Luther Towers / Luther Village December 2020

EXECUTIVE DIRECTOR COMMENTS....

The year is rapidly coming to a close and with it cold weather is about to return. Everyone needs to take time to consider safety during inclement weather. Driving can be hazardous enough without slippery roads. Walking on ice covered surfaces can also lead to falls and as we all know seniors are more at risk of falling and breaking bones than younger people. You need to watch the weather and plan your activities with the weather conditions in mind. The staff will work very hard to keep the sidewalks clear and the roadways in the parking lots. The entrances to the building are most critical to insure ambulances can get in and their crews into the building. All residents need to have enough medicine and food to make it for three days. The bus will be canceled if the weather is forecast to be hazardous or becomes unsafe. If a snow event is coming we will try and run the bus before it arrives so everyone has an opportunity to get those items needed.

A number of people have inquired as to whether they can have a space heater for their apartments. The house rules prohibit the use of space heater in any apartments. This is due to the fire hazards associated with their use. They are especially dangerous for use as circuitry must be designed to accommodate the heater and we would not be able to insure that the heater would not overload the wiring. Space

heaters accounted for more than two in five (44%) of home heating equipment fires, these fires were responsible for 86% of civilian deaths and 78% of civilian injuries caused by heating fires. Unfortunately, we have also found residents not following the house rules and violating the Fire code by using a stove as a source of heat. This is also a source of fires in homes and apartments. When you live in an apartment building you risk injury of death not only to yourself, but also to those around you. It is a major violation of your lease if you are found violating safety procedures and causing a hazard to yourself or others.

There is a recent increase in the number of strangers entering the building using entry cards. Most of the time these individuals fail to sign in as required. The card will be deactivated if it is abused. Residents can admit visitors by using the call box in the entryways. The security desk number is also in the box and security can admit individuals if needed. In all cases visitors need to sign in using the desk log in the building. Soon the new entry system will be activated and all visitors will be required electronically complete to registration information prior to entry. The information is the same as that required by the current manual log, however in the future the information will need to be entered before the system will permit the visitor to call the resident. This system should prevent visitors from

failing to register as required and those who attempt to bypass the system will be banned from the property.

LET'S PUT 2020 IN THE REARVIEW MIRROR

As we close out 2020, we reflect on the challenges which have beset us. Our way of life has most certainly changed as we wear our masks, keep our distance from others, limit our interaction with family and friends, and mourn the losses of those who have succumbed to this virulent virus. We have been repeatedly warned that the holiday season will likely exponentially increase our potential for contracting COVID-19. On the surface, we should be anxious to usher out 2020 forthwith.

Not so fast, I say. There are valuable lessons we've learned over the past nine months and as much as we mourn over 250,000 deaths in our country, we celebrate our resiliency as a people. No matter the challenge, we seem to find the strength to adapt and overcome. inconvenient to wear facial coverings and keep our distance from others, but we do so to protect ourselves and others—it's the consideration associated with our culture in America. As this pandemic continues to jeopardize employment for so many, it is so heartwarming to see those who are least affected help those who are most affected.

In 2020 we've seen people around the world come together to help others

facing unnerving odds, as allies and advocates for not only their friends and community members, but for people they may never meet — providing financial support amid an economic crisis, donating protective gear to the people who need it most, and just plain being a good neighbor—good Samaritans are multiplying in every community.

Although the path forward from 2020 may feel uncertain, one thing has never been more clear: To change the trajectory for the better, we have to come together, work together, and support each other in building a brighter, safer, more just future we can all share.

Our healthcare workers first and responders have exceeded all expectations—they are truly passionate about what they do and they deserve our admiration and gratitude. Placing all fear aside, they take care of us medically and make us safe. So many charitable organizations along with the religious community have come through to take care of the less fortunate...no matter their ethnicity, race, age, gender, religion, disability, sexual orientation, or family medical history—unconditional assistance.

This is just a sampling of how our communities have helped people push through incredible challenges this year, and a window into what's to come. Because even though 2020 has felt like a constant drumbeat of one crisis after another, it's important to remember that we've also seen unprecedented examples of hope, bold action, and national strength.

As we work to meet the challenges that arise — the next natural disaster, a new

phase in the pandemic, ongoing conflict
— we can't lose sight of our goal: A
brighter future everyone can share.

A vaccine is soon to be administered, our economy is holding steady, and we have each other's backs. We can believe in power, humans and as our humanitarians, to care for one another, to have faith in one another, and to respect one another. Optimism prevails; if we translate the lessons learned over the last nine months, we see that the future is bright. I am not naïve, I know that there will be difficult days ahead, but I choose to believe that we will all emerge as a people more respectful, more grateful, and more focused on the life we have yet to live. Before we put 2020 in the rearview mirror, let's take one more look and capitalize on the positive.

Happy Holidays to all; please be safe.

Jeff Lewin
Deputy Director

THE BULLY BLOG



I hope you all had a wonderful Thanksgiving – although it may have looked different than those of the past. Praying that at Christmas you are able to take some time to think on the many blessings you have been given, and remember the greatest gift we have all

received. In these uncertain times it is consoling to know we have someone who is always with us through the good times and the bad. So no matter what you are going through – remember you are not alone, and are loved more than you can comprehend.

In His Spirit, Kim



Hello Everyone! ©

This has been quite a year for all of us! I think many of us will be happy to turn to the New Year 2021!

Please remember to bring us (Kim or Tricia) a copy of your 2021 Social Security Benefit Statement! You can put a copy in the <u>black boxes</u> located in the lobby of LT I (by the security desk) and LV1 (by my office). Your social security benefit statement should be arriving in the mail at any time. These are very important to keep for LT/LV annual certifications, Food Stamp recertifications, Medicaid recertifications, etc.

If you are finding it increasingly difficult to go grocery shopping on your own please remember Harvest Years Senior Center has a personal shopper program. The shopper will go grocery shopping with you or go for you whichever you prefer. Contact me and I will assist you with filling out an application! \$20.00 membership fee for the entire year to

join Harvest Years and only \$3 per shopping trip.

I get A LOT of questions about Dental, Vision and Hearing care. Nemours Health Clinic in Milford provides extremely discounted rates for dental, vision and hearing. You must call Nemours Health Clinic to register as a patient and provide income verification and then they will schedule an appt for you. Nemours income limits are based on your Net Income (how much is actually deposited into your bank account). Income limit for Nemours is \$1500/month for a single person and \$2010/month for married couple. Age is 65 or older. Phone number to Nemours is 1-302-424-5420.

If you are interested in setting up an appt for Wills for Seniors please give me a call! It is very important for everyone to have a Will, Power of Attorney and Advanced Directive. Jacki Chacona a lawyer from Delaware Volunteer Legal Services volunteers her time freely to complete these documents for our seniors at LT/LV. Please take advantage of the opportunity.

Winner of Pinnacle Rehabilitation and Health Center Trivia Question for December is

Helen Causey. Prize was a TARGET gift card!

If you have an answer you would like to submit for this month's Trivia Question please put it in the <u>BLACK BOX</u> next to security desk (both campuses have one). Jennifer from Pinnacle will do a door prize drawing for those who have the correct answer!!

TRIVIA QUESTION:

HOW MANY GIFTS IN TOTAL WERE GIVEN IN "THE TWELVE DAYS OF CHRISTMAS" SONG?

A 200

B 364

C 50

D 550

Thank you, Tricia





MAINTENANCE NEWS

Pest Control - Luther Towers Apartments

• Dec 2^{nd} - 601-623 & 4102 - 4116

• Dec 9th – 701-723 & 4201-4216

• Dec 16th – 101-110 & A01 – A18 C01 – C18

Pest Control - Luther Village <u>Apartments</u>

• None this month

Kelly's Reminders: The shopping carts are for everyone to use.

Please only use 1 cart, when un-loading your vehicle so hat others can use a cart also.

Thought for the month

What is Christmas?

It is the tenderness of the past, courage for the present, and hope for the future.

Kelly

INFORMATION FOR BOTH CAMPUSES



Rent will be pulled on 4 December. Some months your rent may not come out of your account on the 4th, due to holidays, weekends, etc. Please check with your bank to verify the rent has been deducted before pulling your money out assuming the rent was

already paid. This will save you from Non-Sufficient Funds problems.



Newcomers

Eleanor Harmon	LT1 609
DeloiseWilliams	LT4 4102
Ruth Murray	LV3 3414
Ronald Laws	LV1 1208
Harry Shelp	LV3 3212



MEDICAL TRANSPORTATION

SCHEDULE YOUR MEDICAL APPTS FOR MONDAYS, TUESDAYS, AND THURSDAYS BY CALLING LTI's FRONT DESK – 674-1408 (EXT 0) or LV1's Security at 674-3780 (EXT 212). Please have your appointment information

available and turn your TV or radio volume down before calling.

Holidays during the next 3 months:

No transportation will be provided on

December 24th, Thursday

January 18th, Monday

Medical driver will call the afternoon before your appointment. If you do not receive a call by 6:00 p.m., please contact LT1's front desk to confirm your appointment.

When you call to make an appointment for transportation, do not leave voicemail messages with the information. Call back and talk to whoever is on-duty personally. This will eliminate possible confusion. Please remember this is a first-come first-serve service.

LUTHER TOWERS ACTIVITIES



Bingo -On hold for now.

Cherub Group – On hold for now at 3:00 p.m. in LT1 Activity Room. For residents who have knitted or crocheted baby blankets for newborn babies at Bayhealth.

Crochet Club – On hold for now

Dominoes – On hold for now

Food Box pick-up – 15 December, 12:15 p.m.

Movie Night – On hold for now.

Religious Services

<u>LT1 – Activity Room</u>

Church Service - <u>Sundays</u> — On hold for now.

Holy Cross Communion – On hold for now.

Prayer groups – On hold for now.

Bible Studies -. On hold for now

Dover Church of Christ Outreach — Mondays at 6:00 p.m. in LT1 Activity Room.

MASS – Unknown at this time

Methodist Women – On hold for now

Stamps – On hold for now.

LUTHER VILLAGE ACTIVITIES



Bingo – On hold for now.

Ceramics -On hold for now.

Crafts Class - On hold for now.

Dominoes – On hold for now.

Exercise (YMCA)!!!!! - Cancelled permanently.

Food box pick-up – 15 December, 11:30.

Games – On hold for now.

Knit & Stitch – On hold for now.

Movie Night - On hold for now.

Pokeno – On hold for now.

Religious Services – On hold for now.

Senior Companion Worker Meeting

On hold for now.

Sign Language Class – On hold for now.

Stamps - On hold for now.

TOWERS 1 2, 4 AND VILLAGE 3



(No reporters, if interested please contact Kim or Tricia)

TOWERS I - RESIDENT CONTRIBUTION



We are lucky to be at Luther Towers,

Where many great people spend hundreds of hours,

Taking great care of the property; they really make a fuss,

And most importantly, taking care of us!

Kra 11/23/20

TOWERS 3 WHO/WHAT AM I?



Last months answer to: I played Gypsy Rose Lee in the Movie "Gypsy". Who am I? Answer: Natalie Wood.

Who/What am I? I played Perry Mason, who am I?

Mr. Stupid's Adventures

The cats/I didn't shoot the cats

Some 12 years ago I went back to Buffalo, to visit a friend and while I was there, as always, I went to visit my first home; the German Roman Catholic Orphanage on 564 Dodge Street. This was the first time I had been back since 1974, when there weren't any more children there. A very bad memory for me. I remember falling to my knees in front of my wife and young daughter crying. That is when a young nun came running out, got on her knees beside me, asking how she could help. Through my tears I remember saying "this was my home, what have you done with my home?" She squeezed me very tight and whispered in my ear, "my child don't cry, I understand but things have changed; and as sorry as I feel for you I musk smack you with my yardstick I have hidden up my sleeve." The crying stopped. I looked up into her sparkling eyes and then came the laugher. She helped me up and held me. When I had contained myself, I thanked her and she smiled and reached in her sleeve. I stood for a second and she pulled her hand from her sleeve, it contained a handkerchief. We laughed as she waved it at me.

So back to my visit. The whole place was abandoned and every entrance was boarded up. I was hurting inside and the pain was almost unbearable, but I held it in. I went to the entrance of the dormitory/playroom/rectory and pulled the plywood loose enough to slide into the entrance. We stood there with flashlights on and started up the steps. My friend's daughter was with me, her brother and his friend stayed in the car. Yeah, brave boys. They said it was too

spooky for them. Me and my cohort? Well, fear hasn't ever been one of my emotions, or I guess hers. Up the stairs I wanted to go into the we went. playroom and the dormitory personal reasons. My memories are not all bad. All of a sudden, Sierra "my friend's daughter" stopped, she grabbed my arm and said in a loud whisper "we need to run." I looked at her, "Why, I said?" She yanked my arm and said "Do you hear that?" I could hear the fear building in her voice. She yanked and squeezed my arm to the point of "OUCH". I heard it. She started to drag me back to the stairs. "It sounds like kids screaming. Some years ago in the sewing room on the first floor there was a fire and a couple of kids lost their lives. I remember it well. I told her she could go, I hadn't finished what I wanted to do and see yet. She hung onto me and forward we went, I was almost dragging her along. The noise got louder and there was an echo. As we turned into the doorway of the playroom I felt something on my leg. I shined my flashlight down and there was the source of the noise. There were three cats rubbing themselves against my pants and meowing loudly. So, Mr. Stupid re-holstered his .45 and looked at his companion, "ah you know, just in case." She looked at me and said, "yeah ok." Then the echo of our laughter filled the place. It was spooky and dark, and I might have been a little worried for Sierra. At least I didn't shoot the cats, right?

Dave Masterman



Most believe December to be the best month of year, even if it is the first month of winter. No doubt, December is the month of Christmas, faith/piety, colorful decorations, beautiful tree lights, the fun of giving, the gathering of family festivities and enjoying home-made Christmas cookies. However, the best thing about the month of December is that we are only a few weeks from a fresh start. Why worry about this year and all its what ifs? Use the month of December to plan for a more happy and positive year ahead. Hoping this year's last month of the year brings all the true spirit of Christmas.

Kandy's Arts and Craft class (which meets on the last Monday of each month) will be closed until sometime next year. In the meantime, Kandy wishes a Merry Christmas and a Happy New Year to all. Most importantly, she asks that everyone be safe.

Please do not put empty cardboard boxes in the recycling bins. Also, do not leave your junk mail and newspapers in the laundry rooms. Thank you.

Our kitchen should be a happy place. However, accidents are not uncommon for we seniors. Just a few tips for kitchen safety:

- Never leave food unattended while they are cooking.
- Do not touch a pot or pan that is hot without an oven mitt.

- Clean up the areas that are traditionally cluttered, to prevent from reaching and falling.
- Make sure that all sharp knives are sharp enough to cut their food, but not too sharp. Keep knife block in safe place on counter.
- Invest in non-breakable dishes.
- Standing on hard surfaces may add stress on a senior's joints, and regular mats can create danger for slips. Look for mats with a gel cushion and a no-slip grip on the bottom.
- Stock up on bottle opener grips. Arthritis is a common disease among the elderly that causes great trouble for everyday tasks, like opening bottles.
- Keep counters clean and cords tucked away.
- Move necessary items within reach.

Please say a prayer for all Luther Villages ill residents; and please pray that the needed vaccine to rid us of the COVID-19 virus will be here soon. Pray for our Country.

Happy Birthday to all Luther Village's December residents.

Did you know: A Christmas Truce occurred on and around Christmas Day 1914, when the sounds of rifles firing and shells exploding faded in a number of places along the Western Front during World War I in favor of holiday celebrations. During the unofficial ceasefire, soldiers on both sides of the conflict emerged from the trenches and shared gestures of goodwill.

Thought for the day: Always end the day with a positive thought, no matter how hard things were. Tomorrow is a new day with fresh opportunities to make it better.

EASY FLATBREAD PIZZA

Ingredients:

Premade (store purchased) flatbreadsone per person

Pizza sauce (purchased or home-made see easy recipe below)

Shredded Mozzarella cheese (1/4 cup per pizza)

Pizza toppings of your choice (pepperoni, onions, peppers, mushrooms, etc.)

Shredded cheddar cheese (2 Tablespoons) per pizza

Directions:

Preheat oven to 375°

Place flatbreads on cookie sheet or pizza pan

Place two tablespoons of pizza sauce on each pizza

Top with mozzarella cheese

Top with favorite pizza toppings

Top with cheddar cheese

Bake in oven for 10-12 minutes until cheese melts and flatbread starts to brown

Allow to cool before serving.

Note: Easy No Cooking Homemade Pizza Sauce:

1 (15 oz) can tomato sauce

1 (6 oz) can tomato paste

1 tablespoon ground oregano

1 ½ teaspoon minced garlic

1 teaspoon ground paprika

In medium bowl, mix tomato sauce and paste until smooth. Stir in oregano, garlic and paprika. Makes approximately 2 ³/₄ cups.

A CHRISTMAS PRAYER

Loving God on this Christmas Day, we praise the newborn

child, our Lord and Savior, Jesus Christ. We open our eyes to see the mystery of faith and we claim the

promise of Emmanuel, "God with us."
We remember that Jesus was born in a manger, and

walked as a humble suffering Savior.

Lord, help us to share the love of God

with

everyone we encounter, to feed the hungry,

clothe the naked and stand against injustice and oppression.

We pray for the ending of war and for peace in the world.

We thank you for our family and friends, and

for the many blessings, we have received.

We rejoice today with the best gifts of hope, peace,

joy and the love of God in Jesus Christ. Amen.

--By Rev. Lia Willetts

Be healthy, wear your mask and be safe.



SAM

VILLAGE 2 - NEWS!



Well here it is December! Time for all the gifts, Christmas trees, tinsel, and holly. But most of all-- do not forget the birth of Jesus Christ, our Lord and Savior.

Do you have all your shopping done? Christmas this year will not be as good as last year, with all the people out of work. Please pray for all these and others who find themselves in despairing situations.

We must all remember to pray for those who are in the hospital/rehab and for each other.

Miss Charlotte Mc McMillan in our building passed away on November 6th. Please pray for her family.

When you lose someone you love,

You gain an angel you know.

Don't forget December 7th in the remembrance of Pearl Harbor; December 11th is the first day of Hanukkah.

Winter begins the 21 of December, and of course, Christmas Eve on the 24th and Christmas day on the 25th. Finally, New Year's Eve on the 31.

If something breaks or doesn't work, please call Luther Towers operator, and let them know, so they can put it on the list. Nothing can be fixed if it is not reported.

We wish to say Happy Birthday to those who have a birthday is this month.

Hopefully, this virus will go away next year and leave us free to go about our lives. Please pray for this to happen. Thank God no one in our building has the virus.

Please pray for us all, that we can come through this....Be Safe.

Merry Christmas.



God bless, Mona

mild chili	baked chicken	chicken noodle soup	poo	baked chicken
white rice	garlic roasted potatoes	tuna salad	macaroni and cheese	sweet potatoes
broccoli	Deas	grape juice	stewed tomatoes	green beans
combread	wheat bread	hamburger roll, milk	wheat bread, milk	wheat bread, milk
E	milk	banana	pears	applesance
peaches	tapioca pudding			
7	80	6	10	11
linguini and	fried chicken	cream of potato soup	beef and dumplings	liver and onions
meatsauce	scalloped potatoes	hamburger roll, milk	chef's blend vegetables	mashed potatoes
broccoli	peas	chicken salad	wheat bread	gravy
italian broad milk	wheat bread, milk	orange juice	milk	green beans
rice pudding	strawberries	pears	cake	wheat bread, milk
				peaches
			Happy Birthday	
14	15	16	17	18
spagnetti with meat sauce	baked chicken	vegetable soup	roast turkey, gravy	
broccoli	white rice and graw	chicken salad	mashed potatoes, sweet potatoes	chicken and dumplings
wheat bread	Deas	hamburger roll, milk	stuffing, dinner roll	biscuit, milk
Bik	wheat bread, milk	cran apple juice	milk, green beans	orange juice
applesance	pears	cookies	sweet potato pie	chef's blend vegetables
				peaches
			3691 6691	
21	22	23	24	5
chicken pot pie	veal parmesan	baked chicken	salisbury steak	
wheat bread, milk	spaghetti with	garlic roasted potatoes	mashed potatoes	
broccoli	marinara sauce	succotash	mushroom and onion gravy	Merry Christmas
grape juice	chef's blend vegetables	wheat bread, milk	peas	
fruit cocktail	italian bread, milk	peaches	wheat bread, milk	
	cookies		mandarin oranges	
28	29	30	31	H
sloppy joe	liver and onions	fried chicken	reduced sodium ham	
hamburger roll	mashed potatoes	macaroni and cheese	black eyed peas	
milk	gravy	peas	collard greens	HAPPY NEW YEAR
baked potato	green beans	wheat bread, milk	wheat bread	
chef's blend vegetables	wheat bread, milk	pears	milk	
) office	nearhea		applesance	



Christmas Word Search

```
MLPEPTQNIIHTNGTGCOEXARMAZAKW
 CVXMQAYEOREERPRVNWXBDLCKOYXR
UGKFJZJHYNHTAERWXBHMTUOHOQPFWO
FWIVOGBINXKCOVXAYNOAIWZNPYOVLM
```

BELLS STOCKINGS WREATH ELVES SLED CELEBRATE EGGNOG TREE JOLLY SANTA

MERRY MISTLETOE CHIMNEY REINDEER

www.thetypicalmom.com



Phone Extensions for Luther Towers and Luther Village

Luther Towers 674-1408

Director, Gary Coy Ext. 112

Deputy Director, Ken Richter Ext 130

Deputy Director, Human Resources Ext 112

Jeff Lewin

Social Services, Tricia Robinson Ext 131 (Tuesday, Thursday & Friday)

Admissions, Jessica Parsons Ext 119

Support Services, Kim Mendoza Ext 113

Accounting, Sharon Poisson Ext 132

Maintenance, Kelly Hauer Ext 111

Kitchen, Nicole Newton Ext 128

Beauty Shop, Karen Ambruso Ext 129 (Wednesday, Thursday & Friday)

Front Desk Ext 0

Luther Village 674-3780

Social Services, Tricia Robinson Ext 210 (Monday & Wednesday)

LV1 Desk Ext 212

Beauty Shop, Karen Ambruso 674-2712 (ext. 305) (Tuesday)

Medical transportation 242-6187

(This number is to be called when you are ready for pick up after your appointment.

Call 674-1408 Ext 0 to make, cancel, or confirm appointments)

LUTHER TOWERS (674-1408)

EXECUTIVE DEPUTY MAINTENANCE

Gary Coy Kenneth Richter John Pinder, Maint Tech

<u>HUMAN RESOURCES</u> Brian Coker, Maint Tech

Jeff Lewin Lew Friday, Maint Tech

Rageena Collick, Custodian

Roger Kemp, Custodian

<u>INFORMATION TECHNOLOGY</u> Johnny Boyd, Custodian

Mark Lewin, Director Donna Eacho, Custodian

SOCIAL SERVICES ACCOUNTING

Tricia Robinson, Administrator Sharon Poisson, Director

Greg Holmes, Transportation

Dan Raube, Transportation

Thomas Flowers, Transportation ADMISSIONS

Jessica Parsons, Director

SUPPORT SERVICES NEWSLETTER

Kim Mendoza, Director LT1 Reporter – VACANT

Marcie Bunnell, Security Specialist LT2 Reporter – VACANT

Kirk Harris, Security LT3 Reporter – David Masterman

Linda Cassidy, Security LT4 Reporter – VACANT

Brandy Webb, Security LV1 Reporter – Sam Shaver

Becca Dill, Security LV2 Reporter – Mona Cole

Stephen Leora, Security LV3 Reporter - VACANT

Gary Farmer, Security

Kari Ebert, Security <u>BEAUTY SHOP</u>

Jeff White, Security (LT1) Wed, Thur, Fri 674-1408, Ext 129

Rachel Bakley, Security (LV3) Tues 674-2712, Ext 305

Shuntang Carson, Security

Rob Coles, Security

LUTHER VILLAGE (674-3780)

LV 1 REPRESENTATIVE LV 2 REPRESENTATIVE LV 3 REPRESENTATIVE

(VACANT) Mona Cole (VACANT)

<u>LIBRARIAN</u> <u>GAMES</u>

LVI – Joan Jones Arlene Baldwin

LV2 – Vacant Jane Hastings - Dominoes/Pokeno

LV3 - Vacant

DECORATIONS FINANCES SUNSHINE REPRESENTATIVE (LV1)