

Newsletter



March 2022

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From the Desk of The Executive Director
KIM MENDOZA

We have had snow, wind, rain and the occasional warm and sunny day over the last month. Can't wait for Spring – it is my favorite time of year. Another thing that happens this month – the clocks go back! Hooray for the extra hour!

**Here is some important information
of which you need to be aware:**

There has been an increase in prescriptions for medical marijuana and other CBD products available. For that reason, I need to make sure you have information that is vital to you as a resident in Luther Towers / Luther Village. Delaware (state) has allowed the use of medical marijuana products for individuals. However, the Federal government has not followed suit. What does this mean for you?

**Luther Towers and Luther Village are
Federally Funded Projects
which means there can be
NO CONSUMPTION / NO USE OF
MARIJUANA
on the property –
AT ALL**



**INFORMATION BOTH
CAMPUSES**

**Rent will be pulled on
March 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.

Even if it is prescribed by a physician. This also means purchase of such products can not be used as medical expenses, because, according to HUD, they are not legal.

Use of marijuana, in any form, is prohibited on federally funded property. The Controlled Substances Act (CSA) categorizes marijuana as a Schedule 1 substance and, therefore, the manufacture, distribution of, possession of marijuana is a federal criminal offense. Because the CSA prohibits all forms of marijuana use, the use of “medical marijuana” is illegal under federal law even if it is permitted under our state law.

With that said, individuals who are found to be using these types of items may be subject to lease termination.

Kim Mendoza

LUTHER TOWERS BEAUTY SALON
\$10.00 HAIRCUTS
SPECIAL! SPECIAL! SPECIAL!
NEW CLIENTS ONLY
APPOINTMENTS AVAILABLE
WED/THURS/FRI
TO MAKE APPOINTMENT
CALL 302-674-1405 x129

LISA HARSHBERGER
Luther Towers Building I
Appointments: 674-1408x131 Tricia
\$20 for 30-Minute Session



From the Desk of The Deputy Director
JESSICA PARSONS

I don't know about you but I'm excited that Spring is right around the corner. I am happy that we will soon be able to enjoy the outdoors.

The staff of Luther Towers and Luther Village play an important role in the success of the organization. As a resident, you come in contact with many of these individuals; therefore, I felt it would be nice to tell you a little bit about them. The first person I chose to highlight is Lew:



Lew is one of our Maintenance Technicians. Lew is retired from the State/Caesar Rodney school district. He enjoys hunting and fishing and his favorite time of the year is Spring and Fall. Lew is married with five children and has two cats. He is an avid baseball lover and has worked as a college baseball umpire for the past 25 years.



Lew has been with Luther Towers / Luther Village for almost 2 years. A fun fact to share is that Lew's father worked as a Maintenance Technician with Luther Towers & Village back in the 80s. Like father like son! Lew is always willing to help others out – regardless of what the task might be.

We appreciate his positive attitude and the pride he takes in his work!

I am excited to say that the remodel of Luther Village I Parlor is finally coming to fruition. Some of you may know that for years and years, I have been trying to get this done but financially it just wasn't possible. But now, in just a few short weeks, I am hoping this will become a nicely updated place for you to relax and enjoy!

As a friendly reminder, powder detergent is not allowed in the washers. Only liquid detergent or the Pods. The Pods will go directly into the washer and the liquid detergent will go into the dispenser.

BEWARE OF SCAMMERS!

We have had an increasing number of residents who have been scammed by individuals.



These residents have lost all their money. The scammers will portray they are in a relationship with you and convince you that eventually they will unite with you.

Some things they might ask you to do are: sending gift cards and asking for your account information. One of the most popular scams is Bitcoin. Bitcoin-Mining scams will promise to give you 50% return on your investment every month. During the first month of this scam, you send the scammer money, then they send you your money back plus a little bit extra. Because you got a return on your money, the next month you're likely to invest more.

The scammer will keep sending you your money back until you invest a large amount. Then they take it all and run.



Bitcoin scams can be devastating. Because cryptocurrency is not backed by the government, if you have been a victim of a scam, there are no customer service representatives to call. If anyone is asking you to send money or they want to send you money, you should be very cautious because more than likely it's a scam.

*If It's Too Good To Be True,
Then It Probably Is ...*

Jessica

From the Office of Social Services
TRICIA ROBINSON

Hello Everyone! 🙋

We have had some unexpected and fun activities in February! Thank you for those who participated in our Booze N' Tattoos event and for those who took a ride on the Bluebird and enjoyed time at the Dutch Country Market in Middletown! We hope to have many more fun and exciting activities and trips this year.



The kids from Central Middle School are coming to Luther Towers on Friday, March 18th at 1:00pm to host a game day (table games, bingo, cards, etc.). Please come out and support the kids and the local school district. Light snacks will be provided.



KARAOKE

Luther Towers **Luther Village**
Building I Activity Room **Building III Activity Room**

Friday, March 11th **Friday, March 25th**
1:00pm **1:00pm**

Snacks & Door Prizes & Fun, Fun & More Fun!
Sign Up on Bulletin Board in Your Building

Please join us for our first Karaoke event this month! Luther Towers will be Friday, March 11th at 1:00pm and Luther Village will be Friday, March 25th at 1:00pm. We will have light snacks and a couple of DOOR PRIZES! Come with your singing voices and be prepared to have some fun 🎤. Sign up on the bulletin board in your building – if you have not done so already!



The church that hosts Sunday services at Luther Towers will have a Church Concert on Saturday, March 19th at 6:00pm. All are welcome to attend!



Oscar from SNAP (Food Stamps) is at 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, MARCH 2nd at 9:30am in LV-I Parlor and at Luther Towers on Monday, MARCH 7th at 9:30a.m. You do not need an appointment – it is first come first serve!

Tricia

Health 1st Medical Care

The last couple of newsletters have announced the new medical practice that is accepting new patients. Health First Medical Care will see patients at home. Ernest Tamajong is the Nurse Practitioner and will come to Luther Towers or Luther Village to complete your office visit. See card for services.

Call Tricia at 302-674-1408 ext 131, if you are interested. *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.*



HEALTH 1ST MEDICAL CARE

ERNEST TAMAJONG
CRNP(DNP)(c)
Medical Director

HEALTH FIRST MEDICAL CARE
Quality Comprehensive Care at Home

 (302) 616-9324
 (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/Optomety assessments.

Affordable health care solutions at the comfort of your home

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!



**LUTHER VILLAGE
(I)A
MARCH 11TH, 2022**

**LUTHER TOWERS
(I)A
MARCH 26TH, 2022**



**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




KARAOKE

Luther Towers

Building I Activity Room

Friday, March 11th
1:00pm

Luther Village

Building III Activity Room

Friday, March 25th
1:00pm

Snacks & Door Prizes & Fun, Fun & More Fun!
Sign Up on Bulletin Board in Your Building

Newcomers – Welcome, Neighbor!

Debbie Melvin LT-IIC01
Ron DiFebbo..... LT-III... 2016
Wilsa Coker LT-IV... 4116
Jennifer Isadorski.... LV-II.... 2213



From The Maintenance Manager
KELLY HAUER

PEST CONTROL

Luther Village Apartments

None at This Time

Luther Towers Apartments

Mar 2ndLT 1 601-623

LT 44102-4116

Mar 9thLT 1 701-723

LT 44201-4216

Mar 16thLT 1 101-110

LT 2A01-A18

Mar 23rdLT 2 C01-C18



KELLY'S REMINDERS:

When the exterminator comes to spray apartments, we are finding that some residents are not removing the bedding from their bed(s) so that it can be inspected. Please remove bedding from your bed so the mattress and box spring can be checked. This ensures that there are no bugs!

Kelly

THOUGHT OF THE MONTH

Welcome March

Hope this month will bring
a lot of change in your life.
This change will be as good as you are.
Enjoy your new month with all of
your friends and your loved ones.

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

At this time of year, I really start itching for springtime. How about you? This past weekend, my daughter and I were driving through downtown where they plant all the flowers, and we were recalling how beautifully the city maintains its flower beds. That made me think of the cherry blossoms that will soon bloom and the Bradford pear trees that are so lovely to see (even though my allergies don't like that particular tree).

With the roller coaster weather we've been having, it's easy to get discouraged. One minute the sun is shining and the next it's raining with gale force winds! I'm sure Mother Nature will even try to throw a bit more snow at us before winter retreats. One thing is for certain, spring will eventually come.

I was reminded of this while I spent part of my weekend judging the Poetry Out Loud state finals. In this high school poetry recitation contest, one student recited a poem by William Wordsworth that really got me excited knowing spring is just around the bend. Perhaps it will encourage you, too, as we wait for Spring to burst into blossom.

Quick Reminders:



Mail that is mis-delivered: We have a new postman who is just getting to know names and apartments. If you find mail that's not addressed to you in your mailbox, please don't leave it at the security desk or lying around. Write "not at this address" and put it in the outgoing mail. Also, be sure to give your apartment number to anyone who may correspond with you. The office sorts through many letters that come in without the apartment number.



Canceling Med Transport Appointments: Please call the front desk **as soon as you know** you need to cancel an appointment. By waiting to call the morning of your appointment, you might be denying someone else a chance to reserve that spot.

We've been finding food (crackers, bread, etc.) left outside, perhaps to "feed the animals." Please refrain from leaving food lying around. We certainly don't want to lure foxes or skunks closer to our residents and their pets.



I WANDERED LONELY AS A CLOUD

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills
And dances with the daffodils.

—By William Wordsworth

WILL SMITH IS *KING RICHARD*

BASED ON THE TRUE STORY THAT WILL INSPIRE THE WORLD

MOVIE NIGHT 'KING RICHARD'

Life of Venus and Serena Williams

STARRING:

WILL SMITH

THURSDAY, March 17

5:30PM

LV III THEATRE



SIGN UP ON BULLETIN BOARD IN YOUR BLDG

MOVIE NIGHT 'KING RICHARD'

Life of Venus and Serena Williams

STARRING:

WILL SMITH

THURSDAY, March 10

5:30PM

LT I (A)



SIGN UP ON BULLETIN BOARD IN YOUR BLDG



VENUS, SERENA AND A PLAN FOR GREATNESS





Monday	Tuesday	Wednesday	Thursday	Friday
28 Chicken & Dumplings Buttered Peas Biscuit / Milk Peaches	1 Salisbury Steak w/Gravy Mashed Potatoes Buttered Carrots Roll / Milk Rice Pudding	2 Pork Loin w/Gravy Roasted Potatoes Sauerkraut Wheat Bread / Milk Fruit	3 Baked Chicken w/Gravy au Gratin Potatoes Mixed Veggies Wheat Bread / Milk Bread Pudding	4 Chili w/Red Beans Rice Green Beans Cornbread / Milk Fruit
7 Chicken & Dumplings Buttered Peas Biscuit / Milk Peaches	8 LS Ham w/ Mustard Sauce Boiled Potatoes Seasoned Cabbage Wheat Bread / Milk Brownie	9 Chicken Vegetable Soup Turkey & Cheese w/ Mayo on Bun Potato Salad Milk Applesauce	10 BIRTHDAY Fried Fish Mac & Cheese Stewed Tomatoes Roll / Milk Cake w/ Icing	11 Honey Mustard Chicken Boiled Potatoes Peas & Carrots Wheat Bread / Milk Fruit
14 Beef-A-Roni Casserole Buttered Mixed Squash Wheat Bread / Milk Pie	15 National Nutrition Month WORLD OF FLAVORS DAY Fried Chicken Black-Eye Peas Seasoned Collard Greens Cornbread / Milk Ice Cream	16 Meatloaf w/Gravy Mashed Potatoes Mixed Veggies Wheat Bread / Milk Fruit	17 St Patrick's Day LS Ham w/PA Sauce Parslied Potatoes Seasoned Cabbage Roll / Milk Cake w/Green Icing	18 Baked Ziti w/Meat Sauce Buttered Peas Wheat Bread / Milk Fruit
21 Chicken Pot Pie Chef's Choice Veggies Wheat Bread / Milk Pudding	22 Pork Chop w/Gravy Mashed Sweet Potatoes Buttered Spinach Wheat Bread / Milk Fruit	23 Vegetable Soup Chicken Salad on Bun Coleslaw Roll / Milk Yogurt	24 March for Meals 50th Anniversary Baked Salmon w/ Dill Butter Sauce Wild Rice / Broccoli Wheat Bread / Milk Oatmeal Cookie	25 Baked Chicken w/Gravy Mashed Potatoes Buttered Carrots Wheat Bread / Milk Fruit
28 Italian Meatballs Spaghetti Broccoli Italian Bread / Milk Butter Cookies	29 Fried Chicken Mac & Cheese Mixed Greens Cornbread / Milk Mousse	30 Taco Chili Salad Lettuce & Tomato Tortilla Chips Milk Pudding	31 Liver & Onions w/Gravy Mashed Potatoes Green Beans Wheat Bread / Milk Yogurt	1 Liver & Onions w/Gravy Mashed Potatoes Green Beans Wheat Bread / Milk Yogurt

March 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 12pm Church Service (I)A	28 9am Food Stamp Rep (I)A 10:15 Morning Stretch w/Betsy 5pm Bingo (II)A	1 3pm Cherub Group (I)C	2 5:30pm Bingo (I)A	3 12pm-12:45pm Postage Stamps for Sale (I) Library 1pm British Wives (I)A 5:45pm Bingo (IV)	4 5:30pm Bingo (I)A	5 5pm Bingo (II)A
6 12pm Church Service (I)A	7 9am Food Stamp Rep (I)A 10:15 Morning Stretch w/Betsy 5pm Bingo (II)A	8 3pm Cherub Group (I)C	9 1pm-4pm Methodist Women (I)C 5:30pm Bingo (IV)	10 5:30pm MOVIE NIGHT (I)A 5:45pm Bingo (IV)	11 1:00pm KARAOKE TIME Light Snack, Fun Door Prize (I)A 5:30pm Bingo (I)A	12 2pm Private Reservation (I)A 5pm Bingo (II)A
13 12pm Church Service (I)A	14 10:15 Morning Stretch w/Betsy 5pm Bingo (II)A	15 12:15 to 1:00pm Food Box	16 5:30pm Bingo (I)A	17 5:45pm Bingo (IV)	18 1pm GAME DAY w/Central Middle School Kids (I)A (table games, cards, dominoes, Uno, etc.) 5:30pm Bingo (I)A	19 6pm Church CONCERT (House of God from Sunday services) (I)A 5pm Bingo (II)A
20 12pm Church Service (I)A	21 10:15 Morning Stretch w/Betsy 5pm Bingo (II)A	22 12:15 to 1:00pm Food Box	23 5:30pm Bingo (I)A	24 5:45pm Bingo (IV)	25 5:30pm Bingo (I)A	26 6pm MEET N' GREET (I)A 5pm Bingo (II)A
27 12pm Church Service (I)A	28 10:15 Morning Stretch w/Betsy 5pm Bingo (II)A	29 12:15 to 1:00pm Food Box	30 5:30pm Bingo (I)A	31 5:45pm Bingo (IV)		3 5pm Bingo (II)A



March 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1 9:30am Prayer (I)A	2 10:00-11:30am Food Stamps Rep (I)A 10am Bingo (I)A	3 10am Bible Study (I)A 12-3pm Ceramics (III) 1pm-1:45pm Stamps for Sale (I) Parlor 6:30pm Bingo (I)A	4 9am Private Reservation (III)A	5 9am Private Reservation (III)A
6	7 5:30pm Dominoes (I)A	8	9 9am-12pm Senior Companion (III)A 10am Bingo (I)A	10 10am Bible Study (I)A 12-3pm Ceramics (III) 6:30pm Bingo (I)A	11 4pm MEET N' GREET LV(I)A	12
13 11am Church (III)A	14 5:30pm Dominoes (I)A	15 11:30 to 12:00 Food Box	16 10am Bingo (I)A	17 10am Bible Study (I)A 12-3pm Ceramics (III) 5:30pm (III)A MOVIE NIGHT 6:30pm Bingo (I)A	18 9am-9pm Welsh (III)A 9am Private Reservation (I)A	19
20 11am Church (III)A	21 5:30pm Dominoes (I)A	22	23 10am Bingo (I)A	24 10am Bible Study (I)A 12-3pm Ceramics (III) 6:30pm Bingo (I)A	25 1pm KARAOKE Light Snacks, Door Prizes & Fun! (III)A	26 9am Private Reservation (III)A
27 11am Church (III)A	28 5:30pm Dominoes (I)A	29	30 10am Bingo (I)A	31 10am Bible Study (I)A 12-3pm Ceramics (III) 6:30pm Bingo (I)A	1 9am Private Reservation (III)A	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