



# TOWERS TALK

## OCTOBER 10 - OCTOBER 17

### ADMINISTRATION CORNER



Happy Chilly Beautiful Friday. I hope everyone is having a great week.

#### **ADMINISTRATION**

Many residents have inquired about the progress of the chase mock-up. The mock-up phase is a crucial step in ensuring that every detail of the upcoming repair project is thoroughly reviewed and documented before full-scale work commences. This process allows us to confirm that all materials, methods, and finishes meet expectations prior to proceeding with building-wide implementation. The mock-up has taken longer than initially anticipated due to the careful coordination required among multiple parties, including the MVT management team, our contractor team, and several consultants from Walker Consultants. Scheduling and comprehensive review discussions take time, but this deliberate approach ensures that the final project plans are accurate and that the work, once underway, will be completed efficiently and to the highest quality.

I am pleased to report that we had around 80 residents attend the High-Rise Living Series with me this week, and I appreciate each of you for coming!

I introduced the new communications app "BAND," and so far, we have 55 members signed up. If you have a cell phone and would like to sign up for the app, please text me on my cell number (423-470-3745), and I will send you a link. If you have an Android phone, there is an extra step, so if you need assistance, feel free to stop by the front desk, and ask for me.

I would like to remind everyone that dogs are required to always be on a leash unless you are in the designated dog park. A dog running freely on the floor presents a trip hazard, and a dog on a leash that is not being held could be even more dangerous, as it might easily wrap around a resident's foot, leg, or walker. The fine for violations is \$25.00 per incident seen or reported (not per day).

Recently, I have received multiple complaints from residents about strong mothball odors originating from neighboring units. Mothballs are a pesticide product regulated under federal and state law and must be used only in accordance with the label's instructions, typically in tightly sealed containers, not placed openly in living spaces.

Using them in any manner inconsistent with the label is both unlawful and unsafe. Effective immediately, all residents must discontinue the use of mothballs in open or unsealed locations that allow vapors to escape. Mothballs should only be used as directed. Continued misuse is not only unsafe for yourself but also for others, and administration will impose fines if necessary.

On a staffing level, our longtime IT Manager, David, will be leaving Mount Vernon Towers after 18 years of dedicated service. Many of you may not have seen David often, as much of his work was done behind the scenes, but his contributions have been truly foundational. David was an integral part of establishing the Towers' entire IT infrastructure many years ago and, for a long time, served as our only IT employee.

David's decision to move on was not an easy one. However, he has chosen to pursue new opportunities that will allow him to expand his skills and take on new and challenging IT projects. While I am saddened to see him go, I am also incredibly proud that he is continuing to grow in his career. As a manager, one of my greatest responsibilities is to support our employees' professional development—even if that growth must continue beyond Mount Vernon Towers.

David's last day will be Monday, so if you see him around the building, please take a

moment to thank him for his many years of service and wish him well in his future endeavors. He will truly be missed.

With that said, we are pleased to welcome our new IT Manager, Charles, who started with us this week. Charles has extensive experience in the IT field and holds degrees in both Computer Information Systems and Music. A fun fact: during his interview, I learned that Charles plays in a large band that visits Mount Vernon Towers a few times each year. Please join me in extending a warm welcome to Charles as he settles in and becomes familiar with our systems, processes, and all the unique aspects of life here at Mount Vernon Towers.

Please note that the process for submitting IT requests remains unchanged—all work orders should continue to be submitted through the front desk.

### **ACTIVITIES**

Everyone should have received the schedule of activities starting next week for Breast Cancer Awareness Month. I would like to make one change to the information you received. On Tuesday, October 14th, the Super Bingo event on the sun porch will take place at 2:30 PM instead of the previously advertised time of 1:30 PM.

If you plan to participate in the pumpkin decorating contest either individually or as a group, please sign up on the activity's clipboard no later than Tuesday, October 21st! This will allow us to purchase the appropriate number of pumpkins and reduce waste.



### DINING

Many residents have expressed a desire to select their own sides when ordering lunch and dinner specials. I spoke with the culinary team, and beginning with the menu in Tower Talk today, you will have the option to pick your own sides.

I have also received several inquiries regarding the new fall menu. While the menu has been finalized for some time, we planned to roll it out in conjunction with the dining room closure for flooring and table replacements. However, since we are still awaiting the arrival of all materials, the new menu will now be released during the first week of November. Additional details will be shared soon regarding the exact timing.

### MAINTENANCE

It's that time of year when we begin storing away pool items such as toys, floats, and umbrellas in preparation for the cooler months ahead. The area itself will remain open, with tables available for your enjoyment as long as the weather allows. I encourage everyone to continue taking advantage of the space on these beautiful fall days.

I hope everyone enjoys a wonderful weekend and takes advantage of the beautiful fall-like weather we are experiencing. As always, please feel free to reach out to me as needed.

**Rita Malone**  
**Executive Director**  
**423-470-3745**



## October 13-31

### Honor Wall

Purchase a ribbon at the Front Desk for \$3, write your loved ones name on the ribbon and place it on the Honor Wall. (All funds donated to charity.)

### Hats & Scarves Drive

Donations of new hats and scarves will be accepted at the Front Desk.



### Super BINGO



\$3 per card, proceeds donated to charity. Pink-themed refreshments and drinks will be served.

October 14 at 2:30 pm / Sun Porch

### Breast Cancer Awareness Walk

Meet (wearing pink) at the Bus Depot and we'll walk to City Center Green with pink ribbon wands. Participants must be able to walk without mobility devices. October 24 at 11 am

### PINK OUT DINING

Wear pink to lunch and dinner.



October 27



### PUMPKIN VOTING



Vote for your favorite decorated pumpkin by dropping money into the jar next to the pumpkin. The winner will be announced at the Halloween Party.

October 27-29 Front Lobby



# HAPPY BIRTHDAY

Big happy birthday shout-outs to Audrie Kelton (10/11), Cecelia Bonfils (10/15), Ed Nugent (10/16), Wright Hardy (10/17), and Tommy Higginbotham (10/17)! Here's to another year of smiles, good times, and plenty of cake!

## HIGH RISE LIVING SERIES

Emory Healthcare, Dr. Monica Parker  
on Brain Health

**Monday, October 13**

1:30 PM Sun Porch

## LIVE MUSIC

**Wednesday, October 15 at 7 pm**

The Elderly Brothers

**Thursday, October 16 at 7 pm**

The Standards Project



**DEB THE JEWELER**

Wednesday, October 15

11 AM

Back Lobby



Help Tech

Saturday, October 11

12 PM

Magnolia Room



Mount Vernon Towers is about more than just a place to live — it's about our community that feels like home. It's a chance to enjoy life with fewer worries and more moments that matter. From our dining room and social activities we offer connection, security, and the freedom to focus on what truly brings joy. Make every day an opportunity to make new friends, explore new interests, and live life to the fullest.



CHAIR PILATES

EVERY TUESDAY AND FRIDAY

11 AM

**HAMMOND HALL**



STANDING TAI CHI

EVERY TUESDAY

11:30 AM

**SUN PORCH**



# TOWERS TALK OCTOBER 10TH 2025



	SATURDAY 10/11/2025	
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: HIGH LEVEL REVIEW OF BIBLE	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

TIME	SUNDAY 10/12/2025	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

TIME	MONDAY 10/13/2025	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO	PCC
1:30PM	HRLS: EMORY HEALTHCARE DR. MONICA PARKER ON BRAIN HEALTH	SUN PORCH
2:30PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 10/14/2025	
TIME	EVENT	LOCATION
10:00AM	BAKE SALE	BACK LOBBY
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:00AM	CHAIR PILATES	HAMMOND HALL
11:30AM	STANDING TAI CHI	SUN PORCH
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	RUMMIKUB	GAME ROOM
2:30PM	SUPER BINGO	SUN PORCH
6:30PM	VESPERS	SUN PORCH

**MVT Life Tip: Return carts to their natural habitat**

	WEDNESDAY 10/15/2025	
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	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
5:00PM	NEW RESIDENT DINNER	DINING ROOM
7:00PM	ELDERLY BROS BAND	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 10/16/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	JIM HOWE BUS TOUR OF CANTON, GA /CHEROKEE COUNTY HISTORY MUSEUM W/LUNCH AT RALLY POINT RESIDENTS \$20	BUS DEPOT
1:30PM	TAI CHI W/ MARIE	HAMMOND HALL
7:00PM	STANDARDS PROJECT	SUN PORCH

	FRIDAY 10/17/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	BUS DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	BUS DEPOT
11:00AM	CHAIR PILATES	HAMMOND HALL
1:30PM	KROGER/DRY CLEANERS	BUS DEPOT
3:00PM	GOODWILL	BUS DEPOT

**“I was going to tell a leaf joke... but  
I’m afraid it might *blow over*.”**





**Saturday, October 11**

**LUNCH**

Peach Balsamic Glazed Chicken with Fresh Watercress on a Toasted Brioche Bun  
Plus One Side

**Sunday, October 12**

**BRUNCH**

Brown Sugar Baked Ham, Turkey Tater Tot Casserole, Belgium Waffles with Warm Maple Syrup, Baby Carrots in Herbed Butter, Macaroni & Cheese, Omelets, Bacon/Sausage, Fruit and Pastries

**TAKE OUT**

Ham Carrots with Mac & Cheese or Turkey Casserole with Sausage and Carrots

**Monday, October 13**

**LUNCH**

Grilled Tuna Cheese Melt on Wheatberry Bread with One Side

**DINNER**

Bone In Garlic Chicken Thighs with Two 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

# TABLE 300

**FISH OF THE WEEK: HADDOCK**

**VEGETABLE OF THE WEEK: SAUTEED GREEN BEANS IN GARLIC BUTTER**

**SOUP OF THE WEEK: BEEF BARLEY**

**SOUP OF THE DAY: M-BEEF NOODLE T-VEGETABLE ORZO W-CHEF SPECIAL  
TH-LENTIL F-CREAM OF TOMATO**

**Tuesday, October 14**

**LUNCH**

Turkey, Ham and Havarti Cheese on a toasted Croissant with Fresh Sliced Tomato and an Herbed Infused Mayonnaise with One Side

**DINNER**

Boneless Apple Butter Pork Chops, Baked White Fish with Fresh Tomatoes and Zucchini, Roasted Cauliflower and Red Onions, Green Peas with Butter, Mashed Sweet Potatoes, Warm Dinner Roll

**TAKE OUT/DELIVERY**

Pork Chops or Fish with Green Beans, Mashed Potatoes and a Dinner Roll

**Wednesday, October 15**

**LUNCH**

Open Faced Eggplant Parmesan Sandwich - Fried Eggplant with Mozzarella Cheese Marinara Sauce and Fresh Basil on top of Toasted Garlic Bread plus One Side

**DINNER**

Flounder Francaise, Fried Chicken, Green Bean Casserole, Ratatouille, Almond Rice Pilaf, Roasted Red Potato Wedges

**TAKE OUT/DELIVERY**

Flounder with Rice and Green Bean Casserole or Chicken with Potatoes and Ratatouille

**Thursday, October 16**

**LUNCH**

Chopped Italian Salad - Lettuce, Onion, Tomato with Diced Salami, Pepperoni and Ham Tossed in an Oregano Vinaigrette and Crispy Croutons

**DINNER**

Beef and Broccoli with Rice and One Side

**Friday, October 17**

**LUNCH**

Potato Bar - Baked Potato or Tater Tots, Vegetarian Chili, Cheese Sauce, Diced Onion, Chopped Bacon, Chopped Spinach

**TAKE OUT/DELIVERY**

Baked Potato with Cheese Sauce, Onions and Spinach

**DINNER**

Roasted Turkey with Cornbread Dressing and Garvy with One Side

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