

Tower Talk

September 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."

September is Spiritual Wellness Awareness Month



Monthly Men's Gathering Tuesday, September 2, 9:15am

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

These gatherings will be a great time for conversation and encouragement.

Friday, September 5, 2025 in Lee Hall



9:30 - 10:30... Free Breakfast

11:00..... Muddy Laundry Services: play "The Penny Option" game, information session, and giveaways.

12 :00..... AT & T: digital literacy presentation, learn about the 55 Senior plus phone plans, and giveaways.

1:00..... Oak Street Health: Self-Care and Mindfulness Session. Grab an Ice Cream or non -dairy option after the workshop.

Also, stop by the Supportive Services table to update your Emergency Contact Form and complete the Emergency Evacuation Form.



Spiritual Wellness Awareness Month **Everyone is invited to participate!**

This is a time to reflect, connect, and grow through Bible study, meditation, connecting in nature, prayer, journaling, and meaningful conversation.

We hope that you take this time to nurture your inner self and find balance and purpose. Follow the calendar of events weekly.

Also, join us on Wednesdays from 2pm-3pm in Lee Hall as Facilitator, Rissa Vibe, introduces new practices such as the drumming circle, sound bath, and Labyrinth.

Week 1 - Self Love

Week 2 - Peace & Gratitude

Week 3 - Drumming Circle

Week 4 - Soul Journey



We need you!

Monday, September 29
3:00pm in Lee Hall

We are looking for enthusiastic residents to join our volunteer team!

Opportunities include:

- ✓ assisting in the LT Store
- ✓ helping to stock shelves
- ✓ supporting our lunch program
- ✓ and more!

Your talents & your heart to serve can make a real difference in our community.
Come to the orientation to learn more about how you can get involved.

We look forward to serving alongside you!




September

Sunday

Monday

Tuesday

Wednesday

	1  12:00-4:00 LTRA Cookout 6:00 BINGO Offices Closed	2 9:15 Men's Coffee 10:00 Fitness w/Jarvis 10:30 GA Tech Stroke Study Info (Men) 11:00 Grocery Trip 2:00 Lemonade Social in the Bistro	3 Commodity Pick Up 11:00-1:00 LT Store 1:00 Bible Study 2:00 Spiritual Wellness #1 - "Self Love" 5:00 Redeemer Dinner \$3
7 8:20 Ravens vs The Bills	8 8:00 Coffee in the Bistro 10:00 Town Hall Meeting 1:30 -2:30 Monday Mkt 2:00 Town Hall Meeting	9 10:00 Fitness w/Jarvis 10:00 Chair Massages (by appointment) 10:45 Fernbank Natural History Museum 2:30 Magic Class 	10 11:00-1:00 LT Store 1:00 Bible Study 2:00 Spiritual Wellness #2 - "Peace & Gratitude" 4:00 LTRA Meeting 5:00 Redeemer Dinner \$3
14 8:30 Transportation to Free Chapel 2:00-6:00 Streets Alive 8:20 Falcons vs Vikings	15 8:00 Coffee in the Bistro 8:15 Park Avenue Thrift Outlet (\$1 day!) 1:30-2:30 Monday Mkt 6:00 BINGO	16 10:00 Fitness w/Jarvis 11:00 Edgewood Shopping District 2:00 Lemonade Social in the Bistro 2:30 Balloon Animal Class 	17 11:00-1:00 LT Store 1:00 Bible Study 2:00 Spiritual Wellness #3 - "Drumming Circle" 5:00 Redeemer Dinner \$3 6:00 Wine Down Wed with Live Jazz Trio
21 5:00 Jeans, Jazz, and Spaghetti Dinner	22 8:00 Coffee in the Bistro 10:30 Golden Corral & Walmart 1:30-2:30 Monday Mkt	23 10:00 Fitness w/Jarvis 10:00 Table Massages (by appointment) 11:00 Grocery Trip 2:30 Ice Cream Social	24 11:00-1:00 LT Store 1:00 Bible Study 2:00 Spiritual Wellness #4 - "Soul Journey" 3:00 Book Club 5:00 Redeemer Dinner \$3
28 8:30 Transportation to Free Chapel 8:20 Packers vs Cowboys	29 8:00 Coffee in the Bistro 1:30-2:30 Monday Mkt 3:00 Volunteer Orientation	30 10:00 Fitness w/Jarvis 2:00 Grocery	

2025

Thursday

Friday

Saturday

Notes:

4 8:00 Coffee in the Bistro 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 3:00 Massage Sign Up 4:00 Chess Club 7:00 Worship 8:20 Cowboys vs Eagles	5 9:30-10:30 Free Breakfast 10:00-3:00 Chiropractor (by appointment) 11:00 -2:00 Community Resource Fair, Lee Hall Rent Due	6 7:00 Movie Night
11 8:00 Coffee in the Bistro 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 4:00 Chess Club 7:00 Worship	12 10:00 IKEA 10:30 Tech Support Class 2:00 Trader Joe's	13 3:00 Board Games
18 8:00 Coffee in the Bistro 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 4:00 Chess Club 7:00 Worship	19 10:00 Dekalb Farmer's Market 2:00 Birthday Reception	20 7:00 Movie Night
25 8:00 Coffee in the Bistro 10:00 Fitness w/Jarvis 11:00-1:00 LT Store 1:45 Sadie G. Mays Birthday Bash 4:00 Chess Club 7:00 Worship	26 10:45 Lunch at Houston's 3:00 Learn to play Canasta	27 3:00 Board Games

**LT Store
Hours**

Wed/Thurs
11am to 1pm

Monday Market

Fresh Produce
1:30pm-2:30pm

Commodity Box

Pick up Wednesday,
Sept. 3 in the store
during regular store
hours.

**Resident
Association
Meeting**

**September 10
4pm, Lee Hall**



Supportive Services at a Glance



Fitness with Jarvis - Lee Hall

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



Chiropractic Services, Friday, September 5, 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, September 11, 10:30am in Lee Hall- Chris can help you with your phone, computer, laptop, and more.



Shelley Fondren, Sign up with deposit Thursday, September 4, 3:00pm-3:30pm in Lee Hall

- Chair massages = \$5 cost share. **Tuesday, September 9, Wellness Center**
- Table massages = \$20 cost share. **Wednesday, September 23** (Table massages will be provided at 741 Piedmont Avenue, Suite 300 (side door on 4th & Piedmont). All massages by appointment



Haircuts with Michael - \$10. Date to be determined.

Please sign up for your appointment. Pay barber directly.



Men's Gathering, Tuesday, September 2, 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.



Community Resources Fair, Friday, September 5, 9:30am-2:00pm in Lee Hall

- 9:30am-10:30am Breakfast
- 11:00am Muddy Laundry Services: "The Penny Option" game, information session & giveaways.
- 12:00pm AT&T Digital Literacy Presentation, the 55 Senior Plus phone plan & giveaways.
- 1:00pm Oak Street Health Self-Care & Mindfulness Session. (Ice cream & non-dairy goodies.)



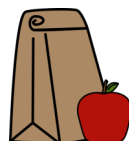
Spiritual Wellness Awareness Month Practices - Wednesdays, 2:00pm-3:00pm in Lee Hall

- Week 1 - Self Love
- Week 2 - Peace & Gratitude
- Week 3 - Drumming Circle
- Week 4 - Soul Journey



Volunteer Orientation - Monday, September 29, 3:00pm in Lee Hall

We are looking for enthusiastic residents to join our volunteer team! Your talents and your heart to serve can make a real difference in our community. Come to the orientation to learn more and see how you can get involved.



Food Program:

- The Wednesday \$2 Breakfast in the Bistro is postponed until October.
- Commodity Food Box Pick Up, **Wednesday, September 3**, 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, September 1 & 15, 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 - Tuesday, September 2 & 16 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, September 26, 3:00pm in Lee Hall. Learn to play Canasta with neighbors.

Movie Night - Saturday, September 6 & 20 at 7:00pm in Lee Hall. Bring your own beverages and snacks.

Board Games - Saturday, September 13 & 27, 3:00pm in Lee Hall. Bring your own snacks & beverages.

NFL Games - The kick-off is Thursday, September 4, at 8:20pm then Sundays, September 7, 14, and 28 at 8:20pm all in Lee Hall. Bring your own beverages and snacks.

Fernbank Natural History Museum - Tuesday, September 9, 10:45am. (sign up)

Magic Class - Tuesday, September 9, 2:30pm in Lee Hall. Learn classic magic card tricks from a professional magician! (sign up)

IKEA - Friday, September 12, 10:00am. (sign up)

Trader Joe's - Friday, September 12, 2:00pm. (sign up)

Park Avenue Thrift Outlet - Monday, September 15, 8:15am. Everything is \$1. (sign up)

Edgewood Shopping District - Tuesday, September 16, 11:00am. Target, Marshall's, Ross, Burlington, Best Buy, and Kroger. (sign up)

Balloon Animal Class - Tuesday, September 16, 2:30pm in Lee Hall. (sign up)

Wine Down Wednesday - Wednesday, September 17, 6:00pm in Lee Hall. Live music - Jim Hampton Jazz Trio! (sign up)

Dekalb Farmer's Market - Monday, September 19, 10:00am. (sign up)

Golden Corral & Walmart - Monday, September 22, 10:30am (sign up)

Birthday Celebration for Sadie G. Mays Residents - Thursday, September 25, 1:45pm. We are on a mission to serve & encourage these nursing home residents! Please join us! (sign up)

Lunch at Houston's - Friday, September 26, 10:45am. (sign up)



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

House Rule #33 - Security

Key Fob Access Lutheran Towers has key fob access at the front door. All individual under the lease with Lutheran Towers will receive (1) key fob to gain access into the front door. The key fobs will be required to access the front door. Access key fobs must be in the resident's possession and are never to be given or loaned to family members, friends, housekeepers, health care providers or anyone else. Your access key fob is your responsibility, and you are always liable for it. Access key fobs, found in the possession of anyone besides the resident to whom it was assigned, will be confiscated immediately and not returned. If your access key fob is in the possession of anyone else, it is a breach of security and a Lease violation that can result in termination of your Lease Agreement.

Misplaced, lost or stolen Key fobs must be reported immediately so that they can be deactivated. The resident will bear the cost of a replacement key fob. (see "Charges in addition to Rent"). If your access key fob is lost, you must contact the Front Desk immediately so the key fob can be deactivated from the control system. When you assume responsibility for your access key fob, you also assume the responsibility to inform Lutheran Towers when it is no longer in your possession. Your first access key fob is issued at no charge with your apartment keys when you sign your Lease Agreement. There is a \$15.00 fee to replace an access key fob the first time, and a \$25.00 fee for each additional replacement. Please complete a Work Order and pay the required fee to request a replacement.

Welcome to the Team!



Hi! I'm Olivia Whisnant, originally from the Jersey Shore, with several years of experience in office management and administrative support. I'm highly organized, dependable, and known for bringing a positive attitude to any team. I'm also a proud mom, a big foodie, and someone who believes a good laugh (and a great meal) can to a long way.

I'm looking forward to working with everyone and making a difference.



The **September Birthday Reception** is on **Friday, September 19, 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.

9/1 Jasper Harris
9/2 Lee Kennedy
9/3 Ponce Turner
9/6 Herbert Bailey
9/6 Patricia Gooding
9/8 Laura Aviles-Colon
9/11 Bette Burgess
9/15 Herlena Byrd

9/15 Barbara Clement
9/16 Gary Dixon
9/16 Hilda Haney
9/17 Joe Burns (Staff)
9/17 Wesley Boswell
9/17 Diann Acosta
9/20 Belinda Hodges
9/25 Sandra Washington
9/28 Beverly Irby

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