



Newsletter



December 2021



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From the Desk of The Executive Director
KIM MENDOZA

If you haven't noticed, there is a little chill in the air. Winter is right around the corner.

Another thing that shows up this time of year is the flu. Unfortunately, if rumors are true, there is expected to be a rise in the COVID numbers again. Praying that it will not be like we experienced last year.

Many individuals have chosen to get vaccinated with both the COVID and flu shots. This should help keep illnesses down.

There is no 100% cure for not getting either; and some people who have received either vaccinations still get sick. Fortunately with COVID, the percentage of individuals who have gotten COVID after being fully vaccinated are just over 1 percent. So, it must be working.

Of course, if you find yourself feeling sick, you need to take precautions – get yourself tested and, if testing positive, you must quarantine for 10 days. We all need to do our part to keep ourselves and others safe.

Thanksgiving is behind us now and we had a wonderful turnout for our Thanksgiving meal provided to the residents. This month we will be serving a Christmas meal to the residents of

Luther Village; the date will be 16 December. Residents who are interested in attending will need to contact Tricia to sign up. Hope to see you there!



Merry Christmas

On another note, vaping has become an alternative for individuals who smoked cigarettes previously. However, there still needs to be guidelines in place to respect the rights of all residents. There was a memo that went out stating that, when inside the buildings, there will be no vaping inside public areas (hallways, laundry room, activity rooms, etc.). When outside, please consider that others may not want to be next to you while vaping. So, we are requiring you to be at least 50-feet from any building entrance.

As a friendly reminder – these are apartment buildings. As such, you would be surprised how much your neighbors can hear that is happening in your apartment. Please be considerate when playing TVs, radios, etc., late at night or early morning hours. Also, when leaving/entering your apartments, please ensure the doors don't slam shut. Your neighbors thank you for your consideration!

Speaking of consideration of others, I have heard concerns about individuals not being able to get into the gazebos to sit down and smoke because the ramps/entrance areas are blocked with scooters, etc. Please be mindful of others and make a little room so everyone has a place to sit. Thank you! *Kim Mendoza*

INFORMATION BOTH CAMPUSES

Rent will be pulled on
December 6th.

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 everyone had a great Thanksgiving. We can all find something to be thankful for. As I age, I find myself more thankful for the simple things because I know life can change in a split second. Don't take any small thing for granted.

I wanted to share a picture of the Maintenance Staff taking great care of Luther Towers residents for our Thanksgiving Lunch – we will see Luther Village in December for Christmas.



We have had some incidents where residents or family members are pushing the alarm on the pull cord to the “ON” position when there is not an emergency. This is triggering the alarm

to alert the monitoring company. The correct position should be in the “OFF” position which indicates it has not been triggered and there is no emergency. Once it has been triggered for an emergency, it will automatically change to the “ON” position. It will then be reset by either Security or the resident.



Colder weather is upon us so make sure you are prepared with food and medications for those possible snow days ahead. The maintenance staff does their best to shovel and salt the sidewalks when the need arises. Take extra precaution and slow down when outside to avoid slips and falls.

My visit with my grandbaby Jaxon was awesome and he is the BEST baby! I wanted to share one of many photos I took with him while he was here. I miss him already!

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



From the Office of Social Services
TRICIA ROBINSON

Hello Everyone! 🙋

It is that time of year again!!! Your new 2022 Social Security Benefit Statements will be arriving in the mail soon. Please bring them to Tricia or Rachel for us to get a copy. These are important for recertifications, Food Stamp renewals, Medicaid renewals, Prescription Assistance renewals, a number of different things. We like to obtain a copy as soon as you receive!



I took advantage of the new Massage Therapist (Lisa) and I HIGHLY recommend booking a 30 minute massage for a nice, relaxing time. Lisa offers 30 minute massage sessions (with clothes on) for \$20. Massage can have great benefits – stress relief, pain relief, relaxation. We have had an amazing response and residents are enjoying the service so much! Call Tricia for an appointment at 302-674-1408 ext 131.

Please remember to pick up your Food Box on Food Bank day if you are signed up to participate! The Food Bank of Delaware has let us know that participation is down and they would love to see more residents come out who are signed up to get the box. If you are currently not signed up, call Tricia to check your eligibility 302-674-1408 ext 131.

“Monday Morning Stretch w/ Betsy”

Exercise Class has been a HUGE success at Luther Towers! We are so excited for the enthusiasm! Keep up the good work so we can keep Betsy around!

Movie Night will be at Luther Towers Thursday, December 9th and Luther Village Thursday, December 16th at 5:30p.m. December movie will be “RESPECT – The Life of Aretha Franklin” starring Jennifer Hudson. Come join us for a great time! Sign up on bulletin board in your building.



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, December 1st at 9:30am in LV I Parlor and Luther Towers on Monday, December 6th at 9:30a.m. You do not need an appointment – it is first come first serve!

December's Trivia Question

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 security desk (both campuses have one). Jennifer from Dover Place will do a door prize drawing for those who have the correct answer!!

November's winner was Georgianna Welsh!
PRIZE WAS A FREE MASSAGE
WITH LISA!

DECEMBER TRIVIA QUESTION:
WHAT IS THE LARGEST ORGANIZATION FOR OLDER AMERICANS?

From The Maintenance Manager
KELLY HAUER

PEST CONTROL

Luther Towers Apartments



Dec 1st.....LT 1	601-623	LT4.....	4102-4116	
Dec 8th	LT 1.....	701-723	LT4.....	4201-4216
Dec 15th	LT 1	101-110	LT2.....	A01-A18
Dec 22nd ...	LT 2.....	C01-C18		

Luther Village Apartments

—None at This Time—



MAINTENANCE NEWS

KELLY'S REMINDERS:

When I was performing Annual Inspections in the buildings, I noticed that a lot of residents' range hoods were dirty. These filters can be removed and can be cleaned in hot soapy water, allowed to dry and then be put back in place. This will extend the life of the filter and fan motor.

THOUGHT OF THE MONTH

December, being the last month of the year, cannot help but make us think ...

"WHAT IS TO COME..."

Kelly

Exercise Class

"MORNING STRETCH W/BETSY"



Every Monday Morning at
10:15am in Luther Towers I(A)



Hosted by: **Certified Instructor Betsy Gustafson**

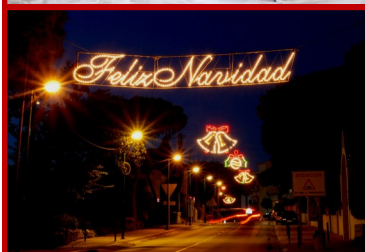


Meet n' Greet

If you look closely at the photo on the left, can you find where it is stitched together?

The Editor

WHAT ARE YOUR CHRISTMAS TRADITIONS?



From The Desk Supervisor – KARI EBERT

December is here – and that means 2022 is right around the corner! The holiday season reminds us of the importance of family and friends and the joy of just being together. I like to look back and remember all of my family's holiday traditions and find out what other families do to make this time of year even more special.

When my sisters and I became teenagers, my parents started letting us open our Christmas gifts at midnight on Christmas Eve. It became a much-anticipated tradition in our home. While it seemed so special and exciting to me, my children strongly disliked it when I tried it once. They thought it took away the excitement of Christmas morning. Now that they're grown, I've decided to start a new tradition making a Bûche de Noël (French yule log cake) on Christmas Eve. That way when I have grandchildren, the tradition will be established! What traditions were special for you as a child? What traditions can you share with someone who may need a little lift this holiday season? I'd like to challenge you to do just that.

Quick Reminders:

Please make sure to lock your car. You never know who might be walking by, and locking your doors will make it that much harder to break into. Also, it's a good idea to keep your apartment door locked even if you're leaving for just a few minutes. We endeavor to keep you and your belongings safe, but we need your help!



There have been a few instances where residents think their phone isn't receiving Rise Entry System calls, but they have inadvertently blocked the number. Because the number from the system comes from Chicago, Illinois, many people think it's a spam call. Once a number is blocked in your phone, it remains that way until the user unblocks it. If you're not receiving calls from the entry system, look in your blocked call list. The number is: 773-974-8856. Once you've found it in the list, you can unblock it and add it to your contacts as "Rise Entry System" or something that you will recognize. *Kari*

LISA HARSHBERGER

Luther Towers Building I

Appointments: 674-1408x131 Tricia

\$20 for 30-Minute Session



WESLEY UNITED
METHODIST CHURCH

WELCOME TO ROSEMARY CIRCLE



2nd Wednesday of Each Month

1:00 p.m. • LT I (conf room)

Fellowship, Prayer, Learning

ALL ARE WELCOME

Sponsored by: United Methodist Women



Newcomers

Welcome, Neighbor!

Ernestine Taylor LTI.....217

Benjamin Turner LTII.....B18

John Price LTII.....B02

Michael Parsons..... LVIII.....3305

ACADEMY AWARD® WINNER
JENNIFER HUDSON
IS
ARETHA FRANKLIN

RESPECT

HER VOICE CHANGED EVERYTHING

MOVIE NIGHT
'RESPECT'

'LIFE OF ARETHA FRANKLIN'
STARRING: JENNIFER HUDSON
THURSDAY, DECEMBER 9
5:30PM



LT I (A)



SIGN UP ON BULLETIN BOARD IN YOUR BLDG

MOVIE NIGHT
'RESPECT'

'LIFE OF ARETHA FRANKLIN'
STARRING: JENNIFER HUDSON
THURSDAY, DECEMBER 16
5:30PM



LV III THEATRE



SIGN UP ON BULLETIN BOARD IN YOUR BLDG

Menu December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
29 Chili Con Carne w/Rice Broccoli Cornbread/Milk Cookies	30 Baked Chicken & Gravy Ginger Rice Peas & Carrots Bread/Milk Fruit	1 Swedish Meatballs Egg Noodles Green Beans Roll/Milk	2 Shrimp Newburg w/Rice Glazed Carrots Bread/Milk Chocolate Mousse	3 Fried Chicken Macaroni & Cheese Collards Bread/Milk
6 Chicken & Dumplings Veggie Blend Roll/Milk Pudding	7 LS Ham & Mustard Sauce Parslied Potatoes Seasoned Cabbage Bread/Milk Mousse	8 Pork Chops & Onion Gravy Mashed Potatoes Buttered Spinach Bread/Milk Pudding	9 BIRTHDAY Roast Beef & Gravy Macaroni & Cheese Seasoned Broccoli Roll/Milk Cake & Icing	10 Delaware Baked Chicken Garlic Roasted Potatoes Chuckwagon Veggies Bread/Milk Brownie
13 Chicken & Dumplings Veggie Blend Roll/Milk Pudding	14 LS Ham & Mustard Sauce Parslied Potatoes Seasoned Cabbage Bread/Milk Mousse	15 Chicken Caesar Salad Dinner Roll/Milk Peaches	16 HOLIDAY FEAST Roast Turkey & Gravy Stuffing & Mashed Potatoes Candied Sweet Potatoes Peas & Pearl Onion Green Beans w/Bacon Cranberry Sauce – Roll/Milk Apple Pie	17 Meatloaf & Mushroom Gravy Mashed Potatoes Buttered Carrots Bread/Milk Pears
20 Spaghetti & Meat Sauce Chef's Blend Veggies Italian Bread/Milk Applesauce	21 BBQ Chicken Potato Wedges Mixed Greens Roll/Milk Cookies	22 Taco Chili Lettuce & Tomato Salad Tortilla Chips Milk Pudding	23 Chicken Marsala w/Mushrooms & Wild Rice California Blend Bread/Milk Fruit	24 Christmas Eve Center Closed
27 Baked Ziti & Meat Sauce Chef's Choice Veggies Italian Bread/Milk Fruit Cocktail	28 Baked Chicken w/Gravy & Wild Rice Peas & Pearl Onions Bread/Milk Oatmeal Cookies	29 Fried Fish Mac & Cheese Stewed Tomatoes Bread/Milk Yogurt	30 Liver & Onions w/Onion Gravy Mashed Potatoes Green Beans Bread/Milk – Fruit	31 New Year's Eve Center Closed

December 2021 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 12:00-12:45pm Stamps for Sale LT Library	2 1:00pm British Wives (I)A	3	4
5 12pm Church Service (I)A All Day	6 9am Food Stamp Rep (I)A 10:15-11am Morning Stretch (I)A 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 5:30pm Bingo (I)A	9 5:30pm MOVIE NIGHT (I)A 5:45pm Bingo (IV)	10 1pm-3pm Christmas Bazaar Patriots Home Care (I)A 5:30pm Bingo (I)A	11 5pm Bingo (II)A
12 12pm Church Service (I)A All Day	13 10:15-11am Morning Stretch (I)A 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	14	15	16	17	18 6:00pm MEET N' GREET (I)A 5pm Bingo (II)A
19 12pm Church Service (I)A All Day	20 10:15-11am Morning Stretch (I)A 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	21 happy winter	22	23	24	25 MERRY CHRISTMAS
26 12pm Church Service (I)A All Day	27 10:15-11am Morning Stretch (I)A 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	28	29	30	31 Bring on the NEW YEAR!	1 Happy New Year



December 2021 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 9:30am-11am Food Stamp Rep (I)A 1-1:45pm LV Parlor 10am Bingo (I)A	2 10am Bible Study (I)A 12pm-3pm Ceramics (III) 6:30pm Bingo (I)A	3 4	9am-9pm Parker (III)A
5 11am Church (III)A	6 5:30 Dominos (I)A	7 9:30am Prayer (I)A	8 9:00am-1pm Sr. Comp (III)A 10am Bingo (I)A	9 10am Bible Study (I)A 12pm-3pm Ceramics (III) 6:30pm Bingo (I)A	10 11	9am-9pm Parker (III)A
12 11am Church (III)A	13 5:30 Dominos (I)A	14	15	16 10am Bible Study (I)A 12pm-3pm Ceramics (III) 5:30pm MOVIE NIGHT (III)A 6:30pm Bingo (I)A	17 18	9am-9pm Welsh (III)A
19 11am Church (III)A	20 5:30 Dominos (I)A	21 happy winter 11:30am-12pm Food Box	22 10am Bingo (I)A	23 10am Bible Study (I)A 12pm-3pm Ceramics (III) 6:30pm Bingo (I)A	24 25	MERRY CHRISTMAS 9am-9pm Baldwin (III)A
26 11am Church (III)A	27 5:30 Dominos (I)A	28	29 10am Bingo (I)A	30 10am Bible Study (I)A 12pm-3pm Ceramics (III) 6:30pm Bingo (I)A	31 Bring on the NEW YEAR!	1 Happy New Year



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