

Newsletter



January 2022



TABLE OF CONTENTS

PAGE

Executive Director – Kim Mendoza.....	2
Rent Will Be Pulled January 4th.....	2
Deputy Director – Jessica Parsons.....	3
Beauty Shop (Ad).....	3
Social Services – Tricia Robinson.....	4
Health First Medical Care Card.....	5
Giving & Receiving.....	5
Meet n' Greet	5
Maintenance – Kelly Hauer	6
Exercise Class • Bingo Schedules	6
Desk Supervisor – Kari Ebert.....	7
Massage by Lisa • Methodist Women (Ad)	7
Welcome Wagon.....	7
Movie Night: "Shrek" – An Animated Movie	8
January Menu	9
Luther Towers January Activity Calendar.....	10
Luther Village January Activity Calendar	11
Phone Extensions.....	12

From the Desk of The Executive Director
KIM MENDOZA

I pray you all had a happy, healthy and Merry Christmas. Thanks to all for your cards and gifts – they are all appreciated.

Another year is behind us; although not as bad as 2020, it still had some difficulties to overcome. So, let's pray for 2022 – that all this virus stuff will come to an end and life can return to normal; kids can go to school (without masks), everyone can return to work, store shelves will be fully stocked and pricing return to pre-pandemic levels.

In the meantime, I am sure you are aware that the numbers of people contracting COVID have been increasing in addition to the hospitalization rates. We have experienced a few residents who have come down with it also. Fortunately, they have all recovered. So please continue to do your part to stay safe and keep others safe. If you do happen to test positive, you need to notify the Security Desk and quarantine until you test negative.

As the weather starts to get colder, be prepared so you won't have to venture out in hazardous conditions. Make sure you have enough necessities on hand (food, medicine, etc.) to last until things clear up. If you do venture out, just be cautious and aware of your surroundings. Wet leaves can become a slippery fall hazard. The same goes for snow and ice. Maintenance does their best to keep the sidewalks clear of snow and ice, but sometimes it continues to snow

**INFORMATION BOTH
CAMPUSES**

**Rent will be pulled on
January 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.

for awhile... so it's a process. If you don't need to venture out – stay in and stay warm.

If you have been shopping anywhere or even watching the news, I am sure you are aware that the cost of almost everything you purchase has gone up. Well, we are about to experience that here in our soda machines. A representative from Coca-Cola came in and told us they were going to be increasing the price of canned sodas to \$1.00 and the bottles would be \$2.00. We decided that this was too much of an increase, so an alternative was to go with American Vending Company. They can still supply us with Coke products, cans will be \$.75 and the bottles will be \$1.75. I know it is still an increase, but not doubled. And the current prices have been the same for years. The change should take effect sometime in the middle of this month. You may experience a 1-day delay with machines being empty, but will be filled promptly by American Vending.

I know we thought we would be having REAC inspections on LT1 and LT2 in early December; however, the information we received was not correct. We did receive confirmation of upcoming inspections for LT2 and LT3, they will be conducted on January 6 and 7. The inspector will start on January 6 in Towers 2; once complete he will move over to Towers 3. If the inspection is not completed on the 6th he will return to Towers 3 on January 7th to complete. All residents have been notified, and maintenance individuals have been going to apartments and common areas to ensure we put our best foot forward. If you notice a deficiency in your apartment or common area, please notify the Security Desk so it can be addressed. Please ensure you do your part: pull cords must NOT be tied/taped up; do NOT keep flammables stored in your stoves or on top of burners. These are all safety violations, not to mention dangerous! If you have any questions or concerns, please don't hesitate to contact Maintenance or Security Desk with your concerns. *Kim Mendoza*

From the Desk of The Deputy Director
JESSICA PARSONS

Happy New Year! Let the old year end and the New Year begin! I look forward to making new memories, accomplishing things I set my mind to and cherishing the time I am given. Let us all pray for a better world as we enter into 2022! Thank you to everyone who gave cards, candy and little gifts — it was much appreciated.

We all would have hoped COVID was behind us in the new year but, unfortunately, that isn't the case. To ensure the safety of our drivers and our residents, masks **WILL** be required when on the medical van and bus. Please help to keep everyone safe.

Protect yourself and others from Social Security related scams. Scammers can be clever with their tactics to get information from you. Social Security will not ask for money or your personal information. Scammers may threaten to suspend your Social Security number, warn of legal action, demand payment by gift card or money order or threaten to seize your bank account. If you encounter a phone call of this nature, please stay calm, do not engage and hang up.

When a resident moves in, we request two emergency contacts. If you are hospitalized or in the event of death, these are the individuals

we allow to enter your apartment. If there is a change to your contacts after move-in, please see Tricia Robinson to update your information. We also ask for updates at your recertification; however, you can update this information at any time.

Unfortunately, we have had several instances where a resident has passed and there was a problem determining who has authorization to enter the unit. We had one particular case where a close friend was named as the contact. However, a family member wanted access to the unit. We did not grant access because there was not a **WILL** in place nor was the family member named as a contact. As you can see, this can cause many problems — so I strongly encourage you to have a Will in place. You can schedule an appointment through Tricia Robinson to have a Will prepared at no cost.

We had a great turnout at the Luther Village Christmas Luncheon and even had a visit from Santa!



L/R Regeena Collick, Jessica Parsons, Tricia Robinson, SANTA, Jessica Balog, Rachael White & Sharon Poisson

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! 🙋

I hope everyone had a blessed Holiday season! We have had really great turnouts for scheduled events. It is our pleasure to put time and effort into planning when our residents show enthusiasm so **THANK YOU!**

Jacki from Wills for Seniors will be here in January but her schedule filled up with residents on the waiting list before I could post she was coming. If you wish to be placed on the waiting list for her next visit, please give me a call at 674-1408 ext 131



It is that time of year again! Your new 2022 Social Security Benefits 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!

For those who live at Luther Village, if you drop them in the black box, I can make a copy and return the original to you. (LV3 residents — we do not need your statements.)

Exercise Class “Monday Morning Stretch w/ Betsy” 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 on Thursday, January 13th at 5:30p.m., and at Luther Village on Thursday, January 20th at 5:30p.m. The JANUARY movie will be “**SHREK**” an animated move. Come join us for a great time! Sign up on the bulletin board in your building. LOOK FORWARD TO **KING JAMES** in FEBRUARY which is based on the lives of *Venus and Serena Williams*.

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, January 5th at 9:30am in LV-I Parlor and at Luther Towers on Monday, JANUARY 3rd at 9:30a.m. You do not need an appointment — it is first come first serve!

There is a new medical practice that is accepting new patients. The practice is called Health First Medical Care and they see patients at home. Ernest Tamajong is the Nurse Practitioner and will come to Luther Towers or Luther Village to complete your office visit. His services include: Primary Care, Lifestyle Counseling, Medication Management, In-house laboratory draws, Annual Wellness Checks, Podiatry. If you are interested, call Tricia at 674-1408 ext 131. This is not a recommendation to leave your current doctor but, for new residents who are not able to find a primary care physician, this may be a good option for you. *See business card on page 5.*

**Trivia Winner for December:
Bernice Rollings!**

Tricia

PLANNED ACTIVITIES

Activities not well attended or which receive very little participation will either be canceled or put on the calendar only on occasion.

Unfortunately, the Trivia Question falls into this category. Not enough participation! It's a drawing activity. When only a few submit their answer, then the same people begin to win...



ERNEST TAMAJONG
CRNP/DNP(c)
Medical Director

HEALTH FIRST MEDICAL CARE
Quality Comprehensive Care at Home

(302) 616-9324
FAX (302) 455-8550



etamajong@health1mc.com
www.health1mc.com



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We provide a wide range of services

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- Mental health consult/ Counseling.
- Annual Wellness Exam.
- Medication Management/pharmacy consultation.
- Audiology/Optomety assessments.

Affordable health care solutions at the comfort of your home

Giving & Receiving

There was so much giving this holiday season that it really warmed our hearts!
20 Seniors were picked at random and blessed with some lovely Christmas Gifts.

We are so grateful to have so many agencies who support our community during the

Holiday Season!!!



JANUARY 29TH, 2022 • LUTHER TOWERS (I)A

MEET & GREET

Join Us!

**Enjoy Meeting &
Making New
Friends.**

**While you're at it,
have a snack
& a sip.**

**Find out what you
might be missing!**



From The Maintenance Manager
KELLY HAUER

PEST CONTROL

Luther Towers Apartments

Jan 26th.....LT 4.....4301-4316

Luther Village Apartments

Jan 5th.....LV 3 2nd, 3rd, 4th floors

Jan 12th.....LV 3 1st floor LV 2..... Entire floor

Jan 19th.....LV 1 2nd, 3rd floors

Jan 26th.....LV 1 1s floor



MAINTENANCE NEWS

KELLY'S REMINDERS: Any resident who has a Maintenance Request needs to call the Security Desk and Not my office phone. Messages are only checked in the morning and at the end of the day.

If you call the Security Desk, your maintenance request will be taken care of the same day.

THOUGHT OF THE MONTH

Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching your goal.

Kelly

Exercise Class

“MORNING STRETCH W/BETSY”

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

Hosted by: **Certified Instructor Betsy Gustafson**



BINGO SCHEDULE

LUTHER TOWERS

Mondays	5:00pm	(II) A
Wednesdays	5:30pm	(I) A
Thursdays	5:45pm	(IV)
Fridays	5:30pm	(I) A

LUTHER VILLAGE

Wednesdays	10:00am	(I) A
Thursdays	5:00pm	(I) A



From The Desk Supervisor – KARI EBERT

New Year, New You! Start the New Year doing these 5 things to change your life!

Does this sound familiar? I keep noticing how much we're pressured from every side to make resolutions for the new year. Friends, the media, and even well-meaning strangers expect us to make huge changes.

Forbes Magazine says that 50% of people make resolutions like losing weight, quitting smoking, working out, saving money, etc., and by February 80% of those people will have broken their resolutions! It takes just one month to give up.

I often wonder why we continue to set ourselves up for failure every year. Believe me, I'm not immune to it. I like the feeling of something fresh and new, like being the first one to walk on freshly fallen snow or writing in a brand-new notebook. We want to make the new year meaningful and positive, to change our direction or write a new story for our life...

The thing we forget is that every single day we wake up is a clean slate. We have a new opportunity to try something new, do more of what we love, and let go of habits that don't serve us.

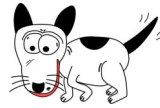
My wish for you this new year is to ignore the pressure to make big resolutions that will be cast aside; instead, enjoy the new page we get to write on every single day.

Happy New Year!

Quick Reminders:



If you pull your emergency cord by accident (even if you reset it) the ambulance will be summoned. Please call the desk immediately so they can cancel the ambulance.



Please remember to clean up your dog's waste — even in the dog run.

"When you arise in the morning, think of what a privilege it is to be alive, to think, to enjoy, to love..."

— *Marcus Aurelius, Meditations*

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!

Wanola Jackson.....LVI..... 1226

Claire Littlefield.....LTIII..... 2002

Patricia Stark.....LTIV 4312

Robert BailyLT! 510

THE GREATEST FAIRY TALE
NEVER TOLD.

MOVIE NIGHT
'SHREK'

STARRING: Eddie Murphy, Mike Myers
ANIMATED MOVIE

THURSDAY, JANUARY 13
5:30PM



LT I (A)



SIGN UP ON BULLETIN BOARD IN YOUR BLDG

MOVIE NIGHT
'SHREK'

STARRING: Eddie Murphy, Mike Myers
ANIMATED MOVIE

THURSDAY, JANUARY 20
5:30PM



LV III THEATRE



SIGN UP ON BULLETIN BOARD IN YOUR BLDG

SHREK


Menu January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Ziti w/Meat Sauce Broccoli Italian Bread / Milk Butter Cookies	4 Shrimp Newburg w/Rice Buttered Green Beans Roll / Milk Rice Pudding	5 Cream of Broccoli Soup Turkey & Cheese on Bun w/Mayo Milk Peaches	6 Fried Chicken Mac & Cheese Mixed Greens Wheat Bread / Milk Rice Pudding	7 Salisbury Steak w/Gravy Mashed Potatoes Buttered Carrots Wheat Bread / Milk Fruit
10 Chili Con Carne Seasoned Rice Chef's Choice Veggies Cornbread / Milk Fruit	11 Pork Chops w/Onion Gravy Mashed Potatoes Cabbage Wheat Bread / Milk Brownies	12 Navy Bean Soup Tuna Salad on Bun Coleslaw Milk Applesauce	13 BIRTHDAY Pot Roast w/Gravy Mashed Potatoes Mixed Veggies Roll / Milk Cake w/Icing	14 Sweet & Sour Chicken Wild Rice Green Beans Wheat Bread / Milk Fruit
17 Martin Luther King Jr Day CENTER CLOSED	18 Italian Meatballs Spaghetti Buttered Broccoli Italian Bread / Milk Fruit	19 Fried Chicken Mac & Cheese Seasoned Spinach Roll / Milk Fruit Cocktail	20 NUTRITION CLASS by MMC Pork Loin w/Gravy Mashed Potatoes Sauerkraut Wheat Bread / Milk Cookies	21 BBQ Chicken Potato Wedges Mexican Corn Roll / Milk Applesauce
24 LS Ham w/Mustard Sauce Parslied Potatoes Seasoned Cabbage Wheat Bread / Milk Oatmeal Cookies	25 Liver & Onions Mashed Potatoes w/Gravy Seasoned Green Beans Wheat Bread / Milk Fruit	26 Beef Vegetable Soup Chicken Salad on Bun Milk Yogurt	27 Fried Fish Scalloped Potatoes Stewed Tomatoes Cornbread / Milk Ice Cream	28 Chicken Marsala w/ Mushroom Gravy Wild Rice Baby Carrots Wheat Bread / Milk Pudding
31 Chicken Pot Pie Buttered Zucchini Bread / Milk Pears	1	2	3	4

 January 2022 Activity Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 5pm Bingo (II)A 
2 12pm Church Service (I)A	3 9am Food Stamp Rep (I)A 10:15 Morning Stretch w/Betsy 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	4	5 12pm-12:45pm Postage Stamps for Sale (I)Library 5:30pm Bingo (I)A	6 1pm British Wives (I)A 5:45pm Bingo (IV)	7	8
9	10 10:15 Morning Stretch w/Betsy 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	11 3pm Cherub Group (I)C	12 1pm-4pm Methodist Women (I)C	13 5:30pm MOVIE NIGHT (I)A 5:45pm Bingo (IV)	14	15
16 12pm Church Service (I)A	17 10:15 Morning Stretch w/Betsy 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	18 12:15pm-1:00pm Food Box	19	20	21	22
23	24 10:15 Morning Stretch w/Betsy 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	25	26	27	28	29 6pm MEET N' GREET (I)A 5pm Bingo (II)A
30 12pm Church Service (I)A	31 10:15 Morning Stretch w/Betsy 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	1	2	3	4	5



January 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 
2 11am Church (III)A	3 5:30pm Dominoes (I)A	4 9:30am Prayer (I)A	5 9:30am Food Stamps Rep (I)A 10am Bingo (I)A 1:00-1:45pm Postage Stamps for Sale (I)Parlor	6 10am Bible Study (I)A 12-3pm Ceramics (III) 5pm Bingo (I)A	7	8 PRIVATE RESERVATION All Day (III)A
9	10 5:30pm Dominoes (I)A	11	12 10am Bingo (I)A	13 10am Bible Study (I)A 12-3pm Ceramics (III) 5pm Bingo (I)A	14	15 PRIVATE RESERVATION All Day (III)A
16 11am Church (III)A	17 5:30pm Dominoes (I)A	18 11:30am-12:00pm Food Box	19 10am Bingo (I)A	20 10am Bible Study (I)A 12-3pm Ceramics (III) 5:30PM MOVIE NIGHT (III)Theater 5pm Bingo (I)A	21	22
23 11am Church (III)A	24 5:30pm Dominoes (I)A	25	26 10am Bingo (I)A	27 10am Bible Study (I)A 12-3pm Ceramics (III) 5pm Bingo (I)A	28	29
30 11am Church (III)A	31 5:30pm Dominoes (I)A	1	2	3	4	5



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