



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.
5/14& 5/28
Tuesdays
7pm
J2 Sailstad Room

Dart Club

Every Thursday
7pm
J2 Pool Table Area

Devotional & Live Music

1st & 3rd Sunday of the
month
(5/5 & 5/19)
J2 Sailstad Room
2pm

Coffee

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

Church/Communion

(NEW)
Wed, May 1
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

HRA Office (Isabella)

651-301-7012

May Activities

Bird House Building

**Thurs, May 16
2pm
J2 Craft Room**

If you are interested please sign up in the J1 office. Stop in and see Candy or call 651-388-7614 and leave a voicemail.



Neighborly Chats with Nikki

**Tues, May 28
3-4pm
J1 Café Jordan**

Come join Nikki for Moments Hospice to talk about life.



Resident Council Meeting

**Tues, May 21
2pm
J2 Conference Room**

All are welcome!



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.

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

Rummage Sale

**Sat, May 4 & 11
9am– 3pm
J1 Café Jordan**

Sign up with Mike Blanchett for a table.
651-376-5947

Omega Blood Pressure Checks

**Tues, May 28
10:30-11:30am
J2 Sailstad Room**



Diamond Art

**Wed, May 15
3pm
J2 Craft Room**

**Diamond Art Kits will be
\$3.00 per kit.**

Please pay when you sign up in the J1 office.



May Activities

May Birthdays

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

5/1 Roxanna Braa
5/3 Steve Eckhoff
5/4 Colleen Garza
5/9 Bruce Gravert
5/15 Deb Moritz
5/14 Barry Preble
5/16 Jennifer Cook (Staff)
5/21 Thomas Elms
5/24 Kari Berg
5/27 Jason Lockett

Table Talk with Jessica and Tiffany

Thurs, May 2
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



Memorial Day Pot Luck

Mon, May 27
12pm
J2 Sailstad Room

JTRC will be serving hot dogs and all the fixings.



Please bring a dish to pass if you are able.

JTRC sponsored event.

Channel One CSFP Community Supplement Food Program (Formerly NAPS)

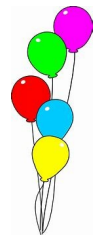
Tues, May 7
10am
J1 Café Jordan

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, May 1
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.

May Activities



Air Conditioner Cleaning

Sylvander Heating will be coming 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

Lily and Wanda

On a chill October day, I was sitting on a lawn chair in my sister's yard when a 6 pound bundle of white fur hopped on my lap, snuggled and purred during a head massage. Sis told me she was thrown out of a pickup truck abandoned in the dark and cold of night. I took the tiny fur ball home to protect her while looking for a forever home. That was 14 years ago. She still snuggles on my lap and purrs while getting her massages...in her forever home. Love can come in tiny bundles.



Resident Council Election

Jordan Tower II

1 Opening

Jordan II residents only will receive a ballot outside of their apartment on **Monday, May 6.** You must return the ballot to Tiffany's Office by **Thursday, May 16.**

All write in nominees will meet with Tiffany prior to joining the council.

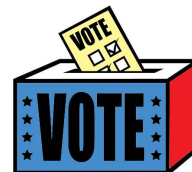
2024 is a Presidential Election Year!!

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, May 3at 4pm– **Mamma Mia Here We Go Again (PG-13) 1Hr 53Mins.**

Mamma Mia! Here We Go Again is a musical romantic comedy film that takes place five years after the events of Mamma Mia! Sophie is preparing for the grand reopening of the Hotel Bella Donna and learns more about her mother's past. The film follows Donna's young life and the fun she had with the three possible dads of Sophie. As Sophie reflects on her mother's journey, she discovers that she is more like her mother than she ever realized before.



Fri, May 17 at 4pm – **The Miracle Club (PG-13) 1Hr 30Mins.**

The Miracle Club is a drama film about a group of working-class women from Dublin who dream of visiting Lourdes, a place of miracles in France. The film is set in 1967 and stars Laura Linney, Kathy Bates, Maggie Smith, and Stephen Rea. The film follows the story of three generations of close friends, Lily, Eileen, and Dolly, who face various challenges and hardships in their lives.



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 Koplin's Village Market.

1. Thank you **Sharon Chambers** for helping out at a lot of events. Much appreciated. J.H.
2. Thank you **Wanda Sherry** for taking me to and from my lab appointment. J.H.
3. ***WINNER*** Thank you **Irene Alger** for arranging a ride for me to your church to hear my grandson speak. J.H.
4. Thank you **Trisha Kosnopfal** for the vacuum. Jeremy Miller

Resident Council Meeting Minutes
Tues, April 16, 2024 from 2:00pm to 3:00pm

Attending: Irene Alger, Jeanelle Fosberg, Todd Hallahan, Cheryl Lund, Mallie Moreno, Barry Preble, Christine Radtke, Barb Rietmann, Linda Rowan, Joyce Thompson, Betty Twitchell, Jackie Luikart (HRA Commissioner), and Jessica Kitzmann (PSC)

Absent: Joanne Bundy, HRA Representative and Tiffany Tieman (PSC)

Resident attendees and other Guests: Dona Anderson

** 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

- Easter Egg Hunt– 2 prizes still unclaimed
- Ice Cream Social—June 16th– details to come next month
- Diamond Art will now cost \$3 per kit. Must pay when you sign up.
- Volunteer Appreciation– people really enjoyed the breakfast.

New Business

- Memorial Day Potluck—May 27
- Upcoming planting party for flowers and veggies will be announced early May. Watch for flyers.
- 2024 budget– finalized
- Communion/ Church service payment to Episcopal Church was added to participation fund.
- Veggie RX will be returning this summer. Boxes of fresh produce will be delivered to JT. More information will be shared as it comes up.

**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, May 21, 2024 at 2:00pm in the
J2 Conference Room.***

The Scoop- Announcements from HRA and Social Services

HRA and Social Services Offices

**Offices will be closed on Monday, May 27th
in observance of Memorial Day.**

The Red Wing HRA strives to have a clean and sanitary building for everyone to enjoy. If you come across an unsanitary or uncleanly area, please report it to the office as soon as possible. No one is going to question if you caused the accident or not.

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.

Public Shower/Tub Rooms

If you use the public shower/tub rooms, it is your responsibility to clean up when you are done using it.

Laundry Room

If you leave a mess (hair, lint, paper, etc..) in the washer or dryer, please clean it up! We are getting a lot of complaints about this. Please do your part and clean up your mess!

1 Household member= 1 Machine at a time

2 Household members or a homemaker=

2 machines at a time

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

Notice from SEMCAC Kitchen

Effective Wednesday, May 1st, meals will no longer be delivered. If you would like a meal “To Go” you must write “To To” behind your name, along with your apartment number and which Tower. You will be able to pick your meal up in the J2 Sailstad Room between 11:45– 12:00pm. If you are truly not able to come down to pick up your meal, it is your responsibility to arrange for someone to come down and pick it up. Thank you for your cooperation.

Parking Lots

If you are using a wheelchair or walker when going through the parking lots, please be sure that you are taking extra caution when going by vehicles in the parking lot. There has been reported damage to certain vehicles due to this.

Neighbor to Neighbor Closet Guidelines

Located in Jordan 1

- The closet will be open on Tuesdays from 9am– 1pm and Thursdays from 3pm– 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.
- The closet volunteer has the right to refuse any item that is donated.
- All clothes must be washed before donating them.
- 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.
- If the rules and guidelines are not followed, the closet will be closed down permanently.

There is a FREE food pantry located outside of the closet that can be accessed at any time by Jordan Towers residents only.

Any bigger items that someone has FOR SALE can be posted on the Bulletin Board located outside of the closet.

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, small trinkets, blankets, towels, curtains, etc.

Items NOT allowed to donate to the closet:

- Furniture (couches, love seats, chairs)
- Televisions
- No OTC medications.



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

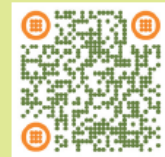
Vicki Hattemer, RN, BSN

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, May 1

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).



Joe Bigalke featuring Anna Filkins

You're All That We Need

Rock the Cause Records

Radio Impact: 29 March 2024

Release: 29 March 2024

Autistic songwriter Joe Bigalke, an NSAI award winning Praise & Worship songwriter shares his latest offering for the Easter season, entitled, **You're All That We Need**, an inspirational modern day reflection of resurrection and how God sends everyday miracles if we take the time to listen and observe.

You're All That We Need was inspired by a real life event where the Koenig family of Red Wing, MN were thrown from their stalled fishing boat after colliding with a barge on the Mississippi River. The family made it safely to shore. The youngest member of the family, Vincent who had just graduated from Preschool that same morning, was pulled under.

"This past year I lost my father. I found joy in knowing that Vincent Keonig would live. It was a profound moment for me witnessing life, death, miracles and resurrection. Writing You're All That We Need has brought so much comfort to my family. My mom and I lean on this song as we continue to heal and embrace our new lives without my Dad. I am so thankful to be able to share this beautiful song this Easter season as I think this song encompasses the beauty of the resurrection in our own hearts", states Joe Bigalke.

You're All That We Need features the heavenly vocals of the very talented Anna Filkins, set against a welcoming musical tapestry of reflection, faith and joy.

You're All That We Need is available on all digital music platforms worldwide on 3/29/2024 via charitable record label Rock the Cause Records.

Per the artist's wishes proceeds from streams and downloads will benefit Autism Awareness and Traumatic Brain Injury Causes.

You're All That We Need was written by Joe Bigalke, with arrangement and production by Mark Woerpel.

May 2024 Jordan Towers Monthly Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10am- Exercise 1pm-3pm- Coffee (Birthday Celebration) 1pm- Skip-Bo 3pm- Communion	2 9am-11am- Bible Study 12:15pm- Bingo 2pm- Table Talk 3pm- 5pm- Closet 7pm- Dart Club	3 10am- Bible Study 10am- Exercise 2pm-3pm- Bible Study 4pm- Movie	4 1pm- Skip-Bo 9am- 3pm- Rummage Sale
5 2pm- Live Music	6 9am-10:30am- Coffee 10am- Exercise 12:15pm- Bingo	7 9am-12pm- Closet 10am- Naps 10am- Exercise	8 10am- Exercise 1pm-3pm- Coffee 1pm- Skip-Bo	9 9am-11am- Bible Study 12:15pm- Bingo 3pm-5pm- Closet 7pm- Dart Club	10 10am- Bible Study 10am- Exercise 2pm-3pm- Bible Study	11 1pm- Skip-Bo
12 9am-10:30am- Coffee 10am- Exercise 12:15pm- Bingo	13 9am-12pm- Closet 10am- Exercise 7pm- Bean Bags/Corn Hole	14 10am- Exercise 1pm-3pm- Coffee 1pm- Skip-Bo 3pm- Diamond Art	15 9am-11am- Bible Study 12:15pm- Bingo 2pm- Bird House Building 3pm-5pm- Closet 7pm- Dart Club	16 10am- Bible Study 10am- Exercise 2pm-3pm- Bible Study 4pm- Movie	17 9am- 3pm- Rummage Sale 1pm- Skip-Bo	18
19 2pm- Live Music	20 9am-10:30am- Coffee 10am- Exercise 12:15pm- Bingo	21 9am-12pm- Closet 10am- Exercise 2pm- Resident Council Meeting	22 10am- Exercise 1pm-3pm- Coffee 1pm- Skip-Bo	23 9am-11am- Bible Study 12:15pm- Bingo 3pm-5pm- Closet 7pm- Dart Club	24 10am- Bible Study 10am- Exercise 2pm-3pm- Bible Study	25 1pm- Skip-Bo
26 9am-10:30am- Coffee 10am- Exercise 12:15pm- Bingo	27 9am-12pm- Closet 10am- Exercise 10:30am- Blood pressure checks 3pm- Neighborly Chat with Nikki 7pm- Bean Bags/Corn Hole	28 10am- Exercise 1pm-3pm- Coffee 1pm- Skip-Bo	29 9am-11am- Bible Study 12:15pm- Bingo 3pm- 5pm- Closet 7pm- Dart Club	30 10am- Bible Study 10am- Exercise 2pm-3pm- Bible Study	31	

Meals are subject to change

Semcac Senior Nutrition

FINAL DRAFT

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Chili Con Carne Pineapple Slices Corn Muffin/Marg Flavored Ice Cream *Diab: Vanilla Ice Cream</p>	 <p>Chicken Pot Pie Tossed Salad/Fixings Beet Pickles Starburst Cake *Diab Fruit Cup</p>	<p>Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread Pineapple Slices Pudding *Diab: Mandarin Oranges</p>	<p>Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake *Diab: Fresh Fruit</p>	<p>Hamburger Stew Spiced Peaches Mild Gingerbread Cake w/WWhipped Topping *Diab: Fruit Cup</p>
<p>6 Hamburger Veg Soup Crackers Tuna Salad on Bun Pear Cup Flavored Ice Cream *Diab Vanilla Ice Cream</p>	<p>7 Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp w/Topping *Diab Angel Food Cake</p>	<p>8 BBQ Meatballs Boiled Red Potatoes Cauliflower Pudding *Diab Banana</p>	<p>9 Hot Hamwich Alt: Turkeywich Potato Salad Marinated Green Beans Fresh Oranges</p>	<p>10 Beef Pot Roast w/Vegetables Waldorf Gelatin Salad Apple Pie *Diab: French Apple Pie</p>
<p>13 Ham & Baked Potato Alt: Beef Dilled Carrots Green Salad Fruit Cup</p> 	<p>14 Creamy Chicken Parm. Rice Pilaf Fresh Squash 7 Layer Salad Cookie *Diab: Pineapple Tidbit</p> 	<p>15 Seashore Tuna Casserole Mixed Green Salad Tomato Wedge Muffin w/Margarine Moon Cake *Diab: Fruit</p>	<p>16 Pork Roast Mashed Potato/Gravy Spinach/Vinegar Fresh Banana</p> 	<p>17 Fish Sand w/ch&lettuce Roasted Potatoes Brussel Sprouts Chocolate Chip Cake *Diab Cookie</p>
<p>20 Ham & Baked Potato Alt: Beef Dilled Carrots Green Salad Fruit Cup</p>	<p>22 Meat Lasagna Tossed Salad Garlic Bread Lemon Bar *Diab Fruit</p> 	<p>23 Baked Turkey Mashed Potatoes Green Bean Casserole Pumpkin Pie *Diab Pumpkin Bar</p>	<p>24 Vegetable Soup/Cracker Egg Salad on Bun Macaroni Fruit Salad Oatmeal Cake *Diab: Cookie</p>	<p>24 PLEASE - - - MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!</p>
<p>27 CLOSED FOR MEMORIAL DAY</p> 	<p>28 Ham Balls Alt: Beef Patty Baked Potato/Sr Crm Corn Yogurt Fruit Cup</p>	<p>29 Chicken Chow Mein Cranberry Bog Salad Romaine Lettuce Brownie *Diab Mixed Fruit Cup</p>	<p>30 Beef Sandwich Potatoes Green Beans w/Mushrms Ice Box Dessert *Diab Fruit</p>	

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