



# Tower Talk

# January 2026



## Lutheran Towers Staff

**Executive Director**

*Karon Nixon*

**Director of Operations**

*Cristina Lopez*

**Business Services Manager**

*Nicole Porter*

**Resident Relations Specialist**

*Ursula Hodge*

**Front Desk Receptionist****Evening/Weekend Concierge**

*Kevin Dunn*

*Ty'Rese Floyd*

**Director of Supportive Programs and Services**

*Josie Jangdhari*

**Supportive Service Coordinators**

*Tawanda Searcy*

**Community Chaplain**

*Angela Wyatt*

**Life Enrichment Coordinator**

*Candice Cox*

**Program Assistant**

*Ramel Pearson*

**Director of Physical Plant**

*Rodney Williams*

**Manager of Physical Plant**

*Joe Burns*

**Physical Plant Specialist**

*Harry Osayimwen*

**Maintenance Technician**

*Paul Reeves, Jr.*

**Housekeeping**

*Nahis Ortega*

**OUR MISSION:** “To provide safe, quality, and affordable independent living, within a caring community, for low-income seniors with evidence-based supportive services that allows them to thrive as they age.”





## MLK Day of Service: A Day On, Not a Day Off

Each January, we pause to honor the life and legacy of Dr. Martin Luther King Jr., a man whose words still ripple through our world like steady bells of hope. But Dr. King did not envision remembrance as something quiet or passive. He believed in action. He believed in service.

That is why Martin Luther King Jr. Day is celebrated as a **Day of Service**, a day not off, but on.

Dr. King once said, *“Everybody can be great, because everybody can serve.”* Service does not require grand gestures or heroic acts. It begins with noticing one another, offering kindness, lending time, and showing care. A smile shared, a hand offered, a neighbor checked on. These are the small stitches that hold a community together.

The Day of Service invites us to reflect on how we live Dr. King’s dream in our everyday lives. How do we lift one another up? How do we build a community rooted in respect, compassion, and fairness? In moments both big and small, service becomes a quiet form of leadership.

Here in our community, service already lives in countless ways. It shows up in friendly conversations, thoughtful gestures, and the willingness to help without being asked. On this MLK Day of Service, we celebrate those acts and recommit ourselves to carrying them forward.

Let us honor Dr. King not only with words, but with intention. May this day inspire us to continue building a community where dignity is shared, kindness is practiced, and service is a way of life.

Because when we serve one another, we keep the dream moving forward.

# MLK Day of Service

Need a little help around your apartment?

In honor of Martin Luther King Jr. Day, volunteers from Redeemer Church will be at Lutheran Towers on:

 **Monday, January 19, 2025**

 **9:00 AM – 11:00 AM**

Volunteers are available to assist with light household tasks, including:

- Dusting and wiping ceiling fans
- Hanging picture frames
- Organizing small items
- Putting small items together

**Interested in participating?**

Please sign up in the Wellness Book by **Friday, January 12<sup>th</sup>**.

## LT Store

During the month of January, the LT Store will be open on Thursdays only.

If you have additional needs, please see Josie or Tawanda.

# QIGONG

Facilitated By Kofi Adams



**8 WEEK CLASS**

**WEDNESDAYS**

**January 7<sup>th</sup> - February 25<sup>th</sup>**

**10:30 AM**

**Lee Hall**

# Thank You!

We extend our heartfelt thanks to the Dunwoody Women's Club for the wonderful gift bags, and the Christmas cards from Redeemer Church, shared with our residents at Lutheran Towers. Your generosity brought smiles, warmth, and a true sense of holiday spirit to our community. We also want to share a special thank you to our residents for the many sweet treats, small acts of kindness, and holiday cheer they lovingly provided to our dedicated staff. These thoughtful gestures mean so much and beautifully reflect the caring spirit that makes Lutheran Towers feel like home.

# January

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

<b>4</b> 10:20 Transportation to Free Chapel	<b>5</b> 8:00 -10:00 Bistro Coffee 3:00 Massage Sign Ups 10:00-2:30 Haircuts 6:00 BINGO  <b>Rent Due</b>	<b>6</b> 9:15 Men's Banter & Breakfast w/Don 10:00 Fitness w/Jarvis 1:00-4:00 Chiropractor (by appointment) 2:00 Hot Chocolate Social in the Bistro	<b>7</b> 10:30 QiGong Class 1:00 Bible Study 5:00 Redeemer Dinner \$3  <b>Commodity Food Box Delivery</b>
<b>11</b> 10:20 Transportation to Free Chapel	<b>12</b> 8:00-10:00 Bistro Coffee 10:00 Town Hall 1:00 Dekalb Farmer's Market 2:00 Town Hall	<b>13</b> 10:00 Fitness w/Jarvis 11:00 K&G Fashion Superstore 10:00 Chair Massages (by appointment)	<b>14</b> 9:30 Breakfast \$2 10:30 QiGong Class 11:00 Edgewood Shopping District 1:00 Bible Study 4:00 LTRA Meeting 5:00 Redeemer Dinner \$3
<b>18</b> 10:20 Transportation to Free Chapel	<b>19</b>  <b>MLK DAY OF SERVICE</b> 8:00-10:00 Bistro Coffee 9:00-11:00 MLK Day of Service w/ Redeemer Volunteers 6:00 BINGO  <b>Offices Closed</b>	<b>20</b> 10:00 Fitness w/Jarvis 2:00 Hot Chocolate Social in the Bistro 3:00 Words in a Word	<b>21</b> 10:30 QiGong Class 1:00 Bible Study 5:00 Redeemer Dinner \$3
<b>25</b> 10:20 Transportation to Free Chapel	<b>26</b> 8:00-10:00 Bistro Coffee 10:00-2:30 Haircuts 2:00 Community Circle w/ Dr. Wyatt	<b>27</b> 10:00 Fitness w/Jarvis 10:00 Table Massages (by appointment) 11:00 Grocery	<b>28</b> 10:30 QiGong Class 11:00-12:00 New Resident Orientation 1:00 Bible Study 3:00 Book Club 5:00 Redeemer Dinner \$3

# 2026

Thursday	Friday	Saturday	Notes:
<b>1</b>  <b>Happy New Year!</b> <b>Offices Closed</b>	<b>2</b> <b>2:00 Art &amp; Craft Free For All</b>	<b>3</b> <b>7:00 Movie Night</b>	<b>LT Store Hours</b> Thursdays only 11am to 1pm
<b>8</b> <b>8:00-10:00 Bistro Coffee</b> <b>10:00 Fitness w/Jarvis</b> <b>11:00-1:00 LT Store</b> <b>4:00 Chess Club</b> <b>7:00 Worship</b>	<b>9</b> <b>10:00 Trader Joe's</b> <b>10:30 Tech Support Class</b> <b>2:00 Vision Board Craft</b> <b>6:00 LTRA Auction Fundraiser</b>	<b>10</b> <b>3:00 Board Games</b>	<b>Commodity Box Delivery</b> Wednesday, Jan. 7 in the store during regular store hours.
<b>15</b> <b>8:00-10:00 Bistro Coffee</b> <b>10:00 Fitness w/Jarvis</b> <b>11:00-1:00 LT Store</b> <b>2:00 Birthday Reception</b> <b>4:00 Chess Club</b> <b>7:00 Worship</b>	<b>16</b> <b>10:00 The King Center</b>	<b>17</b> <b>2:00 Burgers &amp; Bites (LTRA Fundraiser)</b> <b>7:00 Movie Night</b>	
<b>22</b> <b>8:00-10:00 Bistro Coffee</b> <b>10:00 Fitness w/Jarvis</b> <b>11:00-1:00 LT Store</b> <b>4:00 Chess Club</b> <b>7:00 Worship</b>	<b>23</b> <b>11:00 Suburban Plaza in Decatur (Walmart, Ross, Home Goods, Half Price Books)</b>	<b>24</b> <b>3:00 Board Games</b>	
<b>29</b> <b>8:00-10:00 Bistro Coffee</b> <b>10:00 Fitness w/Jarvis</b> <b>11:00-1:00 LT Store</b> <b>4:00 Chess Club</b> <b>7:00 Worship</b>	<b>30</b> <b>11:00 Pappadeaux Seafood Kitchen</b>	<b>31</b> <b>7:00 Movie Night</b>	<b>Resident Association Meeting</b> <b>January 14</b> <b>4pm, Lee Hall</b> 

# Supportive Services at a Glance



## **Fitness with Jarvis - Lee Hall**

- Tuesdays, 10:00am
- Thursdays, 10:00am



**QiGong, Wednesdays, 10:30am in Lee Hall.**



## **Chiropractic Services, Tuesday, January 6, 1:00pm - 4:00pm, Wellness Center -**

By appointment only. Call Dr. Kourajian at (678) 457-0153 to schedule your appointment.



**Tech Support with Chris, Friday, January 9, 10:30am in Lee Hall** - Chris can help you with your phone, computer, laptop, and more.



## **Shelley Fondren, Sign up with deposit Monday, January 5, 3:00pm-3:30pm in Lee Hall**

- Chair massages = \$5 cost share. **Tuesday, January 13, 10:00am**
- Table massages = \$20 cost share. **Tuesday, January 27, 10:00am** **Both chair & table massages will be provided in the Lutheran Towers Wellness Center.** All massages by appointment only.



## **Haircuts with Michael - \$10. Monday, January 5 & 26, 10:00am-2:30pm in the Wellness Center.**

Please sign up for your appointment. Pay barber directly.



## **Men's Banter & Breakfast, Tuesday, January 6, 9:15am-10:15am in Lee Hall.**

- Facilitated by Don Noland. Light breakfast will be served.



**Bible Study & Dinner, Wednesdays, 4:00pm, Lutheran Church of the Redeemer** - Join the Redeemer Community for dinner and bible study every Wednesday. (Use the 3rd floor bridge to go



## **Community Circle with Dr. Angela Wyatt Monday, January 26, 2:00pm in Lee Hall.**



### **Food Program:**

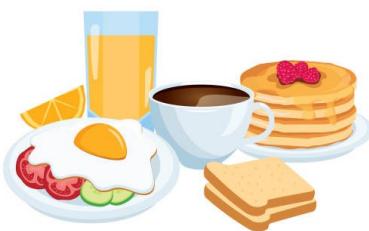
- Commodity Food Box delivery, **Wednesday, January 7**, LT Store between 11:00am-1:00pm.
- Daily lunch program, **Monday-Friday**, 10:30am-11:30am, Bistro/Lee Hall (While supplies last.)

## **Men's Banter & Breakfast**

**Tuesday, January 6**

**9:15 am—10:15 am**

**Lee Hall**



**Come hungry. Leave with new friends!**

## **New Resident Orientation Meet & Greet**

**Wednesday, January 28**

**11:00 am—12:00 pm**

**Lee Hall**



**COMMUNITY**

# Community Engagement at a Glance

**BINGO** - Mondays, January 5 & 19, 6:00pm in Lee Hall. Free Cards. Great Prizes. (sign up)

**Coffee in the Bistro** - Mondays and Thursdays, 8:00am - 10:00am.

**Hot Chocolate Social in the Bistro** - Tuesdays, January 6 & 20 at 2:00pm.

**Grocery Trips** - Weekly. Consult the calendar for dates.

**Chess Club** - Thursdays at 4:00pm in the Game Room on the 3rd floor.

**Worship Night (Music & Encouragement!)** - Thursdays at 7:00pm in Lee Hall.

**Canasta** - Postponed until February.

**Movie Night** - Saturday, January 3, 17 & 31 at 7:00pm in Lee Hall. Bring your own snacks & beverages.

**Board Games** - Saturday, January 10 & 24 at 3:00pm in Lee Hall.

**Magic Class** - Postponed until February.

**Balloon Animal Class** - Postponed until February.

**NFL Games** - Be on the look out for dates and times.

**Art & Craft Free For All** - Friday, January 2, 2:00pm. (sign up)

**Remove Holiday Decor** - Monday and Tuesday, January 5 & 6, 11:00am in Lee Hall and Lobby.

**Trader Joe's** - Friday, January 9, 10:00am. (sign up)

**Vision Board Craft** - Friday, January 9, 2:00pm in Lee Hall. (sign up)

**LTRA Auction Fundraiser** - Friday, January 9, 6:00pm. (LTRA Fundraiser)

**Dekalb Farmers Market** - Monday, January 12, 1:00pm. (sign up)

**K&G Fashion Superstore** - Tuesday, January 13, 11:00am. (sign up)

**Edgewood Shopping District** - Wednesday, January 14, 11:00am. Shop at Target, Marshall's, Ross, Burlington, Best Buy, and/or Kroger. (sign up)

**The King Center** - Friday, January 16, 10:00am. (sign up)

**Burgers & Bites** - Saturday, January 17, 2:00pm. (LTRA Fundraiser)

**Words in a Word** - Tuesday, January 20, 3:00pm in Lee Hall. (sign up)

**Suburban Plaza in Decatur** - Friday January 23, 11:00am. Walmart, Ross, Home Goods, Half Price Books, and several places to have lunch. (sign up)

**Pappadeaux Seafood Kitchen** - Friday, January 30, 11:00am. (sign up)





## Lutheran Towers House Rule Series #31. Rent

Per the lease agreement, rent is due on the first of every month. There is a 5-day grace period. After the fifth day of the month, a reminder notice will be sent to the resident. On the sixth (6) day of the month, a late fee will be incurred of five (\$5.00) dollars. A one (\$1.00) charge will be added for each additional day the rent remains unpaid during the month it is due. Rent payments will only be accepted Monday thru Friday during business hours 8:30am - 5 pm by Lutheran Towers staff. Or the rent may be placed in the Rent Box located outside the Administrative Office door. If the rent due date (the 5th) falls on a weekend or a holiday, rent will still be considered timely if paid on the following business day.



### Welcome Ramel Pearson!

We're excited to welcome Ramel to the Lutheran Towers family as our new Program Assistant. Many of you may already recognize him from his time working in our building, and we're thrilled to have him officially on our team.



The **January Birthday Reception** is on **Thursday, January 15, 2:00-3:00**. We want to celebrate and honor you. Please call the front desk if you are **NOT** able to attend. (404) 873-6087.

**1/2** Betty Poptanycz  
**1/5** Martha McDougal  
**1/7** Victor Watkins  
**1/8** Annie Cox  
**1/8** Linda Riley  
**1/11** Alethia Young  
**1/13** Ilene Boyd  
**1/13** Yvonne Thomas  
**1/20** John Battle  
**1/21** Denise Bell

**1/21** Patricia Nesbit  
**1/21** Betty Stewart  
**1/21** Robert West  
**1/22** Belinda Hall  
**1/22** Larry Thompson  
**1/24** Willie Bailey  
**1/24** Ruth Smith  
**1/28** Frank Allen