

DECEMBER

2024 Tower Talk Newsletter



Weekly Happenings

Exercise

Mon, Tues, Wed, & Fri

10am- 10:30am

J2 Activity Room

No class 12/24

Bingo

Mon & Thurs

12:15pm

J2 Sailstad Room

Dart Club

Every Thursday

7pm

J2 Pool Table Area

Coffee

Wednesdays

1pm– 3pm

J1 Café Jordan

No coffee 12/25

Skip Bo

Wed & Sat

1:00pm

J2 Activity Room

Corn Hole/ Bean Bags

2nd & 4th Tues.

12/10

No bean bags on 12/24

Tuesdays

7pm

J2 Sailstad Room

Church/Communion

1st & 3rd Wednesday of

the month

(12/4 & 12/18)

3pm

J2 Media Room

Devotional/ Music with

Pat Garza

1st & 3rd Sunday of the

month

(12/1 & 12/15)

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

December Activities



Presentation

**Wed, Dec. 11
10am
J1 Café Jordan**

Suada from CSFP will be here to teach us about the CSFP program.

Sign up by Tues, Dec 10th in the J1 or J2 office.

Treats will be provided!

Anyone interested is starting a book club? See RyAnne in J1 office



Omega Blood Pressure Checks

**Tues, Dec. 10
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!

Closed Dec. 24 & 26

Food Pantry open 24/7



Diamond Art

Wed, Dec. 4 & 18

3pm

J2 Craft Room

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

New style of diamond art kits available. Great for holiday gifts.

Please pay when you sign up in the J2 office.

New Years Eve Potluck

Wed, Dec. 31

4pm

J2 Sailstad

Please bring a dish to pass and your own beverage.

**The Keynotes
will be playing Live Music
from
4pm– 6pm**

If anyone is able to stick around and assist with clean up, the JTRC would greatly appreciate it.

**This is a Resident Council
sponsored event.**

Resident Council Meeting

Tues, Dec. 17

1pm

J2 Conference Room

All are welcome!



December Activities

Channel One
CSFP Community
Supplement Food Program

Tues, December 3rd
10am
J1 Café Jordan

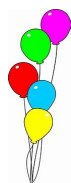
To find out if you qualify for the CSFP program, please contact Channel One CSFP at
1-877-500-8699 or
1-507-424-1704

Bible Studies

Every Thursday
9am- 11am
J2 Craft Room
&
Every Friday
10am- 11am
J2 Media Room
&
Every Friday
3pm– 4pm
Time Change
J2 Craft Room



December Birthdays



12/5 Amanda Pete
12/10 Mark Wipperling
12/19 Gregory Lange
12/20 Diane Linder
12/21 Gwen Hale
12/21 Donna Langworthy
12/27 Zac Boutin
12/30 David Carroll

Birthday Celebration

Wed, Dec. 4
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.

Greeting Cards

Cards for sale 24/7 outside of J2 Craft Room or in J1 Café.

\$.50 for one card

Please leave money in the box provided by the cards.

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



Annual Christmas
Social Hour & Dinner

Wed, Dec. 11
J2 Sailstad Room

4pm-
Music & Social Hour
5pm-
Dinner

Roast beef, mashed potatoes & gravy,
Green beans, roll, and choice of pumpkin or angel food dessert

Individual invitations were delivered to your apartment mailbox.

\$10.00 per meal
Sign up by NOON on
Mon. Dec. 2 in the J1 or J2
offices.

Coffee, milk and water will be provided.

This is a Resident Council sponsored event!

Activities

New River Assembly of God Christmas Dinner

Weds Dec. 25th
4:30 pm
J2 Sailstad

Sign up in the J1 or J2 office by
Wed, Dec. 18 at noon.



Monthly Motivator

“I like to compare the holiday season with the way a child listens to a favorite story. The pleasure is in the familiar way the story begins, the anticipation of familiar turns it takes, the familiar moments of suspense, and the familiar climax and ending.”

-Fred Rogers

Wishing you joy and warmth this holiday season!



Have you lost a loved one and are looking for a support group?

Grief Support Group

First Lutheran Church
615 W. 5th Street

2nd and 4th Tuesdays
every month
10:30 am -11:30 am

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, **Bill Drury** for helping carry in boxes.- Anonymous ***WINNER***
2. Thank you, **Pauline Swanby** for helping a tenant with the phone system.—Anonymous
3. Thank you , **Pat and Callie Garza** for continuously showing kindness and thoughtfulness with all the help on numerous occasions. It is very appreciated.— Diane Goham
4. **Les Wilburn** thank you for helping move some large objects.-Linda Rowan



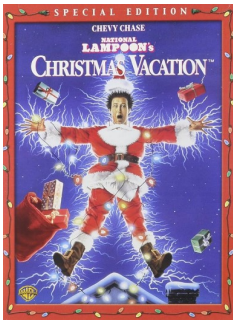
MOVIES—J2 Media Room

TIME CHANGE



Sat, December 7th at 1pm— Miracle on 34th Street (PG) 1 HR 36 MIN

The holiday season is in full swing when a cultured gentleman with twinkling eyes, an ample belly, and a snowy beard (Edmund Gwenn) is hired as Macy's department store Santa. He claims his name is Kris Kringle, and soon fills everyone with Christmas spirit...except for his boss, Doris Walker (Maureen O'Hara), who's raising her daughter (Natalie Wood) to not believe in Santa. But when Kringle is declared insane, and put on trial, everyone's faith is put to the test as young and old alike face the age-old question: Do you believe in Santa Claus?



Sat, December 21st at 1pm – National Lampoon's Christmas Vacation (PG-13) 1HR 37 MIN

It's Christmas time and the Griswolds are preparing for a family seasonal celebration, but things never run smoothly for Clark, his wife Ellen and their two kids. Clark's continual bad luck is worsened by his obnoxious family guests, but he manages to keep going knowing that his Christmas bonus is due soon

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 RyAnne know.



Christmas Decorations in J1 and J2



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, Barb Rietmann, Mallie Moreno, Cheryl Lund, Pat Donaldson, Jackie Luikart (HRA Commissioner) RyAnne Schutz, (RSC) and Tiffany Tieman (PSC)

Absent: HRA Rep

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

- Revamp libraries starting in January
- Liberty's Christmas Dinner 12/11
- Sailstad Christmas Tree Light 12/1
- CSFP presentation 12/11

New Business

- Bluffs fish dinner 1/23
- New Year's Eve party 12/31
- Assembly of God Christmas Dinner 12/25
- Tye dye class in 2025
- Look in to fiesta Mexican for take-out dinner

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, December 17, 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 Christmas Tuesday, December 24 and Wednesday, December 25.

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.

J2 Laundry Room

Do not start 2 washing machines at the same time the drain will over flow. Please look at the other washer to make sure they have not been started in the last 3 minutes. If a wash has been started in the last 3 minutes please wait to start your washer.

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.

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

SEMCAC HOLIDAY CLOSINGS

Will be closed December 23rd -25th

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

Trash/Recycling

Please make sure you are putting your trash and recycling in the right place. Recycling goes in the blue cans on 1st floor. Trash goes down the shoot or if you live on 1st floor trash goes in the trash can on first floor.

Feeding Animals in the courtyard

DO NOT put any food out in the court yard! By putting food out in the courtyard you are attracting unwanted animals. This could also harm the dogs that live at JT.

Trash areas/shoots

If you make a mess in the trash areas or shoots clean it up. If you are unable to clean it up yourself you need to call the HRA immediately.



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

No December Date

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).

December 2024 Jordan Towers Monthly Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2pm- Devotional/live music 4pm- Tree Lighting	2 10am- Exercise 12:15pm- Bingo 2pm-Card Club meeting	3 9am-11am- Closet 10am-CSFP (NAPS) 10am- Exercise	4 10am- Exercise 1pm-3pm-Coffee/Birthday celebration 1pm- Skip-Bo 3pm- Communion 3pm- Diamond Art	5 9am-11am- Bible Study 12:15pm- Bingo 3pm-5pm- Closet 7pm- Dart Club	6 10am- Bible Study 10am- Exercise 3pm- Bible Study	7 1pm- Skip-Bo 1pm- Movie
8 10am- Exercise 12:15pm- Bingo	9 9am-11am- Closet 10am- Exercise 10:30am- Blood pressure 7pm- Bean Bags/Corn Hole	10 9am-11am- Closet 10am- Exercise 10 am- CFSP presentation 1pm-3 pm Coffee 1pm- Skip-Bo 4pm-Liberty's Dinner	11 10am- Exercise 10 am- CFSP presentation 1pm-3 pm Coffee 1pm- Skip-Bo 4pm-Liberty's Dinner	12 9am-11am- Bible Study 12:15pm- Bingo 3pm-5pm- Closet 7pm- Dart Club	13 10am- Bible Study 10am- Exercise 3pm- Bible Study	14 1pm- Skip-Bo
15 2pm- Devotional/live music	16 10am- Exercise 12:15pm- Bingo	17 9am-11am- Closet 10am- Exercise 1pm- Resident Council Meeting	18 10am- Exercise 1pm-3pm- Coffee 1pm- Skip-Bo 3pm- Communion 3pm- Diamond Art	19 9am-11am- Bible Study 12:15pm- Bingo 3pm-5pm- Closet 7pm- Dart Club	20 10am- Bible Study 10am- Exercise 3pm-Bible Study	21 1pm- Skip-Bo 1pm- Movie
22 10am- Exercise 12:15pm- Bingo	23 10am- Exercise 12:15pm- Bingo	24 9am-11am- Closet 10am- Exercise 4pm- New Year Party	25 4:30-Assembly of God Christmas Dinner	26 9am-11am- Bible Study 12:15pm- Bingo 7pm- Dart Club	27 10am- Bible Study 10am- Exercise 3pm- Bible Study	28 1pm- Skip-Bo
29 10am- Exercise 12:15pm- Bingo	30 10am- Exercise 12:15pm- Bingo	31 9am-11am- Closet 10am- Exercise 4pm- New Year Party				

Meals are subject to change

Semcac Senior Nutrition

December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken ala King Over Biscuit Seasoned Peas Cinnamon Applesauce Mixed Fruit Cup	3 Pork Steak Dressing Asparagus Coleslaw Cookie *Diab Fruit	4 Tomato Barley Soup Crackers Egg Salad Sandwich Five Cup fruit Salad Peanut Butter Brownie *Diab Cookie or Bar	5 Meat Lasagna Tossed Salad Orange Garlic Bread Moon Cake *Diab Cookie or Bar	6 Kielbasa Alt: Baked Fish/Tartar Sc Baked Potato/Sr Cream Squash Fresh Banana
9 Baked Fish w/Tartar Sauce Oven Browned Potatoes Parslled Carrots Mandarin Orange Dessert	10 Spaghetti & Meat Sauce Tossed Salad w/Dressing P/A Rings w/Cottage Ch Garlic Bread Cookie *Diab Fruit Cup	11 Roast-Beef Sandwich Boiled Potatoes Broccoli/Cauliflower Oatmeal Choc Chip Bar *Diab Cookie	12 Hawaiian Chicken Rice Pilaf Green Beans Orange Pudding *Diab Fruit Cup	13 Meat Loaf Baked Potatoes Stewed Tomatoes Fruit Cup
16 Hamburger on a Bun w/ pickel/onion/tomato/ketchup/mustard Roadside Potatoes Baked Beans w/Apples Fresh Fruit	17 Hot Turkey over Bread/w Gravy Mashed Potatoes Buttered Beets Pumpkin Bar *Diab Fruit Cup	18 Chef Salad-Lettuce, Tomato, Cuke, Boiled Egg, Ham, Cheese Alt: Chicken Breast Hawaiian Cake Diab: Fruit Cup	19 Christmas Dinner Baked Ham Alt: Chicken Breast Baked Sweet Potato Green Bean w/Mushrooms Peppermint Ice Cream w/ Christmas Cookie	20 Seashore Tuna Casserole Mixed Green Salad Tomato Wedge Muffin w/Margarine Moon Cake *Diab Fruit
23 CLOSED WINTER HOLIDAY	24 CLOSED WINTER HOLIDAY	25 CLOSED WINTER HOLIDAY	26 Salisbury Steak w/Gravy Mashed Potatoes Corn Fresh Oranges	27 Pork Loim Baked Potato Green Beans Rocky Road Pudding *Diab Cookie/Bar
30 Swiss Steak w/Gravy Mashed Potatoes Peas Pineapple/Pear/Peach Cup	31 Hamburger Veg Soup Crackers Egg Salad Sandwich Pear Cup Flavored Ice Cream *Diab Vanilla Ice Cream			

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

In inclement weather:
 Please visit
 Or visit our FB page
 Or call 507-864-8231