



Newsletter



September 2021



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From the Desk of The Executive Director
KIM MENDOZA

It is hard to believe that summer is almost gone and fall is right around the corner. My favorite seasons are Spring and Summer, so I have to deliberately find things to like about fall and winter.

So here is my list:

- The clock falls back – one extra hour sleep
- Leaves changing on the trees
- Pumpkin everything
- Sitting in the hot tub (maybe with a glass of wine)
- Taking dogs for a walk – *bulldogs don't do well in the heat*
- All things Christmas
- Boots and sweats

I know there are some of you who enjoy the colder weather, but for those of us who don't... my advice is to find something you like about it and then focus on that. Spring and Summer will be here again before we know it!

As you should have noticed, we are constantly doing things around here to make this a more enjoyable place for you to live. Fresh paint, redecorating, renovating, having programs for you to partake in – just to mention a few.

With that said there are a few more changes coming down the road:

- Resealing and striping the parking lot at Luther Village III;
- Redoing the walking path through the park out behind Luther Towers I; and
- Doing another office renovation (combining Maintenance and IT).

Hopefully, in the near future, we will have new furniture/accessories for the recently updated parlor in Luther Village I. Please be patient with us when some of these things are being done, as there may be a small inconvenience to you. But we are doing this to make your residence more safe as well as a pleasing place in which to live.

For those of you who have been around for awhile, you may be familiar with the fact that HUD comes to inspect our buildings to make sure they are being properly maintained. This is

something that has not happened in a few years – for numerous reasons... with the latest being COVID. The time has come for those inspections to resume. We were notified that Luther Towers IV will be inspected on the 14th of September. So you may have already seen maintenance staff coming around doing checks and putting finishing touches on things so we can make sure we put our best foot forward. Again, we just ask for your patience, understanding and cooperation in assisting us in doing well in the inspection.

I was asked to see if there was anyone who would like to volunteer to sit at the sign-in desk in the kitchen to help them with collecting money from those coming in for lunch. If you think this might be something for you, please drop in and talk to Nicole. *Kim Mendoza*



“Christianity asserts that
every individual human being
is going to live forever and
this must be either true or false.

Now there are a good many things which
would not be worth bothering about
if I were going to live only seventy years,
but which I had better bother about very seriously
if I am going to live forever.”

—C.S. Lewis

**INFORMATION BOTH
CAMPUSES**

**Rent will be pulled on
September 7th.**

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.

From the Desk of The Deputy Director
JESSICA PARSONS

I hope this month finds everyone well. Pray for those who are struggling emotionally, financially, physically and spiritually. Life is short. I have been forced to face that reality recently with my father being put under hospice care. Everyone says “don’t take time with family or friends for granted.” There couldn’t be a truer statement. We all say it but until you’re faced with it head on – it deepens your reality to the phrase. I can only encourage you to let any bitterness or strife rest in the past and make peace.

We recently sent out a survey requesting your input on new activities, movies and trips you would like to do. We have received very little feedback and your input is important to us. We want to provide activities that are of interest to you and your help is very much appreciated. If you need another form, please contact Tricia Robinson.

Also, if you sign up for an activity, you are encouraged to please show up. Your attendance to activities gives us the ability to continue to provide them.

I want to encourage you to plan ahead and have a Will in place. This will take the pressure off your loved ones and your wishes will also be granted. Having this prepared ahead of time is a peace of mind for you and your family. Please take advantage of this free service and contact Tricia Robinson to make an appointment.

Jessica

“Forgiveness”

Forgiveness releases your mind and soul from the prison of jealousy, hatred and anger.

Forgiveness heals your heart’s wound and the bruise of yesterday’s pain.

Forgiveness is a time-bounded process through fervent and persistent prayer for strength, trust and wisdom to move on.

Forgiveness brings healing and deliverance.

—Alberto Casing

From the Office of Social Services
TRICIA ROBINSON

Hello, Everyone! 🙋

We are still working out scheduling for the Bluebird and we hope Gary will be back soon! The September Bluebird schedule will be published and placed in the mailboxes! Thank you for your patience.

FLU SHOT CLINIC will be at Luther Towers Building I Activity Room on Wednesday, September 22nd. Time will be 9am-12pm. Walgreens pharmacy is hosting Flu Shot Clinic. Luther Village residents are welcome to attend Flu Shot Clinic. (Walgreens has stated they do not offer at Luther Village location due to a lack of participation.)

Exercise Class “**Monday Morning Stretch w/Betsy**” was a HUGE success at Luther Towers! We had 21 people for the first class!

We are so excited for the enthusiasm! We even had a couple participants from Luther Village come and join!

Jacki Chacona from Delaware Volunteer Legal Services will be here Monday, September 20th to assist with **WILLS, POWER OF ATTORNEY, ADVANCED DIRECTIVE**. This will be by appointment only. Please call to set up an appointment at 674-1408 ext 131.

Movie Night will be at Luther Towers on Thursday, September 9th, and Luther Village on Thursday, September 16th at 5:30pm. The September movie will be “Mamma Mia.” Come join us for a great time! Sign up on bulletin board in your building.

(Continued on page 4)

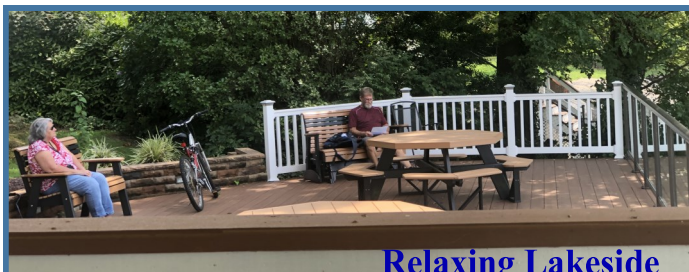
PICTURES



Dan Raube
Medical Transportation Driver



"Voices on the Phone"
Kari Ebert & Michael Welcome



Relaxing Lakeside

(Continued from page 3)

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 on Wednesday, September 1st at 9:30am in LV I Parlor. Oscar will not be at Luther Towers this month due to the Labor Day holiday. You do not need an appointment – it is first come first serve!

There is a local **Massage Therapist** (Lisa) willing to come to Luther Towers/Luther Village locations. She offers 30 minute massage sessions (with clothes on) for \$20. Massage can have great benefits – stress relief, pain relief, relaxation. If you are seriously interested, please call Tricia for an appointment:

Monday, September 13th; or

Friday, September 17th –

appointments are first come, first serve

Looking Ahead: Luther Towers will have a Health Fair on Friday, October 8th – mark your calendars! There will be a 6-week Diabetes Class starting on Wednesday, October 20th – both campuses are welcome to attend Health Fair and Diabetes Class!

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!!

August's Trivia winner was from Luther Village – Geri Hastings! Congratulations!

Tricia

**SEPTEMBER
TRIVIA QUESTION:
LUTHER TOWERS BUILDING I
was BUILT IN WHAT YEAR?**

From The Desk Supervisor
KARI EBERT

September is here already! As a former teacher and perpetual student, I LOVE September. I get a little giddy thinking about the school year starting, fresh and new. There's something about new school supplies, lunchboxes and first-day-of-school outfits that makes me get really excited.

I've been noticing something else this month that's gotten me excited – maybe blessed would be a better word. I've witnessed a few “random acts of kindness” around Luther Towers and Luther Village. Sometimes it's just a resident helping another resident with packages or holding the door, but sometimes it's much bigger. One resident recently noticed that another resident was walking to the grocery store with a push cart that wasn't functioning and looked like it was about to break. He purchased a new one, put it together and hung it on the other resident's door anonymously. There's another resident who made arrangements to deliver several newspapers that get dropped off in the lobby early in the morning. Now, these residents get their newspapers slid under their door every day so they don't even have to change out of their slippers to read their morning news. Can you imagine how much of a blessing these gestures are to the residents receiving them?

Not everyone can find extra money to buy someone items (like the first resident did), but we can be alert to ways we can make another's life happier or easier (like the second resident did). I'm trying to keep my antennae up during the day to find ways to be a blessing at work, at home or out in the world. I hope you'll join me in practicing this. Wouldn't it be great if this new “fad” caught on?

“A single act of kindness throws out roots in all directions and the roots spring up and make new trees.” — Amelia Earhart

Quick Reminders:

- ♦ Security staff can not give out personal information regarding other residents or staff members. This includes phone numbers, apartment numbers, medical information, etc. Please ask that person directly so you don't put staff members in an uncomfortable position.
- ♦ If you come in with a guest who is visiting you, they still need to log into the Rise entry system. Think of it as a replacement for the log book where they used to sign in. They still had to fill it out even though you were with them.

This helps keep us informed of who is here and helps us keep everyone safe & secure.

Kari

LUTHER TOWERS BEAUTY SHOP

\$10.00

Haircuts

SPECIAL! SPECIAL! SPECIAL!
NEW CLIENTS ONLY

Appointments
Available Wednesday,
Thursday & Friday

To make an appointment, call
302-674-1408 ext 129

WILLS FOR SENIORS

MONDAY, SEPT 20

BY APPOINTMENT ONLY

CALL TRICIA TO SCHEDULE A TIME
674-1408 EXT 131

LOCATION: LT I CONFERENCE ROOM



From The Maintenance Manager
KELLY HAUER

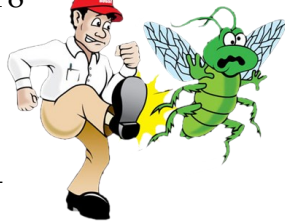
PEST CONTROL

Luther Towers Apartments

Sept 1st	601-623	4102-4116
Sept 8th	701-723	4201-4216
Sept 15th	101-110	A01-A18
Sept 22nd	C01-C18	

Luther Village Apartments

– None at this time –



MAINTENANCE NEWS

KELLY'S REMINDERS:

I'm seeing a lot of residents bringing in furniture or moving furniture out at all different times and which has not been entered in the Furniture Book. We require 24 hours notice *before* you may bring in or take out furniture.

Hours for Scheduling the Moving of Furniture In/Out are as follows:

MONDAY thru SATURDAY

8:30am to 4:00pm

SUNDAY

8:30am to 12:00pm

THOUGHT FOR THE MONTH

Goodbye August • Hello September

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending!

Happy New Month!

Kelly

Household Tips

Is cleaning the drains in your sinks and bathtub/shower on your list of things to do every month? It should be. Not only will they drain better and prevent clogging but any lingering odors will also disappear. No special products required. Just plain ol' white or distilled vinegar and baking soda. The ratio is about 4 tablespoons baking soda in the drain first followed by 1 cup of vinegar. Walk away and leave the solution to do its thing – about 15 minutes. Then use your drains as normal.



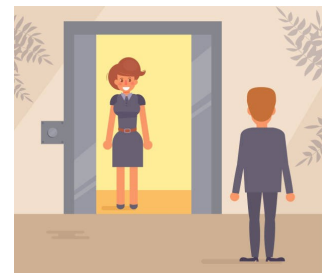
The Editor

Elevator Etiquette

You cannot get In until they Exit!

When you're riding the elevator and it arrives at your floor and the door opens... Yikes! There's someone standing or riding their scooter right AT the door! Grid Lock!

May I suggest that, when you are waiting for the elevator to arrive at your floor to pick you up, stand back at the wall which leaves anyone departing the elevator plenty of Space and Time to exit the elevator cabin which then leaves you plenty of time to get on unobstructed.



MERYL
STREEP

PIERCE
BROSNAN

COLIN
FIRTH

STELLAN
SKARSGÅRD

JULIE
WALTERS

DOMINIC
COOPER

AMANDA
SEYFRIED

CHRISTINE
BARANSKI

MAMMA MIA!

THE MOVIE



MOVIE NIGHT

'Mamma Mia'

STARRING: Meryl Streep
Musical

THURSDAY, SEPT 9
5:30PM



LT I (A)

SIGN UP ON BULLETIN BOARD IN YOUR BLDG

MOVIE NIGHT

'Mamma Mia'

STARRING: Meryl Streep
Musical

THURSDAY, SEPT 16
5:30PM



LV III (A)

SIGN UP ON BULLETIN BOARD IN YOUR BLDG

"An absolutely hilarious, rousing & joyous celebration!"

- Pete Hammond, HOLLYWOOD.COM

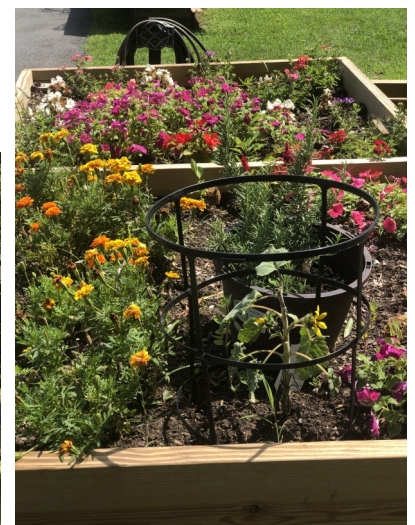
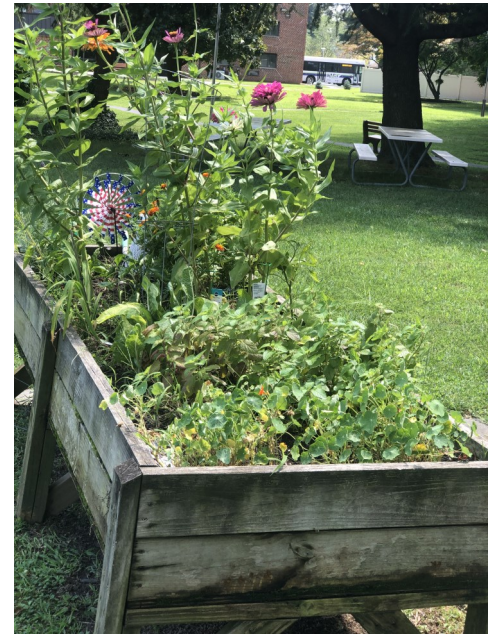
*Mary, Mary, quite contrary
How does your garden grow?
With silver bells and cockleshells
And pretty maids all in a row.*

—Mother Goose


One of my favorite places is the park on the lake behind Luther Towers Building I. We are all so very blessed to have been given the opportunity to have Luther Towers and Luther Village become our place to call home!

Here are just a few images taken in the park on August 24th.



The Editor





Menu September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
30 Lunch Served 11:30am to 1:00pm	31 	1 Navy Bean Soup Tuna Salad on Bun Milk Fruit	2 Delaware Baked Chicken Red Roasted Potatoes Chef's Blend Wheat Bread / Milk Fruit Cocktail	3 LABOR DAY CELEBRATION Cheeseburger on Bun Baked Beans Coleslaw Milk Key Lime Yogurt
6  Center Closed	7 Spaghetti w/Meat Sauce Italian Blend Veggies Italian Bread / Milk Pudding	8 Fried Fish Au Gratin Potatoes Stewed Tomatoes Cornbread / Milk Cookies	9 Birthday Celebration Roast Beef w/Gravy Mashed Potatoes Broccoli Roll / Milk Cake w/Icing	10 Ham w/PA Glaze Boiled Potatoes Cabbage Wheat Bread / Milk Pudding
13 Chicken Pot Pie Buttered Zucchini Roll / Milk Peaches	14 Meatloaf w/Tomato Gravy Mashed Potatoes Buttered Spinach Wheat Bread / Milk Pudding	15 Taco Chili Salad Lettuce & Tomato Tortilla Chips Milk Applesauce	16 Nutrition Class at Lunch Time Fried Chicken Macaroni & cheese Mixed Greens Biscuit / Milk Peach Crisp	17 Salisbury Steak w/Onions & Mushrooms & Gravy Mashed Potatoes Glazed Carrots Wheat Bread / Milk / Fruit
20 Baked Ziti w/Meat Sauce Chef's Choice Veggies Roll / Milk Yogurt	21 LS Ham w/Mustard Sauce Parslled Potatoes Peas Wheat Bread / Milk Fruit	22 Fall Prevention Activities Sweet & Sour Chicken Buttered Noodles Bahama Blend Veggies Roll / Milk / Lemon Mousse	23 Mystery Guest! Liver & Onions Mashed Potatoes w/Gravy Green Beans Wheat Bread / Milk Applesauce	24 Baked Chicken w/Gravy Wild Rice California Blend Veggies Wheat Bread / Milk Fruit
27 Beef-A-Roni Casserole Mixed Veggies Wheat Bread / Milk Applesauce	28 Roast Pork w/Gravy Candied Sweet Potatoes Buttered Broccoli Wheat Bread / Milk Fruit	29 BBQ Chicken Potato Wedges Coleslaw Biscuit / Milk Pudding	30 Roast Turkey w/Gravy Cranberry Sauce Stuffing Buttered Peas & Carrots Roll / Milk Fruit	1 Lunch Served 11:30am to 1:00pm

September 2021 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 5:30pm Bingo (I)A 5:45pm British Wives (I)A	2 1:00pm British Wives (I)A 5:45pm Bingo (IV)	3 5:30pm Bingo (I)A	4 5:00pm Bingo (II)A
5 12pm Church Service (I)A All Day	6  10:15-11am "Morning Stretch w/Betsy" 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	7 3pm Cherub Group (I)C	8 1-4pm Methodist Women (I)C 12pm Stamps for Sale (I)Library 5:30pm Bingo (I)A	9 5:30pm MOVIE NIGHT (I)A 5:45pm Bingo (IV)	10 5:30pm Bingo (I)A	11 5:00pm Bingo (II)A
12 12pm Church Service (I)A All Day	13 10:15-11am "Morning Stretch w/Betsy" 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	14 3pm Cherub Group (I)C	15 5:30pm Bingo (I)A	16 5:45pm Bingo (IV)	17 5:30pm Bingo (I)A	18 5:00pm Bingo (II)A
19 12pm Church Service (I)A All Day	20 9am Willis for Seniors (I)A 10:15-11am "Morning Stretch w/Betsy" 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	21  12:15-1:00pm Food Box	22 9am-12pm FLU SHOT CLINIC (I)A 5:30pm Bingo (I)A	23 5:45pm Bingo (IV)	24 5:30pm Bingo (I)A	25 6pm MEET N' GREET (I)A 5:00pm Bingo (II)A
26 12pm Church Service (I)A All Day	27 10:15-11am "Morning Stretch w/Betsy" 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	28	29 5:30pm Bingo (I)A	30 5:45pm Bingo (IV)	1 5:30pm Bingo (I)A	2 5:00pm Bingo (II)A

September 2021 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 9:30am-11am SNAP (I) Parlor 10am Bingo (I)A	2 10am Bible Study (I)A 12-3pm Ceramics (III) 5pm Bingo (I)A	3 4	
5 11am Church (III)A	6  5:30pm Dominos (I)A	7 9:30am Prayer (I)A	8 9am-1pm Private Meeting (III)A 10am Bingo (I)A 1:00-1:45pm Stamps for Sale (I) Parlor	9 10am Bible Study (I)A 12-3pm Ceramics (III) 5pm Bingo (I)A	10 11	
12 11am Church (III)A	13 5:30pm Dominos (I)A	14 12pm-4 pm Welsh (I)A	15 10am Bingo (I)A	16 10am Bible Study (I)A 12-3pm Ceramics (III) 5:30pm Movie Night (III)A 5pm Bingo (I)A	17 18	
19 11am Church (III)A	20 5:30pm Dominos (I)A	21  11:30am-12pm FOOD BOX	22 10am Bingo (I)A	23 10am Bible Study (I)A 12-3pm Ceramics (III) 5pm Bingo (I)A	24 25	
26 11am Church (III)A	27 5:30pm Dominos (I)A	28 12pm-4 pm Welsh (I)A	29 10am Bingo (I)A	30 10am Bible Study (I)A 12-3pm Ceramics (III) 5pm Bingo (I)A	1 2	





Phone Extensions

302-674-1408

Name & Position	Extension #
Kim Mendoza, Executive Director	112
Jessica Parsons, Deputy Director	130
Tricia Robinson, Social Services	131
Jessica Balog, Admissions.....	119
Rachel White, Administrative Coordinator	113
Sharon Poisson, Accounting.....	132
Kari Ebert, Desk Supervisor	0
Kelly Hauer, Maintenance	111
Nicole Newton, Kitchen.....	128
Karen Ambruso, Beauty Shop.....	129
Wednesday / Thursday / Friday — <i>By Appointment Only</i>	
Front Desk	0



Phone Extensions

302-674-3780

Name & Position	Extension #
Tricia Robinson, Social Services	210
Luther Village 1 Desk	212
Karen Ambruso, Beauty Shop.....	674-1408 ext 305
<i>By Appointment Only</i>	
Medical Transportation	242-6187