



# 2025 Tower Talk Newsletter



## Weekly Happenings

### Exercise

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

### Bingo

Mon & Thurs  
12:15pm  
J2 Sailstad Room

### Dart Club

Every Thursday  
7pm  
J2 Pool Table Area

### Coffee

Wednesdays  
1pm– 3pm  
J1 Café Jordan

### Skip Bo

Wed & Sat  
1:00pm  
J2 Activity Room

### Corn Hole/ Bean Bags

2nd & 4th Tues.  
1/14 & 1/28  
Tuesdays  
7pm  
J2 Sailstad Room

### Church/Communion

1st & 3rd Wednesday of  
the month

**DATE CHANGE FOR JAN.**  
(1/8 & 1/15)

3pm

J2 Media Room

### Devotional/ Music with

#### Pat Garza

Sun, Jan. 5

&

Sun, Jan.19

**Time Change**

**3pm**

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

# January Activities



with Tiffany & RyAnne

**Thurs, Jan. 9  
2- 3pm  
J1 Café Jordan**

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

## 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**

Pier 55 Red Wing Area Seniors

## Presentation

**Tuesday, January 14th  
1 pm  
J1 Café**

**Sign up in the J1 or J2 office  
by  
Monday, January 13th**



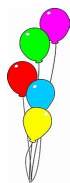
## Omega Blood Pressure Checks

**Tues, Jan. 21  
10:30-11:30am  
J2 Sailstad Room**



## January Birthdays

1/6 Cassie Morkwed  
1/11 Erick Johnson  
1/11 Betty Twitchell  
1/16 Kathleen Kuehl  
1/17 Ben VonHaaren  
1/18 Judy Hunt  
1/19 Joan Larkin  
1/24 Linda Chamberlain  
1/27 Jeremy Miller  
1/28 Sharon Heinrich  
1/29 Kim Rossi



## Diamond Art

**Wed, Jan 22  
3pm  
J2 Craft Room**

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

Please pay when you sign up in the J1 or J2 office.

## Resident Council Meeting

**Tues, Jan. 21  
1pm  
J2 Conference Room**

**All are welcome!**



# January Activities

## Channel One CSFP Community Supplement Food Program

**Tues, January 7th  
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  
J2 Craft Room



## Board Games with Tiffany & RyAnne

**Thurs, Jan. 30  
2- 3pm  
J2 Activity Room**

Come join Social Services staff to play a board game and have some fun!!!

## Birthday Celebration

**Wed. Jan 1st  
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.

## Christmas Decorations in J1 and J2

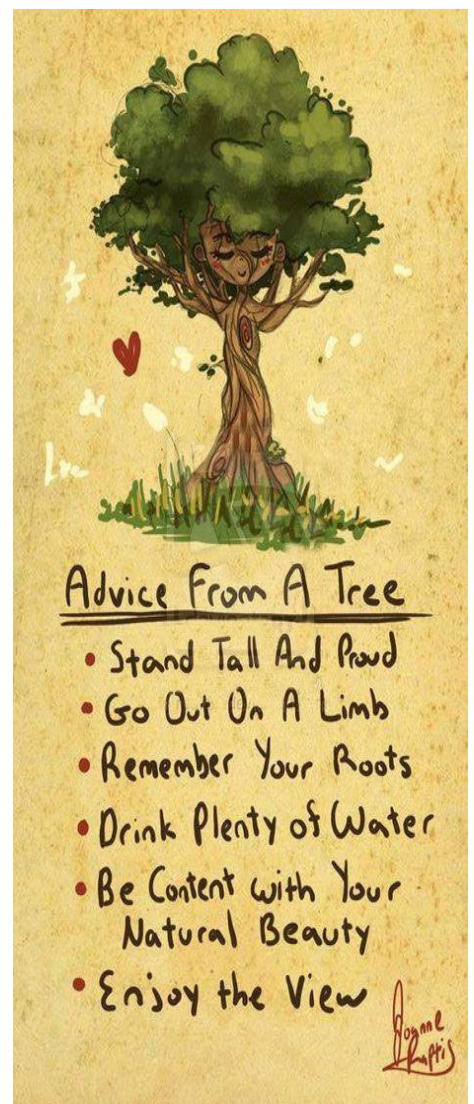
**Friday, January 3,** maintenance will bring empty containers to each floor.

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

## 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.



# Activities

## Chair Yoga

Tues, Jan 7  
2pm  
Media Room

This class will be lead by DVD. We encourage all to participate.



**With Liz**

**Thurs, Jan. 16  
2-3pm  
J1 Café Jordan**

Come join Liz for Moments Hospice to talk about life.

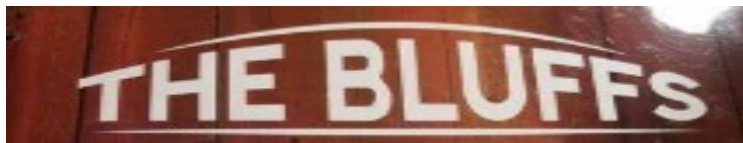


*Have you lost a loved one and are looking for a support group?*

**Grief Support Group**

**First Lutheran Church  
615 W. 5th Street**

**2nd and 4th Tuesdays  
every month**



## Fish Dinner

**Thurs, Jan. 23  
4pm  
J2 Sailstad**

**\$13 per meal**

Dinner includes: 3 piece fried fish, baked potato, and coleslaw.

Sign up by noon on  
Friday, January 17 in the J1 or J2 office.  
Make Checks payable to JTRC

## MOVIES—J2 Media Room



**Sat, January 4th at 1pm— Thunder Force (PG-13) 1HR 47 MIN**

In a world where supervillains are commonplace, two estranged childhood best friends reunite after one devises treatment that gives them powers to protect their city.



**Sat, January 18th at 1pm – Man From Toronto (PG-13) 1 HR 52 MIN**

Kevin Hart and Woody Harrelson team up in this action comedy about a hapless entrepreneur mistaken for a hitman.

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.**



## 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, **Wanda Sherry** for helping decorate for Christmas- Linda Rowan
2. Thank you, **Richard Reese** for playing music at the tree lighting party- anonymous
3. Thank you, **Gus Hohl** for sing at the tree lighting party. -anonymous **\*WINNER\***
4. A special thank you to gentleman **Rich Schott** for being so helpful with tree decorating, you are appreciated.- Wanda Sherry

CHOOSE  
kindness

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

**Attending:** Jeanelle Fosberg, Todd Hallahan, Joanne Bundy, Barry Preble, Joyce Thompson, Linda Rowan, Christine Radtke, Irene Alger, Mallie Moreno, Cheryl Lund, Pat Donaldson, Jackie Luikart (HRA Commissioner) RyAnne Schutz, (RSC) and Tiffany Tieman (PSC)

**Absent:** Betty Twitchell, Pat Donaldson, Barb Rietmann, and 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
- CSFP presentation 12/11
- New Year's Eve party 12/31

**New Business**

- Assembly of God Christmas Dinner 12/25
- Bluffs fish dinner 1/23
- Pier 55 Presentation 1/14

**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, January 21, 2025 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 New Years Wednesday January 1, 2025.

### J2 Laundry Room

Do not start 2 washing machines at the same time or 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.

### 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.

### Channel 6

Channel 6 is now the local Red Wing station. Tune in for local news and online meetings.

### Private Parties

From time to time, especially around the Holidays, some of our common areas are rented out for bigger family gatherings. These families pay to rent these areas. If you notice a large group gathered in one of the common areas, please be courteous and do not enter that area.

### 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

### Washers & Dryers

Please clean out the washers and dryers when you are done using them.

### Please Mindful of Your Neighbors

Some people have allergies or sensitivities to chemicals, fragrances, smoke, pets, bees, food etc.

People react in different ways but here are some signs to look for:

- Nausea and vomiting
- Hives
- Shortness of breath or wheezing
- Swelling of tongue or face
- Runny, stuffy or itchy nose, sneezing
- Itchy or Watery Eyes
- Dizziness or fainting or weak pulse
- Tight/hoarse throat (difficulty swallowing)
- Pale or blue coloring of skin
- Rapid pulse



**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](http://findfoodgoodhuecounty.com)**



**Callmax**

Text– 855-936-2202

Phone call– 651-388-7571

Email is from Red Wing HRA

**Fare For All**

**February 5th**

**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).**



# Jordan Towers Activity Calendar

# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10am-Exercise 1pm-3pm Coffee & birthday celebration 1pm-Skip-Bo No Communion	9am-11am-Bible Study 12:15pm- Bingo 3pm-5pm- Closet 7pm- Dart Club	10am- Bible Study 10am-Exercise 3pm- Bible Study	1pm-Skip-Bo 1pm - Movie
5 3pm- Devotional/live music	6 10am-Exercise 12:15pm- Bingo	7 9am-11am- Closet 10am-CSFP (NAPS) 10am-Exercise 2pm- Chair Yoga	8 10am-Exercise 1pm-3pm Coffee 1pm-Skip-Bo 3pm- Communion	9 9am-Bible Study 12:15pm- Bingo 2pm- Table Talk 3pm-5pm- Closet 7pm- Dart Club	10 10am- Bible Study 10am-Exercise 3pm- Bible Study	11 1pm- Skip-Bo
12 10am- Exercise 12:15pm- Bingo	13 9am-11am- Closet 10am-Exercise 1pm – RWAS/Pier 55 presentation 7pm – Bean Bags	14 10am- Exercise 1pm-3pm- Coffee 1pm- Skip-Bo 3pm- Communion	15 9am- Bible Study 12:15pm- Bingo 2pm- Moments w/Liz 3pm-5pm- Closet 7pm- Dart Club	16 10am- Bible Study 10am-Exercise 3pm- Bible Study	17 10am- Bible Study 10am-Exercise 3pm- Bible Study	18 1pm- Skip-Bo 1pm - Movie
19 3pm- Devotional/live music	20 9am-11am- Closet 10am-Exercise 10:30am- Blood pressure 1pm- Resident Council Meeting	21 10am- Exercise 1pm-3pm Coffee 1pm- Skip-Bo 3pm- Diamond Art	22 9am- Bible Study 12:15pm- Bingo 3pm-5pm- Closet 4pm- Bluffs Dinner 7pm- Dart Club	23 10am- Bible Study 10am-Exercise 3pm- Bible Study	24 10am- Bible Study 10am-Exercise 3pm- Bible Study	25 1pm- skip-Bo
26 10am- Exercise 12:15pm- Bingo	27 9am-11am- Closet 10am- Exercise 7pm- Bean Bags	28 10am- Exercise 1pm-3pm Coffee 1pm- Skip-Bo	29 9am-11am- Bible Study 12:15pm- Bingo 2pm-Board games 3pm-5pm- Closet 7pm- Dart Club	30 10am- Bible Study 10am-Exercise 3pm- Bible Study	31 10am- Bible Study 10am-Exercise 3pm- Bible Study	

Meals are subject to change

## Semcac Senior Nutrition

JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>In inclement weather: Please visit Or visit our FB page Or call 507-864-8231</p>		<b>NEW YEAR'S - CLOSED</b>		
<p>6 Salisbury Steak Mashed Potatoes Brussel Sprouts Flavored Ice Cream *Diab Vanilla Ice Cream</p>	<p>7 Pork Loin Oven Roasted Potatoes Corn Muffin w/ marg Baked Apple</p>	<p>8 Baked Ham Baked Sweet Potato Green Bean Casserole Lemon Chiffon Pie *Diab Angel Food Cake</p>	<p>9 Hamburger Gravy, over Noodles Parslied Carrots Coleslaw Apple Cranberry crisp With whipped topping *Diab applesauce</p>	<p>10 Vegetable Soup Crackers Cheese on Rye Macaroni Fruit Salad Oatmeal Cake *Diab Cookie</p>
<p>13 Swedish Meatballs Mashed Potatoes w/Marg Herbed Green Beans Mixed Fruit Cup</p>	<p>14 Taco Casserole Mexican Corn Corn Bread w/Marg Cherry Crunch Dessert With whipped topping *Diab Peaches</p>	<p>15 Creamed Chicken Over Biscuit Diced Carrots 7-Layer Salad Fruit Cocktail Cake *Diab Cookie</p>	<p>16 Goulash 3 - Bean Salad Beet Pickles Garlic Bread Fresh Apple</p>	<p>17 Breakfast Wrap Sausages Fruit Cup Bar *Diab Cookie/Bar</p>
<p>20 <b>CLOSED</b> <b>MARTIN LUTHER KING</b></p>	<p>21 Roast Beef Mashed Potatoes Harvard Beets Fresh Fruit</p>	<p>22 Cream of Broccoli Soup Crackers Chicken Salad Strawberry Shortcake/Top *Diab Fruit Cup</p>	<p>23 BBQ on Bun Oven Brownd Potatoes Baked Beans Apple Crisp w/whp top.</p>	<p>24 Beef Stew Seafoam salad Muffin w/ Marg Rice Krispie Bar *Diab cookie</p>
<p>27 Swiss Steak in Tomato Sc Baked Potato/Sr Cream Mixed Vegetables Orange/Pear Cup</p>	<p>28 Taco Salad: Sr C/Fr Drsg Salsa, Meat, Shred Ch, Shred Lettuce, Diced Tomatoes, Tostato Chips Black Bean Salad Beethnik Cake *Diab Cookie/Bar</p>	<p>29 Hamburger Stew Spiced Peaches Muffin w/ Marg, Gingerbread Cake w/w/whp top Diab: Fruit</p>	<p>30 Roast Pork Mashed Potatoes w/Gravy Fresh Squash Fruit Cocktail Cake *Diab Fresh Fruit</p>	<p>31 Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread P.A. Slices Pudding *Diab Mandarin Oranges</p>

Alternate on Menu = Diner's Choice

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