



MOUNT VERNON TOWERS  
ACTIVE 55+ COMMUNITY

# TOWERS TALK

NOVEMBER 5

## ADMINISTRATION CORNER



Happy Tuesday! I apologize for the delay in sending this update; Monday slipped away from me faster than anticipated.

As many of you know, I departed last Thursday morning in a U-Haul truck to Swannanoa and Black Mountain, North Carolina. I was fortunate to enjoy a beautiful fall drive for most of the journey. However, upon reaching the small towns affected by the recent hurricane, I was shocked by the extent of the devastation—far worse than I had anticipated after a month had passed. The area resembled a war zone, and it truly broke my heart.

On Thursday, I immediately delivered supplies and began canvassing the area to assess where assistance was most needed. I sorted through unorganized supplies, delivered food and pizzas door-to-door in the impacted communities, and witnessed firsthand that restoring these areas to normalcy will take considerable time and effort. It was difficult to leave knowing there is still so much work to be done, but I plan to return for a Christmas gift drive. needed.

I would like to express my heartfelt gratitude to all who generously donated items or funds. Thanks to your swift support, we were able to also meet urgent last-minute needs such as laundry detergent, soaps, space heaters, and air mattresses. I took numerous pictures during my visit, and as many of you have requested, I will attach them to this message.

In terms of maintenance, I am pleased to inform you that the contract for the parking deck repairs has been signed, with the first phase set to begin at the end of this month. In the coming week, I will meet with residents utilizing the undercover parking affected by the initial repairs to discuss parking arrangements. Only those individuals will be notified of the meeting. As a reminder, the barrels and chains on the upper parking deck are in place to block off areas that should not be used until repairs are completed. If you choose to move a barrel and park in those spaces, please be advised that a fine of

## ADMINISTRATION CORNER cont.

\$100.00 will be imposed for the first offense, with increased penalties for repeated violations.

On the activities front, our recent Halloween party was one of the largest and most enjoyable events we have hosted! It was wonderful to see so many residents dressed up. Please keep an eye out for the Thanksgiving Holiday Dinner Party menu in this week's Tower Talk, with reservations opening soon—this event typically sells out quickly. Additionally, on November 11th, we will be taking residents who sign up to the City Center for a Veterans Day Service, followed by a dedication at Veterans Park. The bench dedicated to Mount Vernon Towers Veterans will also be ready by that date. Later in the day, we will host a Veterans Day Concert on the Sunporch, and we encourage you to invite family and friends to join you.

From the administration side, all owners should have received their candidate packets. Some have inquired about the absence of annual meeting information. The annual meeting packet will be distributed later this month, followed by individual floor meetings to discuss the contents and related materials.

Lastly, I want to take a moment to acknowledge our exceptional employees. Each year, the residents of Mount Vernon Towers express their gratitude to our non-management staff for their hard work and dedication. Our Maintenance and Housekeeping teams operate behind the scenes to ensure a smooth living experience.

The Personal Care staff provides outstanding care in the Personal Care Center, while the Servers and Kitchen staff create pleasant dining experiences. Our Front Desk staff consistently go above and beyond to assist residents, and the Activities and Transportation personnel work diligently to keep everyone engaged and active.

Historically, the Towers has maintained a no-tipping policy. Instead, we have the "Little Red Box" initiative, with two donation boxes located at the Front Desk and the Dining Room Host Stand. Contributions made to these boxes will go toward the Employee Appreciation Fund, which is distributed to our non-management staff based on their years of service and hours worked. Donations may be made in cash or by check (check preferred).

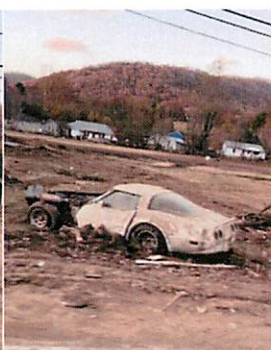
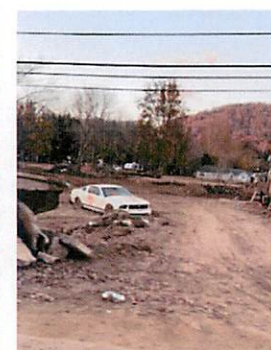
Please make checks payable to Mount Vernon Towers and indicate "Employee Appreciation Fund." I have been asked about contributing online as well, and this is also an option, but please ensure to specify in the note section that it is for the Employee Appreciation Fund.

An Employee Appreciation Party will be held in December to distribute the collected funds. The red boxes will be available starting Wednesday, November 6th, and will remain in place until Wednesday, December 18th.

Wishing everyone a blessed week ahead, and please feel free to reach out if needed.

Rita Malone  
Executive Director

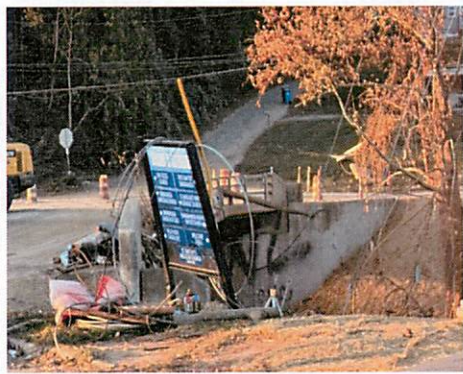
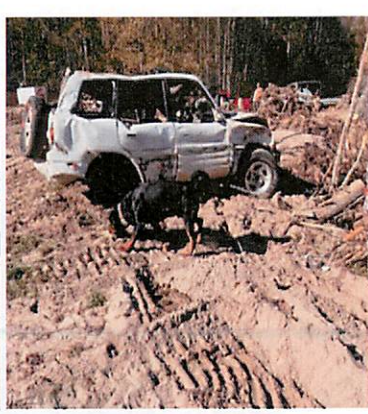
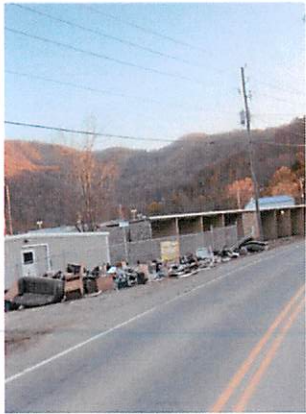


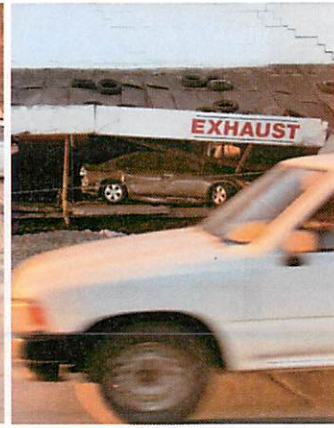
















**MOUNT VERNON TOWERS**  
**ACTIVE 55+ COMMUNITY**

# TOWERS TALK

**NOVEMBER 1 - NOVEMBER 8**

## ADMINISTRATION CORNER



Rita is on a mission, bringing supplies to the hurricane-battered counties left in Hurricane Helene's wake! Stay tuned for her column dropping in a separate letter Monday!

## HAPPY BIRTHDAY

Happy Birthday shoutouts to the fabulous Barbara Brooks A1007, who's ready to party on November 1st, the marvelous Kathleen Harrbin A1009, celebrating her special day on November 2nd, and the wonderful Joan Walsh A602, who gets to blow out her candles on November 3rd! Let the birthday festivities begin!

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## MVT Book Club

Beverly J Armento, author of Seeing Eye Girl, returns to MVT for a special viewing of

**THIS IS YOUR LIFE**

Sunday, November 10 at 4 PM on the Sun Porch.

Hear more of Beverly's story and receive a free gift!



## High Rise Living Series

Physical & Occupational Therapy for Seniors with experts from Emory Healthcare  
November 4  
1:30 PM / Sun Porch



## New Resident Meal sign-ups

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

## Daylight Savings Time



Turn your clocks back this Saturday before you go to bed.



# TOWERS TALK– NOVEMBER 1, 2024



SATURDAY 11/2/2024		
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	MAGNOLIA ROOM
2:00PM	OLLIEBOY THE VIOLINIST	SUN PORCH
4:00PM	VIGIL MASS	SUN PORCH
7:00PM	POKER	GAME ROOM

SUNDAY 11/3/2024		
TIME	EVENT	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	SUN PORCH

MONDAY 11/4/2024		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
12:00PM	NEWCOMERS LUNCH	DINING ROOM
1:30PM	HRLS: PHYSICAL AND OCCUPATIONAL THERAPY	SUN PORCH
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
5:00PM	NEWCOMERS DINNER	DINING ROOM
7:00PM	PHASE 10	GAME ROOM

TUESDAY 11/5/2024		
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:30AM	STANDING TAI CHI WITH MARIE	HAMMOND HALL
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH



<b>WEDNESDAY 11/6/2024</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	CHAIR YOGA	HAMMOND HALL
10:45AM	ALDI	DEPOT
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	RHYTHM AND ROUGE	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

<b>THURSDAY 11/7/2024</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
8:45AM	MERCIER ORCHARDS BLUE RIDGE LUNCH TBD OPTIONS: FATZ / SOUTHERN CHARM RESIDENTS [ \$7.00 ]	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI WITH MARIE	HAMMOND HALL
7:00PM	DOMINOES	GAME ROOM

<b>FRIDAY 11/8/2024</b>		
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART [ <b>CHAMBLEE LOCATION</b> ]	DEPOT
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	TARGET	DEPOT



# TABLE 300

FISH OF THE WEEK: MAHI-MAHI

VEGGIE OF THE WEEK: STEAMED CAULIFLOWER AND DICED RED PEPPERS

SOUP OF THE WEEK: BROCCOLI & CHEESE

SOUP OF THE DAY - M-TUSCAN LENTIL, T-CHICKEN NOODLE, W-TOMATO BASIL BISQUE, TH-CORN CHOWDER, F-ROASTED ONION & MUSHROOM, S-CHEF'S CHOICE

**Saturday, November 2**

**LUNCH**

Philly Cheesesteak with 1 side

**Sunday, November 3**

**BRUNCH**

Assorted Fresh Fruit, Assorted Bakery Items

**Yogurt Bar**

**Build Your Own Omelet Bar**

**Hot Line** - Pot Roast & Gravy, Chicken in a Mushroom Marsala Sauce, Mashed Potatoes, Sautéed Green Beans, Roasted Zucchini & Yellow Squash. Belgian Waffles, Scrambled Eggs, Bacon, Sausage and Buttered Grits

**DELIVERY**

Pot Roast & Gravy or Chicken in a Mushroom Marsala Sauce with Sautéed Green Beans, Roasted Zucchini & Yellow Squash

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

**Monday, November 4**

**LUNCH**

Buffalo Chicken Sandwich w/Fries

**DINNER**

Apple & Onion Grilled Pork Chop w/ Roasted Potatoes & Green Beans

**Tuesday, November 5**

**LUNCH**

Pecan Crusted Chicken/Rice Pilaf/Sugar Snap Peas

**DINNER**

Beef Stroganoff w/Egg Noodles and Green Peas

Pineapple Glazed Ham w/Mashed Sweet Potatoes and Veg Medley

**Wednesday, November 6**

**LUNCH**

Ham & Cheese Quiche w/Fresh Fruit and Tossed Salad

**DINNER**

Fried Chicken, Mac & Cheese, Collard Greens and Brown Sugar Roasted Pork Loin, Baby Carrots and Mashed Potatoes

**Thursday, November 7**

**LUNCH**

Lasagna with Garlic Bread

**DINNER**

Chicken Piccata with Lemon Rice and Zucchini & Yellow Squash

**Friday, November 8**

**LUNCH**

**BUILD YOUR OWN SALAD BAR**

**Baked Potato Bar** w/Texas Chili, Grilled Chicken Strips, Bacon Bits, Broccoli, Shredded Cheese, Green Onions, Sour Cream, Butter

**DINNER**

Pan seared Rainbow Trout w/ Steamed Asparagus & Seasoned Brown Rice

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