



# TOWER TALK

March 2024



Dear Residents, Friends, and Plough Towers Supporters,

Poet William Wordsworth speaks of the joy of encountering fields of daffodils “dancing and fluttering in the breeze.” Daffodils are my very favorite flower in the world. I appreciate the bulbs donated by Temple Israel Sisterhood as they poke their little heads up around Plough Towers and other parts of Memphis. Take time to enjoy them! Lots of promising things going on around the Towers this month as we welcome Purim, Easter, spring and lots more good things!

There is so much going on in March thanks to Johnnie and many others. Here is a list of highlights:

- **Exercise** continues in the dining room on **Mondays, Wednesdays, and Fridays at 10:30 am**. We love **Sara** and **Linda** and welcome our newest exercise leader **Janice Hicks** on Fridays. The classes have really taken off, and residents report that they are not only a good workout but that they are actually fun!
- **A big word of thanks goes to the United Methodist Churches, Trader Joe's, Kroger, Sprouts, and Costco for their ongoing dedication to bringing us beautiful produce, meats, prepared foods, and sweets! Not only does it make a difference to our health, it helps all our residents' 'bottom lines'! And we couldn't do it without the assistance of our resident volunteers; thank you!**
- **Commodities** will be **3/11/2024**. You must continue to come downstairs with your baskets when we call your floor.
- **Johnnie** has lots of fun outings this month including **Southland Casino, Theater Memphis, Olive Garden and the BBQ Shop**. **A special treat will be at the Peabody on 3/11/24 where Johnnie will be the Duck Master!** And **Vicki** will be hosting **Bunco on 3/14/2024 at 6 pm**. It's always a fun time!!
- **Audrey** will have her **HUD tidbits at 3 pm on 3/14/2024** and **Carol** will have her **Tea on Tuesday, 3/19/2024 2 pm**. We appreciate their time they give us to help residents get the most that they can out of living here.
- This month, we are honored to have **Rabbi Ross Levy of Temple Israel join us for our monthly Fedovation Shabbat Service on Friday, 3/15/2024 at 2 pm**. Everyone is welcome!
- The Jewish holiday of **Purim** is always a celebration, and this year is no different. We will reveal the **Fedovation Jewish Holidays: Celebrating and Learning Together** display case on **3/22/2024**, and of course, eat delicious hamentashen! Thanks to all those who gifted us with Shalach Manot!

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 March, ~Leigh

## MARCH 8<sup>TH</sup> INTERNATIONAL WOMEN'S DAY

It began many centuries ago. In ancient Rome there was a female day which was celebrated by matrons. This day matrons (married women, not slaves) received gifts from their husbands. A lot of time has passed. Women have decided to change their life to struggle for equality with men. The socialist party of America in 1909 proclaimed the last Sunday of February as the National Female Day. In 1910 in Copenhagen at the International Conference of Women, it was decided to celebrate the International Female Day every year on March 8<sup>th</sup> as a memory of old New York events. In Russia this day has been celebrated since 1913, in Rome, it is a remarkable day of Love and Beauty. **HAVE A WONDERFUL INTERNATIONAL WOMEN'S DAY...Your friend Yakov Muchnik**

## As Seen Around the Towers



**I Wandered Lonely as a Cloud**  
I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd.  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.  
~William Wordsworth 1<sup>st</sup> Stanza



### MARCH BIRTHDAYS

Carlotta Brown	3/1	201
Richard Haas	3/2	202
Jim Tenner	3/2	1112
Arthur Lotito	3/2	212
Kathy Messinger	3/4	408
Grady Pope	3/7	608
Winnie Thomas	3/8	711
Ella Savranskaya	3/11	715
Katherine Bush	3/12	409
Sharon Saltonstall	3/17	210
Emilia Shapiro	3/20	504
Betty Wilson	3/21	307
Patty Maxwell	3/21	1106
Tim Malkin	3/26	506
Galina Podobedova	3/27	1006
Harold Wolder	3/30	510



### THANK YOU TO OUR DONORS

We would like to thank our February Donors for their generous gifts to Plough Towers.

Jerry Schatz	Peggy Jordan
Linda Greenwald	Brenda Hapner
Barbara Ostrow	Anita Nichols
Miriam & Bernard Danzig	Gail Silverstein
Vicki & James Woods	Stacy & Jerry Siegler
Leigh & Rob Hendry	Susan & Mike Struminger
Suzette & Robert Malkin	

*March is known as the beginning of Spring where everything green begins to sprout. Enjoy this easy spinach casserole recipe. ~Sharon Nickol*



### SPINACH (EASY) (Dairy)



2 10 oz. pkg. frozen spinach salt  
1 pkg. onion soup mix pepper  
1 pt. sour cream

Thaw spinach on low heat. Add no water. Cover and cook 10-15 minutes. Remove from heat. Add other ingredients. Mix well. Place in 1 1/2 qt. casserole dish. Cook at 300° for 30 minutes. Check, as oven temperatures vary. Serves 6-8. ~Helen Larkin, *Plough Towers Golden Cookbook, New and Old*



### DATES TO REMEMBER



March 10	Daylight Savings Time Begins
March 17	St. Patrick's Day
March 19	Spring Begins
March 23	Purim Begins @ Sundown
March 31	Easter



### FRIENDLY REMINDERS



Help us keep the bus clean! We are privileged to have a beautiful, new bus and an amazing bus driver to take us on trips regularly. We want to make sure our bus is well maintained so that it will be with us for many years to come. Please do your part to pick up your trash, and if you see trash, please pick it up and dispose of it properly. Thank you.



Plough Towers Knitting Ladies are BAAACK!!!! If you like to knit or would like to learn, Hermine Salky will be leading our "Knitting Mavens" beginning Wednesday, March 6th at 2 pm in the Activity Room. Men are welcome, as well.



Please remember to sign up for your MIFA lunch at least 24 hours in advance.



Lunch begins at 11:30 am and ends at 12 pm.



The suggested donation for each MIFA meal is \$2.



If you set off your smoke alarm while cooking, **KEEP YOUR FRONT DOOR CLOSED AND OPEN YOUR WINDOWS AND PATIO DOOR.**



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



### PURIM THEMES AND THEOLOGY



Jews around the world will soon celebrate Purim. The overriding theme of Purim is the saving of the Jews from a mortal threat. Even though God is not mentioned at all in the Book of Esther, from a Jewish perspective, God is the one who is pulling the strings of redemption behind the scenes. The holiday of Purim has become one of the best-loved holidays of the Jewish year. The reasons for this are easy to see. It is a joyous holiday on which everyone just lets go. Most significant, however, is the paradigmatic nature of the story of Purim. It is not difficult to see how a story in which a small and threatened Jewish community in exile is able to triumph over its foes would prove to be a powerful image for a Diaspora community faced over the centuries with threats from many different sources. The story of Purim, however, holds out the hope that no matter how bad the circumstances, things will turn out well in the end. ~My Jewish Learning

### WOULD YOU RATHER . . .

Have a chauffeur, or Have a personal chef?  
Win \$1 million, or Have perfect health?  
Vacation on a beach, or Vacation in the mountains?



## NEWS FROM THE VOLUNTEER CORNER

By Audrey Johnson, Volunteer Coordinator and HUD Certified Occupancy Specialist



### PLOUGH TOWERS VOLUNTEERS

On February 13<sup>th</sup> Plough Towers Peanut Butter and Jelly Group was part of a larger civic minded picture that was taken at the Baron Hirsch Synagogue during the “Great Big Sandwich Make.” Through a combined effort with other civic minded individuals, the Plough Towers Peanut Butter and Jelly Group made PB&J sandwiches to feed the homeless and hungry in our communities. Our little group received “Kudos” from the Memphis Daily Online Newsletter writer and photographer based on our outstanding contribution to this wonderful project. To our volunteers, Mary Littleton, Brenda Hapner, Oneta Windler, Diana Turner, Peggy Jordan, Linda Greenwald, Donna Young, Linda Golder, and Judy Weintraub, you guys are the BEST!!! You all cannot begin to imagine the impact that the Plough Towers PB&J Group makes each week in our communities when they donate their time and services during our weekly peanut butter and jelly sandwich making sessions. And, then to join in with Baron Hirsch’s “Great BIG Sandwich Make” program. WOW, WOW, WOW!!! Again, thank you all.



### PLOUGH TOWERS BOOK CLUB

The Plough Towers Book Club will hold its monthly meeting on Monday, March 25<sup>th</sup> at 1:30 pm in the Conference Room. The March book selection is titled “The Sweet Potato Queens’ Book of Love” by Jill Connor Browne. This book is viewed through the eyes of some southern ladies, and through their visions we get a glimpse of their perspective of life, love, and a few other things in between. I think this might be a very humorous book to read. Come down and enjoy this funny and entertaining book selection.



### ...HUD TIDBITS AND FACTS?

Come join me on Thursday, March 14<sup>th</sup> at 3:00 pm in the Dining Room for our HUD Tidbits session, “Residents’ Rights and Residents’ Responsibilities.” This should be a fun topic to discuss. EVERYONE is invited and welcome to attend!



### PLOUGH TOWERS KNITTING MAVENS

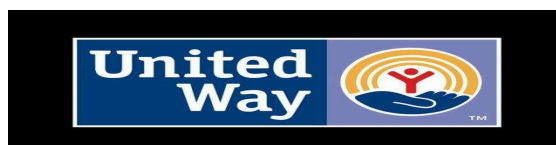
The Plough Towers Knitting Mavens are back on the move thanks to Hermine Salky. We will meet on Wednesday, March 6<sup>th</sup> at 2:00 pm in the Activity Room. Hermine will be offering her expertise and assistance with various knitting projects. Hopefully this will now give us the opportunity to assist those residents who are avid knitters and desire the socialization of meeting with a group of like-minded individuals. Participants will be able to create some of the much needed items for various organizations throughout our community that our beautiful projects will help to provide warmth and comfort to. This will also be a great opportunity for our community members to visit Plough Towers and bring their creativeness with them to enjoy these special sessions.



### PB&J GROUP



Our Peanut Butter and Jelly Group will meet on Thursday, March 7<sup>th</sup> and Thursday 21<sup>st</sup> at 10:00 am in the Activity Room. Please remember to sign up at the front desk.



### FREE TAX PREP DAY 2023 WAS A HUGE SUCCESS AT PLOUGH TOWERS.

Mrs. Sherrie Clayborn, IRS Volunteer, **THANK YOU** for your wonderful service to our residents! She even returned a second time to complete our residents’ tax returns!



CAROL SAMUELS

Professional Service Coordinator



## COMMODITIES



MONDAY, MARCH 11

Starting at 9:00 am

Everyone who gets commodities must come down when your floor is called.

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

If you haven't heard the announcement by 10: 15 am, come on down.



## TEA WITH CAROL



TUESDAY, MARCH 19

2 pm in the Dining Room

TOPIC TO BE ANNOUNCED

See you for tea and refreshments.



DR. ADAM LIBBY, OUR PODIATRIST

TUESDAY, MARCH 26, 2 pm

Sign up sheet is at the front desk.

\$25 for the visit



*Words cannot express the feelings in our hearts.  
Thank you for being with us during this difficult time.  
Your thoughts, generosity, and words of sympathy  
are greatly appreciated.*

*Carol Samuels and Family*



## THE SPOTLIGHT IS ON CIRILO VEGA

By Vicki Woods



There are people in this world that are joyful, optimistic, and a pleasure to be around – this month’s spotlight is certainly one of these. Cirilo Vega is one third of the maintenance department that keeps Plough Towers running smoothly. He is also a husband, father, grandfather, and an overall good guy. Keep reading to learn more about Cirilo.

Cirilo was born in Culiacan Sinaloa, Mexico. His father, Dionisio Vega, was a surveyor. His mother, Guadalupe Urquidez, was a homemaker. They lived outside of town on a ranch. Cirilo was the oldest of five children: Cirilo, Lorenza, Rosalba, Elia, and Everando Vega. He attended school in Mexico until high school, and then did some training in agriculture. During school, his hobbies included baseball and dancing. He is still the best dancer on our staff, and he demonstrates this during our birthday celebrations.

After high school, Cirilo worked as a mechanic’s assistant for two years. He later worked for a company that made roads. He has been a money collector and a mechanic. In 1990, he came to the United States and worked as a driver, a painter, a plumber, and an electrician. Many of his jobs involved helping family members or friends with their jobs. So now, he knows how to do everything! Cirilo came to Plough Towers in 2015 as a sub-contracted painter working with his son-in-law, Javier Gallegos. Three years ago, he officially became an employee, and we could not be happier.

Cirilo is married to Carmen, and together they have five grown children: Carmen (44), Amaury Gabriela (41), Karen (39), Ulises (36), and Cristina (33). From those five children, he has nine grandchildren and two great grandchildren, who he loves very much: Addy Lynn, Isabel, Dionisio Ulises, Samantha, Camila, Natalia, Emma, Maximiliano, Berto, Francisco, and Ramon. Their ages range from seven months old to twenty-two years old. Cirilo is very proud of his beautiful family. He is especially proud of having “the best wife in the world, who packs his lunch even when she is angry with him.” Now, that is real love! He is also very proud of how successful his children have become, largely because of the education they have received.


Cirilo’s greatest accomplishment in life is being able to keep his family together. His favorite food is enchiladas (mine too!). If he could go anywhere in the world, he would choose to explore different parts of Mexico. It is his home, and he would like to visit the Pyramids and the natural beauty of the various parts of the country. His idea of a perfect day is believing that there is no perfect day. He chooses to see the wonder in each day and celebrates all of the blessings that God gives us each day. Most people do not know in 2000, Cirilo worked as a baseball coach with the Redbirds program teaching children aged 5-16 how to play baseball. His motto for life is “Life is too beautiful to be sad. Only the loss of a loved one will make me sad.”

We are so grateful to have Cirilo fix, repair, renovate, dance, and sing his days through the halls of Plough Towers. If you are ever in need of a smile, invite Cirilo in. He will have you laughing in no time at all. Thank you for making our community a happier place to live and work, Cirilo!

BEVERLY IS HERE ON FRIDAYS  
901-483-7709  
ZARIA IS HERE ON THURSDAYS  
901-606-7350

# MARCH 2024

\*\*ACTIVITIES ARE  
SUBJECT TO CHANGE\*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>SUPERLO/TARGET 1</div> <div>9:30 AM</div> <div></div>	<div>2</div>
<div>3</div>	<div>EXERCISE w/SARA 4</div> <div>10:30 AM</div> <div>BANK 1 PM</div> <div></div>	<div>PRIMARY ELECTION 5</div> <div>EMMANUEL UNITED METHODIST CHURCH</div> <div> 1:30 PM</div>	<div>WALMART 9:30 AM 6</div> <div>EXERCISE w/Linda 10:30 AM</div> <div>KNITTING LADIES 2 PM in A/R</div> <div> 6PM</div>	<div>PB&amp;J 10 AM in A/R 7</div> <div>OLIVE GARDEN 4:30 PM</div> <div>BIBLE STUDY</div> <div>5:30 PM in A/R</div>	<div>KROGER FARMINGTON 8</div> <div>9:30 AM</div> <div>EXERCISE w/JANICE 10:30</div> <div>MOVIE 80 FOR BRADY</div> <div>2 PM in D/R</div>	<div>9</div>
<div>10</div> <div></div>	<div>COMMODITIES 9 AM 11</div> <div>THE PEABODY DUCKS 10 AM</div> <div>EXERCISE w/SARA 10:30 AM</div>	<div>POTTERY w/CREATIVE 12</div> <div>AGING</div> <div>2 PM in A/R</div> <div></div>	<div>SOUTHLAND CASINO 10 AM 13</div> <div>EXERCISE w/Linda 10:30 AM</div> <div>TOWER SUPPORT NETWORK</div> <div>3:30 PM in B/R</div> <div></div>	<div>HUD TIDBITS 14</div> <div>w/AUDREY 3 PM in D/R</div> <div>BUNCO w/VICKI</div> <div>6 PM in D/R</div> <div></div>	<div>ALDI/DOLLAR TREE 15</div> <div>9:30 AM</div> <div>EXERCISE w/JANICE 10:30</div> <div>SHABBAT SERVICE</div> <div>2 PM in A/R</div>	<div>16</div>
<div>17</div> <div></div>	<div>BANK 10 AM 18</div> <div>EXERCISE w/SARA</div> <div>10:30 AM</div> <div></div>	<div>THE SALVATION ARMY 19</div> <div>9:30 AM</div> <div>TEA w/CAROL</div> <div>2 PM in D/R</div> <div></div>	<div>EXERCISE w/Linda 20</div> <div>10:30 AM</div> <div>MAGICIAN JEFFREY DAY</div> <div>2 PM in D/R</div> <div></div>	<div>SUPERLO/TARGET 21</div> <div>9:30 AM</div> <div>PB&amp;J 10 AM in A/R</div> <div>BINGO 2 PM in D/R</div> <div>BIBLE STUDY</div> <div>5:30 PM in A/R</div>	<div>EXERCISE w/JANICE 22</div> <div>10:30</div> <div>PURIM PARTY</div> <div>1 PM in D/R</div> <div></div> <div>PURIM BEGINS @ SUNDOWN</div>	<div>23</div>
<div>24</div> <div></div>	<div>EXERCISE w/SARA 25</div> <div>10:30 AM</div> <div></div> <div>BOOK CLUB</div> <div>1:30 PM in C/R</div> <div></div>	<div>PODIATRIST 26</div> <div>2 PM in Beauty Shop</div> <div></div>	<div>EXERCISE w/Linda 27</div> <div>10:30 AM</div> <div></div>	<div>THE Bar-B-Q SHOP 28</div> <div>10:45 AM</div>	<div>KROGER FARMINGTON 29</div> <div>9:30 AM</div> <div></div> <div>EXERCISE w/JANICE 10:30</div>	<div>30</div>
<div>31</div> <div></div>						<div> <b>Matter Health</b> Matter Health Clinic will be open Tuesdays 9 am to 4 pm. Call (901) 677-0790.</div>