



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.
2/11 & 2/25
Tuesdays
7pm
J2 Sailstad Room

Church/Communion

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

Devotional/ Music with

Pat Garza

Sun, Feb. 9
&
Sun, Feb. 23
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

February Activities



with Tiffany & RyAnne

**Thurs, Feb. 13
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



Cognitive Wellness Essentials Presentation

**Mon. Feb. 24
1pm
J1 Jordan Café**

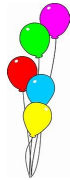
Are you dealing with brain fog, forgetfulness, mood imbalances, or fatigue? Join our Cognitive Wellness class to uncover natural strategies for addressing these common symptoms. Learn how lifestyle changes, diet, and nutrition can help stop and even reverse cognitive decline. Equip yourself with practical tips to boost your brain health and maintain mental clarity.

Omega Blood Pressure Checks

**Tues, Feb. 18
10:30-11:30am
J2 Sailstad Room**

February Birthdays

2/3 Ethan Randall
2/5 Beverly Johnson
2/5 Gus Hohl
2/5 Joyce Hadler
2/8 Linda Rowan
2/13 Matthew Blair
2/19 Jacob Schmitt
2/21 Marlene Smith
2/22 Debbie Gibson
2/26 Shawn O'Connor
2/28 Joanne Bundy
2/29 Lisa Welt



Diamond Art

**Wed, Feb. 12
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, Feb. 18
1pm
J2 Conference Room**

All are welcome!



February Activities

Channel One CSFP Community Supplement Food Program

Tues, Feb. 4th
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

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.

Do you like to play euchre?
If so contact RyAnne or Tiffany we would like to start a euchre group.



Board Games with Tiffany & RyAnne

Thurs, Feb. 27
2– 3pm
J2 Activity Room

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

♥ happy ♥
Valentine's
♥ day ♥

Birthday Celebration

Wed. Feb. 5
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.

Bible Studies

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



Super Bowl Sunday

Sun, Feb. 9
5pm
J2 Media Room

Bring a dish to pass and your own beverage.



February Activities

Chair Yoga

Every Tuesday

2pm

&

Every Friday

1pm

Media Room

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



Thurs, Feb 20

2-3pm

J1 Café Jordan

Come join Liz from Moments Hospice to talk about life.



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

Grief Support Group

First Covenant Church

2302 Twin Bluff Road

Tuesdays at 6:30 pm

Feb 4th thru April 29th

Valentine's Day Party

Fri, Feb. 14

J2 Sailstad Room

4pm—6pm

Come down to enjoy treats

&

Music by Duane and Joanne Earney.



Friends and Family are welcome to join!

Resident Council sponsored event.

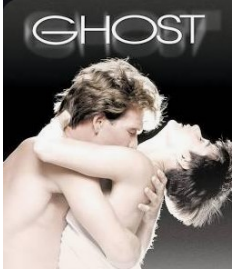
Monthly Motivator

Health Benefits of Laughter

- Releases endorphins
 - Reduces stress
- Helps relieve pain
- Lowers blood pressure
- Increases blood flow
- Boosts immune system
 - Lowers blood sugar
 - Fights anxiety
- Improves cardiovascular health

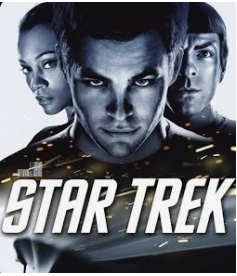


MOVIES—J2 Media Room



Sat, February 1st at 1pm— Ghost (PG-13) 2 HRS 6 MIN

Sam Wheat (Patrick Swayze) is a banker, Molly Jensen (Demi Moore) is an artist, and the two are madly in love. However, when Sam is murdered by friend and corrupt business partner Carl Bruner (Tony Goldwyn) over a shady business deal, he is left to roam the earth as a powerless spirit. When he learns of Carl's betrayal, Sam must seek the help of psychic Oda Mae Brown (Whoopi Goldberg) to set things right and protect Molly from Carl and his goons



Sat, February 15th at 1pm – Star Trek (PG-13) 2 HRS 6 MIN

Aboard the USS Enterprise, the most-sophisticated starship ever built, a novice crew embarks on its maiden voyage. Their path takes them on a collision course with Nero (Eric Bana), a Romulan commander whose mission of vengeance threatens all mankind. If humanity would survive, a rebellious young officer named James T. Kirk (Chris Pine) and a coolly logical Vulcan named Spock (Zachary Quinto) must move beyond their rivalry and find a way to defeat Nero before it is too late.

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, **Rick Schott** for finding me a reliable walker.-J.H. ***WINNER***

If you see a neighbor doing something kind nominate them for Acts of Kindness.

*CHOOSE
kindness*

Jordan Tower I Renovation Project

As you may have heard, we are about to embark on an exciting adventure!! Jordan Tower I was built in 1974. Many features of the building are original to when it was built such as all the plumbing and electrical panels in the resident units.

During this whole process of the renovation. HRA staff are committed to ensuring that all residents are informed to each step of the process. There will be updates in the monthly Tower Talk, on the HRA bulletin board located on first floor, and updates posted on the HRA website (all of the notices will stay posted).

On January 13, 2025, HRA staff distributed an overview of the Renovation Project. This first notice explained a bit about the background of the project.

The next couple notices coming out soon will include information about the next steps and processes, estimated timeframe and impact to residents.

New Scam Alert

BEWARE, Don't fall for this very sophisticated debit card scam. Here's how it goes: got a call, the caller ID was my bank. The guy says he's from the fraud dept, calling about my debit card ending in ----(the 4 correct numbers), and asks if I'd been traveling, reports 2 suspicious charges that happened at out-of-state stores (Lowe's and Walmart). I said nope, wasn't me. He says they'll send me a new card. He knows my address. He knows all my phone numbers. He sends a verification code to my cell and asks me to read it to him. THEN HE ASKS FOR MY PIN NUMBER, so he can deactivate it. That's where I said "no." But he has an answer for my suspicions: he says look at the number I'm calling from, it matches the number on the back of your card. It does! But still, then I said let me call you back and he hung up! I reported this to my bank's fraud dept., who said WE WOULD NEVER ASK FOR YOUR PIN NUMBER. (And immediately cancelled my card.) They also said this is the new scam, they're hearing about it a lot. Tell everyone!



**NATIONAL ELDER
FRAUD HOTLINE**

**Call 833-FRAUD-11
833-372-8311**

**Call if you have been a
victim of fraud and need support.**

Resident Council Meeting Minutes
Tues, January 21, 2025 from 1:00pm to 2:00pm

Attending: Irene Alger, Joanne Bundy, Jeanelle Fosberg, Todd Hallahan, Cheryl Lund, Barry Preble, Christine Radtke, Kim Rossi, Linda Rowan, Joyce Thompson, Betty Twitchell, Jackie Luikart (HRA Commissioner) RyAnne Schutz, (RSC)

Absent: Pat Donaldson, Tiffany Tieman (PSC), 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: Kim Rossi introduced herself and why she's interested in being on the Resident Council.

Old Business

- Revamp libraries starting in January. First meeting 1/29

New Business

- Kim Rossi voted in as new council member and secretary
- Valentine's Party on 2/14
- St. Patty's Dinner on 3/17
- 2025 Budget reviewed
- Cognitive Wellness Presentation 2/24
- Coffee Cups sleeves to be ordered

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, February 18, 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 Presidents day on Monday, February 17

Certificate of rent paid

Your certificate of rent paid was delivered with your rent statement. They are printed on pink paper.

There have been changes to how you file your renters rebate. Tiffany and RyAnne are no longer able to help with this. Please contact AARP for help.

AARP Free Tax Preparation

AARP is offering free tax preparation services.

Please contact **Pier 55 Senior Center at 651-327-2255.**

They are taking calls for the waiting list now and will begin calling to make appointments soon.

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.

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

Please be Mindful of Your Neighbors

Some people have allergies, asthma 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

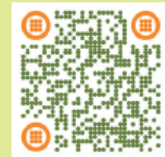
Vicki Hattemer, RN, BSN

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



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).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1pm-Skip-Bo 1pm - Movie
2	3	4	5	6	7	8
3pm- Devotional/live music 5pm – Super bowl party	10am- Exercise 12:15pm- Bingo	9am-11am- Closet 10am-CSFP (NAPS) 10am- Exercise 2pm –Chair Yoga	10am- Exercise 1pm-3pm Coffee & birthday celebration 1pm- Skip-Bo 3pm- Communion	9am-11am- Bible Study 12:15pm- Bingo 3pm-5pm- Closet 7pm- Dart Club	10am- Bible Study 10am- Exercise 1pm –Chair Yoga 3pm- Bible Study 4pm- Valentine’s Party and Music	1pm- Skip-Bo 1pm - Movie
9	10	11	12	13	14	15
3pm- Devotional/live music	10am- Exercise 12:15pm- Bingo	9am-11am- Closet 10am- Exercise 2pm –Chair Yoga 7pm- Bean Bags	10am- Exercise 1pm-3pm Coffee 1pm- Skip-Bo 3pm-Diamond Art	9am-11am- Bible Study 12:15pm- Bingo 2pm- Table Talk 3pm-5pm- Closet 7pm- Dart Club	10am- Bible Study 10am- Exercise 1pm –Chair Yoga 3pm- Bible Study	1pm- Skip-Bo 1pm - Movie
16	17	18	19	20	21	22
10am- Exercise 12:15pm- Bingo	9am-11am- Closet 10am- Exercise 10:30am- Blood pressure 1pm- Resident Council Meeting 2pm –Chair Yoga	10am- Exercise 1pm-3pm Coffee 1pm- Skip-Bo 3pm - Communion	9am-11am- Bible Study 12:15pm- Bingo 2pm-Moments Hospice w/Liz 3pm-5pm- Closet 7pm- Dart Club	10am- Bible Study 10am- Exercise 1pm –Chair Yoga 3pm- Bible Study		1pm- Skip-Bo
23	24	25	26	27	28	
3pm- Devotional/live music	10am- Exercise 12:15pm- Bingo 1pm- Cognitive Wellness Presentation	9am-11am- Closet 10am- Exercise 2pm –Chair Yoga 7pm- Bean Bags	10am- Exercise 1pm-3pm Coffee 1pm- Skip-Bo	9am-11am- Bible Study 12:15pm- Bingo 2pm-Boards Games 3pm-5pm- Closet 7pm- Dart Club	10am- Bible Study 10am- Exercise 1pm –Chair Yoga 3pm- Bible Study	

Meals are subject to change

Semcac Senior Nutrition

February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chili Con Carne Pineapple Slices Corn Muffin/Marg Flavored Ice Cream *Diab Vanilla Ice Cream	4 Chicken Pot Pie Tossed Salad/Fixings Fruited Muffin w/Marg Starburst Cake *Diab Fruit Cup	5 BBQ Meatballs Boiled Red Potatoes Cauliflower Pudding *Diab Banana	6 Hot Hamwich Potato Salad Marinated Green Beans Apple Crisp *Diab Cookie/Bar	7 Lasagna Tossed Salad w/Dressing 5-Cup Fruit Salad Garlic Bread Cookie *Diab Cookie
10 Tator Tot Casserole Tossed Salad Pickle Spear Mixed Fruit Cup	11 Pork Roast Cinnamon Applesauce Mashed Potatoes/Gravy Spinach/Vinegar Fresh Banana	12 Vegetable Soup Crackers BBQ on Bun Carrot Coin Salad Chocolate Cherry Bar *Diab Cookie	13 Creamy Chicken Parmesan Rice Pilaf Asparagus 7 Layer Salad Bar *Diab Pineapple Tidbits	14 Valentine's Day Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp w/Topping *Diab Angel Food Cake
17 Beef Rice Cabbage Holdish Mixed Fruit Cup Pudding *Diab Cookie	18 Pulled Pork on Bun Oven Browned Potatoes Baked Beans Apple Crisp w/W/npd Tpg *Diab Fruit	19 Enchilada Casserole Carrots Pear Half/Cranberry Sauce Coconut Custard Pie Sq. *Diab Bar	20 Baked Turkey Mashed Potatoes w/ Gravy Green Bean Casserole Pumpkin Pie *Diab Cookie	21 Ham & Bean Soup Cheese on Rye Cinnamon Applesauce Gel Lemon Poppy Seed Cake *Diab Angel Food Cake
24 Ham Balls Baked Potato/Sour Cream Succotash Yogurt Fruit Cup	25 Turkey Ala King/Biscuit Cranberry Bog Salad Romaine Lettuce Brownies *Diab Mixed Fruit Cup	26 Goulash Coleslaw /Peas Muffin w/Marg Lemon Bar *Diab Fruit	27 Baked Chicken Mashed Potatoes w/gravy Green Beans Fruited Muffin w/Marg Fruit Cup	28 Beef Pot Roast w/Veg Waldorf Gelatin Salad Fresh Oranges
<p>In inclement weather: Please visit Or visit our FB page Or call 507-864-8231</p>				

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