

November



2024 Tower Talk Newsletter



Weekly Happenings

Exercise

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

Exercise group would love
to see some new people in
class.

Bingo

Mon & Thurs
12:15pm
J2 Sailstad Room

No Bingo 11/28

Dart Club

Every Thursday
7pm
J2 Pool Table Area

No Darts 11/28

Coffee

Wednesdays
1pm– 3pm
J1 Café Jordan

Skip Bo

Wed & Sat
1:00pm
J2 Activity Room

Corn Hole/ Bean Bags

2nd & 4th Tues.
11/12 & 11/26
Tuesdays
7pm
J2 Sailstad Room

Church/Communion

1st & 3rd Wednesday of
the month
(11/6 & 11/20)
3pm
J2 Media Room
All Faiths are welcome!

Devotional/ Music with

Pat Garza

11/3
2pm
J2 Sailstad

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 (RyAnne)

651-301-7018

J2 Office (Tiffany)

651-301-7035

HRA Office (Cathy)

651-301-7020

HRA Office (Dwane)

651-301-7012

November Activities



Resident Council Meeting

Tues, Nov. 19
1pm
J2 Conference Room

All are welcome!



Greeting Cards

Cards for sale 24/7 outside of J2 Craft Room.
\$.50 for one card

Please leave money in the box provided by the cards.

Card Club will be having a meeting at 2pm on 11/4 and 12/2 in the craft room

Diamond Art

Wed, Nov. 13
3pm
J2 Craft Room

Diamond Art Kits will be \$3.00 per kit.

Please pay when you sign up in the J1 office.



Rummage Sale

Sat, Nov. 9 & 16
9am– 3pm
J1 Café Jordan

Sign up with Mike Blanchett for a table.

Omega Blood Pressure Checks

Tues, Nov. 12
10:30-11:30am
J2 Sailstad Room



Neighbor to Neighbor Closet Hours

EVERY Tuesday
9am– 11am
&

EVERY Thursday
3pm- 5pm

Jordan Tower 1

FREE used items donated by residents, for residents!

Food Pantry open 24/7

Do you love to read?

We are looking for volunteers to help clean, organize and help get our libraries at JT back in order. Please see Tiffany or RyAnne if you are interested.



November Activities

Channel One CSFP Community Supplement Food Program

Tues, Nov. 5
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

Bible Studies

Every Thursday
9am- 11am
J2 Craft Room
&

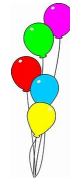
Every Friday
10am- 11am
J2 Media Room
&

Every Friday
2pm- 3pm
J2 Craft Room



November Birthdays

11/3 Janet Romness
11/9 Judy Ryan
11/17 Molly Marshall
11/21 Amy Harris
11/24 Laurie Calamari
11/24 Joleigha Johnson
11/25 James Brown
11/25 Teresa Reding
11/30 Marion Fitschen
11/30 Jeri Morris



Attention Christmas Decorating Lovers

We are looking for people who are interested in being part of a Christmas decorating committee. If you are interested please see Tiffany or RyAnne.



Sunday, November 3rd

Holiday Wreath Making

Thurs, Nov. 21
2pm
J2 Craft room

We will be making holiday rag wreaths.

Please sign up in the J1 or J2 office by Mon, Nov. 18.
Supplies will be provided.



Birthday Celebration

Wed, Nov. 6
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.



Activities

New River Assembly of God Thanksgiving Dinner

Thurs, Nov. 28
4:00 pm
J2 Sailstad

Watch your mailbox outside of your door for more information and how to sign up for a dinner.



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 Koplins Village Market.

1. Thank you, **Trisha Kosapfal** for helping me with my laundry. ~ Joanne Bundy
WINNER
2. Thank you, **Dona Anderson** for helping me with my laundry.! ~Jane Roschen

Veggie RX Free Fresh Produce

Every Wednesday
Nov. 6 & 13
J1 Café
11:30 am



If you are interested in FREE local farmer's produce, please come to the Café to pick your items. Items will be dispersed until gone.

Monthly Motivator

Chinese Farmer Story

Once upon a time there was a Chinese farmer whose horse ran away. All the neighbors came around that evening and said, "That's too bad." And the farmer said, "Maybe." The next day the horse came back and brought seven wild horses with it. And all the neighbors came around and said, "That's great, isn't it?" And the farmer said, "Maybe."

The next day his son, who was attempting to tame one of these horses, was riding it and was thrown off and broke his leg. And all the neighbors came around in the evening and said, "Well, that's too bad, isn't it?" And the farmer said, "Maybe."

The next day the officers came around looking for people for the army. They rejected his son because he had a broken leg. And all the neighbors came around that evening and said, "Well, isn't that wonderful?" And the farmer said, "Maybe."

[Alan Watts](#) (edited for clarity)

MOVIES—J2 Media Room

TIME CHANGE



Sat, November 2 at 1pm— Happiness for Beginners (PG-13) 1 Hr 45 Mins.

Helen has always lived her life as far from the edge as possible. Newly divorced, she joins a quirky group of strangers on a survival course for the “Adventure of a Lifetime” with the hope of learning how to live - and love - again. Emmy nominee Ellie Kemper stars as a newly divorced teacher looking to break out of her comfort zone and reset her life by hiking the Appalachian Trail.



Sat, November 16 at 1pm – The Union (PG-13) 1Hr 49Mins.

Mike (Mark Wahlberg), a construction worker from Jersey, is quickly thrust into the world of super spies and secret agents when his high school sweetheart, Roxanne (Halle Berry), suddenly comes back into his life and recruits him on a high-stakes U.S. intelligence mission.

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



If you have movie suggestions please let Tiffany or RyAnne know.

Christmas Decorations in J1 and J2



Friday, November 15, maintenance will bring Christmas decorations to each floor.

Friday, December 6, maintenance will collect all of the decoration containers.

Friday, January 3, maintenance will bring empty containers to each floor.

Friday, January 10, maintenance will collect all of the Christmas decorations in their containers.

Christmas Tree Lighting

**Sun ,Dec. 1
J2 Sailstad
4pm-6pm**

Resident Council is encouraging each tenant to bring one ornament with their name and year on it to place on the tree.



Coffee, hot chocolate, and cookies will be served.

Resident Council Event

Resident Council Meeting Minutes
Tues, September 17, 2024 from 1:00pm to 2:00pm

Attending: Jeanelle Fosberg, Todd Hallahan, Joanne Bundy, Betty Twitchell, , Barry Preble, Joyce Thompson, Linda Rowan, Pat Donaldson, Christine Radtke, Irene Alger, and Tiffany Tieman (PSC)

Absent: Barb Rietmann, Mallie Moreno, Cheryl Lund, Pat Donaldson, Jackie Luikart (HRA Commissioner) HRA Rep, and RyAnne Schutz, (RSC)

Resident attendees and other Guests: none

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

Public Comment: No public comments

Old Business

- Maids in MN. Presentation
- Christmas tree committee– still looking for people
- Revamp libraries
- Looking into the Bluffs for Fish meal to be delivered
-

New Business

- Halloween Potluck with music by the Earney's—best costume contest
- Sailstad Christmas Tree Light 12/1
- CSFP presentation 12/11
- Working out details for Liberty's Christmas Dinner
- Card Club will be putting a card display in J1 café Jordan
- Looking into getting a grief group started

**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, November 19, 2024 at 1pm
in the J2 Conference Room.***

The Scoop- Announcements from HRA and Social Services

HRA and Social Services Offices

The HRA office will be closed in observation of Veterans day Mon, Nov. 11th and Thanksgiving on Thurs, Nov. 28th and Fri, Nov. 29th.

Plastic Bags

Plastic bags are NOT recyclable! Do not put them in the recycling bins. Plastic bags can be put in the Boy Scout containers in the laundry rooms.

Laundry Room

If a washing machine or dryer is not working properly a work order needs to be called into the HRA office.

Raised Garden Beds

Winter onions have been planted in the raised garden beds. They will be ready in the spring . Please do not disturb.

Holiday Décor

If you have extra holiday décor that you would like to donate please see Tiffany or RyAnne.

Flag Volunteer

We are in need of people to hang flags on Flag days. If you are interested in helping please see Tiffany or RyAnne.

Wire Hangers

We are looking for wire hangers for a craft. If you have any extra wire hangers please donate them to the J1 or J2 office.

Jordan Towers Social Services

Senior Resident Service Coordinator

TIFFANY TIEMAN, PSC

J2 Office– 651-301-7035

Open Tues– Thurs 7:00am-4:30pm

& Fri.-7:00am-12:00pm

Resident Service Coordinator

RYANNE SCHUTZ

J1 Office -651-301-7018

Open Mon– Thurs 8:00am—4:30pm

2024 is a Presidential Election Year!!

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

Tues, Nov. 5– General Election

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

Medicare Open Enrollment

Medicare Open Enrollment is **10/15 to 12/7**.

If you have an individual health insurance policy and drug plan and would like to compare plan options for 2025 please reach out to a licensed agent.

NOTE: this is for individuals NOT on Medical Assistance



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

Senior Foot Care Clinic

Vicki Hattemer, RN, BSN

651-380-4852

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

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

findfoodgoodhuecounty.com



Callmax

Text– 855-936-2202

Phone call– 651-388-7571

Email is from Red Wing HRA

Fare For All

Wed, & Nov. 27

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

November 2024 Jordan Towers Monthly Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10am- Bible Study 10am- Exercise 2pm-3pm- Bible Study	2 1pm- Skip-Bo 1pm- Movie
3 2pm- Devotional/live music	4 10am- Exercise 12:15pm- Bingo 2pm-Card Club meeting	5 9am-11am- Closet 10am-CSFP (NAPS) 10am- Exercise	6 10am- Exercise 11:30am-Veggie RX 1pm-3pm- Coffee/Birthday celebration 1pm- Skip-Bo 3pm- Communion	7 9am-11am- Bible Study 12:15pm- Bingo 3pm-5pm- Closet 7pm- Dart Club	8 10am- Bible Study 10am- Exercise 2pm-3pm- Bible Study	9 8am- Rummage Sale 1pm- Skip-Bo
10 10am- Exercise 12:15pm- Bingo	11 9am-11am- Closet 10am- Exercise 10:30am- Blood pressure 7pm- Bean Bags/Corn Hole	12 10am- Exercise 11:30am-Veggie RX 1pm-3pm- Coffee 1pm- Skip-Bo 3pm- Diamond Art	13 9am-11am- Bible Study 12:15pm- Bingo 3pm-5pm- Closet 7pm- Dart Club	14 10am- Bible Study 10am- Exercise 2pm-3pm- Bible Study	15 8am- Rummage Sale 1pm- Skip-Bo 1pm- Movie	16
17 10am- Exercise 12:15pm- Bingo	18 9am-11am- Closet 10am- Exercise 1pm- Resident Council Meeting	19 10am- Exercise 1pm-3pm- Coffee 1pm- Skip-Bo 3pm- Communion	20 9am-11am- Bible Study 12:15pm- Bingo 2pm-Wreath making 3pm-5pm- Closet 7pm- Dart Club	21 10am- Bible Study 10am- Exercise 2pm-3pm- Bible Study	22 10am- Bible Study 10am- Exercise 2pm-3pm- Bible Study	23 1pm- Skip-Bo
24 10am- Exercise 12:15pm- Bingo	25 9am-11am- Closet 10am- Exercise 7pm- Bean Bags/Corn Hole	26 10am- Exercise 1pm-3pm- Coffee 1pm- Skip-Bo	27 4pm-Thanksgiving Dinner	28 10am- Bible Study 10am- Exercise 2pm-3pm- Bible Study	29 1pm- Skip-Bo	30

Meals are subject to change

Semcac Senior Nutrition

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Chili Con Carne Pineapple Slices Corn Muffin w/Marg Flavored Ice Cream *Diab Vanilla Ice Cream	5 Chicken Pot Pie Tossed Salad/Fixings Fruited Muffin w/Marg Starburst Cake *Diab Fruit Cup	6 BBQ Meatballs Red Potatoes Cauliflower Pudding *Diab Banana	7 Hot Hamwich Alt: Turkeywich Potato Salad Marinated Green Beans Apple Crisp *Diab Cookie/Bar	1 Hamburger Stew Spiced Peaches Muffin w/Marg Mild Gingerbread cake w/ Whipped topping *Diab Fruit
11 Veteran's Day	12 Pork Roast Cinnamon Applesauce Mashed Potatoes/Gravy Spinach/Vinegar Fresh Banana	13 Hamburger Vegetable Soup Crackers Egg Salad on a bun Carrot Coin Salad Chocolate Cherry Bar *Diab Cookie	14 Creamy Chicken Parmesan Rice Pilaf Asparagus 7 Layer Salad Cookie *Diab Pineapple tidbits	15 Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp with Topping *Diab Angel Food Cake
18 Beef Rice Cabbage Hotdish Mixed Fruit Cup Pudding *Diab Cookie	19 BBQ on Bun Oven Browned Potatoes Baked Beans Apple Crisp w/whpd Tpg *Diab Fruit	20 Thanksgiving Dinner Baked Turkey Mashed Potatoes Bread Dressing Green Bean Casserole Pumpkin Pie *Diab Pumpkin Pie	21 Enchilada Casserole Carrots Pear Half/Cranberry Sauce Coconut Custard Pie *Diab Cookie	22 Ham & Bean Soup Egg Salad on a bun Cinnamon Applesauce geletin Lemon Poppy Seed Cake *Diab Angel Food Cake
25 Ham Balls Alt: Beef Patty Baked Potato/Sr Cream Corn Yogurt Fruit Cup	26 Cream Chicken over Biscuit Cranberry Bog Salad Mixed Greens Brownies *Diab Mixed Fruit Cup	27 Spaghett Sauce w/ noodles Coleslaw/Carrots Garlic Bread Lemon Bar *Diab Fruit	28 Thanksgiving - Closed	29 Thanksgiving - Day After

Alternate on Menu = Diner's Choice

Supplier Inventory and Supply Chain difficulties continue to make a few changes to our menu likely.