

Newsletter



February 2022



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From the Desk of The Executive Director
KIM MENDOZA

I received an email the other day with flyers attached pertaining to common safety concerns that I thought were worth mentioning in the newsletter this month. Two of them have to do with heating your living spaces.

Our house rules state that you are not allowed to have portable heating appliances and you may wonder why. Here are a couple of statistics:

🔥 **Space Heaters:** Heating equipment is one of the leading causes of home fire deaths, with half of the home heating fires being reported during the months of December, January and February. Two in five deaths in space heater fires involve portable electric space heaters.

🔥 **Ovens:** Another uncommon heating source residents have been found using as a source of heat in the apartment is the oven. Turning on the oven and leaving the door open is a direct safety violation.

🔥 **Candles:** Another item that we ask you not to use are candles – why? Although candles may be pretty to look at and they smell great, they can pose a potential fire threat. December is the peak month for home candle fires, more than 1/3 of candle fires start in the bedroom and three of every five candle fires start when flammable items are too close to the candle.



**INFORMATION BOTH
CAMPUSES**

Rent will be pulled on
February 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.

If you still really like the smell, consider a **candle warmer**. You get all the benefits of the smell without any of the open flame concerns (although you must turn off when you are not around to monitor).

If you have regularly burned candles in your apartment, you may notice a black sooty residue on your walls. You might also consider what inhaling that residue does to your lungs!

Lastly, we regularly find residents who use their stove tops or ovens to store items. This is extremely dangerous. Storing items that can be flammable or melt in your oven can easily cause a fire if you accidentally hit the knob.

We have also seen individuals who have boxed food items, plastic containers, etc., sitting on top of their stove. The same thing can happen, either by accidentally turning on a knob or turning on the wrong knob – resulting in a fire.

Kim Mendoza



*This is a Fire Hazard –
An Accident Waiting to Happen*



**Fire
Safety
First**

From the Desk of The Deputy Director
JESSICA PARSONS

COVID – the gift that keeps on giving. I can only imagine that you are as tired of this virus as I am. Between masks, shots, quarantines, stores and offices being closed due to mass quantities of staff being sick – it seems overwhelming. I sincerely hope that in the next couple of months “Omicron” will fade away and life can return to normal. REAL NORMAL!!

In the meantime, we need to continue to do our part by staying safe, masking up when out in any public areas, and if you have been exposed to someone with COVID or start to feel sick – get tested. If you test positive, you need to quarantine in your apartment for 10 days; or 5 if you have no symptoms and test negative.

We do ask that you notify the security desk if you test positive. This information remains confidential and is only shared with staff that have a need to know.

I understand that this is very inconvenient for all involved; however, no one wants to be responsible for making someone else sick or worse. Luther Towers and Luther Village have experienced a few residents and staff members over the past couple of months who have tested positive (numbers have remained low overall). Most residents who have tested positive experienced mild symptoms. However, we have a few individuals who left by ambulance recently due to a more serious symptom. Unfortunately, one of them passed away. So, let us continue to be responsible and do our part to keep everyone safe.

Other information to consider: We currently have 12 residents in the hospital, 7 of those are hospitalized with COVID – some seriously. Of those 7, none received vaccinations from one of the events we held. This does not mean they had not been vaccinated – we just can’t validate their status.

If you have been exposed to COVID or are experiencing symptoms and don’t currently have access to a test, please contact us so we can see what options are available. If you want

to have some on hand, the government is providing 4 free tests to every household. You need to go to the website:

special.usps.com/testkits

and complete the information. It takes less than a minute.

If you would like to schedule an appointment to receive the COVID vaccine, please contact Tricia Robinson. Ernest Tamajong, CRNP DNP, will come on-site to administer the vaccine.

We strive to make the buildings look clean and nice for all. There is a lot of money put into the wall painting, decorations and furniture in each building. With that being said, we ask the residents not to hang anything on the walls in the common areas and/or hallways and not to remove or replace Luther Towers/Luther Village decorations or wall hanging. Thank you for your cooperation in keeping our place looking like none other!

Valentine’s Day makes February the “Love” month and it’s fast approaching! I want to share my very best Valentine’s Day present... when I became a mother on February 14, 1996. It’s amazing how fast they grow! *Jessica*



From the Office of Social Services
TRICIA ROBINSON

Hello Everyone! 🙋

COLD COLD weather is upon us! We look forward to NEW activities in the Spring months! Hang in there with wearing your masks and social distancing we will all get through this together!

Thank you to everyone who submitted their 2022 Social Security benefit statements! Please make sure you also keep any pension letters you receive as we will need these for recertifications, Food Stamp renewals, Medicaid renewals, etc. We do not need the social security tax statements that are now arriving in your boxes. (Form SSA-1099)

Movie Night will be at Luther Towers Thursday, February 10th and Luther Village Thursday, February 17th at 5:30p.m. FEBRUARY movie will be

“SAFETY” AN INSPIRATIONAL MOVIE

Come join us for a great time! Sign up on the bulletin board in your building.

We are moving the “King James Movie” to MARCH – this is a movie based on the lives of Venus and Serena Williams)

Oscar from SNAP (Food Stamps) is 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, February 2nd at 9:30am in LV I Parlor and at Luther Towers on Monday, February 7th 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 that are not able to find a primary care physician this may be a good option for you.* *Tricia*



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  2500 Wrangle Hill Rd., Ste 205
Bear, DE 19701

HEALTH FIRST MEDICAL CARE
“Quality Comprehensive Care”

We provide a wide range of services

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

Affordable health care solutions at the comfort of your home

**WILLS, POWERS OF ATTORNEY,
ADVANCED DIRECTIVES**

Please give me a call if you want to be put on the waiting list to have a Will, an Advanced Directive, and/or a Power of Attorney completed by the lawyer, Jacki Chacona, who comes to Luther Towers / Luther Village (free of charge). Jacki will be returning soon! Call me to make sure you are on the waiting list. 674-1408 ext 131





FEBRUARY 26TH, 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!



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

Booze n' Tattoos



Come On Out
for a
Good Time!

Light Snacks & Beverages

(light alcohol)

Temporary Tattoos!



**Luther Towers
February 22nd
at 2:00pm**

**Luther Village
February 23rd
at 2:00pm**

From The Maintenance Manager
KELLY HAUER

PEST CONTROL

Luther Village Apartments

None at This Time

Luther Towers Apartments

Feb 2nd.....LT 1..... 201-223

LT 2.....B01-B18

Feb 8th.....LT 1..... 301-323

LT 3..... 1001-1018

Feb 16th.....LT 1..... 401-423

LT 3.....2001-2018

Feb 23rd.....LT 1..... 501-523

LT 3.....3001-3018



KELLY'S REMINDERS:

With winter here and the different weather it brings, be it snow or rain, the cold temperatures cause surfaces to be very slippery...
so **BE CAREFUL** when walking outside!

We Very Much Want Everyone to Be Safe!!

Kelly

THOUGHT OF THE MONTH

**When people hurt you over and over,
think of them like sandpaper...
They may scratch & hurt a bit,
...but in the end...
you will end up polished and
they end up useless.**

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
Saturdays	5:00pm	(II)A

LUTHER VILLAGE

Wednesdays	10:00am	(I)A
Thursdays	6:30pm	(I)A

LUTHER VILLAGE

Wednesdays	10:00am	(I)A
Thursdays	6:30pm	(I)A



DOMINOS LUTHER VILLAGE

EXCLUSIVELY
Mondays....5:30pm....(I)A

From The Desk Supervisor – KARI EBERT


February has always been my favorite month of the year! There are so many great celebrations in general, but also in my family. My father and I have birthdays one day apart in February, just a few days after Valentine's Day. It's also Black History Month which I take as a great opportunity to learn much more about the contributions and achievements that Black Americans have made (and continue to make) to our beautiful country.

As a lifelong learner, I'm always surprised and delighted by new facts. I didn't know, for example, that Black History Month started out as a week in 1926 to coincide with the birthdays of Frederick Douglass and Abraham Lincoln. Gerald Ford changed it to an entire month in 1976.

There's so much more to discover that we weren't taught in school. It's only through learning that we can stay youthful and vibrant. Likewise, it's only through learning about our history that we can learn the best path to take from where we stand at present.

I challenge you to find some interesting facts that you didn't know about Black History and share them.

Quick Reminders:

Masks: Please remind your guests to wear their masks when they enter the building and leave your apartment. Anywhere that is not your apartment is a "public area" and the Governor's mandate is in effect. 

Leashes: Remember to keep your pets on a **short leash**. I've witnessed several near misses where residents almost tripped over an extended leash. Even if your dog is minding its own business, an extended leash could mean a bad fall for someone else.



**"Every day, we write the future...
Together, we sign it...
Together, we declare it...
We share it...
For this truth marches on...
Inside each of us."**

Amanda Gorman

✧Believer's Hymn for the Republic✧



Kari



Newcomers

Welcome, Neighbor!

Terrance Walker.....LT-1 317
David Robinson.....LT-1 711
Cheryl Davis.....LV-III.... 3412

LISA HARSHBERGER

Luther Towers Building I

Appointments: 674-1408x131 Tricia

\$20 for 30-Minute Session



INSPIRED BY A TRUE STORY

Disney

SAFETY

Disney+

Original Movie Streaming Dec. 11

MOVIE NIGHT
'SAFETY'

'INSPIRATIONAL MOVIE'
STARRING: JAY REEVES
THURSDAY, FEBRUARY 17
5:30PM



LV III THEATRE



SIGN UP ON BULLETIN BOARD IN YOUR BLDG

MOVIE NIGHT
'SAFETY'

'INSPIRATIONAL MOVIE'
STARRING: JAY REEVES
THURSDAY, FEBRUARY 10
5:30PM



LT I (A)



SIGN UP ON BULLETIN BOARD IN YOUR BLDG




FUTHER **LOWERS**

Menu February 2022




FUTHER **VILLAGE**

Monday	Tuesday	Wednesday	Thursday	Friday
31 Chicken & Dumplings Buttered Peas Roll / Milk Applesauce	1 Beef Stroganoff w/Buttered Noodles Green Beans Wheat Bread / Milk Applesauce	2 Taco Chili Salad Lettuce & Tomato Tortilla Chips Milk Pudding	3 Roast Turkey w/Gravy & Stuffing Buttered Peas & Carrots Roll / Milk Sherbet	4 Delaware Baked Chicken Roasted Potatoes Mixed Vegetables Bread / Milk Fruit
7 Chicken & Dumplings Buttered Peas Roll / Milk Applesauce	8 Pork Chop w/Gravy Mashed Potatoes Seasoned Cabbage Wheat Bread / Milk Brownie	9 Fried Chicken Macaroni & Cheese Collard Greens Cornbread / Milk Yogurt	10 BIRTHDAY & VALENTINE'S DAY Roast Beef w/Gravy Mashed Potatoes Broccoli Roll / Milk Cake w/Icing	11 Chicken Marsala w/ Mushroom Gravy Wild Rice Green Beans Wheat Bread / Milk Fruit
14 Salisbury Steak w/Gravy Mashed Potatoes Buttered Carrots Wheat Bread / Milk Pudding	15 Italian Meatballs Spaghetti Mixed Squash Italian Bread / Milk Fruit	16 Minestrone Soup Turkey & Cheese on Bun w/Mayo Potato Salad Milk Brownie	17 Fried Fish Scalloped Potatoes Stewed Tomatoes Cornbread / Milk Ice Cream NUTRITION CLASS – MMC	18 BBQ Chicken Potato Wedges Mexican Corn Roll / Milk Applesauce
21 PRESIDENT'S DAY CLOSED	22 LS Ham w/Mustard Sauce Sweet Potatoes Seasoned Spinach Wheat Bread / Milk Cookies	23 Fried Chicken Macaroni & Cheese Mixed Greens Roll / Milk Sweet Potato Pie BLACK HISTORY MONTH	24 Liver & Onions w/Gravy Mashed Potatoes Seasoned Green Beans Wheat Bread / Milk Fruit	25 Chili Con Carne Seasoned Rice Chef's Choice Veggies Cornbread / Milk Fruit
28 Chicken Pot Pie Buttered Peas Bread / Milk Pears	1	2	3	4

further TOWERS February 2022 Activity Calendar

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

February 2022 Activity Calendar

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

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