

Tower Talk

March 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.

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."



Brain Health & Nutrition Month



Keep Your Mind & Body in Shape!

Attend Weekly Fitness Classes

In Lee Hall
Stay Active, Stay Sharp!



Stop by the LT Store
For Brain-Boosting Foods!

Healthy Snacks
for a Healthy Brain!



Join Our Plant Project
Grow with Drew!

Tuesday,
March 17th at 2 PM



Get Involved & Boost Your Brain Power!



SAVE THE DATE

Spiritual Wellness Day

Wednesday, March 18th

SPIRITUAL WELLNESS



HEART, MIND & SOUL
#NOURISHING SOULS

Events will be posted in
the elevator!



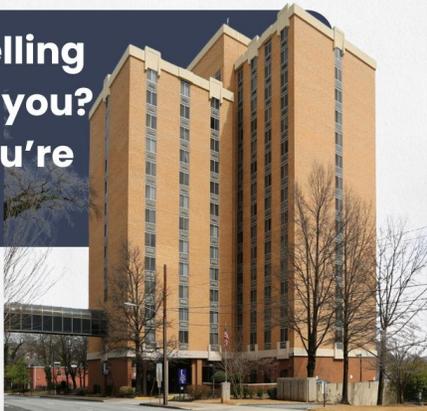
People of the TOWERS

Calling All Residents

Lutheran Towers is starting a storytelling project in March 2026!



Interested in telling us more about you?
See Nicole if you're interested!



You asked. We listened. Wine Down Wednesday has had a glow up and is now

Moonlight & Melodies

Wednesday, March 18th
6:00PM ~ Lee Hall

PHYSICAL ACTIVITY AND NUTRITION

Word Search

K F E I W E L Q U W N H D E K Z L
K N I J T E N K Q A U H P L Y C I
J Z D B H S O I N S N F I H T B A
B N M Z Q A X T J T B M B U I G W
V Y Z N O E V K J H G M R D S Q G
E K D U U S I X S M G M M Q E D N
G T S T V I F G V A F O C N B W I
E G O R D D B I M T I L W Y O X K
T R V I R T A O D I A B E T E S L
A I L T F R K E X E R C I S E Z A
B L P I R A E H T A F W O L R R W
L L E O U E D J S P O R T S E U R
E E E N I H D E J X I I N E T N O
S D J K T G L I X N W E H B A N N
U R G E S M N U F E V A H M W I I
S N A C K S L K N I E T O R P N M
E X P O R T I O N S I Z E T K G D

Asthma

Fruits

Low fat

Portion size

Sports

Baked

Grilled

Milk

Protein

Vegetables

Diabetes

Have Fun

Nutrition

Running

Walking

Exercise

Heart Disease

Obesity

Snacks

Water

March

Sunday

Monday

Tuesday

Wednesday

<p>1 10:20 Transportation to Free Chapel</p>	<p>2 8:00-10:00 Bistro Coffee 10:00-2:00 Podiatry Services w/ Dr. Atkins 6:00 BINGO</p>	<p>3 10:00 Fitness w/Jarvis 11:00 Grocery</p>	<p>4 10:30 QiGong Class 1:00 Bible Study 5:00 Redeemer Dinner \$3 Commodity Food Box Delivery</p>
<p>8 10:20 Transportation to Free Chapel</p>	<p>9 8:00 -10:00 Bistro Coffee 10:00-2:00 Haircuts 12:00 Aldi</p>	<p>10 10:00 Fitness w/Jarvis 10:00 Chair Massages (by appointment) 11:00 Town Hall Meeting 12:00 Bowling 2:00 Town Hall Meeting</p>	<p>11 8:30- 3:40 LTRA Elections 10:30 QiGong Class 11:00-1:00 LT Store 1:00 Bible Study 4:00 LTRA Meeting 5:00 Redeemer Dinner \$3</p>
<p>15 10:20 Transportation to Free Chapel</p>	<p>16 8:00-10:00 Bistro Coffee 2:00 Words in a Word 6:00 BINGO</p>	<p>17 10:00 Fitness w/Jarvis 10:00 Table Massages (by appointment) 11:00 Trader Joe's 2:00 Plant Project Grow w/ Drew</p> 	<p>18 10:30 QiGong Class 1:00 Bible Study 5:00 Redeemer Dinner \$3 6:00 Moonlight & Melodies Spiritual Wellness Day</p>
<p>22 10:20 Transportation to Free Chapel</p>	<p>23 8:00-10:00 Bistro Coffee 11:00 Atlantic Station</p>	<p>24 10:00 Fitness w/Jarvis 11:00 Grocery</p>	<p>25 10:30 QiGong Class 11:00-1:00 LT Store 1:00 Bible Study 3:00 Book Club 5:00 Redeemer Dinner \$3</p>
<p>29 10:20 Transportation to Free Chapel</p>	<p>30 8:00-10:00 Bistro Coffee 2:00 Community Circle w/ Dr. Wyatt</p>	<p>31 10:00 Fitness w/Jarvis 5:00 Easter Craft w/ Grace House (GA Tech)</p>	

2026

Thursday

Friday

Saturday

Notes:

<p>5 8:00-10:00 Bistro Coffee 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 3:00 Massage Sign Ups 4:00 Chess Club 7:00 Worship Rent Due</p>	<p>6 9:30 Healthy Brain Breakfast 10:30 Tech Support</p>	<p>7 7:00 Movie Night</p>
<p>12 8:00-10:00 Bistro Coffee 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 2:00 Birthday Reception 4:00 Chess Club 7:00 Worship</p>	<p>13 11:00 Akers Mill Square (Hobby Lobby, Dollar Tree, Five Below)</p>	<p>14 3:00 Board Games</p>
<p>19 8:00-10:00 Bistro Coffee 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 2:00 Jewelry Craft 4:00 Chess Club 7:00 Worship</p>	<p>20 10:45 Beef Grill (Brazilian Steakhouse Buffet)</p>	<p>21 7:00 Movie Night</p>
<p>26 8:00-10:00 Bistro Coffee 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 4:00 Chess Club 7:00 Worship</p>	<p>27 12:00 New Resident Orientation and Meet & Greet</p>	<p>28</p>

LT Store Hours

Wednesday & Thursday
11am to 1pm

Commodity Box

Wednesday, March 4
Pick up during regular store hours.

*Please see Josie, if you would like to apply for a food box.

Resident Association Meeting

March 11
4pm, Lee Hall



Supportive Services at a Glance



Fitness with Jarvis - Lee Hall

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



QiGong Class with Kofi. Wednesdays, 10:30am in Lee Hall.

An 8 weeks class to a better You!



Chiropractic Services - Dr. Darin Kourajian will be out on medical leave and will resume with his clients in the month of May.



Tech Support with Chris, Friday, March 6, 10:30am in Lee Hall- Chris can help you with your phone, computer, laptop, and more.



Shelley Fondren, Sign up with deposit Thursday, March 5, 3:00pm-3:30pm in Lee Hall

- Chair massages = \$5 cost share. **Tuesday, March 10, 10:00am In the Wellness Center**
- Table massages = \$20 cost share. **Tuesday, March 17, 10:00am Table massages** will be at the **spa location** located at: **741 Piedmont Ave. NE, Suite 300 (side door on Piedmont & 4th Street). Call Shelley at (404) 822-6295 with questions.** All massages by appointment only.



Haircuts with Michael - \$10. Monday, March 9, 10:00am-2:30pm in the Wellness Center. Please sign up for your appointment. Pay barber directly.



Mobile Podiatry with Dr. Atkins, Monday, March 2, 10:00am-1:00pm, in the Wellness Center.



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 to the church.) A small donation of \$3 is appreciated.



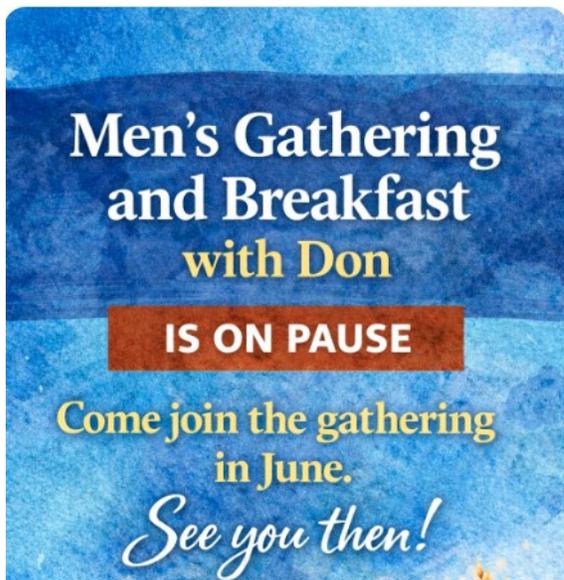
Community Circle with Dr. Angela Wyatt Monday, March 30, 2:00pm in the Blue Room on the 3rd floor.

Contact Angela Wyatt to schedule a One - on - One appointment at (404) 873-6087 press 5.



Food Program:

- Commodity Food Box delivery, **Wednesday, March 4**, LT Store between 11:00am-1:00pm.
- Daily lunch program, **Monday-Friday**, 10:30am-11:30am, Bistro/Lee Hall (While supplies last.)



New Resident Orientation Meet & Greet

**Friday, March 27th
11:00am - 12:00pm
Lee Hall**



Community Engagement at a Glance

BINGO - Mondays, March 2 & 16, 6:00pm in Lee Hall. Free Cards. Great Prizes. (sign up)

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

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.

Movie Night - Saturdays, March 7 & 21, 7:00pm in Lee Hall. Bring your own snacks & beverages.

Board Games - Saturday, March 14 at 3:00pm in Lee Hall.

Aldi - Monday, March 9, 12:00pm in Lee Hall. (sign up)

Bowling - Tuesday, March 10, 12:00pm. (sign up)

Akers Mill Square - Friday, March 13, 11:00am. Shop at Hobby Lobby, Dollar Tree, Five Below, and several spots to have lunch. (sign up)

Words in a Word - Monday, March 16, 2:00pm. (sign up)

Trader Joe's - Tuesday, March 17, 2:00pm in Lee Hall. (sign up)

Moonlight & Melodies - Wednesday, March 18, 6:00pm. (sign up)

Jewelry Craft - Thursday, March 19, 2:00pm. (sign up)

Beef Grill (Brazilian Steakhouse Buffet) - Friday, March 20, 10:45am. (sign up)

Atlantic Station - Monday, March 23, 11:00am. Shop at Bath and Body Works, Dillard's, H&M, Old Navy, and several spots to have lunch. (sign up)

Easter Craft with Grace House - Tuesday, March 31, 5:00pm. (sign up)



We want to hear from YOU! Do you have an event or activity that you want to see at Lutheran Towers? Please see Candice or Ramel with your ideas. Our office is located on the basement level next to the LT Store.





Lutheran Towers House Rule Series

#19. Inspections

Apartment inspections will be conducted at move-in, move-out, annually, and intermittently as needed. Residents have a duty to cooperate with Management on inspections and to provide access when needed.

- A. Annual. Annual inspections of a resident's apartment are generally conducted in August. Residents are encouraged to be present at annual inspections.
- B. Damages & Repairs. Damages, other than normal wear and tear, are the responsibility of the resident. Damages and unsafe or unsanitary conditions identified during inspections must be corrected within 30 days or sooner so that the condition will not continue to deteriorate. A follow-up inspection will be conducted after the period established for repair. If repairs or corrections are not completed within the allotted period, Lutheran Towers may issue a notice of lease termination providing the resident with 30 days within which to vacate the apartment.
- C. Intermittent. Inspections may be conducted as needed, based upon a complaint of another resident or strong odors emanating from an apartment (other than temporary cooking odors), evidence of insect infestation, appearance of water, or other cues that signal unsanitary or unsafe conditions. Notice will be provided to residents if possible.
- D. Move-In. Move-in inspections will be conducted with the resident before the resident takes possession of the apartment, using the move-in inspection form. The completed form becomes an attachment to the lease.
- E. Move-Out. The inspection form completed during the move-in inspection will be used by Management to assess damages beyond normal wear and tear when the resident vacates the apartment. A copy of the move-out inspection report, along with a list of damages, if any, will be provided to the resident.



The **March Birthday Reception** is on **Thursday, March 12, 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.

3/2 Robert Shell

3/6 Alona Clifton

3/10 Henry Jackson

3/10 Edward Morrow

3/12 Candice Cox (Staff)

3/13 Lonnie Lowe

3/16 Sarah Alexander

3/16 Zahra Khadivi

3/17 Cristina Lopez (Staff)

3/21 Karon Nixon (Staff)

3/22 Sylvia Mullins

3/23 Ronald Freeman

3/24 Evelene Dorson

3/24 Alexander Hannah

3/24 Patrick Holcombe

3/27 Willie Toles

3/30 Willie Irby