

# TOWER TALK

August 2024



Letter from Leigh

Dear Residents, Friends and Plough Towers Supporters,

It's August in Memphis, and even though it is hot, let's heat up our fun even more! Johnnie certainly has planned something for everyone. Take advantage of all the activities that are going on around Plough Towers! You can participate in our Book Club, celebrate Elvis, tour the old

Elmwood Cemetery, create pottery and enjoy Theater Memphis' presentation of Grease! Remember, always drink plenty of good Memphis water! There is so much going on in August! Here is a list of highlights:

- **Exercise** continues in the dining room every **Monday, Wednesday and Friday at 10:30 am**. I really like seeing the numbers grow, and we appreciate our three dedicated exercise gurus, **Sara, Linda and Janice**.
- **Audrey will have her HUD tidbits on Tuesday, 8/7/2024 at 3 pm. Carol will have Tea with Carol on Thursday, 8/22/2024 at 2 pm**. Come out and learn important info you need to be aware of. Both women do an excellent job at giving you helpful information with the latest of what is going on with HUD and various services.
- **Commodities** will be **Monday 8/12/2024 at 9 am**. You must come downstairs with your cart to receive them!
- **Matter Health** will host a get together on **Tuesday 8/13/2024 at 2 pm** in the Dining Room. This is your opportunity to meet the providers and ask any questions you may have.
- Remember that our monthly book club is open to all residents. Our volunteer **Judy Stephenson** leads an excellent meeting and has had such an interesting variety of selections. Additionally, **Leslie our computer instructor** can download the book onto an I-Pad if you like to read it on a kindle.
- This month, we are honored to have **Rabbi Levi Klein of Chabad Memphis** join us for **Shabbat Service** thanks to the generous **Fedovation Grant**. Our service will be **Friday, 8/16/2024 at 2 pm**.
- Mark your calendars for our annual visit from **"Elvis"** on **8/20/2024, at 2 pm** in the Dining Room. **Brian Lee Howell** has come to us for many years, and he always gives us a top notch "Love Me Tender" kind of show!
- "Thank you" goes out to all of our various produce suppliers this summer! Thank you to **Temple Israel, RRM Gleaning Ministry, Steve Libby and Marcia & Mark Fisher**. We appreciate you all so much! The "bounty" has been abundant!

Remember, my door is (almost!) always open; please let me know if you have concerns, complaints, compliments, or just want to share a good joke! Have a wonderful August! ~Leigh

**A very special thank you:** We received 'official' word from the **Memphis Jewish Federation** that we received generous funding towards two very important programs! This funding includes our Activities Program and our Meals Worker Program in support of the **Memphis Jewish Federation's Scheidt-Hohenberg Kosher Hot Meals Program** in partnership with **MIFA** and the **Finestone Family Home-Delivered Meal Program**.

Words are not enough to express our gratitude to the Jewish community.



**A reminder about your emergency pendants: They are to help keep you safe. If you fall, your pendant may save your life! It will only work if you keep it close by you at all times when inside Plough Towers. Remember that you can even wear it in the shower! We want everyone SAFE. A contest is coming, better be wearing your pendant!**



## As Seen Around the Towers:



A Schwab



Memphis Metal Museum



Fedovation Shabbat with Rabbi Ian Lichter of Baron Hirsch



Cracker Barrel



Baskin Robbins



Finale of the summer with the Mah-Ani Campers





AUGUST BIRTHDAYS



Martin Weiss	8/5	612
Slava Bektasheva	8/7	708
Anita Nichols	8/7	1104
Peggy Jordan	8/9	1111
Nancy Braby	8/10	406
Marie Pulley	8/12	706
Letitia Meeks	8/13	415
Annie Gales	8/16	315
David Skypeck	8/18	802
Janet Benton	8/19	1003
Caroline Marks	8/22	1007
Patti Topper	8/23	312
Belinda Calebro	8/25	1012
Carol Boone	8/28	703
Tonisha Walker	8/28	710



THANK YOU TO OUR DONORS

We would like to thank our July Donors for their generous gifts to Plough Towers.  
Anonymous Donor



We would like to welcome our newest resident to Plough Towers. **WELCOME HOME, Robin Bouchard!**



FRIENDLY REMINDERS



Family members and friends are **NOT ALLOWED TO LEAVE THEIR CARS PARKED AT PLOUGH TOWERS** when they leave on vacation or overnight trips.



If you own a car, you must obtain a parking permit from the office, and you **MUST DISPLAY THAT PERMIT ON YOUR WINDSHIELD.**



Residents, please park in **RESIDENT PARKING** and leave the **STAFF PARKING** and **VISITOR PARKING** spaces open for **STAFF** and **VISITORS** respectively. Thank you for your cooperation.



You must place your trash bags **INSIDE THE DUMPSTER** and not leave them next to the dumpster. Thank you for helping to keep our building beautiful and sanitary.



**ALWAYS** remember to **CLOSE THE GARAGE DOOR** when you are finished taking your trash out to the dumpster. Thank you for helping to keep our building safe.



Please let the office know when you will be out of your apartment over night. And please always let the office know when you will be away for an extended period of time. Thank you for letting us know you are ok, you’re just away.



SENIOR MOMENTS

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."  
Her neighbor asks, "What is it supposed to be when it's finished?"  
The little silver haired lady says, "According to the picture on the box, it's a rooster."  
Her neighbor decides to go over and help with the puzzle.  
She lets him in and shows him where she has the puzzle spread all over the table.  
He studies the pieces for a moment, then looks at the box, then turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster." He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea."  
And then he said with a deep sigh, "Let's put all the Corn Flakes back in the box."

*Thank you, Sharon, for finding this **DELICIOUS, COOL** treat for us to try during the sweltering month of August!*



FROZEN FRUIT SALAD



- 1 (17 oz.) can fruit cocktail, drained
  - 1 c. (8oz.) sour cream
  - 1/2 c. sugar
  - 1 Tbsp. lemon juice
  - 2 bananas, sliced
  - 6-8 cherries
  - 1/2 c. chopped nuts
  - 1 small can crushed pineapple, not drained
- Combine all ingredients. Pour into a 9x13 inch pan. Freeze overnight. Cut into squares when slightly thawed. Serves 8-10. ~Helen Larkin, Plough Towers Golden Cookbook, New and Old



## NEWS FROM THE VOLUNTEER CORNER

BY AUDREY JOHNSON, VOLUNTEER COORDINATOR AND HUD CERTIFIED  
OCCUPANCY SPECIALIST



### SENIOR AMERICAN DAY AT THE DELTA FAIR

Senior American Day at the Delta Fair will be held on Wednesday, September 4<sup>th</sup> at the Agri-Center. This is a fun day for seniors to come out and participate in various contests, fun games, and let's not forget, GREAT FOOD! For our residents who would like to compete in the Senior American Spelling Bee, the Senior American Talent Show or the Arts and Craft Contest you must complete an entry form. If you decide that you wish to compete in any of the above mentioned contests, come down and let's complete your entry forms. All entry forms must be submitted by August 16<sup>th</sup> no later than 4 pm. My deadline is August 15<sup>th</sup> so that I can ensure that the entries are submitted on time. All these fun activities will "kick off" at 9:30 am when the Memphis Police Department will start the day with patriotic music. The day will end at 3 pm with the Annual Delta Fair Tea Dance with music being provided by a live band. WOW!



### PLOUGH TOWERS



The month of August, September and October are going to be a real triple header with our Plough Towers Book Club sessions! The Plough Towers Book Club selection for these three months is a true classic. When you think of Clark Gable and Vivien Leigh tell me what comes to mind? Your answer should be the everlasting memorable novel by Margaret Mitchell titled "Gone with the Wind." This classic novel was first published in 1936, won the Pulitzer Prize in 1937 and then was released into a blockbuster movie in 1939. The casting was a "class act" as well with Clark Gable and Vivien Leigh in the starring roles of Rhett Butler and Scarlett O'Hara, respectively. The novel was set during the American Civil War and carry on into the Reconstruction Era that followed. It is also a very romantic novel. Rhett Butler and Scarlett O'Hara are as opposite as night and day. Scarlett is a super tough, head-strong southern belle who has survived the hardships of war, yet is able to become a successful business woman. Then there is Rhett Butler who is a scoundrel who manipulates and deceives whomever to achieve his goals until he encounters Scarlett O'Hara. The novel highlights the distinct differences and wonderful similarities between the two characters. Our first session will be held on Monday, August 19<sup>th</sup> at 1:30 pm in the Conference Room. Come down and join in on what I believe will be a very lively discussion.



### ...HUD TIDBITS AND FACTS?

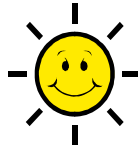
Come join us on Wednesday, August 7<sup>th</sup> at 3 pm in the Dining Room. The discussion topics will include "Gross Rent Change" and what it is all about, and secondly the "EXTREME" importance of completing your annual recertification interview plus the HUD timetable for completing the entire process. We may also touch on another tiny segment of the Plough Towers Lease Agreement. In addition, we will have a Q&A session to answer any questions you may have regarding to any of the above mentioned topics or any other general questions or concerns. My HUD Tidbits and Fact Sessions are intended to prepare you for all things that concern you and Housing and Urban Development as it relates to your stay here at Plough Towers. Everyone is invited to come down and sit in.

### PLOUGH TOWERS PEANUT BUTTER AND JELLY GROUP



Will meet on Thursday, August 8<sup>th</sup> and Thursday August 22<sup>nd</sup> at 10 am in the Activity Room.

It is very important that if you plan to come down please remember to sign up at the Front Desk. Saint Mary's Soup Kitchen looks forward to receiving these additional sandwiches which benefit the less fortunate in the various areas of Memphis. Sign-up sheets are at the Front Desk.



**CAROL SAMUELS**  
Professional Service Coordinator



## PRODUCE TRUCK



**Wednesday, August 7**

**Starting at 9:30 am**

Please come to the Dining Room when your floor is called.  
Open to everyone, Cash, Credit Card or Produce Voucher



## COMMODITIES



**Monday, August 12**

**Starting at 9:00 am**

Everyone who gets commodities must come down by floor.

Floors 7-11 9:00 am

Floors 2-6 9:30 am

You must come down or you will **not** get Commodities.

If you haven't heard the announcement by 9:30 am, come on down.



## TEA WITH CAROL



**Thursday, August 22**

**2 pm in the Dining Room**

**"Doing a Balancing Act"**

**Josh Golden, Hope Hospice**



See you for tea and refreshments



## DR. ADAM LIBBY, OUR PODIATRIST



**Tuesday, August 27**

**4 pm in the Beauty Shop**

Sign up at front desk

\$25 cash or check

Medicare savings plans that pay your Medicare premiums are under **TennCare** even if you don't have Medicaid. **WATCH YOUR MAIL!**

Any TNCARE, CMS mail you are not sure of, bring it to me!

We can go over it. Don't throw it away until we see if it's important.





# THE SPOTLIGHT IS ON ROSE HARRIS

BY VICKI WOODS



Rose Harris has lived more than one lifetime, has been involved in numerous careers, and has done just about everything. Since 2010, she has made her home at Plough Towers, and she has participated in every volunteer activity that has been offered. The child and then the woman that Rose used to be is also fascinating. I have spent hours in her apartment, listening to the various stories that she told, some sad and some joyful. Combined they have totaled up to a life well lived. Grab a cup of coffee and read about your neighbor in apartment 1114.

Rose was born in Vaiden, Mississippi, and was raised by her Aunt Hattie and Uncle Willis Johnson. They had been unable to have children, and so they became volunteer foster parents, taking in any children that needed a place to go. She remembers many infants and children being in and out of the home over the years. The Johnsons lived on a farm in Marks, Mississippi. Rose had a great childhood, helping Aunt Hattie in the garden, picking cotton, and being in church each week. She always knew that she was loved. She attended Lake Carrier Elementary School for grades one through eight. She attended Marks High School where she was a cheerleader. The family moved during her teenaged years, so she graduated from Sledge High School when she was sixteen. She skipped a year, which allowed her to graduate a year early. She loved reading and still does. Because she was smart, she was tasked with tutoring baseball and basketball players which she hated. During high school, she worked as a soda jerk at a drug store. She missed her Senior Prom due to a ruptured appendix, spending that night at Baptist Hospital in Memphis.

After graduating from high school, her cousin, Bill, introduced her to Dale Graham. Both Bill and Dale were in the Air Force. Sparks flew between Rose and Dale, and soon they were in love. They married in July after Rose graduated. Dale was stationed in South Carolina, so she moved with him. It was the first time she had been away from home. Dale stayed in the Air Force for two years, and then they moved to Memphis. In the next eleven years, six children were born: Leslie, Donna, Trudy, Vickie, Robert, and Ricky. They first lived in the Gaisman Park area of Memphis, and then moved to Dover, Tennessee in Stewart County. Dale became a sheet metal mechanic, and he travelled for weeks at a time. This left Rose home with six children and without a car. Life was very busy for this family with activities such as cheerleading, football practice, and always a house full of friends. All of her children were avid readers.

Tragedy struck the family in 1978 when Dale was killed in a work-related injury. The girls were grown at this time, but the boys were in 11<sup>th</sup> and 12<sup>th</sup> grades. Rose had never worked outside the home before this time, but they moved back to Memphis, and she learned to drive. She took an Office Procedures class at Craigmont High School, in order to make herself employable. She landed a job at Holiday Inn as a front desk clerk in 1979, and stayed there until 1982. Life as a single parent was hard.

In 1983, Rose met Andy Harris, a retired Navy veteran. Andy lived on a farm in Mantee, Mississippi, and had 300 hundred acres of timber and fruit trees. He was also a beekeeper. They married in 1983. Rose and Andy began a flea market business, buying wholesale and selling in her booth. She travelled to various towns during the month, and she had a great time. She described it as a cross between a carnival and a family reunion!

After the flea market years, Andy bought Rose a boutique in Eupora, Mississippi. She loved working the store, which she did for two years, but had to close the store due to her poor health. After she recuperated, she rested and enjoyed the farm. She raised chickens, gardened, and travelled the United States. In 1992, Rose

moved back to Covington and stayed there until 2007. Following open heart surgery, Rose moved in with her daughter, Donna, who took care of her until she recovered from surgery. She later moved in with a friend in Bartlett, where she remained until she moved to Plough Towers in 2010.

Since moving into apartment 1114, Rose has volunteered for every position except the kitchen. She has worked at the store, front desk, made cards in the computer lab, sewed clothes for children in Haiti, knitted caps for school children, stuffed envelopes for Brooks Art Gallery, made peanut butter and jelly sandwiches for St. Mary’s soup kitchen, and made over 200 masks for our residents during COVID.

Rose’s favorite food is okra or any kind of country cooking, and she has cooked all of her life. She has collected hundreds of cookbooks, and all of her children are good cooks. Rose’s idea of a perfect day is either spending time with her children or sitting alone in her recliner with her “talking book machine.” If she could go anywhere in the world, she would like to see the Grand Canyon. She would most like to meet the author, Zane Gray because his descriptions of the Western United States have always fascinated her. It would surprise many people to know that Rose was a shy, introverted child and teenager. She has clearly overcome that as an adult! Raising her children has been Rose’s greatest accomplishment in life. Of her six children, only Leslie, Donna, and Trudy are still alive. She misses Vickie, Robert, and Ricky who are no longer with us. Additionally, she has seven grandchildren, and thirteen great grandchildren.

It is said that most people wish they had spent more time with their family, instead of spending so much time at their job or career. Rose enjoyed being a mom to a large family, watched them thrive in various activities, and she did what she had to do to “keep the lights on.” She cooked at home, sewed all of their clothes, chauffeured them to practices, cried with their heartaches and reveled in their successes. We are thankful to have had Rose as a resident of Plough Towers for the past fourteen years. Her strong work ethic and willingness to serve our community wherever needed has made us a better place to live. Thank you, Rose, for all of your contributions to Plough Towers and for the example you have been to us all.



**WE ARE EXCITED TO WELCOME**  
**NANDI ESTES**  
**TO PLOUGH TOWERS AS OUR NEW MANICURIST &**  
**PEDICURIST!**
















**WE ARE HOPEFUL THAT**  
**BEVERLY CLINTON**  
**WILL RETURN TO THE BEAUTY SHOP**  
**ON FRIDAY, AUGUST 9<sup>TH</sup>.**  
**WE WILL KEEP YOU POSTED.**



# AUGUST 2024

\*\*ACTIVITIES ARE  
SUBJECT TO CHANGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				ELMWOOD TOUR 1 1 PM 	KROGER FARMINGTON 2 9:30 AM EXERCISE w/JANICE 10:30 AM BANK 1:30 PM	3
4	EXERCISE w/SARA 10:30 AM POTTERY w/ADAM 2 PM in A/R 5	 11 AM 6	WALMART 9:30 AM 7 PRODUCE TRUCK 9:30 AM in D/R EXERCISE w/LINDA 10:30 BINGO 2 PM in D/R HUD TIDBITS w/AUDREY 3 PM in D/R	PB&J 10 AM in A/R 8 WIZARD OF OZ 2 PM in D/R BIBLE STUDY 5:30 PM in A/R	SUPERLO/TARGET 9 9:30 AM EXERCISE w/JANICE 10:30 AM KARAOKE 2 PM in D/R	10
11	COMMODITIES 9 AM 12 EXERCISE w/SARA 10:30 AM POTTERY w/ADAM 2 PM in A/R	MATTER HEALTH 13 2 PM in D/R 	SHRED TRUCK 10 AM 14 EXERCISE w/LINDA 10:30 AM TOWER SUPPORT NETWORK 3:30 C/R GREASE @ THEATRE MEMPHIS 7 PM	MEET & GREET 15 2 PM in A/R BUNCO w/VICKI 6 PM in D/R 	ALDI/DOLLAR TREE 16 9:30 AM EXERCISE w/JANICE 10:30 AM SHABBAT SERVICE 2 PM in A/R	17
18	BANK 9:30 AM 19 EXERCISE w/SARA 10:30 AM BOOK CLUB 1:30 in C/R POTTERY w/ADAM 2 PM in A/R	 20 2 PM in D/R	EXERCISE w/LINDA 21 10:30 AM MJCC LUNCH w/JULIAN THOMAS 11:45 AM	AGRICENTER 9:30 AM 22 PB&J 10 AM in A/R TEA w/CAROL 2 PM in D/R BIBLE STUDY 5:30 PM in A/R	KROGER FARMINGTON 23 9:30 AM EXERCISE w/JANICE 10:30 AM 	24
 25	EXERCISE w/SARA 10:30 AM 26 	 27 4 PM PODIATRIST 4 PM in B/S	EXERCISE w/LINDA 28 10:30 AM  ELMO & LESTER 2 PM in D/R 	29	SUPERLO/TARGET 30 9:30 AM EXERCISE w/JANICE 10:30 AM 	31



Matter  
Health

CALL FOR AN APPOINTMENT (901) 677-0790



BEVERLY RETURNS ON FRIDAY, AUGUST 9<sup>TH</sup> (901) 483-7709