

# NEWSLETTER August 2021



# From the Desk of The Executive Director KIM MENDOZA

Wow, can you believe another month is almost gone? August is on us and summer will be gone before you know it. I just came back in from walking around the garden area of Luther Towers I and visited with some residents. The weather is perfect outside; there is foliage and flowers to be admired in addition to the abundant wildlife. Please take the time to go outside and enjoy the beauty that surrounds us before winter sets in.

As you can tell, in addition to the renovation that took place on the front entrance of Luther Towers I, we are continuing to make improvements to your facilities. In Towers I, the kitchen has new floors and the carpeting was replaced in the activity room. Both received fresh paint. Bathrooms have upgraded commodes and sink/faucet and soap dispenser. We will also be replacing the kitchen cabinets. If you have looked in the parlor/sitting area, you will notice a picture on the wall showcasing Kirk Harris' beloved artwork. Take a close look at it, you could be showcased!

Over at Luther Village I, the parlor is under renovation, new carpet installed and new paint colors. Be patient – new furniture will be coming. If you stroll down the hallway towards the Luther Village III activity room, you can see it has also undergone a major transformation. New carpeting and flooring in the main area and new flooring in the kitchen. The entire area has received a new paint scheme.

As we continue to make renovations and improvements to make your home a place in which you are happy to spend time, we ask that you do your part to help us keep things clean and in good repair. If you notice something, please report it immediately so we can do our best to remedy the situation.

\*\*Kim Mendoza\*\*







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### From the Desk of The Deputy Director JESSICA PARSONS

Some pleasant news has come our way regarding the fence along John Hunn Brown Road that surrounds the perimeter of Luther Village. In the past, the owners would only repair the damaged areas. The owners have decided to replace the fence completely with a 6-foot privacy vinyl fence. The work might take a couple months but the end result will be well worth the wait. This is one item that Mr. Richter tried to get accomplished with the owners a few years back. It was heartwarming that we were able to tell him his efforts came to fruition before he passed.

Last year we revamped our website for Luther Towers/Luther Village that included a video of our grounds and some of our residents participated in the making as well. If you get an opportunity, it is well worth the time to view at LutherTowersOfDover.com.

Before COVID interrupted our lives, we would have a Newcomer's Luncheon to welcome the new residents. We began to have the luncheons again and we had a great turnout. Please take a moment to say hello to your new neighbor and help guide them along Tessica if they have any questions.



Newcomer's Luncheon July 2021

"Difficulties break some men but make others."

—Nelson Mandela

### From the Office of Social Services TRICIA ROBINSON

Hello Everyone! W



There is always something going on! Flexibility is a good thing to have ②. Our new driver Gary will be out the month of August so we will have to adjust the Bluebird schedule accordingly. We will post updated schedules on bulletin boards. Please be patient as we navigate another obstacle.

Food Bank is a success each month – thank you to those who filled out the surveys for the food bank!

Speaking of the Food Bank time with you, please keep in mind that I am responsible for checking in all participants along with distributing food on that day – we serve about 200 residents. This means that Food Bank Day is not an ideal time to chat with me about making activity room requests, bringing paperwork for me to assist you with, or to unload all your frustrations, etc. I am very happy to meet with you on a different day –

just please give me a call and schedule an appointment and that way we will have time to take care of your requests personally.

Exercise Class "Monday Morning Stretch w/Betsy" will start at Luther Towers on Monday, August 9th at 10:15a.m. Class will be every Monday morning at 10:15a.m.!

We will not have exercise class at Luther Village at this time – there was unfortunately not enough interest. We will re-evaluate in a few months and place more signup sheets on the bulletin boards. If interest increases, then we will also have class at Luther Village.

In the meantime, if you wish to join, you are welcome to attend class at Luther Towers!

Jacki Chacona from Delaware Volunteer Legal Services will be here Monday, September 20th to assist with Wills, Power of Attorney, and Advance Directive.

(Continued on page 3)

Here are two bible verses I read recently and both, although easy to read, can be difficult to put into action...

Kim Mendoza



"See that no one repays evil for evil, but always seek to do good

to one another and to everyone."

Sometimes it can be difficult to be nice to someone who isn't (or hasn't been) so kind to you in the past. But we are called to do just that. In my many years here, and also in my own life, I have heard individuals complain and grumble about someone who may have mistreated them and their desire to want to get even. Imagine trying to be nice to someone instead! This random act of kindness could be the one thing that turns them around and changes their whole attitude towards you. If not, what have you lost. Changing *your* attitude towards them will at least make *you* a happier individual.

### Second Verse:

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

1 Thessalonians 5:15-18

There is one individual who comes to mind when I read "rejoice always" - Bernice Rollings. I don't think I have ever seen her without a smile on her face even when there is no one around; and she is always singing praises as she walks around. I think she takes this verse to heart. Pray without ceasing may be fairly easy, but give thanks in all circumstances? Now that would be a hard pill for most of us to swallow. Our pastor summed it up well this Sunday when he said, "Circumstances may have me down temporarily, but no one can steal my joy." How can this be? Well, according to Psalms 16:11, God fills you with you in His presence. So if He gives you something, no one or nothing can take it away.

So as you go through the day, look for things to not only make you smile...but make an effort to put a smile on someone else's face.

(Continued from page 2)

This will be by appointment only. Please call me to set up an appointment at 302-674-1408 ext 131.

Movie Night will be at Luther Towers on Thursday, August 12th, and Luther Village on Thursday, August 19th at 5:30p.m. The August movie will be "BREAKTHROUGH." Come join us for a great time! Signup Sheet is on the bulletin board in your building. *See Page 10 for info.* 

Oscar from SNAP (Food Stamps) has returned to BOTH campuses. Oscar will be available once a month to assist our residents with completing a food stamp application (if you are not already receiving food stamps). He will be at Luther Village I Parlor on Wednesday, August 4th at 9:30am and at Luther Towers on Monday, August 2nd at 9:30am. You do not need an appointment – it is first come first served!

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

July's winner was Bill Peterson from Luther Towers! The answer was Franklin Delano Roosevelt.

### AUGUST TRIVIA QUESTION:

What famous band arrived from England to the U.S. in February 1964?

### From The Desk Supervisor - KARI EBERT

Can you believe it's already August? I feel like we say that every month, but time just seems to be whizzing by. Often times, we're either wishing for something in the future (weekends, our favorite season, holidays, etc.) or longing for the past. With the rise of the internet, smart phones and social media, many people are so busy posting pictures, taking videos or mindlessly scrolling through their Facebook feed that they aren't enjoying the present. Every moment is a gift and I've recently felt inclined to practice enjoying those moments as they are happening.

My mother's 83rd birthday is August 1st. She has Alzheimer's and lives in Tennessee. She's beginning to lose her short-term memory and, at some point, she won't recognize me. I'm holding onto every conversation we have and enjoying every single story she tells me no matter how many times she repeats it.

We've had some Zoom family meetings and I love how happy she is to see our faces. The more we listen to her and let her tell us stories, the more she smiles. If I weren't fully present in these moments, they would just slip past and be gone forever.

Have you ever thought about how our worry, busy-ness, sadness or even boredom can rob us of really being present? We aren't promised a certain number of days — and being more focused on the moment can help make the days that we do have more meaningful. It also helps us stay connected to our friends and loved ones.

I hope this leaves you encouraged to enjoy your present moments as I do the same. Maybe then we won't feel such a rush of time flying by us. Enjoy your August — moment by moment — and encourage someone else to do the same.

### **Quick Reminders:**

Please remind your guests that the area in front of buildings (designated by a yellow stripe) is for unloading and Emergency Vehicles only. Drivers should never leave their cars unattended to go up to your apartment. If you need assistance, they can help you unload, then park in the 15-minute parking spots. They may end up blocking an ambulance or fire truck and slow them down. We all know how precious a few minutes can be when there's a fire or life-threatening emergency and we never know when this will happen. Please be mindful of this and pass it on.

We all seem to be getting used to the new **Rise** entry system. Security staff does their best to help guests learn how to use it. We appreciate everyone's patience and willingness to learn.

However, we have noticed one area that needs improvement: guests logging their names correctly. Please ensure that your guests are signing in with their full first & last names. We've had people only use their initials or use false names. How do we know they're false? Here are a few examples of recent guests' names: "Betty Rubble," "Your lil Homie," and "UCP UCP." I think you'll agree these aren't legitimate names.

Our number one priority is the safety & security of all residents. One way to ensure that is to require guests to sign in using their full name. Please remind your family and friends of this requirement.

IMPORTANT! Please refrain from putting opened or half-used food out for others. Only canned goods and unopened shelf-stable packages of food can be left out for others to take. This is for the health of residents, as well as to avoid drawing bugs. Thank you for your understanding.

"The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers." – Thich Nhat Hanh

## From The Maintenance Manager Kelly Hauer



# THOUGHT FOR THE MONTH

"First Day of the Month means that no matter where you've been... Today you get to start again."

# Maintenance News Kelly's Reminders:

When residents receive notice for Pest Control, please remove all bedding from your bed so it can be inspected. Some residents are not doing this and it makes it difficult to inspect mattresses and box springs.

### PEST CONTROL

### **Luther Towers Apartments**

Aug 4th	201-223	B01-B18
Aug 11th	301-323	1001-1018
Aug 18th	401-423	2001-2018
Aug 25th	501-523	3001-3018

# **Luther Village Apartments**

- None at this time -





### **May-June-July Newcomers**

Welcome, Neighbor!

Kevin Bradley	LV1 #1102
Florence Irwin	LV1 #1226
Mary Ames	LV2 #2212
Edward Jenks & Darlene Squier	. LV3 #3402
Della Bachman	LT1 #405
Tuyet Nguyen	LT3 #1004
Kelly Simmons	LT3 #2018

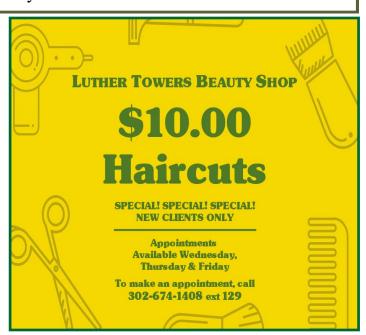
### INFORMATION BOTH CAMPUSES

### Rent will be pulled on August 4th.

In some months, your rent may not come out of your account on the 4th due to holidays or weekends.

Please check with your bank to verify rent funds have been deducted *before* pulling your money out while assuming the rent was already paid.

This will save you from Insufficient Funds problems.





# MARK YOUR CALENDAR & PLAN TO ATTEND!



\* Always Well-Attended \* Wide Variety of Vendors \* Wellness Center \* Caregiver's Support Center \* \* FREE Blood Pressures Checks and Screenings \* Giveaways and Prizes \*

\* Special Programs \* Live Entertainment \*

\* FREE Admission \* FREE Parking \*

(Plans as of 7/6/21 - stay tuned for updates!)

Sponsored By:























Limited exhibitor opportunities available! For more info, call the CDCC office 302-734-7513.

PLASTIC RECYCLING CHART				
<b>₹</b>	POLYETHYLENE TEREPHTHALATE	Cosmetic Containers Food Jars Jelly & Jam Containers Mouthwash Bottles	Peanut Butter Containers Plastic Bottles Prepared Food Trays Salad Dressing Bottles	Single Use Water Bottles Soft Drink Bottles Sport Drink Bottles
C2 HDPE	HIGH DENSITY POLYETHYLENE	Agricultural Pipe Detergent Bottles Extruded Pipe Grocery Bags	Ice Cream Tubs Milk Jugs Juice Jugs Oil Vinegar Bottles	Pails Playground Equipment Shampoo Bottles Shipping Containers
<b>₹</b>	POLYVINYL Chloride	Blister Packs Blood Bags Cable Sheathing Carpet Backing	Floor Tiles Garden Hose Meat Wrap Medical Tubing	Outdoor Furniture Plumbing Pipe Window Frames Wire Insulation
4 LDPE	LOW DENSITY POLYETHYLENE	6-Pack Rings Bread Bags Dry Cleaning Bags Garbage Bags	Heavy Duty Bags Molded Laboratory Equipment Plastic Food Wrap	Recycling Bins Squeezable Bottles Toys
<b>₹</b> 53°	POLYPROPYLENE	Bottle Caps Cereal Liners Cottage Cheese Liners Hinged Lunch Boxes	Ketchup Bottles Margarine Containers Medicine Bottles Microwave Ovenware	Packing Tape Potato Chip Bags Rubbermaid Containers Straws
<b>6</b> ≥ ≥ 5 ≥ 5 ≥ 5 ≥ 5 ≥ 5 ≥ 5 ≥ 5 ≥ 5 ≥ 5	POLYSTYRENE	Cafeteria Trays CD & Video Cases Disposable Hot or Cold Drink Cups & Paper Plates	Drinking Glasses Egg Cartons Fast Food Clamshells Foam Packing Hinged Bakery Containers	Packing Peanuts Plastic Cutlery Styrofoam Toys Yogurt Containers
OTHER	OTHER PC POLYCARBONATE	Baby Bottles Car Parts Fiberglass Large Water Bo		algene Bottles Sippy Cups Tupperware er Cooler Bottles

Ever wonder what those embossed or printed symbols on containers stood for?

Here is a chart to help you learn more about recycling everyday items in your home.



### PLEASE PRACTICE RECYCLING!

It's easy and painless...Your kitchen trash receptacle would thank you if it could only speak!! Once recyclables are removed from your daily trash routine, you will find the number of trips to the trash chute will decline! You'll also find that actual "trash" is not the landfill issue... it's the recyclables.

We're but a small pebble in a large ocean – but eventually those pebbles will make a difference. Getting to where we are now on this poor Earth took a long time and it will take even longer to fix her... Sad, isn't it?

So please do your part and help Mother Earth to heal... Each one of us makes that tiny bit of a difference...

Please pay attention to the big RPJ containers where we take our recyclables... At LT, the container on the right is where you empty your plastics and papers. The left container is strictly for messy trash!! LV is the Opposite.

Key word... "Empty" – That means you do NOT put "single use plastic bags" in with recyclables! They mess with the machinery used to sort everything that is recyclable.

TIP: Reuse sandwich and storage zipper or slider baggies for table/cooking scraps! Rinse out and save and reuse to keep your trash container clean. When baggie is filled, zip it shut and then into the trash!

WIN! WIN! Eliminate Odors! Eliminate Leaks!

### WILLS FOR SENIORS

MONDAY, SEPTEMBER 20TH

By Appointment Only

CALL TRICIA TO SCHEDULE A TIME 302-674-1408 EXT 131



**LOCATION: LUTHER TOWERS I CONFERENCE ROOM** 

### **Exercise Class**

"MORNING STRETCH W/BETSY"

10:15am in Luther Towers I(A)

Starts AUGUST 9TH

Hosted by: Certified Instructor Betsy Gustafson

To: All Luther Towers / Luther Village Residents

From: Jessica Parsons, Deputy Director

Date: July 28, 2021

Re: Bluebird Transportation



We recognize the Bluebird schedule has been unpredictable the last year and we thank you for your patience. We hired a new driver, Gary, but he will be out for the next 4 to 6 weeks. The Bluebird schedule will be posted on a week-by-week basis as we work diligently to find coverage.

Saturday, July 31st – Bluebird Will NOT Run Wednesday, August 4th – Bluebird Will NOT Run

Thursday, August 5th – Bluebird Will Run Half Day at Luther Towers and Half Day at Luther Village going to North Walmart Luther Towers will ride: 9am, 10am, 11am — Luther Village will ride 1pm, 2pm

Saturday, August 7th – Bluebird Will NOT Run

We will keep you updated on the Bluebird schedule throughout the month. If you have any questions or concerns, you can reach Tricia Robinson at 302-674-1408 ext 131.

### , 6pm Meet 'N' Greet (I)A STEPHENSÔN (I) A Private Reservation STEPHENSÔN (I)A Private Reservation 5pm Bingo (II)A 5pm Bingo (II)A 5pm Bingo (II)A 5pm Bingo (II)A Saturday 9am-9pm 9am-9pm 28 14 21 / 5:30pm Bingo (I)A 5:30pm Bingo (I)A 5:30pm Bingo (I)A 5:30pm Bingo (I)A August 2021 Activity Calendar Friday 20 27 9 3 5:45pm Bingo (IV)A 5:45pm Bingo (IV)A 5:45pm Bingo (IV)A 5:45pm Bingo (IV)A MOVIE NIGHT (I)A **Thursday** 5:30 pm 26 19 5 0 5:30pm Bingo (I)A 5:30pm Bingo (I)A 5:30pm Bingo (I)A 5:30pm Bingo (I)A 1-4pm Methodist Women (I)C Wednesday 25 00 4 10 12pm Stamps 3pm Cherub Group (I)C **Tuesday** (I)Library for Sale 12:15-1pm Food Box 31 3 6pm Church of Christ Outreach (I)A&C 6pm Church of Christ 16 10:15 "Morning Stretch w/Betsy" Exercise Class 3010:15 "Morning Stretch w/Betsy" Exercise Class 10:15 "Morning Stretch w/Betsy" Exercise Class 23 10:15 "Morning Stretch w/Betsy" Outreach (I) A&C 5pm Bingo (II)A 9:30am Food Stamp Rep (I)A **Exercise Class** Monday OWERS 2 9 Church Service Church Service 12pm Church Service Church Service Church Service Sunday 12pm 12pm 15 22 29 $\infty$

### Deltre Johnson Bacon (İII)A 9am-3pm Bacon (I)A Saturday 9am-3pm 8am 28 14 21 / 4 August 2021 Activity Calendar Friday 13 20 27 9 12-3pm Ceramics (III) 5:30pm Movie Night 12-3pm Ceramics 12-3pm Ceramics 12-3pm Ceramics 5pm Bingo (I)A 5pm Bingo (I)A 5pm Bingo (I)A 12 10am Bible Study (I)A 5pm Bingo (I)A 26 10am Bible Study (I)A **Thursday** 5 10am Bible 1910am Bible Study (I)A Study (I)A (III) (III) (III) 10am Bingo (I)A 10am Bingo (I)A 10am Bingo (I)A 10am Bingo (I)A Wednesday SNAP Rep (I)A 9:30am-11am 18 25 4 00 Stamps for Sale 11:30am-12pm Food Box 1:00-1:45 pm Tuesday (I)Parlor 24 31 3 Dominos (I)A Dominos (I)A Dominos (I)A Dominos (I)A Dominos (I)A Monday VILLAGE 5:30pm 5:30pm 5:30pm 5:30pm 5:30pm 16 23 30 2 9 11am Church (III)A 11am Church 11am Church 11am Church 11am Church Sunday (III)A A(III) (III)A A(III) 15 22 29 $\infty$



# Menu August 2021



Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Ziti w/Meat Sauce Broccoli Italian Bread / Milk Cookies	3 Salisbury Steak w/Gravy Mashed Potatoes Buttered Carrots Roll / Milk Rice Pudding	<ul><li>4 Pork Loin w/Gravy</li><li>Garlic Roasted Potatoes</li><li>Spinach</li><li>Wheat Bread / Milk</li><li>Fruit</li></ul>	5 Baked Chicken w/Gravy Au Gratin Potatoes Mixed Veggies Wheat Bread / Milk Applesauce	6 Chili w/Red Beans Rice Green Beans Cornbread / Milk Fruit
9 Chicken & Dumplings Buttered Peas Biscuit / Milk Peaches	10 Ham w/ PA Sauce Boiled Potatoes Cabbage Wheat Bread / Milk Brownie	11 Minestrone Soup Tuna Salad on Bun Coleslaw / Milk Applesauce	12 Fried Chicken Macaroni & Cheese Collard Greens Roll / Milk Cake w/lcing	13 Spaghetti w/Meat Sauce Mixed Veggies Italian Bread / Milk Fruit
16 Beef-A-Roni Casserole Buttered Mixed Squash Wheat Bread / Milk Fruit	17 BBQ Chicken Boiled Potatoes Cabbage Wheat Bread / Milk Brownie	18 Meatloaf w/Gravy Mashed Potatoes Buttered Carrots Roll / Milk Bread Pudding	19 Nutrition Class MMC Baked Salmon w/Dill Butter Sauce Rice Pilaf Peas w/Pearl Onions Wheat Bread / Milk / Cookies	20Williamsburg Chicken Roasted Potatoes Glazed Carrots Wheat Bread / Milk Chocolate Mousse
23 Baked Ziti w/Meat Sauce Chef's Choice Veggies Wheat Bread / Milk Oatmeal Cookie	24 Honey Mustard Chicken Boiled Potatoes Peas & Carrots Wheat Bread / Milk / Fruit	25 Vegetable Soup Chicken Salad on Bun Broccoli Raisin Salad Roll / Milk Fruit	26 Liver & Onions Mashed Potatoes w/Gravy Green Beans Wheat Bread / Milk Yogurt	27 Fried Fish Macaroni & Cheese Stewed Tomatoes Cornbread / Milk Applesauce
Chicken Pot Pie Buttered Spinach Roll / Milk Pudding	31 Meatloaf w/Gravy Mashed Potatoes Beets Wheat Bread / Milk Fruit Cocktail		2	8
9		00	6	10



# 302-674-1408

Extension #
112
130
131
119
113
132
0
111
128
129
0



# 302-674-3780

Name & Position	Extension #
Tricia Robinson, Social Services	210
Luther Village 1 Desk	212
Karen Ambruso, Beauty Shop (Tuesday)	674-2712 ext 305
Medical Transportation	242-6187