



2024 Tower Talk Newsletter



Weekly Happenings

Exercise

Mon, Tues, Wed, & Fri
10am- 10:30am
J2 Activity Room

Skip Bo

Wed & Sat
1:00pm
J2 Activity Room

Bingo

Mon & Thurs
12:15pm
J2 Sailstad Room

Corn Hole/ Bean Bags

2nd & 4th Tues.
4/9 & 4/23
Tuesdays
7pm
J2 Sailstad Room

Dart Club

Every Thursday
7pm
J2 Pool Table Area

Devotional & Live Music

1st & 3rd Sunday of the
month
(4/7 & 4/21)
J2 Sailstad
2pm

Coffee

Monday
9:00am-10:30am
&
Wednesdays
1pm- 3pm
J1 Café Jordan

Communion (NEW)

Wed, April 3
3pm
J2 Media Room
All Faiths are welcome!

Red Wing HRA Office:

651-388-7571
Mon- Thurs-7:30am-
4:30pm
Fri- 8am to Noon

MAINTENANCE

EMERGENCY
After Office Hours
651-764-9586

Police non-emergency number

651-385-3155

J1 Office (Candis)

Front desk 651-388-7614

J1 Office (Jessica)

651-301-7018

J2 Office (Tiffany)

651-301-7035

HRA Office (Cathy)

651-301-7020 **New number**

HRA Office (Isabella)

651-301-7012 **New number**

April Activities

Bird House Building (2 Sessions)

Thurs, April 18

2pm

J2 Craft Room

and

Thurs, May 16

2pm

J2 Craft Room

If you are interested in participating in one or both of these sessions, please sign up in the J1 office. Stop in and see Candy or call 651-388-7614 and leave a voicemail.



Resident Council Meeting

Tues, April 16

2pm

J2 Conference Room

All are welcome!



Rummage Sale

Sat, April 13 & 20

9am– 3pm

J1 Café Jordan

Sign up with Mike Blanchett for a table.

651-376-5947

Omega Blood Pressure Checks

Tues, April 16

10:30-11:30am

J2 Sailstad Room



Greeting Cards

Cards for sale 24/7 outside of J2 Craft Room.

\$.50 for one card or

\$1 for a 6 pack

Please leave money in the box provided by the cards.

Neighborly Chats with

Nikki

Tues, April 23

3-4pm

J1 Café Jordan

Come join Nikki for Moments Hospice to talk about life.



Neighbor to Neighbor Closet Hours

EVERY Tuesday

9am- 12pm

&

EVERY Thursday

3pm- 5pm

Jordan Tower 1

FREE used items donated by residents, for residents!

Food Pantry open 24/7

Diamond Art

Tues, April 2

&

Wed, April 17

3pm

J2 Craft Room

Diamond Art Kits will be free to all participants!

Sign up by calling the J1 office at 651-388-7614. Please leave a message.

Only 10 spots available.

April Activities

April Birthdays

If your birthday is missing, please contact Jessica or Tiffany to sign a release for us to put it in the newsletter.

4/11 Cheryl Lund
4/11 Liz Ciccone
4/11 Bonnie Voth
4/11 Irene Alger
4/13 Cassie May
4/14 Cheryl Watson
4/15 Kathie Kreye
4/19 Peter Luikart
4/24 Amber Weisz
4/28 Frances Finstad
4/30 LeRoy Kimmes

Table Talk

with Jessica and Tiffany

Thurs, April 4

2- 3pm

J1 Café Jordan

If the tables at JT could talk, what would they say? Join Jessica and Tiffany in discussing a wide range of topics and do some reminiscing.



Bible Studies

Every Thursday

9am- 11am

J2 Craft Room

&

Every Friday

10am- 11am

J2 Media Room

&

Every Friday

2pm– 3pm

J2 Craft Room



Volunteer Appreciation Celebration

Wed, April 10

9am

J1 Café Jordan

Invitations to the ceremony will be delivered to your mailbox outside of your apartment. If you are a volunteer and do not receive an invitation by **April 2nd** please contact Jessica or Tiffany. You must RSVP for this event.

Channel One

CSFP Community

Supplement Food Program

(Formerly NAPS)

Tues, April 2

10am

J1 Café Jordan

To find out if you qualify for the CSFP program, please contact Channel One CSFP at

1-877-500-8699 or

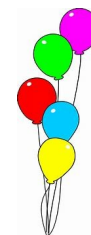
1-507-424-1704

Birthday Celebration

Wed, April 3

1pm– 3pm

J1 Café Jordan



Come down and enjoy a free piece of cake, coffee and enjoy some socialization with your neighbors. You will receive an invite in your box for this event. If you do not receive an invite, please contact Jessica or Tiffany.

April Activities



Air Conditioner Cleaning

Sylvander Heating will be here again this year to clean AC units if needed.

Tues, May 21 & Wed, May 22
\$90 per unit

The price includes taking out the unit, cleaning the unit and putting the AC unit back.

Please sign up with Jessica or Tiffany by Wed, May 15th.

JT Pet Spotlight Wasabi and Mari

Wasabi is named after horseradish because she is spicy and very mischievous. She loves coming out to do puzzles until the rules changed. Now she is just a house kitten who bosses her mom around.



Garden Club Committee

If you are interested in helping out this summer with gardening in the courtyard, please join us for a meeting on:

Wed, April 10
3pm
J1 Café Jordan

This includes the flowers and raised garden beds.

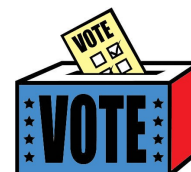


2024 is a Presidential Election Year!!

J2 Sailstad Room is a polling area. Please exercise your right to vote on the following days:

Tues, Aug. 13– Primary Election
Tues, Nov. 5– General Election

If you need assistance registering to vote, please see Jessica or Tiffany.

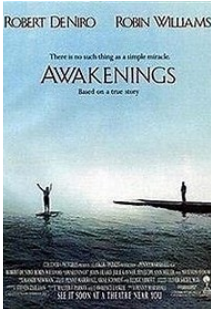


MOVIES—J2 Media Room



Fri, April 5th at 4pm— Driving Miss Daisy (PG) 1Hr 39Mins.

The story defines Daisy and her point of view through a network of relationships and emotions by focusing on her home life, synagogue, friends, family, fears, and concerns over a twenty-five-year period.



Fri, April 19th at 4pm—Awakenings (PG-13) 2Hr 1Mins.

It tells the story of neurologist Dr. Malcolm Sayer, based on Sacks, who discovers the beneficial effects of the drug L-DOPA in 1969. He administers it to catatonic patients who survived the 1919–1930 epidemic of encephalitis lethargica. Leonard Lowe (and the rest of the patients are awakened after decades and have to deal with a new life in a new time.

Popcorn will be served at each showing. Bring your own beverage. Resident Council is not responsible for the movie content.

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 receives a \$10 gift card to Koplín's Village Market.

1. Thank you **Cindy Simonson** for clearing all the snow and ice out of the smoking area.

~Nominated By: Jane Roschen ***WINNER***

2. I nominate **Rich Schott** for fixing the TV remote once again in the J1 Café Jordan and the clocks that needed batteries. Good job! ~Nominated By: Pauline Payzant

CHOOSE
kindness

Resident Council Meeting Minutes
Tues, March 19, 2024 from 2:00pm to 3:00pm

Attending: Irene Alger, Joanne Bundy, Jeanelle Fosberg, Todd Hallahan, Cheryl Lund, Mallie Moreno, Barry Preble, Barb Rietmann, Linda Rowan, Joyce Thompson, Betty Twitchell, and Tiffany Tieman (PSC)

Absent: Christine Radtke, Jackie Luikart (HRA Commissioner), Jessica Kitzmann (PSC), Cathy Edblom (Property Manager) and Isabella Larson (Property Manager Assistant)

Resident attendees and other Guests:

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

Public Comment: No public comments

Old Business

- St. Patrick's Day Party– good turn out
- Pat Garza Sunday Music- going well
- Easter Egg Hunt (Jessica and Tiffany will head this)
- 2024 budget– began to review. Not finalized yet.

• **New Business**

- Volunteer Appreciation- April 10th (Individual invites will be delivered)
- Memorial Day Potluck—May 27
- Ice Cream Social—June 16th

JTRC would like to request that if you attend an event and are able to assist with clean up, your help would be greatly appreciated.

The next Resident Council meeting is scheduled for Tuesday, April 16, 2024 at 2:00pm in the J2 Conference Room.



The Scoop- Announcements from HRA and Social Services

HRA and Social Services Offices

No closings this month.

Today Magazine

We need you to help spread the word that Jordan Towers is a good place to live and a great place to call home! Stop by the HRA office and sign your release form to be featured in our advertisement in Today Magazine.

Callmax and Resident Connect

Text– 855-936-2202

Phone call– 651-388-7571

Email is from Red Wing HRA

Courtyard Flag Volunteer

Are you interested in volunteering to take care of the flag in the courtyard? This involved lowering and raising the flag when called upon by the local MN government as well as on National Flag days. Please contact Jessica or Tiffany for more information.

Sailstad Holiday Tree

Are you interested in taking over the monthly decorating of the tree? If you are interested in taking over this duty please contact Jessica or Tiffany for more information.

Neighbor to Neighbor Closet

The closet was designed for Jordan Towers tenants to have FREE access to things that they may need. The closet is not for family/friends needs. The closet is also not for people to take things and resell them.

Jordan Towers Social Services

Senior Resident Service Coordinator

JESSICA KITZMANN, PSC

J1 Office– 651-301-7018

Open Mon– Thurs 8am– 4:30pm

Resident Service Coordinator

TIFFANY TIEMAN, PSC

J2 Office– 651-301-7035

Open Tues- Fri 8am-4:30pm

Sharps Disposal

Please dispose of your sharps in the garbage. Put them in a plastic bottle, tape it shut and label it sharps. It can then be put in the garbage.

Hydration Stations

If you are trying to fill up with water from the hydrations stations and the water doesn't seem to want to come out, take your finger and wipe off the sensor. It just needs to be wiped off and it should start working again.

Mail

Please leave other tenant's mail or packages alone unless you have an agreement with them to deliver their packages to them.



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 Tiffany to see if you qualify for the sliding fee scale.



Maids in Minnesota

Stacey Ledebuhr, Owner

1-855-88MAIDS

(1-855-886-2437)

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 Tiffany to see if you qualify for the sliding fee scale.

Senior Foot Care Clinic

Vicki Hattemer, RN, BSN

651-380-4852

Please see Jessica or Tiffany to see if you qualify for the sliding fee scale.

- Food Shelves • Community Food Distribution
- Farmers Markets • Senior Resources
- Goodhue County Resources

findfoodgoodhuecounty.com



Coffee Talk– Mon.– Fri. 8a– 12pm

1-877-238-2282

Fare For All

Wed, April 3

3pm– 5pm

St. Joseph’s Church

435 W.7th Street

Red Wing, MN

Red Wing Food Shelf

Mon, Tues & Thurs

4pm- 6pm

Fridays

11am- 1pm

1755 Old West Main St.

Red Wing, MN 55066


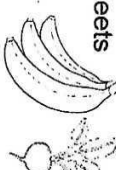




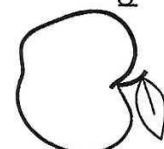




Contact Jessica or Tiffany today to see if you qualify for the Independent Living Services Program (ILSP).

Semcac Senior Nutrition

RED WING

APRIL 2024

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Chicken ala King Over/Biscuit Seasoned Peas Coleslaw Mixed Fruit Cup </p>	<p>2 Beef Enchilada Casserole Carrots Pear Half/Cranberry Sauce Coconut Custard Square *Diab: Cookie.</p>	<p>3 Roast Beef Mashed Potatoes/Gravy Buttered Beets Banana </p>	<p>4 Sweet Pepper Steak Rice Yellow Beans Seven Layer-Salad Fruit Cocktail Cake Diab: Mixed Fruit Cup</p>	<p>5 Baked Fish/Tartar Hashbrown AuGrat Potato Whole Kernel Corn Fresh Oranges </p>
<p>8 Salisbury Steak Mashed Potatoes Brussel Sprouts Flavored Ice Cream *Diab: Vanilla Ice Cream</p>	<p>9 Pork Loin Oven Roasted Potatoes Green Beans w/Mushrooms Baked Apple </p>	<p>10 Chicken Breast Baked Dumpling/Gravy Broccoli Coleslaw Mandarin Orange Desert *Diab: Mandarin Oranges</p>	<p>11 Hamburger Gravy Over/Mashed Potato Parslied Carrots Apple Cranberry Crisp w/ Whipped Topping *Diab: Mixed Fruit Cup</p>	<p>12 Chili w/Crackers Pineapple Slices Corn Muffin w/Marg Lemon Poppy Seed Cake *Diab: Angel Food Cake </p>
<p>15 Swedish Meatballs Mashed Potatoes/Marg Herbed Green Beans Yogurt Fruit Cup </p>	<p>16 Veg Soup w/crackers Cheese on Rye Bread Carrot Coin Salad Chocolate Cherry Bar *Diab: Cookie</p>	<p>17 Taco Casserole Mexican Corn Corn Bread w/Marg Cherry Crunch Dessert w/Topping Diab: Cookie or Bar</p>	<p>18 Goulash 3-Bean Salad Beet Pickles Fresh Apple </p>	<p>19 Chicken Parmesan Over/Spaghetti Noodles Romaine Salad Peach Slices Cranberry Mold *Diab: Fruit Cup</p>
<p>22 Baked Chicken Mashed Potatoes/Gravy Broccoli Blushing Pears Diab Pear Cup </p>	<p>23 Beef Stew Seafoam Salad Rice Krispie Bar *Diab: Cookie </p>	<p>24 Vegetable Beef Barley Soup w/Crackers Egg Sld Sand Five Cup Fruit Salad Peanut Butter Brownie *Diab: Cookie or Bar</p>	<p>25 BBQ on Bun Oven Brownd Potatoes Baked Beans Apple Crisp w/WHP Top *Diab: Fruit</p>	<p>26 Roast Beef Mashed Potato/Gravy Harvard Beets Fresh Fruit </p>
<p>29 Swiss Steak in Tomato Sauce Baked Potato Mixed Vegetables Orange/Pear Cup </p>	<p>30 Taco Salad Sr Cr/Frnch Dres/Salsa Meat, Shredded Cheese Lettuce, D-Tomatoes Tostado Chips Mex Black Beans Beetrnk Cake *Diab: Cookie/Bar</p>	<p>31 RW Jordan Tower 651-388-9875 Zumbrota 507-732-5086 Pine Island 507-356-2228 Lake City 651-345-577 Wabasha 507-459-5766</p>	<p>PLEASE --- MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!!</p>	

Alternate on Menu = Diner's Choice
Supplier Inventory and Supply Chain difficulties continue to make a few changes to our menu likely.

April 2024 Jordan Towers Monthly Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9am-10:30am- Coffee 10am- Exercise 12:15pm- Bingo	2 9am-12pm- Closet 10am- NAPS 10am- Exercise 3pm- Diamond Art	3 10am- Exercise 1pm-3pm- Coffee (Birthday Celebration) 1pm- Skip-Bo 3pm- Communion	4 9am-11am- Bible Study 12:15pm- Bingo 2pm- Table Talk 3pm- 5pm- Closet 7pm- Dart Club	5 10am- Bible Study 10am- Exercise 2pm-3pm- Bible Study 4pm- Movie	6 1pm- Skip-Bo
7 2pm- Live Music	8 9am-10:30am- Coffee 10am- Exercise 12:15pm- Bingo	9 9am-12pm- Closet 10am- Exercise 7pm- Bean Bags/Corn Hole	10 9am- Volunteer Appreciation 10am- Exercise 1pm-3pm- Coffee 1pm- Skip-Bo 3pm- Garden Club	11 9am-11am- Bible Study 12:15pm- Bingo 3pm-5pm- Closet 7pm- Dart Club	12 10am- Bible Study 10am- Exercise 2pm-3pm- Bible Study	13 9am- 3pm- Rummage Sale 1pm- Skip-Bo
14	15 9am-10:30am- Coffee 10am- Exercise 12:15pm- Bingo	16 9am-12pm- Closet 10am- Exercise 10:30am Blood pressure checks 2pm- Resident Council Meeting	17 10am- Exercise 1pm-3pm- Coffee 1pm- Skip-Bo 3pm- Diamond Art	18 9am-11am- Bible Study 12:15pm- Bingo 2pm- Bird House Building 3pm-5pm- Closet 7pm- Dart Club	19 10am- Bible Study 10am- Exercise 2pm-3pm- Bible Study 4pm- Movie	20 9am- 3pm- Rummage Sale 1pm- Skip-Bo
21 2pm- Live Music	22 9am-10:30am- Coffee 10am- Exercise 12:15pm- Bingo	23 9am-12pm- Closet 10am- Exercise 3pm- Neighborly Chat with Nikki 7pm- Bean Bags/Corn Hole	24 10am- Exercise 1pm-3pm- Coffee 1pm- Skip-Bo	25 9am-11am- Bible Study 12:15pm- Bingo 3pm-5pm- Closet 7pm- Dart Club	26 10am- Bible Study 10am- Exercise 2pm-3pm- Bible Study	27 1pm- Skip-Bo
28	29 9am-10:30am- Coffee 10am- Exercise 12:15pm- Bingo	30 9am-12pm- Closet 10am- Exercise				