



TOWERS TALK

AUGUST 22 - AUGUST 29

ADMINISTRATION CORNER



Happy Friday, everyone! I hope you've all had a wonderful week. Today, I'm loading up a U-Haul and driving my youngest daughter back to college for her sophomore year. Hard to believe how fast this summer has flown by!

And speaking of time flying — next Wednesday marks my 12th anniversary here at the Towers. I can honestly say it feels like I've gained one very big, very special family over these years!

Now, down to business! I want to take a moment to address the recent power glitches we've been experiencing. Most of the time, these glitches are weather-related, but there are also many instances when they are not. Unfortunately, Georgia Power has no explanation for the non-weather-related occurrences.

So, what does this mean for us? While these interruptions may only last a second or two, they significantly impact a high-rise community like ours. Unlike a single-family home, our 10-story buildings rely on specialized equipment to deliver essential services.

When a power glitch occurs, it often disrupts or damages sensitive electronics that keep our systems running smoothly:

Booster Pump: This pump pushes water up to the condos. Without it, the individual units do not have water.

Boilers: These provide the hot water used throughout the community. A glitch can shut them down or damage their electronics, leaving the condos without hot water.

Elevators: Our elevators also depend on sensitive controls that can be knocked offline by sudden power interruptions.

Should this happen after hours and neither I nor another maintenance staff member is on-site, we must call the on-call maintenance staff member to troubleshoot or reset the systems, and in some cases, an outside technician. This could take some time, as we all know. In short, while a "flicker" of power might seem minor, it creates real operational challenges for us and can lead to costly repairs and inconvenience for us all. To address this issue, we are gathering quotes for Uninterruptible Power Supply (UPS) systems to protect these critical components—booster pumps, boilers, and elevators.

Because our equipment is large—running on 480/30–60 amps, 3-phase power—the required UPS systems are more costly but will help shield them from future power fluctuations.

This week, we met with Comcast, and the good news is they have the equipment ready for the condos and could schedule that installation quickly. The bad news is, because their construction crew is still backlogged, moving forward before the service center is complete would leave the Personal Care Center without service and the in-house channels unavailable.

Comcast has offered a temporary option to leave DirecTV service on in the Personal Care Center if we proceed with the condo installation first, but the condos would still be without the in-house channels until construction is complete.

On Monday, a survey will be sent to those who have signed up for Comcast service. You will be asked whether you prefer to move forward with the condo installation now, understanding that the in-house channels will not be available in the meantime, or wait until the construction crew completes the service center work. Please be sure to return your response so we can proceed based on your preference.

Additionally, I encourage everyone to review the Comcast scam alert memo I sent out earlier this week. I've also been in contact with Comcast to report any incidents related to this issue.

I hope you all have a great weekend, and don't hesitate to reach out to me if needed.

Your mission for the coming week, should you choose to accept it, is to go out of your way to do or say something that brightens someone else's day. A smile, a kind word, or a simple gesture can go further than you think — let's spread a little extra sunshine around the Towers!

Rita Malone
Executive Director
423-470-3745



Wednesday, August 27
3 PM
Sun Porch

HAPPY BIRTHDAY

Get ready for a week full of cake and candles!

Let's shower these wonderful ladies with birthday love:

8/24 - JULIE MAISEL (A306), 8/25 - ZETA STIEMKE (B203), MARY GWEN CESNIK (B502), 8/27 - MARILYN GATEWOOD (A207), 8/27 - PEGGY MARSHALL (B204), 8/27 - RITA MALONE (Admin), 8/28 - EVELYN HADDAD (A205)

Wishing each of these amazing women a year filled with joy, laughter, and all their favorite things. Here's to making every day as special as your birthday!



Happy Birthday Rita!

On August 27, we celebrate someone truly special - Rita Malone, our incredible Executive Director here at Mount Vernon Towers!

Rita, your unwavering dedication and tireless work for our community doesn't go unnoticed. Day after day, you pour your heart into making Mount Vernon Towers not just a place to live, but a true home for all of us.

From the big decisions that shape our community to the little touches that make us smile, you handle it all with grace, wisdom, and genuine care. We are so blessed to have someone who leads with such compassion and commitment.

August 27th - a day to celebrate YOU and all the wonderful ways you make our lives better! Wishing you a birthday filled with as much joy and happiness as you bring to everyone around you. Thank you for being the heart of our Mount Vernon Towers family!

Here's to another year of your amazing leadership and beautiful spirit!

LIVE MUSIC

Thursday, August 28 at 3:30 pm

Jazz By Two

All shows on the Sun Porch

HIGH RISE LIVING SERIES

Avoiding Falls with Paul Long, Sandy Springs Community Paramedic.

Sign-up for BP & Vitals by the Mail Room

Monday, August 25

1:30 PM SUN PORCH



MONDAY, SEPTEMBER 1

3:30 PM

MAGNOILA ROOM

SHARE YOUR RECENT TRAVELS AND LEARN ABOUT UPCOMING TRIPS



MVT Field Day

Friday, September 5

1 pm in the Courtyard

(Sun Porch in case of inclement weather)

TOWERS TALK AUGUST 22ND 2025



	SATURDAY 8/23/2025	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
10:15AM	HAPPY TAILS PET THERAPY	BACK LOBBY
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	BIBLE STUDY: SEASON 5 THE CHOSEN	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

	SUNDAY 8/24/2025	
TIME	EVENT	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM
4:00PM	BOOK CLUB	HAMMOND HALL

	MONDAY 8/25/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
1:30PM	HRLS: AVOIDIONG FALLS W/PAUL LONG	SUN PORCH
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 8/26/2025	
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:00AM	WATER AEROBICS	POOL SIDE
11:30AM	STANDING TAI CHI WITH MARIE	HAMMOND HALL
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH

“Laughter is like sunshine for the soul — don’t forget to soak some up this week!”

	WEDNESDAY 8/27/2025	
TIME	EVENT	LOCATION
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	BOARD MEETING	SUN PORCH
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 8/28/2025	
TIME	EVENT	LOCATION
8:00AM	BLUERIDGE SCENIC TRAIN RIDE	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
3:30PM	JAZZ BY TWO	SUN PORCH

	FRIDAY 8/29/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
11:00AM	WATER AEROBICS	POOL SIDE
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	WHOLE FOODS/ DOLLAR TREE	DEPOT

Q: Why don't eggs tell jokes?
A: Because they'd crack each other



Saturday, August 23

LUNCH

Chicken and Broccoli Wrap - Grilled Chicken with Broccoli Monterey Cheese and a Creamy Garlic Spread Served Warm in a Flour Tortilla and a side of Red Skin Waffle Fries

Sunday, August 24

BRUNCH

Flaky Whitefish with Almond Citrus Zest Crust, Scalloped Ham & Potatoes, French Toast with Honey Cinnamon Butter, Roasted Potatoes with Peppers, Chopped Spinach, Omelets Made to Order, Grits/Bacon/Sausage, Pastries/Fruit

Monday, August 25

LUNCH

Greek Gyro Pizza - Diced Gyro Meat, Tomatoes, Onions, Feta & Mozzarella on Grilled Olive Oil Pita Crust with Taziki Sauce

DINNER

Roasted Bone-in Chicken Thighs Tossed in Garlic Parmesan Butter with Mashed Sweet Potato and Zucchini

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

TABLE 300

FISH OF THE WEEK: FLOUNDER

VEGETABLE OF THE WEEK: CREAM CORN

SOUP OF THE WEEK: MEAT & POTATO SOUP

SOUP OF THE DAY: SAT-CHICKEN NOODLE M-SOUTHWEST BLACK BEAN
T-CURRY CAULIFLOWER W-CHEFS CHOICE TH-BROCCOLI & CHEESE
FRI-SEAFOOD CHOWDER

Tuesday, August 26

LUNCH

Hand Formed Ground Turkey, Cheddar and Dill Patty with Fresh Tomatoes and Buttermilk Ranch Dressing on a Toasted Brioche Bun with Sweet Potato Fries

DINNER

Creamed Spinach Topped Pollack Fish with Roasted Red Pepper Sauce, Meat & Cheese Lasagna, Buttered Carrots, Grilled Vegetables, Olive Oil & Herb Cauliflower Rice, Garlic Bread

TAKE OUT/DELIVERY

Fish with Rice and Vegetables or Lasagna with Vegetables and Garlic Bread

Wednesday, August 27

LUNCH

The California Club - Sliced Turkey with Applewood Bacon, Tomato, Baby Watercress and Guacamole on Toasted Wheatberry Bread with Fries

DINNER

Fried Chicken, Brunswick Stew with Sweet Potato Dumplings, Cornbread Dressing, Sautéed Dinosaur Kale with Balsamic Glaze, Peas and Mushrooms, Honey Glazed Biscuit

TAKE OUT/DELIVERY

Chicken or Stew with Peas and Mushrooms and Dressing

Thursday, August 28

LUNCH

Chopped Ham & Egg Salad on a Buttered Croissant with Lettuce, Tomato and Homemade Potato Chips

DINNER

Polynesian Platter: Coconut Fried Shrimp, Sweet & Sour Chicken, Vegetable Fried Rice, Pineapple Salsa and Crispy Chow Mein Noodles

Friday, August 29

LUNCH

TACO BAR:

Pulled Pork, Chicken, Beans, Cheese, Lettuce, Tomato, Onion, Olives, Sour Cream, Salsa

TAKE OUT/DELIVERY

Chicken and Cheese Burrito with Salsa and Chips

DINNER

Beef Bourguignon: Beef, Mushrooms, Pearl Onions, Peas, and Carrots in French Burgandy Wine and Served over Horseradish Mashed Potatoes with French Herb de Provence Green Beans

Breakfast is Served from 8:00am-9:30pm

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