

# Tower Talk

## October 2025



## Lutheran Towers Staff

**Executive Director**

*Karon Nixon*

**Director of Operations**

*Cristina Lopez*

**Business Services Manager**

*Nicole Porter*

**Resident Relations Specialist**

*Ursula Hodge*

**Evening/Weekend Concierge**

*Kevin Dunn*

*Ty'Rese Floyd*

**Director of Supportive Programs  
and Services**

*Josie Jangdhari*

**Supportive Service Coordinators**

*Tawanda Searcy*

*Ashley Thornton*

**Community Chaplain**

*Angela Wyatt*

**Director of Community Engagement**

*Liana Sisco*

**Program Coordinator**

*Candice Cox*

**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."

## LT Van Protocol Reminders



- There is no assigned seating on the van. Please sit where you like and enjoy the ride!
- Grocery carts may not be carried onto the van. You are welcome to park your cart in Lee Hall or the Wellness area. Be sure to label your cart with your name.
- Please limit purchases to items you can lift yourself.
- Please don't leave any garbage on the van.



### Monthly Men's Gathering Tuesday, October 7, 9:15am

We are excited to announce this new opportunity for fellowship and connection among our male residents! The Men's Gathering will be held each month on the first Tuesday from **9:15am to 10:15am** in Lee Hall.

These gatherings are a great time for conversation and encouragement.



Then at **10:30am**, information regarding the **Hand Coordination/Stroke Study** will be provided by representatives of the **GA Tech Research Institute**.



# PRODUCE MARKET

**OCTOBER 8<sup>TH</sup>**  
12:00 PM - 4:00 PM

727 JUNIPER ST. NE,  
ATLANTA, GA 30308  
**LOWER PARKING DECK**

**SAVE THE DATE**

**FREE** produce will be provided by the Atlanta Community Food Bank. Lutheran Towers residents, staff, and neighbors are welcome!

## CVS pharmacy Vaccine Clinic



**Friday, October 10, 11am-2pm,**  
**at Lutheran Towers in**  
**Lee Hall.**

Please bring your Medicare Card with you.

(If you have not completed your vaccine assessment, please pick up your form in the lobby and bring it with you.)





# To Our Community!

## New Resident Orientation and Meet & Greet October 30th, 11am, Lee Hall

Join us for our New Resident Orientation and Meet & Greet where you'll have the chance to:

- meet the friendly faces behind each department.
- learn what services and resources are available to you.
- review important house rules and other essential information.
- connect with fellow residents during a casual **Meet & Greet**.

This is a great opportunity to get settled in, ask questions, and start building your community. We look forward to seeing you there!

### Recertification Round Table with Ursula

With the growth of our Lutheran Towers community this year, we are reintroducing the Recertification Roundtable to support residents through the process. This session will help you better understand:

- how to properly present medical expenses to ensure you are eligible for reimbursement.
- how to complete recertification paperwork accurately.
- why it's important to gather and keep copies of all documents before your appointment.

This roundtable will be a one-time session on **October 6, 11:00am in Lee Hall** and will last about one hour. It will serve as a helpful resource for both new residents and as a refresher for current residents.



### LT Store Hours

CLOSED:

October 1st & 8th.

HOURS CHANGED:

Monday, October 6th  
from 1:30-2:30pm and  
Thursday, October 9th  
from 11am-1pm.

# October

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

			<b>1</b> <b>(LT Store Closed)</b> 1:00 Bible Study 5:00 Redeemer Dinner \$3
<b>5</b> 8:20 Patriots vs Bills	<b>6</b> 8:00 -10:00 Bistro Coffee 10:00-3:00 Haircuts 11:00 Recertification Round Table w/Ursula 1:30 -2:30 LT Store Open for Shopping 6:00 BINGO	<b>7</b> 9:15 Men's Coffee 10:00 Fitness w/Jarvis 11:00 Edgewood Shopping District 2:30 Magic Class 	<b>8</b> 10:00 Chair Massages (by appointment) 12:00-4:00 Free Mobile Market <b>(LT Store Closed)</b> 1:00 Bible Study 4:00 LTRA Meeting 5:00 Redeemer Dinner \$3
<b>12</b> 10:20 Transportation to Free Chapel 8:20 Lions vs Chiefs	<b>13 Canine Inspections</b> 8:00-10:00 Bistro Coffee 10:00 Buford Highway Farmer's Market 1:30-2:30 Monday Mkt	<b>14 Canine Inspections</b> <b>Early Voting Begins</b> 10:00 Fitness w/Jarvis 2:00 Lemonade Social in the Bistro 2:30 Balloon Animal Class 	<b>15</b> 9:30-10:30 Breakfast \$2 10:00-11:30 Teach & Tech Workshop 11:00-1:00 LT Store 1:00 Bible Study 5:00 Redeemer Dinner \$3
<b>19</b>  12:30-3:00 Oktoberfest at Redeemer 8:20 Falcons vs 49ers	<b>20</b> 8:00-10:00 Bistro Coffee 1:30-2:30 Monday Mkt 2:00 Spiritual Connection through Conversation With Angela Wyatt 6:00 BINGO	<b>21</b> 10:00 Fitness w/Jarvis 10:45 Biblical History Center	<b>22</b> 10:00 Table Massages (by appointment) 11:00-1:00 LT Store 1:00 Bible Study 2:00 Grocery Trip 5:00 Redeemer Dinner \$3
<b>26</b> 10:20 Transportation to Free Chapel 8:20 Packers vs Steelers	<b>27</b> 8:00-10:00 Bistro Coffee <b>9:00 Transportation for  Early Voting</b> 1:30-2:30 Monday Mkt	<b>28</b> 10:00 Fitness w/Jarvis 10:45 Olive Garden & Shopping at Camp Creek Marketplace 2:00 Lemonade Social in the Bistro	<b>29</b> 11:00-1:00 LT Store 1:00 Bible Study 2:00 Grocery 3:00 Book Club 5:00 Redeemer Dinner \$3

# 2025

## Thursday

## Friday

## Saturday

## Notes:

<b>2 Commodity Pick Up</b> 8:00-10:00 Bistro Coffee 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 3:00 Massage Sign Up 4:00 Chess Club 7:00 Worship	<b>3</b> 10:00-3:00 Chiropractor (by appointment) 11:00 K&G Fashion Superstore  <b>Rent Due</b>	<b>4</b>
<b>9</b> 8:00 -10:00 Bistro Coffee 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 4:00 Chess Club 7:00 Worship <b>Deadline to sign up for  Biblical History Center.</b>	<b>10</b> 9:30-12:00 Colon Cancer Screening 11:00-2:00 Vaccine Clinic 10:30 Tech Support Class 2:15 Trader Joe's	<b>11</b> 3:00 Board Games 5:00-8:00 Mayor's Ball
<b>16</b> 8:00-10:00 Bistro Coffee 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 4:00 Chess Club 7:00 Worship	<b>17</b> 10:00 Zoo Atlanta	<b>18</b>
<b>23</b> 8:00-10:00 Bistro Coffee 10:00 Fitness w/Jarvis 10:00-3:00 Haircuts 11:00-1:00 LT Store 2:00 Medicare Presentation 4:00 Chess Club 7:00 Worship	<b>24</b> 10:00 Michael's 2:00 Birthday Reception 3:00 Learn to play Canasta	<b>25</b> 3:00 Board Games
<b>30</b> 8:00-10:00 Bistro Coffee 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 11:00 New Resident Orientation-Meet & Greet 4:00 Chess Club 7:00 Worship	<b>31</b> <b>Early Voting Ends</b> 7:00 Edgar Allen Poe Speak Easy (Halloween Party with live music!)  <b>HAPPY  HALLOWEEN</b>	

### LT Store Hours

Wed/Thurs  
11am to 1pm

### Monday Market

Fresh Produce  
1:30pm-2:30pm

### Commodity Box

Pick up Thursday,  
Oct. 2 in the store  
during regular store  
hours.

### Resident Association Meeting

October 8  
4pm, Lee Hall



# Supportive Services at a Glance



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

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



CHIROPRACTIC

## **Chiropractic Services, Friday, October 3, 10:00am - 3:00pm, Wellness Center -**

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



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



## **Shelley Fondren, Sign up with deposit Thursday, October 2, 3:00pm-3:30pm in Lee Hall**

- Chair massages = \$5 cost share. **Wednesday, October 8, Wellness Center**
- Table massages = \$20 cost share. **Wednesday, October 22** (Table massages will be provided at 741 Piedmont Avenue, Suite 300 (side door on 4<sup>th</sup> & Piedmont). All massages by appointment.



**Haircuts with Michael - \$10. Monday, October 6 & Thursday, October 23, 10:00am-3:00pm in the Wellness Center.** Please sign up for your appointment. Pay barber directly.



## **Men's Gathering, Tuesday, October 7, 9:15am-10:15am in Lee Hall.**

- Facilitated by Don Noland. Refreshments served.
- **GA Tech Stroke Study Info Session (for Men)** immediately following at **10:30am.**



## **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.



## **Vaccine Clinic provided by CVS Pharmacy, Friday, October 10, 11:00am-2:00pm, Lee Hall**

Please bring your Medicare Card with you. (If you have not completed your vaccine assessment, please pick up your form in the lobby and bring it with you to your appointment.)



**Colon Cancer Screening, provided by Guardant Health, Friday, October 10, 9:30am-12:00pm, Wellness Center -** (Please bring your Medicare Card with you.)



## **Trip to the Biblical History Center in LaGrange, Georgia, Tuesday, October 21, 10:45am.**

\$5 deposit includes lunch. Limited space. Sign up by Thursday, October 9th to secure your seat.



## **Medicare Presentation, Thursday, October 23, 2:00pm, Lee Hall**



## **Spiritual Care with Angela Wyatt, Monday, October 20, 2:00pm in Lee Hall**

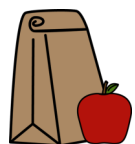
Spiritual Connection through Conversation



COMMUNITY

## **New Resident Orientation and Meet & Greet - Thursday, October 30, 11:00am in Lee Hall**

This is for all residents who moved to Lutheran Towers during July-September 2025, however; if you've never attended a new resident orientation you are welcome to join. Our staff looks forward to sharing valuable information with you!



## **Food Program:**

- \$2 Breakfast in the Bistro, Wednesday, October 15, 9:30am-10:30am.
- Commodity Food Box Pick Up, **Thursday, October 2**, LT Store between 11:00am-1:00pm.
- Daily lunch program, **Monday-Friday**, 10:30am-11:30am, Bistro/Lee Hall (While supplies last.)



# Community Engagement at a Glance

**BINGO** - Mondays, October 6 & 20, 6:00pm in Lee Hall. Free Cards. Great Prizes. (sign up)

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

**Lemonade Social in the Bistro** - Tuesdays, October 14 & 28 at 2:00pm.

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

**Bible Study** - Wednesdays at 1:00pm in Lee Hall.

**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** - Friday, October 24, 3:00pm in Lee Hall. Learn to play Canasta with neighbors.

**Movie Night** - Postponed until November.

**Board Games** - Saturday, October 11 & 25, 3:00pm in Lee Hall. Bring your own snacks & beverages.

**K&G Fashion Superstore** - Friday, October 3, 11:00am. (sign up)

**NFL Games** - Sundays, October 5, 12, 19, and 26 at 8:20pm all in Lee Hall. Bring your own beverages.

**Edgewood Shopping District** - Tuesday, October 7, 11:00am. Target, Marshall's, Ross, Burlington, Best Buy, and Kroger. (sign up)

**Magic Class** - Tuesday, October 7, 2:30pm in Lee Hall. Learn classic magic tricks from a professional magician! (sign up)

**Trader Joe's** - Friday, October 10, 2:00pm. (sign up)

**Senior Prom at Sadie G. Mayes** - Friday, October 10, 5:15pm. (sign up)

**Buford Highway Farmer's Marke** - Monday, October 13, 10:00am. (sign up)

**Balloon Animal Class** - Tuesday, October 14, 2:30pm in Lee Hall. (sign up)

**Teach & Tech Workshop with Southern Company Gas** - Wednesday, October 15, 10:00am-11:30am in Lee Hall. Refreshments and gifts. (sign up)

**Zoo Atlanta** - Friday, October 17, 10:00am. Limited complimentary tickets! (sign up)

**Michael's** - Friday, October 24, 10:00am. (sign up)

**Transportation for Early Voting** - Monday, October 27, 9:00am. (sign up)

**Olive Garden & Shopping at Camp Creek Marketplace** - Tuesday, October 28, 10:45am (sign up)

**Edgar Allen Poe Speak Easy (Halloween Party!)** - Friday, October 31, 7:090pm. We'll have food, beverages, and live music at the Speak Easy. Come dressed for the Roaring 20's if you like.



**If you wish to participate in an outing but require wheelchair accessible transportation, please contact Josie Jangdhari to enroll in the transportation program. This must be done 30 days in advance of any outings in which you wish to participate.**



## Lutheran Towers House Rule Series

### Trash Disposal Reminder

Please remember that **all trash must be securely tied in bags before being placed in the trash chute.** Items such as incontinence supplies should always be double-bagged to prevent leaks and odors. Properly bagging trash helps keep our community clean, odor-free, and welcoming for everyone. Thank you for doing your part!

## COLON CANCER SCREENING

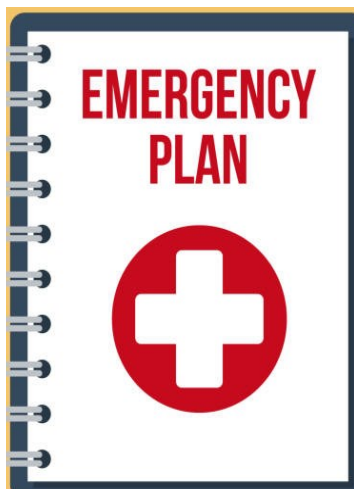
**Friday, October 10, 9:30am-12:00pm**

**Wellness Center**

**Provided by Guardant Health**

**Please bring your Medicare card with you.**

## Emergency Evacuation Assistance Form – Now Available



Do you or someone in your household need help evacuating during a fire or other emergency? We've introduced a new **Emergency Evacuation Form** for residents who may require assistance exiting their apartment in the event of a disaster.

This important form will allow our Leadership Team to compile a confidential list for the Fire Department, ensuring that those who need support are not overlooked during an evacuation.

*If you could benefit from this assistance, please complete the form and return to the Front Desk by Friday, October 25<sup>th</sup>. Your safety is our top priority. Forms are available at sign-up table in the lobby and in the Service Coordinators office on the 3<sup>rd</sup> Floor.*

# ★HAPPY★ BIRTHDAY!

The **October Birthday Reception** is on **Friday, October 24, 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.

**10/2 Toni Backus**  
**10/4 Paul Reeves, Staff**  
**10/5 Grace Gonzales**  
**10/5 Deborah Moss**  
**10/8 Sharon Rhodes**

**10/13 Kenneth Parks**  
**10/21 Rev. Richard Davis**  
**10/24 Willie Scott**  
**10/25 Walter Simmons**  
**10/27 Richmond Stubbs**