

Newsletter



August 2022



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From the Desk of The Executive Director

KIM MENDOZA

Well, I hope you are enjoying the hot weather... because it is here! And yet, before we know it, cooler weather will be back. So try to get out when it isn't so humid and enjoy all of nature's beauty; it is usually cooler down by the lake.

Speaking of beauty, have you seen the old bushes have been removed and sod put down? Looks so good! River rock is also going to be put down the length of the fence on the drive to make that area look more appealing.

The old wood swing was removed months ago and we recently received the new Polyvinyl swing. Looks so much nicer and is very sturdy – so go out and get your swing on!



Recently completed is the expansion to Luther Towers 2 laundry room. You once had the smallest and most congested laundry room on both campuses. The new area gives you so much more room to move around, plus you gained a dryer and a much more updated look.



Luther Village 2 parlor area was repainted and had the carpet replaced and furniture was rearranged, and with new decorations on the way. Luther Towers 4 reception desk area is being redone; the floor was replaced in the kitchen area and the computer desk area is being redone.

We really hope you enjoy all of the projects being done around here in an effort to make this a place you love to call home. We enjoy doing them for you.

One issue of concern of which I was recently informed is that residents are covering their smoke detectors in their apartments. We can all ponder as to why someone might do this; however, it is a safety violation and could place your life as well as the lives of others in danger. Anyone found doing this will receive a lease violation. You never know how important a smoke detector is – until you need one.

ARE YOU LOOKING FOR SOMEONE TO TALK TO? THIS COULD BE FOR YOU.

Are you lonely or struggling with a problem? Do you wish there was a confidential, caring, non-judgmental person in whom you could confide? Then you want to call me, Helen Morella, at St. John's Lutheran Church!

I am the Coordinator of a lay, Christian, caring ministry called Stephen Ministry. This world-wide ministry has been in service since 1975 when a Lutheran Pastor, who was also a trained Clinical Psychologist, began the ministry with his wife. In Dover, since 2006, we have helped 86 cases in our church and community and want to help you as well. We are a team of 12 lay people who have been equipped with 50 hours of initial training in care giving skills such as active listening, confidentiality, and many other skills as well.

These skills primarily focus on how to help grieving people who experience a loss of a loved one, their health, or finances. We also target helping people to cope with any change in their life, even loneliness. There are brochures in each building if you want to find out more information. Men meet with men and women meet with women.

If you would like more information on how to receive care, you can reach me through St. John's Lutheran church at 302-734-7078. Please leave your name and phone number and I will return your call.

Kim

From the Desk of The Deputy Director
JESSICA PARSONS

Summer is in full swing! I recently returned from my July vacation to Ocean City, MD, with my kids and grandkids – totaling 17 of us.



We rode a Banana Boat, played card games, spent days at the beach, went shopping and swimming. It was a good time! However, I think I need a vacation from my vacation!

We have 4 grandkids and one on the way – Look at these precious faces.

We recently changed Kelly's title to Facilities Director. Don't worry, there is no change in his job. This change is because Kelly's responsibilities include more than just Maintenance. He oversees a multitude of items pertaining to the facilities and grounds – even the projects making improvements you may have noticed.

Reminders: When you go on long trips or you believe you will be in rehab/hospital for a length of time, please have your mail placed on hold. Many times the mailman will advise us he can no longer deliver mail as the box is full.

Please return shopping carts when you are finished using them. There are times we have to review camera footage to track down carts. Be courteous to the next person who might be waiting. Remember, it could be **YOU** waiting!

We have almost completed a few renovations in Luther Towers II and IV and Luther Village II. We are excited to see the final results! Stay tuned for pictures.

Employee of the Month

This month I would like to highlight Jessica Balog. Jessica is from Collingswood, New Jersey, and has been living in Delaware since 2006. Jessica is a graduate from Wesley College with a Bachelor's degree in Psychology. She has two daughters, Leah and Averie, whom she loves spending time with at the beach. Jessica has worked in the housing industry for over 11 years and joined the Luther Towers / Luther Village team over a year ago. The Director of Admissions is the first contact with whom individuals have with our organization. Jessica is the perfect fit for this position with her down-to-earth personality combined with the utmost professionalism. She has a heart for the residents and will go out of her way to help anyone. We appreciate the hard work she does each and every day. *Jessica*



Rent will be pulled on
August 4th

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 Office of Social Services
TRICIA ROBINSON

Hello, Everyone! 🙋

Just a reminder – I sell postage stamps by the book. If you need to purchase, just stop by my office!

Many of you attended the Reptile Event and had a great time! The staff are always happy to see so many residents attending our special events. (see pictures page 11)

We have had great turnouts at our events at Luther Towers but the numbers are decreasing at Luther Village. If we are going to continue providing fun events, we need to have participants! If you haven't had the opportunity to participate as yet, do try something new and come on out and enjoy the planned events. 😊

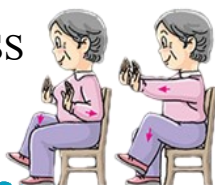


Movie Night will be at Luther Towers on Thursday, August 11th and Luther Village on Thursday, August 18th at 5:30pm The movie will be "DREAMGIRLS" starring BEYONCE. Come join us for a great time! Sign up on the bulletin board in your building.



Oscar from SNAP (Food Stamps) will be available once a month at both campuses 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, August 3rd at 9:30am in LV I Parlor and at Luther Towers on Monday, August 1st at 9:30am You do not need an appointment – it is first come first serve!

Don't forget EXERCISE CLASS every Monday at 10:15am with Betsy! It is a great way to start your week and get moving!



Thank you,

Enjoy the...

Tricia



LISA HARSHBERGER

Luther Towers Building I

Appointments:

674-1408x131 Tricia

Just \$20 for 30-Minute Session



COVID TESTS:

**Anyone can Order another
Eight (8) FREE COVID TESTS**

Contact:

CovidTests.gov or call 1-800-232-0233

PERSONALS:

**If you need adult diapers (pull-ups),
incontinence pads (sanitary napkins),
bed pads (sheet protectors)...
please call Tricia at 302-674-1408 x131**

HEALTH FIRST MEDICAL CARE

QUALITY COMPREHENSIVE CARE AT HOME

**PROVIDING A WIDE RANGE
OF SERVICES**

- Primary Care
- Mental Health Consult/
Mental Health Counseling
- Annual Wellness Exam
- Medication Management/
Pharmacy Consultation
- Audiology/Optometry
Assessments
- Podiatry

MEDICAL DIRECTOR

ERNEST TAMAJONG
CRNP/DNP(c)



CONTACT INFORMATION:

302-616-9324

etamajong@health1mc.com

www.health1mc.com

Affordable Health Care Solutions in the Comfort of Your Home

From The Facilities Manager
KELLY HAUER

PEST CONTROL

Luther Towers Apartments

Aug. 3rd.....LT-I..201-223 & B01-B18
Aug. 10th....LT-I..301-323 & 1001-1018
Aug. 17th....LT-I..401-423 & 2001-2018
Aug. 24th....LT-I..501-523 & 3001-3018



Luther Village Apartments

None at This Time

KELLY'S REMINDERS:

I have noticed that more syringes are being put in the trash loosely instead of in a container. You can use an empty soda bottle with a cap to put your used syringes in; then dispose of the bottle properly.

Used syringes are considered biohazards and need to be disposed of properly.

THOUGHT FOR THE MONTH

**It's a New Day, a Fresh Start, Fresh Energy & New Opportunities.
Get Your Mind Right, Be Thankful, Be Positive
& Start Your Day Right!**

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
Saturdays	5:00pm	(II)A

LUTHER VILLAGE

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



DOMINOS

LUTHER VILLAGE

EXCLUSIVELY

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



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**

From The Desk Supervisor – KARI EBERT

August is a magical month for me – full of excitement and possibilities. I was born in Saratoga Springs, NY, where tons of tourists flock for August horse racing at the Saratoga Race Course. I loved seeing people from all over and hearing stories from my great-grandfather who worked there. I also adore school, and I would start imagining what I would learn come September, who my teacher would be, and what I'd wear for my first day of school outfit. I still get excited when the school supplies show up in stores.

I've heard many residents recently excited about all that's been happening lately and getting excited about things to come. There are a lot of great bus trips each week thanks to Tricia's expert planning and Chris' boundless enthusiasm for driving residents. Activities like the reptile visit and karaoke days are definitely fan favorites.

And who could forget all of the fantastic renovations and upgrades that Kelly has coordinated? It's my greatest pleasure to be part of a place where the administration is always looking to the future and finding creative ways to keep things new.

What are you looking forward to this month? I challenge you to try something new or dream about what you'd like to see happen. I'm a firm believer that when you look for something, you're sure to find it whether its positive or negative. Why not look for the positive things around you?

"No one can believe that God is not good when the August gardens are in their heyday."

— Gladys Taber,
The Book of Stillmeadow

Quick Reminders:

- ◆ Please remember that the desk is our hub of communication for maintenance requests, Med Transport and bus reservations, over-night guests, and more.

It's next to impossible for maintenance or other staff to remember all the specifics that you might tell them if you catch them walking to and from their duties.

Please, call the desk even if you've told one of them. We answer the phone with pen and paper in hand!

- ◆ **Hearsay:** The security desk fields many complaints, and we can only act upon those from first hand sources. Unless you witness something happening, please keep it to yourself. You can encourage the witness to bring it to security's attention, so that we can investigate.

We all remember playing the game "telephone" and how a story grows with each re-telling.



LUTHER TOWERS • LUTHER VILLAGE
• RIDING TOGETHER ALL 3 DAYS •

BLUEBIRD SCHEDULE



RSVP to Luther Towers Security Desk
674-1408 ext “0”



TUESDAY: SAFEWAY • TARGET • FOOD LION

LUTHER VILLAGE • BE READY FOR PICK UP
8:45am, 9:45am, 10:45am, 11:45am, etc.

LUTHER TOWERS • BE READY FOR PICK UP ON THE HOUR
9am, 10am, 11am, 1pm, etc

11AM TRIP WILL BE TO CAMDEN WALMART

WEDNESDAY: ROSES • BYLERS • ACME

LUTHER VILLAGE • BE READY FOR PICK UP 9:30am
LUTHER TOWERS • BE READY FOR PICK UP 9:45am

1st WEDNESDAY OF THE MONTH

FIFER FARMS • CAMDEN WALMART

LUTHER VILLAGE PICK-UP 9am • LUTHER TOWERS 9:15am

THURSDAY:

1st & 5th WEEKS (if a 5-wk month) • CAMDEN WALMART
2nd & 4th WEEKS • CHESWOLD WALMART

LUTHER VILLAGE • BE READY FOR PICK UP
8:45am, 9:45am, 10:45am, etc.

LUTHER TOWERS • BE READY FOR PICK UP ON THE HOUR
9am, 10am, 11am, etc.

THIRD (3rd) THURSDAY • MIDDLETOWN FARMERS MARKET.

LUTHER VILLAGE • BE READY FOR PICK-UP 8:30am
LUTHER TOWERS • BE READY FOR PICK UP 8:45am

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 TOWERS
(I)A 6:00PM
AUGUST 30TH, 2022**

**LUTHER VILLAGE
(I)A 4:00PM
AUGUST 9TH, 2022**



**WELCOME TO
ROSEMARY CIRCLE**



2nd Wednesday of Each Month

1:00 pm • LT I (conf room)

Fellowship, Prayer, Learning

ALL ARE WELCOME

Sponsored by: United Methodist Women



Luther Towers
Building I Activity Room

Luther Village
Building I Activity Room

Thursday, August 18th
1:00pm

Thursday, August 25th
1:00pm

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

Newcomers

Welcome, Neighbor!

LT2 A05 Shirley Jimison
LV2 2212 Kathleen Spicer
LV3 3102 Barbara Garlic





EXCURSION TO FIFER'S



Fifer's Mission:

*To grow and sell high quality produce, while preserving the environment,
serving the community and maintaining family values.*

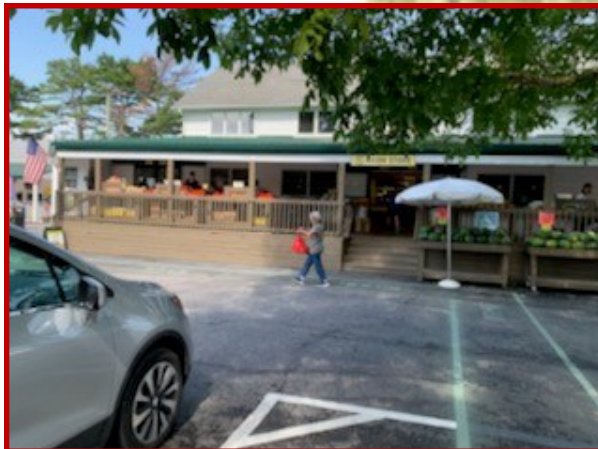
Fifer's Orchards

a 4th Generation
Family-Owned
Business Since 1919



What A Haul!!

Fifer's Farm Store is a
Wonderful Place to Shop!
So Much Beautiful Produce
& the Jars of Condiments,
the Fresh Baked Goodies...
It's Pure Heaven!



THE MORE THE MERRIER

DELAWARE 2022 VETERANS' STAND DOWN

**Friday
23 September 2022
8:30 AM - 2:00 PM**

**Schutte Park
10 Electric Avenue
Dover, DE 19904**



VETERANS' STAND DOWN

Community & VA Services for ALL Veterans

Housing • Medical • Flu Shots • Behavioral Health • VA Eligibility & Benefits

Hair Cuts • Legal Service • Hot Lunch

Transportation Provided at key pick up locations.

**Donations may be sent to the "Delaware Veterans' Stand Down" at
12385 Sussex Highway • Greenwood, DE 19950**

**For more information contact:
302-349-4898 or Lbjnavcret@hotmail.com**

veteransawarenesscenter.com

The Reptile Event!



JAMIE
FOXX

BEYONCÉ
KNOWLES

EDDIE
MURPHY

DREAMGIRLS

A DRŽITELKA OSCARA® ZA VEDLEJŠÍ ŽENSKOU ROLI*

JENNIFER
HUDSON

MOVIE NIGHT

'DREAMGIRLS'

MUSICAL STARRING:

BEYONCÉ

THURSDAY, AUGUST 11

5:30PM



LT I (A)

SIGN UP ON BULLETIN BOARD IN YOUR BLDG

MOVIE NIGHT

'DREAMGIRLS'

MUSICAL STARRING:

BEYONCÉ

THURSDAY, AUGUST 18

5:30PM



LV III THEATRE

SIGN UP ON BULLETIN BOARD IN YOUR BLDG

Menu August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef-A-Roni Casserole Buttered Squash Wheat Bread / Milk Fruit	2 Honey Mustard Chicken Boiled Potatoes Peas & Carrots Wheat Bread / Milk Oatmeal Cookies	3 LS Ham & Cabbage Boiled Potatoes Wheat Bread / Milk Applesauce	4 Fried Chicken Mac & Cheese w/White Cheddar Seasoned Mixed Greens Wheat Bread / Milk Pudding	5 Cheeseburger on Bun Lettuce & Tomato Sweet Potato Fries Milk Fruit
8 Chicken & Dumpling Buttered Green Beans Roll / Milk Peaches	9 Swiss Steak w/Gravy Mashed Potatoes Buttered Carrots Roll / Milk Applesauce	10 Taco Chili Salad w/Sour Cream Lettuce & Tomato Salsa & Tortilla Chips Milk Fresh Fruit	11 Roast Beef w/Gravy Mashed Potatoes Broccoli Dinner Roll / Milk Cake BIRTHDAY	12 Meatloaf w/Tomato Gravy Mashed Potatoes Peas Wheat Bread / Milk Applesauce
15 Spaghetti w/Meat Sauce California Blend Veggies Garlic Bread / Milk Peaches	16 Chicken Marsala w/Mushrooms Rice Pilaf Chef's Choice Veggies Bread / Milk Cookies	17 Sloppy Joes on Bun Buttered Corn Potato Wedges Milk Applesauce	18 Fried Fish Mac & Cheese Stewed Tomatoes Roll / Milk Fruit	19 Baked Chicken w/Gravy Mashed Potatoes Buttered Broccoli Wheat Bread / Milk Fruit
22 Salisbury Steak w/Onion Mushroom Gravy Mashed Potatoes Buttered Peas Wheat Bread / Milk Fruit	23 Boneless Chicken w/Cranberry Glaze Rice Veggie Blend Wheat Bread / Milk Fruit	24 Hotdog on Bun Baked Beans Coleslaw Milk Fresh Fruit	25 Fried Chicken Mashed Potatoes w/Gravy Collard Greens Cornbread / Milk Pudding NUTRITION CLASS	26 Meatball Sub Pasta Salad French Fries Milk Cookies
29 Chicken Pot Pie Buttered Mixed Squash Roll / Milk Fruit	30 Pork Loin w/Gravy Candied Yams Buttered Spinach Wheat Bread / Milk Pudding	31 Chicken Salad on Bun Lettuce & Tomato Milk Fresh Fruit	1	2

August 2022 Activity Calendar

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August 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 5:30pm Dominos (I)A	2	3 9:30am-11am SNAP Rep (I)A 10am Bingo (I)A	4 10am Bible Study (I)A 12-3pm Ceramics (III) 5pm Bingo (I)A	5	6
7 11am Church (III)A	8 5:30pm Dominos (I)A	9	10 10am Bingo (I)A	11 10am Bible Study (I)A 12-3pm Ceramics (III) 5pm Bingo (I)A	12	13 9am Private Reservation (I)A 4:00pm MEET 'N GREET (I)A
14 11am Church (III)A	15 5:30pm Dominos (I)A	16 11:30am-12:00pm Food Box	17 10am Bingo (I)A	18 10am Bible Study (I)A 12-3pm Ceramics (III) 5:30pm Movie Night (III)A 5pm Bingo (I)A	19	20 9am-9pm White (III)A
21	22 5:30pm Dominos (I)A	23	24 10am Bingo (I)A	25 10am Bible Study (I)A 12-3pm Ceramics (III) 1:00pm Karaoke (I)A 5pm Bingo (I)A	26	27 9am-3pm Murray (III)A
28 11am Church (III)A	29 5:30pm Dominos (I)A	30	31 10am Bingo (I)A	1	2	3

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
Lili Griffin, 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