey Glazed Carrots, Baked Sweet Potato, Broccolini, Orzo

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, October 7

Lunch

Lamb Gyro with French Fries

DINNER

Salsbury Steak, Scallop Potatoes
Collard Greens

Tuesday, October 8

LUNCH

Chicken Salad Sandwich with
Parmesan Fries

DINNER

Baked Chicken, Turkey Meatloaf
Creamed Spinach, Sweet Peas,
Herbed Rice, Mac & Cheese

Wednesday, October 9

LUNCH

Fried Chicken Sandwich with
Sweet Fries

DINNER

Smothered Pork Chops, Fried Chicken
Mashed Potato, Rice Pilaf,
Green Beans,
Fried Brussels Sprouts w/Lemon
Butter

Thursday, October 10

LUNCH

Chicken Caesar Wrap with Pasta Salad

DINNER

Fried Trout, Potato Wedges,
Sauteed Zucchini

Friday, October 11

LUNCH

BUILD YOUR OWN SALAD BAR

Fried Rice Bar: White or Brown
Rice, Peas, Carrots, Eggs,
Diced Chicken, Diced Ham, Shrimp
Egg Rolls

DINNER

Turkey Tetrazzini 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 M-F.
Call by 9AM for Brunch Delivery