



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.
4/8 & 4/22
Tuesdays
7pm
J2 Sailstad Room

Church/Communion

1st & 3rd Wednesday of
the month
(4/2 & 4/16)
3pm
J2 Media Room

Chair Yoga

Every Tuesday
2pm
&
Every Friday
1pm
Media Room

Library Committee meeting

2nd Tues. of each month
3pm
Craft room

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

April Activities

Volunteer Appreciation Celebration

Wed, April 16
9am
J1 Café Jordan

Invitations to the ceremony will be delivered to your mailbox outside of your apartment. If you are a volunteer and do not receive an invitation by **April 2nd** please contact Tiffany or RyAnne. You must RSVP for this event.

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



with Tiffany & RyAnne

Thurs, April 3
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.

Omega Blood Pressure Checks

Tues, April 15
10:30-11:30am
J2 Sailstad Room

Monthly Motivator

It is better to light one candle than to curse darkness



April Birthdays

4/11 Cheryl Lund
4/11 Liz Ciccone
4/11 Bonnie Voth
4/11 Irene Alger
4/13 Cassie May
4/14 Cheryl Watson
4/15 Kathie Kreye
4/19 Peter Luikart
4/30 LeRoy Kimmes

Diamond Art

Wed, April 9
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, April 15
1pm
J2 Conference Room

All are welcome!



April Activities

Channel One CSFP Community Supplement Food Program

**Tues, April 1
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.

\$.25 for one card

Please leave money in the box provided by the cards.



**Thurs, April 17
2-3pm
J1 Café Jordan**

Come join Liz from Moments Hospice to talk about life.

Money Saving Programs and Service

**Thurs, April 24
1:30pm
J2 Media Room**

Learn about programs that can lower Medicare premiums, deductibles and out-of-pocket cost.

Please sign up by 4/21 in the J1 or J2 office.



Birthday Celebration

**Wed. April 2nd
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

Building A Better Brain

**Thurs, April 10
1pm-3pm
J2 Media Room**

Join Angela Lunda, M.A. associate in Neurology at Mayo Clinic for information and engaging session on brain health. Angela will discuss what brain changes are normal for older adults and what changes might be a cause for concern.

Please sign up by 4/8 in the J1 or J2 office.



MOVIES—J2 Media Room

DATE/TIME CHANGE -BACK TO FRIDAYS



Friday, April 4th at 4pm—Midway (PG-13) 2 HRS 18 MIN

On Dec. 7, 1941, Japanese forces launch a devastating attack on Pearl Harbor, the U.S. naval base in Hawaii. Six months later, the Battle of Midway commences on June 4, 1942, as the Japanese navy once again plans a strike against American ships in the Pacific. For the next three days, the U.S. Navy and a squad of brave fighter pilots engage the enemy in one of the most important and decisive battles of World War II.



Friday, April 18th at 4 pm – DJANGO (R 2 HRS 45 MIN

Two years before the Civil War, Django (Jamie Foxx), a slave, finds himself accompanying an unorthodox German bounty hunter named Dr. King Schultz (Christoph Waltz) on a mission to capture the vicious Brittle brothers. Their mission successful, Schultz frees Django, and together they hunt the South's most-wanted criminals. Their travels take them to the infamous plantation of shady Calvin Candie (Leonardo DiCaprio), where Django's long-lost wife (Kerry Washington) is still a slave.

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.

Linda and Kim's retirement party.

**Friday, April 4
12pm
J2 Sailstad**

We encourage all tenants to come wish Linda and Kim a happy and healthy retirement . Please bring a card if you can . Card club sell cards for a quarter.

Cupcakes will be served.



Resident Council will have 2 openings come June . One opening for J1 and one for J11. If you are interested in joining Resident Council please see a Resident Council member, Tiffany or RyAnne.

Jordan Tower I Renovation Project

HRA staff and architect are working on the due diligence items for Minnesota Housing. Mike Hegna and other staff from Finn Daniels Architects are working on the full scope of work and plans. As you may have seen, there have been site visits scheduled and more visits in the future to ensure that these plans are accurate.

The process is still on track to have bids for general contractors go out end of May or early June 2025. Once staff have an approximate schedule and preliminary idea of next steps of this project, the next notice will be distributed.

HRA staff will continue to keep everyone informed and post this information.

Notice #1- Distributed on 1/13/2025-
Overview of the Renovation Project

Notice #2- Distributed on 2/12/2025-
Upcoming Steps & Process



Air Conditioner Cleaning

Sylvander Heating will be here again this year to clean AC units if needed.

May 21 & 22
\$90 per unit

The price includes taking out the unit, cleaning the unit and putting the AC unit back.

You must be home when Sylvander comes.

**Please sign up with Tiffany or RyAnne by
Monday, May 19**

Library update

The goal of the library renovation is to have a n organized functional space for tenants to enjoy.

We will now have one library space for Jordan Towers. The space will be on ground floor of Jordan II right outside of the Sailstad room.

When the library reopens. We will ask that when you:

- Check out the book (write the name of the book and your name on check out sheet)
- Return books to return basket.
- If donating books you put them in the donate basket. Once you donate a book it becomes the library committees book. They will decide if it get placed in the JT library or not.

We are hoping to purchase more large print books.

If you have suggestion for books or for the library please let a library committee member know.

Library Committee Members

Cheryl Lund Steve Pringle
Rita Dahms Joyce Hadler
Pat Donaldson Linda Rowan



Fish or Shrimp Dinner

Wed, April 23

4pm

J2 Sailstad

\$13 per meal

Dinner includes: 3 piece fried fish or 5 butterfly shrimp , baked potato, and coleslaw.

Sign up by noon on
Friday, April 18 in the J1 or J2 office.
Make Checks payable to JTRC

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.

- Thank you **Larry Cedar** and **Mark Schubert** for helping with my car battery. - Cheryl L
- **Larry Cedar** for giving me a ride home from Family Fare when it was extremely cold out.—JJ
- **Rick Schott**—thanks for donating a garbage can for the Neighbor Closet
- Thank you, **Larry Cedar** for helping with yoga and movies.-Anonymous
- Thank you, **Todd Hallahan** for helping at the party. -Anonymous
- Thank you **Cheryl Lund** for helping at the party.- Anonymous ***WINNER***
- Thank you **Barry Preble** for donating all the hamburger to the card club for chili- Card Club
- I want to nominate **Dean Johnson**, for coming to my mom's aid in getting rid of my old cage. She was having a tough time. –Bird Dahms

Resident Council Meeting Minutes
Tues, March 18, 2025 from 1:00pm to 2:00pm

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

Absent: Barry Preble, and HRA Rep

Resident attendees and other Guests: Gus Hohls

** 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:

Old Business

- Revamp libraries—new shelving coming
- St. Patty's Dinner— good turn out
- Cognitive Wellness Presentation— went well
- Ordering new dart boards
- Hiawatha Valley Mental Health presentation. Good info.

New Business

- Mayo Health Brain presentation
- Volunteer appreciation
- Money Saving Presentation
- Bluffs fish an shrimp dinner
- Retirement Party
- Memorial Day Pot Luck

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, April 15, 2025 at 1pm in the J2 Conference Room.

The Scoop- Announcements from HRA and Resident Services

HRA and Resident Services Offices

No closings this month.

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.

Work Order

Please call all work orders into the HRA office.

Do not stop HRA staff and tell them the problem. There is an order of operation. The first step is call the office to report the problem.

Mail

Please leave other tenant's mail or packages alone unless you have an agreement with them to deliver their packages to them.

Pets

We are getting a lot of complaints about dog poop not being cleaned up. Clean up after your animals.

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 Resident 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

How to outsmart a scammer:

- Do not make any decisions in the moment
 - Hang up if you are feeling pressured
- Do not share any personal or financial information
- Ask for their name and organization/business name
- Ask for additional information to be mailed to you

Other tips:

- Do not share passwords or pin numbers
- Do not answer phone #'s you don't know
- Even telling a scammer where you live or your email address can help them find other pieces of your identity
- Only give details to someone you trust
- Create hard-to-crack passwords and change them regularly



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

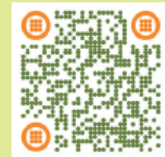
Vicki Hattemer, RN, BSN

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

April 2nd & April 30

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

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
10am- Exercise 12:15pm- Bingo	9am-11am- Closet 10am- Exercise 2pm -Chair Yoga 3pm-Library Committee meeting 7pm - Bean Bags	10am- Exercise 1pm-3pm Coffee 1pm- Skip-Bo 3pm-Diamond Art	9am-11am- Bible Study 12:15pm- Bingo 1pm- Building a Better Brain Presentation 3pm-5pm- Closet 7pm- Dart Club	10am- Bible Study 10am- Exercise 1pm -Chair Yoga 3pm- Bible Study	1pm- Skip-Bo	
13	14	15	16	17	18	19
10am- Exercise 12:15pm- Bingo	9am-11am- Closet 10am- Exercise 10:30 Blood Pressure Checks 1pm- Resident Council Meeting 2pm -Chair Yoga	9am- Volunteer Appreciation 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 4pm- Movie	1pm- Skip-Bo	
20	21	22	23	24	25	26
10am- Exercise 12:15pm- Bingo	9am-11am- Closet 10am- Exercise 2pm -Chair Yoga 7pm -Bean Bags	10am- Exercise 1pm-3pm Coffee 1pm- Skip-Bo 4pm- Bluffs dinner	9am-11am- Bible Study 12:15pm- Bingo 1:30pm-Money Saving Programs Presentation 3pm-5pm- Closet 7pm- Dart Club	10am- Bible Study 10am- Exercise 1pm -Chair Yoga 3pm- Bible Study	1pm- Skip-Bo	
27	28	29	30			
10am- Exercise 12:15pm- Bingo	9am-11am- Closet 10am- Exercise 2pm -Chair Yoga	10am- Exercise 1pm-3pm Coffee 1pm- Skip-Bo				

Meals are subject to change **Semcac Senior Nutrition** **April 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Salisbury Steak Mashed Potatoes Corn Flavored Ice Cream *Diab Vanilla Ice Cream	1 Hot Turkey Sandwich Mashed Potatoes w/Gravy Broccoli/Cauliflower Banana	2 Kielbasa Oven Browned Potatoes Green Beans Yogurt Fruit Cup	3 Chicken Breast Baked Dumpling w/Gravy Asparagus Coleslaw Mandarin Orange Dessert *Diab Mandarin Oranges	4 Tuna Casserole Seasoned Peas & Celery Muffin w/Marg Cherry Crisp *Diab Angel Food Cake
14 Swedish Meatballs Mashed Potatoes w/Marg Herbed Green Beans Mixed Fruit Cup	8 Pork Loin Baked Potato Green Beans/Mushrooms Muffin w/Marg Baked Apple	9 Baked Ham Baked Sweet Potato Pea's Lemon Bar *Diab Angel Food Cake	10 Hamburger Gravy over Potatoes Parried Carrots Apple Cranberry Crisp w/ Whipped Topping *Diab Applesauce	11 Vegetable Soup Crackers Cheese on Rye Macaroni Fruit Salad Oatmeal Cake *Diab Cookie
21 Baked Chicken Mashed Potatoes w/Gravy Broccoli Blushing Pears *Diab Pear Cup	15 Taco Casserole Mexican Corn Corn Bread w/Marg Cherry Crunch Dessert *Diab Peaches	16 Creamed Chicken over Biscuit Carrots 7-Layer Salad Fruit Cocktail Cake *Diab Cookie	17 Goulash 3 - Bean Salad Orange Garlic Bread Cookie *Diab Bar/Cookie	18 Spring Holiday
22 Beef Stew Seafoam Salad Muffin w/Marg Rice Krispie Bar *Diab Cookie	23 Cream of Broccoli Soup Crackers Chicken Salad on a Bun Strawberry ShortCake w/Tpg *Diab Fruit Cup	24 BBQ on a Bun Oven Browned Potatoes Baked Beans Apple Crisp w/W/psd Tpg *Diab Fruit	25 Roast Beef Mashed Potatoes w/Gravy Harvard Beets Fresh Fruit	
28 Swiss Steak in Tomato Sc Baked Potato Mixed Vegetables Orange/Pear Cup	29 Taco Salad: Sr Cr/French Drsg/Salsa/Meat/Shd Ch/Shredded Lettuce/ Tomato/Tostato chips Creamy Corn Casserole Beathik Cake *Diab Cookie/Bar	30 Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread Pineapple Slices Pudding *Diab Mandrarin Oranges	In inclement weather: Please visit Or visit our FB page Or call 507-864-8231	

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