



Tower Talk

October 2026



Lutheran Towers Staff

Executive Director

Karon Nixon

Community Administrator

Jasmine Boone

Business Services Manager

Nicole Porter

Resident Relations Specialist

Ursula Hodge

Front Desk Receptionist

Keyaki Dean

Evening/Weekend Concierge

Kevin Dunn

Erika Nix

Director of Supportive Programs and Services

Josie Jangdhari

Supportive Service Coordinators

Tawanda Searcy

Sylvia Robinson

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

Betzabeth Urdaneta

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."





Welcome Our Chaplain Intern, Foster Peterson!

Foster Peterson is a third-year student at Church Divinity School of the Pacific and a Clinical Pastoral Education student with the Training and Counseling Center at St. Luke's. He is preparing to become an Episcopal priest in the Diocese of Atlanta and currently serves as seminarian at St. James in Marietta.

A Georgia Tech graduate, Foster is both a locomotive and mechanical engineer and works as a railroad safety director and consultant. He is also a commercial pilot, flight instructor, and Captain in the Civil Air Patrol. Foster lives in Marietta with his wife, Bliss, and their youngest son, Henry. He is most proud of his four sons: Carter, Hunter, Jack, and Henry.

Foster will be at Lutheran Towers two days each week, spending time getting to know our residents, participating in activities and special events, and providing spiritual support in both group and individual settings.

When you see Foster around the community, please take a moment to introduce yourself and give him a warm Lutheran Towers welcome!

COME ONE, COME ALL!

WELLNESS DAY!

Your Health. Your Life. Your Community.

A DAY DEDICATED TO YOU!

WEDNESDAY
≡ OCTOBER 14, 2026 ≡
9:30 AM – 3:30 PM
AT
Lutheran Towers

FOR OUR RESIDENTS

FREE HAIRCUTS!
BY GENESIS CAREER COLLEGE STUDENTS

LOOK GOOD. FEEL GREAT!

VACCINE CLINIC
HOSTED BY
CVS Health.

FLU SHOTS AVAILABLE

PROTECT YOURSELF. PROTECT OUR COMMUNITY.

COMPLIMENTARY BREAKFAST
SPONSORED BY

Amen Home Healthcare

GOOD FOOD FUELS A HEALTHIER YOU!

MINI EDUCATIONAL WORKSHOPS

MENTAL HEALTH AWARENESS
Know More. Feel Better. Live Well.

BREAST CANCER AWARENESS
Early Awareness. Brighter Tomorrows.

AND A HOST OF OTHER ACTIVITIES!

- HEALTH SCREENINGS
- NUTRITION INFO
- RELAXATION & STRESS RELIEF
- MUSIC & FUN AND MORE!

Something for everyone!

FREE EVENT!

Because your wellness matters every day!

LUTHERAN TOWERS

727 Juniper Street NE
 Atlanta, GA 30308
 404-873-6087

*A Community of Care.
 A Place to Call Home.*

FOOD PROGRAM

Nourishing Our Community

DAILY FREE LUNCHES
 Provided by Redeemer Church Food Ministry

MONDAY - FRIDAY AT 11 AM
 at the Bistro

GOOD FOOD BRIGHTER DAYS

GRAB & GO FREE PRODUCE MARKET

First Tuesdays of every month.
 Meet in Lee Hall to get checked in.

FRESH PRODUCE HEALTHY COMMUNITY

COMMODITY FOOD BOX DISTRIBUTION
 (for qualified LT residents)

WEDNESDAY, OCTOBER 7TH
 LT Store

FOOD SUPPORT STRONGER COMMUNITY

LT STORE OPEN

WEDNESDAY, OCTOBER 21ST & 28TH
 from 11 am - 1 pm.

Sponsored by the Supportive Services Department.



We're Looking for Front Desk Volunteers!

Have a friendly smile and a little time to share? We'd love your help at the front desk!

Come lend a hand, greet your neighbors, and help keep things running smoothly.

Interested in volunteering?

Contact Nicole for more information!

Mental Health Matters

Nurturing Our Community

Your mental health is just as important as your physical health. Life can get busy, stressful, or overwhelming, and it is completely normal to feel down from time to time. You do not have to carry it all by yourself.

It is Okay to Feel the Blues



Everyone feels sad, tired, or unmotivated sometimes. But if those "blues" stick around or start making it hard to get through your days, please remember that talking helps. Reach out to a trusted friend, a family member, or a neighbor. Sharing what is on your mind lightens the load and reminds you that you belong to a caring community.



You Belong Here: Join In

Isolation can make hard days harder. Staying connected is a powerful way to boost your mood and build lasting friendships. We strongly encourage you to step outside, say hello, and participate in our local community programs and activities. Whether it is a social gathering, a wellness walk, or a casual get-together, your presence makes our neighborhood brighter.

Come to Our Next Program!



We invite you to attend our upcoming **Women's Retreat, Wellness Day, Weekly activities, and possibly join the Life Transition Group.** **For more information on the Life Transition Group, contact Nineshia Mont-Reynaud at (678) 904-6563.** Please see the host of events in the calendar portion of the newsletter.

Remember: You matter, and you are never alone in this community.

FOR IMMEDIATE HELP CALL:

Grady Memorial Hospital Crisis Line **(404) 616 – 1000**

National Suicide & Crisis Lifeline dial 988

October

Sunday

Monday

Tuesday

Wednesday

4 10:20 Transportation to Free Chapel 3:00-5:00 LTRA Snack Shack 8:20 Lions vs. Panthers	5 8:00 –10:00 Bistro Coffee 10:00 Town Hall 2:00 Town Hall 6:00 BINGO 8:15 Falcons vs. Saints 8:30-9:30 LTRA Snack Shack Rent Due	6 11:30 Fitness w/ Coach DaShaun 12:00 Trader Joe's 3:00 LT Produce Market	7 10:00 Chair Massages (by appointment) 11:00-1:00 LT Store Commodity Box Pick Up ONLY 1:00 Bible Study
11 10:20 Transportation to Free Chapel 3:00-5:00 LTRA Snack Shack 8:20 Ravens vs. Falcons	12 8:00-10:00 Bistro Coffee 11:00 Grocery (Publix & Kroger) 2:00 Sound Meditation 3:00 Tai Chi Chair 3:30 Tai Chi Flow 8:15 Bills vs. Rams 8:30-9:30 LTRA Snack Shack	13 11:30 Fitness w/ Coach DaShaun (YouTube) 1:00 Placita Latina Exhibition	14 9:30-3:30 Wellness Day/ Vaccine Clinic 1:00 Bible Study 4:00 LTRA Meeting
18 10:20 Transportation to Free Chapel 3:00-5:00 LTRA Snack Shack 8:20 Cowboys vs. Packers	19 8:00-10:00 Bistro Coffee 2:00 Grounding Series 3:00 Tai Chi Chair 3:30 Tai Chi Flow 6:00 BINGO 8:15 Commanders vs. 49ers 8:30-9:30 LTRA Snack Shack	20 10:00 Table Massages (by appointment) 11:30 Fitness w/ Coach DaShaun 2:00 Words in a Word	21 11:00-1:00 LT Store 1:00 Bible Study 1:30 Grocery (Publix & Kroger) 6:00 Moonlight & Melodies
25 10:20 Transportation to Free Chapel 3:00-5:00 LTRA Snack Shack 8:20 Chiefs vs. Seahawks	26 8:00– 10:00 Bistro Coffee 10:00-3:00 Hair Cuts 2:00 Sound Meditation 3:00 Tai Chi Chair 3:30 Tai Chi Flow 8:15 Cowboys vs. Eagles 8:30-9:30 LTRA Snack Shack	27 10:00 Transportation to Early Voting 11:30 Fitness w/ Coach DaShaun (YouTube) 1:00 Grocery (Publix & Kroger)	28 11:00-1:00 LT Store 1:00 Bible Study 3:00 Book Club

2026

Thursday

Friday

Saturday

1 8:00- 10:00 Bistro Coffee 10:45-11:30 Line Dancing w/ Darryl 11:00 Aker's Mill Square 4:00 Chess Club 7:00 Worship 8:30 Steelers vs. Browns	2 10:30 Tech Support 11:00 Group Wellness & Rehab 12:00 Dekalb Farmer's Market Mayor Senior Ball	3 9:00-4:00 Women's Retreat 1:00 LTRA Fish Fry & Hamburgers Fundraiser
8 8:00-10:00 Bistro Coffee 11:30 Bowling 1:30 Life Transitions Group 4:00 Chess Club 7:00 Worship 8:30 Buccaneers vs. Cowboys	9 11:00 Group Wellness & Rehab 12:00-2:00 Meet & Greet with Jasmine	10 3:00 Board Games 3:00 LTRA Snack Shack
15 8:00-10:00 Bistro Coffee 10:45-11:30 Line Dancing w/ Darryl 12:00 Plaza Fiesta 4:00 Chess Club 7:00 Worship 8:30 Seahawks vs. Broncos	16 11:00 Group Wellness & Rehab 12:00 Birthday Reception	17
22 8:00-10:00 Bistro Coffee 11:30 Bowling 1:30 Life Transitions Group 4:00 Chess Club 7:00 Worship 8:30 Patriots vs. Bears Kg Inspections	23 11:00 Group Wellness & Rehab 12:00 Tour State Capital 3:00 Paint with Jaffia Kg Inspections	24 3:00 Board Games 3:00 LTRA Snack Shack
29 8:00-10:00 Bistro Coffee 10:00 Transportation to Early Voting 4:00 Chess Club 7:00 Worship 8:30 Panthers vs. Packers	30 11:00 Group Wellness & Rehab 12:00 Red Lobster	31 6:00 Halloween Party

Resident Association Meeting

October 14
4pm, Lee Hall



LT Store Hours

Tuesday 10/6
LT Produce Market
3:00pm - 4:30pm

Wednesday 10/7
Commodity Food Box
Pick up ONLY

Wednesday 10/21
11:00am - 1:00pm

Wednesday 10/28
11:00am-1:00pm



Supportive Services at a Glance



F.I.T.T.ness Prescription class with Coach DaShuan - in person Tuesday, October 6th & 20th and by YouTube October 13th & 27th at 11:30 am in Lee Hall. Low-impact movement. F.I.T.T. Principles include Frequency, Intensity, Time, and Type. Come and get FITT!!



Line Dancing w/ Darryl and Kamilah, Thursdays every other week, starting 10/1 & 10/15 at 10:45am -11:30am in Lee Hall. Let's Move and Groove. Music is medicine to our souls!



Tai Chi w/ Lee Eddie is BACK!!! Monday October 12th , 19th , & 26th .

- 3:00 pm for Tai Chi chair
- 3:30 pm for Tai Chi Flow



Tech Support with Chris, Friday, October 2, 10:30 am in Lee Hall- Chris can help you with your phone, computer, laptop, and more.



Massage Therapy with Shelley Fondren - All massages are by appointment only.

Chair massages = \$5 cost share. **Wednesday, October 7, 10:00 am In the Wellness Center**

Table massages = \$20 cost share. **Tuesday, October 20, 10:00 am In the Wellness Center**

PAYMENT UPDATE: please provide your cost-share of \$5 or \$20 to Shelley on the day of your service.



Life Transitions Group w/ Ninesha and Jennalyn - October 8th & 22nd, (Blue Room, 3rd Floor).

This is for residents to connect in a calm space that you feel supported due to the impact of major life events on mental, physical, and spiritual health. If interested, contact clinical director, Nineshia Mont-Reynaud at (678) 904-6563. *For additional questions, stop by the Service Coordinator's Office.*



Early voting Transportation provided October 27th & 29th at 10:00 am - 11:00am
(Sign up in Activities Book)



Haircuts with Michael - Monday, October 26, 10:00 am-3:00 pm in the Wellness Center.
Please sign up for your appointment. Pay barber directly \$10.



Grounding Series. Monday, October 19th ONLY at 2:00 pm in Lee Hall. **No class October 5th.**
Discover the Power of Grounding! Reduce inflammation and pain, improve sleep quality, and enhance blood circulation.

Join us for Sound Meditation with Rissa, Monday 10/12 & 10/26 at 2 pm - Lee Hall



Group Wellness & Rehab with Dr. Chamyce Hall, Fridays at 11:00 am in Lee Hall.

Supporting mobility. Reducing Pain. Encouraging Independence. All through gentle range-of-motion, balance and stability support, and movement education to reduce stiffness and discomfort.



Functional Mobility/Chiropractic Services with Dr. Chamyce Hall - by appointments only. Call (404) 322-7749 or speak with Dr. Hall on Fridays during Group Wellness class.



Bible Study & Dinner, Wednesdays, 4:00 pm, 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.



Food Program:

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

Community Engagement at a Glance

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

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

Grocery Trips (Publix & Kroger) - Weekly. Consult the calendar for dates.

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

NFL Games - Weekly. Consult the calendar for dates and times.

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

LTRA Snack Shack - Weekly. Consult the calendar for dates and times.

Aker's Mill Square – Thursday, October 1, 11:00am. (sign up)

Dekalb Farmer's Market - Friday, October 2, 12:00pm. (sign up)

Trader Joe's – Tuesday, October 6, 12:00pm. (sign up)

Bowling – Thursday, October 8 & 22 at 11:30am. Enjoy a game of bowling at Stars and Strikes. (sign up)

Meet & Greet with Jasmine – Friday, October 9, 12:00pm - 2:00pm. Come say hello and help us give a warm welcome to Jasmine, our new Community Administrator! This is a wonderful opportunity to meet Jasmine, learn a little more about her, and help her get to know the amazing residents who make our community so special. Stop by, introduce yourself, and enjoy a little conversation and fellowship!

Placita Latina Exhibition – Tuesday, October 13, 1:00pm. Join us as we celebrate **Hispanic Heritage Month** with a trip to experience the Placita Latina Exhibition at Decatur Arts Alliance! Enjoy a vibrant showcase of art and culture highlighting the creativity, stories, and rich traditions of the Latino community. Come explore, connect, and celebrate through the beauty of art! (sign up)

Plaza Fiesta - Thursday, October 15, 12:00pm. Join us for a colorful cultural outing to Plaza Fiesta as we continue our celebration of Hispanic Heritage Month! Explore the lively marketplace, browse unique shops, experience Latin American culture, and enjoy the opportunity to purchase delicious authentic foods. Come ready to explore, shop, eat, and enjoy a fun afternoon together! (sign up)

Words in a Word - Tuesday, October 20, 2:00pm. Put your word skills to the test! In Words in a Word, you'll be given one word and challenged to create as many smaller words as possible using the letters from that word. It's a fun way to exercise your brain and build vocabulary. How many words can you find? (sign up)

Moonlight & Melodies - Wednesday, October 21, 6:00pm in Lee Hall. Unwind with us for an evening of smooth music, good company, and relaxing vibes. (sign up)

Tour State Capital - Friday, October 23, 12:00pm. Join us for a trip to the Georgia State Capitol! Step inside one of Atlanta's most historic landmarks as we explore the Capitol, learn about Georgia's history and government, and discover the stories behind this beautiful building. Come along for an educational and interesting day in the heart of our state's capital! (sign up)

Paint w/ Jaffia - Friday, October 23, 3:00pm. Explore creativity and self-expression with Jaffia through engaging art experiences featuring drawing, painting, collage, mixed media, sculpture, and more. (sign up)

Red Lobster – Friday, October 30, 12:00pm. (sign up)



Lutheran Towers House Rule Series

#21. Loitering

The interior common areas such as the community room, game room, Wellness Center rooms, library/computer room, lobby area and outdoor areas such as the patio area are made available for the enjoyment of residents and their guests, however; loitering in the lobby; breezeway, parking lot or front of the building is not acceptable. The benches are available for resident use. Loitering in these and other areas is not acceptable.

Welcome Home New Residents!

Young Nam Hyun
Kathryn Levy

George Monagan
Lorell Mungin

Happy Birthday

The **October Birthday Reception** is on **Friday, October 16, 12:00-1:00**. We want to celebrate and honor you. Please call the front desk if you are **NOT** able to attend. (404) 873-6087.

10/1 Tracee Bell
10/2 Toni Backus
10/4 Paul Reeves (Staff)
10/5 Gerri Bowe
10/5 Deborah Moss
10/8 Sharon Rhodes
10/13 Kenneth Parks

10/18 Marion White
10/20 Jimmy Jackson
10/21 Rev. Richard Davis
10/24 Willie Scott
10/25 Walter Simmons
10/27 Richmond Stubbs