Weekly Happenings

Exercise
Mon.– Fri. 10-10:30 am
J2 Media Room

**Nickels**
Tuesdays at 3:00 pm
J2 Activity Room
Gerry—651-388-1703

**Penny Ante**
1st & 3rd Sat. of Month
4:00– 6:00 pm
J2 Activity Room
Dennis Melsness

**Bingo**
Mon. & Sat. at 1:00 pm
Thursdays at 6:00 pm
J2 Sailstad Room

**Cards**
Mon. 3:00 pm &
Wed. 12:15 pm
J2 Activity Room
Gerry 388-1703

**500**
Tuesdays 3:00 pm
J2 Sailstad Room
Ruby 651-388—4144

**Quilting and Sewing**
Thursday 9:00 am
J2 Craft Room
Jo—651-388-5957

**Coffee**
Wednesdays
9am– 10:30am
J1 Café Jordan
$.50 for coffee and treat

**Bible Study**
Every Thursday
9am-11am
J2 Conference Room
All Faiths Welcome!

J1 Office (Candis & Jo)
Front desk 651-388-7614
J1 Office (Jessica)
651-301-7018
J2 Office (Grace)
651-301-7035
HRA Office (Terri)
651-301-7020
HRA Office (Cathy)
651-301-7012

Maintenance
non-emergency number:
651-388-7571

Mon–Fri. 8am to 4pm will be answered. Nights, weekends & holidays you can leave a message.

MAINTENANCE
EMERGENCY
651-764-9586

Police non-emergency number
651-385-3155

HAPPY ST. PATRICK’S DAY
March Activities

**Hot Topics with Heartland**
*With Sara Larson*
**Tues, Mar 3**
11:45 am
**J2 Meeting Room**
Sara will be discussing topics in the news, and questions you may have. Come join the group!

**Heidi Bacon Art**
*Wed, Mar 18*
6 pm
**J2 Craft Room**
Sailboat Painting
$5 per person
Must make payment directly to Heidi the day of the event. Sign up in J1 or J2 office by Thurs, Mar 12

**Hobby Group**
**J2 craft room**
Meets Saturdays 10 am-2 pm
**Mike Blanchett**

**Computer Classes**
*Tues, Mar 12*  
*Wed, Mar 25*  
2 pm
**J2 Conference Room**
Learn about your computer, cell phone, tablet, etc.
**No computer necessary!**
Sign up in J1 or J2 offices.

**Downtime with Debby**
**St. Crispin Chaplain**
*Fri, March 13*  
2:45 pm
**J1 Café Jordan**
Free snacks!

**Birthday Coffee Hour**
1st Wed of the month
2:30 pm– 4 pm
**J1 Café Jordan**
Come celebrate the monthly birthdays over coffee. If it is your birthday month, you will receive an invite to come to coffee and enjoy a FREE piece of birthday cake and coffee.

**March Tenant Meeting**
**Thurs, Mar 26**  
4 pm
**J2 Sailstad Room**

**Agenda:**
2020 Census  
RW Police Dept– Scams  
Single Sort Recycling  
Activity Update

**Menu:**
Chicken Salad  
Croissant  
Cookie  
Sign up in J1 or J2 offices by Thurs, Mar 19.

**Rummage Sale**
*Sat, Mar 7*  
8 am– 1 pm
If you are interested in helping out for this event, please contact **Mike Blanchett.**  
(651-380-8950)

**Resident Council**
**Biscuits and Gravy Fundraiser**
*Sunday, Mar 22*  
11am– 1pm
**J1 Café Jordan**
$7.00 per person
2 Biscuits with Sausage Gravy, Cookie, Orange Juice, and Coffee
<table>
<thead>
<tr>
<th>Activity</th>
<th>Date/Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>NAPS</td>
<td>Tues, Mar 3 10am</td>
<td>J1 Café Jordan</td>
<td>To find out if you qualify for the NAPS (Nutritional Assistance Program for Seniors) program, please contact Channel One NAPS at 1-877-500-8699 or 1-507-424-1704.</td>
</tr>
<tr>
<td>Ecumenical Church Services</td>
<td>Thurs, Mar 19 2 pm</td>
<td>J2 Movie Room</td>
<td>Communion served at every service (at the discretion of the pastor). All Faiths Welcome!!</td>
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<tr>
<td>Fare for All</td>
<td>Tues, Mar 3 3 pm-5 pm</td>
<td>Church of St. Joseph 435 W. 7th Street, Red Wing, MN 55066</td>
<td>Fare For All is a great way to save money on quality, nutritious food. We buy fresh fruits, vegetables, and frozen meat in bulk to save you up to 40% off grocery store prices. Everyone is welcome. Payments accepted: Cash, credit, debit, &amp; EBT.</td>
</tr>
<tr>
<td>Chair Yoga</td>
<td>Tues, Mar 10 at 2pm Wed, Mar 31 at 2pm</td>
<td>J2 Sailstad Room</td>
<td>FREE to all JT residents. Jessica Richmond, Registered Yoga Instructor.</td>
</tr>
<tr>
<td>St. Croix Hospice Presents: Fall Prevention</td>
<td>Thurs, Mar 12 10am</td>
<td>J2 Conference Room</td>
<td>Identify where and why falls occur. Discussions will include environmental factors that may contribute to falls and fall prevention. Sign up in J1 or J2 office by Mon, Mar 9. Treats and Refreshments Provided!</td>
</tr>
</tbody>
</table>
Turn your clocks ahead one hour on Sunday, March 8th, 2020!

March Birthdays!

3/4 Darlene Stanbarger
3/4 Judy Hielscher
3/4 Mary Echo
3/5 Lynda Toombs
3/7 Peggy Marks
3/8 Terri Jones
3/9 Deanna Estrem
3/10 Kim Odman
3/19 Janice French
3/20 Sandra Swenning
3/21 Frederick Kratt
3/23 Pauline Payzant
3/26 Frances Ross
3/28 Jackie Luikart
3/31 Bernice Jensen

If your birthday was not put in the Tower Talk and you would like it in there, please see Jessica or Grace so you can sign a release form stating you want it in there.

MOVIES—J2 Media Room

**Thurs, March 12— 4pm— Dog Days**
(PG) 1 Hr 53 Min
In this ensemble comedy, dogs are not only man's best friend, they're his best matchmaker as a disparate group of Los Angelenos -- including a mom, an athlete turned TV host and a barista -- connects through their canine companions.

**Wed, March 25— 4pm— Murder on the Orient Express**
(PG-13) 1 Hr 54 Min
In this retelling of Agatha Christie's classic mystery, a train ride through Europe on the famed Orient Express becomes the setting for murder when an American passenger is slain and almost everyone on board is a suspect.

Each movie is shown in the J2 Media Room. Popcorn will be served at each showing. Bring your own beverage. The Resident Council is not responsible for the movie content. **If you have any movie suggestions, please be sure to put them in the suggestion boxes located outside of the J1 and J2 offices.**
Mail Packages
The HRA would like to remind residents to pick up their mail packages right away. If you are expecting a package to arrive, please be sure that you are around to get it. All packages can be tracked online. If you need any assistance with tracking a package, please contact Jessica or Grace.

Door Knocking
If you receive a knock on your door in the middle of the night, please be sure that you report this to the HRA. The HRA is investigating this and if caught, the person(s) will be dealt with accordingly. We encourage you not to answer your door unless you know who it is.

Incident Reports
The HRA is aware that sometimes you may have a disagreement with or concern about another resident. We encourage everyone to try and resolve these issues on your own. If you have tried addressing the person of concern and still have an issue, it is important that you fill out an incident report. The HRA will not investigate any incidents if they are not put in writing.

Hanisch Bakery
Starting in March, for three months, the prize for Random Acts of Kindness will be a $10 gift card to Hanisch bakery! If you know a resident who has gone out of their way to help you or someone you know, nominate them for Random Acts of Kindness.

Jordan Towers Social Services
Social Services Coordinator
JESSICA KITZMANN
J1 Office– 301-7018
Open Mon– Thurs 8am– 4:30pm

Resident Support Specialist
GRACE CEBULLA
J2 Office– 301-7035
Mon and Fri 8:30am– 4pm
Tues and Thurs 8:30am– 3pm

Apartment Absences
If you are going to be absent from your apartment for a period of time, please be sure to notify someone from the HRA. Before you leave, please be sure to secure your unit, which includes, closing all windows, turning off all lights and appliances, and locking your door.

If you leave your apartment due to an emergency situation and are unable to complete any of the above, please contact the HRA office and we will secure your unit.

Appointment Reminders
The HRA staff are always open to meeting with the residents but if you must meet with one of us for longer than 10 minutes, please be sure to make an appointment.
**Senior Foot Care Clinic**  
Vicki Hattemer, RN, BSN  
651-380-4852  
*Treatment Includes:*  
- Foot assessment  
- Trimming and filing toenails  
- Reducing thick toenails if needed  
- Calluses and corns reduced  
- Foot Massage  
*Fee: $40 (services will NOT be billed to Medicare or other insurances)*  
*Please see Jessica or Grace to see if you qualify for the sliding fee scale.*

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**MAYO CLINIC HEALTH SYSTEM**  
**Mayo Community Health Lab**  
Thursday mornings – J1  
Call 267-5500 and ask for the Jordan Towers Lab.

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**Random Acts of Kindness**  
Do you know a fellow resident who goes out of their way to help others? Nominate someone by writing their name and why you are nominating them in the suggestion boxes in J1 and J2. (Located on 1st floor in each tower). Winner wins a $10 gift card to Hanisch Bakery.  
- Rich Schott has done many wonderful things for me. He is a very kind and helpful friend. He is appreciated!  
  ~Marilyn Beikler
  
  *Winner*

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**Maids in Minnesota**  
Stacey Ledebuhr, Owner  
612-245-5992  
*Duties include:*  
- Grocery, meds or errands run  
- Basic housekeeping/ cleaning duties  
- Laundry/ Bed making  
- Taking out garbage and recycling  
- And more.....  
*Please see Jessica or Grace to see if you qualify for the sliding fee scale.*

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**Omega Home Healthcare LLC**  
1-877-517-0644  
- Homemaking services such as, laundry cleaning dishes, etc.  
- Home healthcare such as, assistance bathing, etc.  
- RN services such as, regulating medications, etc.  
*Please see Jessica or Grace to see if you qualify for the sliding fee scale.*

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**Jordan Towers Health Services**  
**Omega Blood Pressure Checks**  
1st & 3rd Monday of each month  
10:30am – 11:30am Sailstad Room
Neighbor to Neighbor Closet Guidelines
Located in the Jordan 1 Café Jordan

♦ The closet will be open on Tuesdays (excluding the 1st Tuesday each month) from 9am–1pm, and Thursdays from 1pm–5pm.
♦ The closet is for Jordan Towers residents only.
♦ The closet only gives away FREE items. No items will be sold.
♦ Donations to the closet are only accepted when the closet is open.
  No drop offs.
♦ It is highly recommended that you spend no more than 30 minutes at the closet at a time to give everyone a chance to use the closet.
♦ The closet volunteer has the right to refuse any item that is donated.
♦ All clothes must be washed before donating them.
♦ If an item does not fit in the closet, it will not be accepted.
♦ All items must be in working condition.
♦ All items are first come first serve. There will be no holds.
♦ All items must be able to be carried.
♦ Every other Friday, all leftover items will be taken to AnnaDee’s Closet.
♦ If the rules and guidelines are not followed, the closet will be closed down permanently.

Items allowed to donate to the closet:
♦ Small Electronics (cell phones, landline phones, stereos, laptop computers, tablets)
♦ Small Appliances (microwaves, toasters, blenders, crock pots)
♦ Clothes (must be washed)
♦ Décor or small trinkets

Items NOT allowed to donate to the closet:
♦ Furniture (couches, love seats, chairs)
♦ Televisions
The Resident Council needs YOU!

The Resident Council is looking for new members starting in June 2020. Without you, the Resident Council will not be able to keep going. What that means is, no more activities, such as, Hager Heights Chicken or the Christmas Dinner.

Here are some things to consider when thinking about running for council:

1) Do I have ideas that I would like for the council to hear?
2) Do I enjoy socializing and participating in events?

If you answered “yes” to any of these questions, then the Resident Council wants you! All abilities are welcome to join the council.

Please talk to Jessica or Grace if you are interested in running for an open Resident Council spot!

Did you know…..

Jordan Towers is a voting poll place?

Make sure you are registered to vote and put the following dates on your calendar:

Tuesday, March 3rd— Presidential Primary Nominations
Tuesday, August 11— Primary Election
Tuesday, November 3— General Election

Voting will be held in the J2 Media Room.
Resident Council Meeting Minutes
February 18, 2020 from 3:30pm to 4:50pm

Attending: Dorothy Jamison, Linda Farrington, Russell Lee, Larry Cedar, Joyce Thompson, Signe Flormoe-Christians, Jim Hanson, Dan Beckman, Jason Luckett, Jackie Luikart (HRA Commissioner), Grace Cebulla (RSS), and Cathy Edblom (HRA)

Absent: Mike Christians, Judy Hunt, Trisha Kosnopfal, Jessica Kitzmann (SSC)

** This is a condensed version of the meeting minutes. If you wish to see the whole copy of minutes, please see Jessica, Grace or a council member.

Finance

- The Resident Council fund and the Sunshine Fund will pay for the meal tickets for new tenants. Both Resident Council and SEMCAC will be written on the tickets.
- Chair yoga will come twice a month. The payment for chair yoga will be split between the tenant activity and tenant participations funds.

Old Business

- A suggestion was to have a grill out potluck and ice cream social.
- Biscuits and Gravy Fundraiser will be on Sunday, March 22 from 11am-1pm. Resident council will charge $7 per meal.
- At the March Tenant Meeting the council would like a cop to discuss scams, someone to discuss the CENSUS, and have someone remind tenants about the upcoming resident council elections.
- Mike Arturi, Universal Music Center- The resident council members should ask other residents if we should have a kitchen band or musical classes.
- Random Acts of Kindness– Resident council voted to have $10 gift cards from Hanisch Bakery for a three month trial.

New Business

- Resident council members will try to invite people to attend the resident council meetings.
- Nature Program- Resident council is interested in having a test class. A suggestion was to have field trips outside of the towers.
- Computers are having issues. Social Services will check out prices and possible grants.

The next Resident Council meeting is scheduled for Tuesday, March 17, 2020 at 3:30pm in the J2 Conference Room.

The Resident Council hopes to see you at their next meeting!