

Luther Towers / Luther Village

January 2020

EXECUTIVE DIRECTOR COMMENTS....

I am sure that in your reading and watching the news you have heard the term “aging in place.” There are now large numbers of citizens around the world reaching retirement age and with that comes difficult decisions of how best to cope with the needs that inevitably come with an aging population. You will need more medical care than when you were younger, housing that is easier to manage (i.e. no stairs, wider doors) and eventually someone to assist you with daily life activities. Some activities can be accomplished though use technology. Hearing aids, glasses, cataract surgery are examples of how our senses can be enhanced as we age. There are now all kinds of mobility devices that were developed to assist us in getting around our homes as well as the ability to participate in outside activities. You should take the time now to come up with a plan for your future. The challenges of an increasingly older population is a problem that we will face as a society and one that the government will not be able to solve alone. There are a finite number of nursing home beds, assisted living facilities, doctors and the list goes on. The effects are already being seen with more use of nurse practitioners instead of doctors and the use of home care aids to assist seniors a few hours a day. You need a plan for your future. Plans are just a blueprint, a starting point that you use to get your team on the same sheet of music.

Plans are not absolute and can change every day. We start with a plan to reach our goals and then have various options to use as life happen. You cannot always guess which event will make a major change in your life. Will it be a stroke, heart attack, illness or accident?

Your plan needs to involve your friends and family if it is to be successful. Do you have a will and a medical directive if you cannot make decisions for yourself? You need to insure that they know how you will handle mobility issues and eventually the loss of driving privileges. Some day you may find that you cannot live alone and need assisted living or nursing care. How and who will help you with the transition? The waiting list for a bed in assisted care facilities and nursing homes are long.

Luther Towers and Luther Village offer some solutions for the aging in place problems. We are fortunate to be able to provide transportation for shopping, banking, and medical appointments. Activities are available to enhance your health and physical activities, walking paths and social activities. You need to take advantage of the opportunities to get exercise and work on a healthy lifestyle. Smoking cessation and a healthy diet can work wonders to slow aging. We will continue to work to identify activities that you will be interested in and contribute to a healthy lifestyle. I hope you all have a Happy New Year and one that brings good health.

The end of the year is a classic opportunity to look back and learn...how can I improve myself over the upcoming year?-- a self-assessment of sorts. January brings that fresh start of a new year – let's make the most of it!

Think of all the things that you both accomplished and things that you set out to do, but did not get done over the previous year. There are both reasons why you accomplished objectives and reasons why you did not. Maybe this year is the year that you will get these things done...you have to want to before you will. Some common resolutions are smoking cessation, exercising, dieting, reconciling with a loved one, volunteering time, getting end of life affairs in order and the list goes on. First, decide what is stopping you, remove the barrier, and press on.

Let's take 2020 by storm with great vision and clarity. Reexamine why we're doing some things and why we are not doing others. Who knows? You just might make some headway on an issue that you thought was a lost cause years ago. Here are some things to think about as you consider how to make 2020 your best year ever.

Challenge the status quo. Am I satisfied with the way things are, or are there changes I can make to improve my quality of life? We all know that we do not control when our last day on earth will be, but we do control the quality of our life while we are here. Change is hard sometimes, but change allows us to experience the "spice of life." All too often, we resign ourselves that it's "good

enough" and lose out on that "spice of life."

Maybe it is time to reconsider the way we spend the precious commodity of time. What are your priorities in life? What have I always wanted to do, but put it off? Have I followed my true passion?

Take a risk. Try something different. Maybe you would like to do volunteer reading for kids at the local library, become a docent for one of the museums, mentor a child or adult, volunteer at the hospital, or take a collegiate class at one of our many institutions of higher learning. The list is endless. Speak up and pursue your goals...it's never too late.

Measure! If you decide to pursue some exercise [with your healthcare provider's approval], at some point you're going to want an objective assessment as to how you're doing, whether it is stepping on the scale, determining your body fat index, or simply noting that you are walking longer distances. Without a no-nonsense measurement, it is very difficult to gauge your success or failure. It's hard to improve what you can't measure. So how would you know if you've succeeded?

Go for it. It's going to be a new year, everybody! Let's not be afraid to take the bull by the horns and tackle the issues that stand between you and your goals. Put your mind to it, not just for the new year—make reexamination a habit. We do not live in the past, we live today preparing for the future.

May 2020 bring you a vision of future achievement, acuity regarding your life's priorities, and clarity of purpose.

Happy New Year everyone!

Jeff Lewin
Deputy Director

THE BULLY BLOG



With all the holidays are behind us now, I hope you all had a wonderful time celebrating with family and friends. I know I did, now on to all the New Year has to offer. Thank you to everyone who gave cards, candies and other goodies. Your thoughtfulness and generosity are appreciated. I have a challenge for you – if you are able let's try to keep that going. As Mr. Coy stated in his article there comes a time when we may need a little extra help, so if you see someone in need think about how could help them out. Maybe you cooked a little too much food and could offer some. Pick up something from the store while you are out. Or just stop in a visit and lend an ear. Sometimes people just need to know someone else cares. Can you be that someone??

In His Spirit, Kim

“TALK WITH TRICIA”



Hello Everyone ☺

I hope everyone had a nice Holiday season!

Home Instead Senior Care program Santa to a Senior blessed us again this year with 450 wrapped presents for both campuses!! The kindness and generosity they show to our residents every year is greatly appreciated! I am disappointed when I hear folks grumbling about the present as Home Instead puts forth great effort to wrap all those gifts! It is not the value of the gift that matters it is the love that was put into it- in fact we are the only facility that Home Instead gives to ALL of our residents. If you would like to send a note of thanks to Home Instead here is the address:

Home Instead Senior Care
Santa to a Senior
755 A Walker Rd.
Dover, De 19904

January 6 at 1pm will start a 6 week class (on Monday's) for those who suffer from Chronic Disease. Please try to attend so the Division of Health and Social Services will continue to host health educational seminars at our facility. Thank you!

We are continuing to enjoy Movie Night! January movie will be a hilarious NEW comedy starring Kevin Hart and Bryan Cranston ‘THE UPSIDE.’ Please come join us we would love to have you!

There will be a Yard Sale hosted by resident Barbara Hahn on Saturday, Feb 8, 2020 if you are interested in participating please call Barbara at 678-2390.

DUPLICATE REMINDER:

Lighthouse 2, LLC- DOCTOR APPTS AND SHOPPING

PHONE NUMBER 302-632-7033

M&T Reliable Transportation – DOCTOR APPTS AND SHOPPING

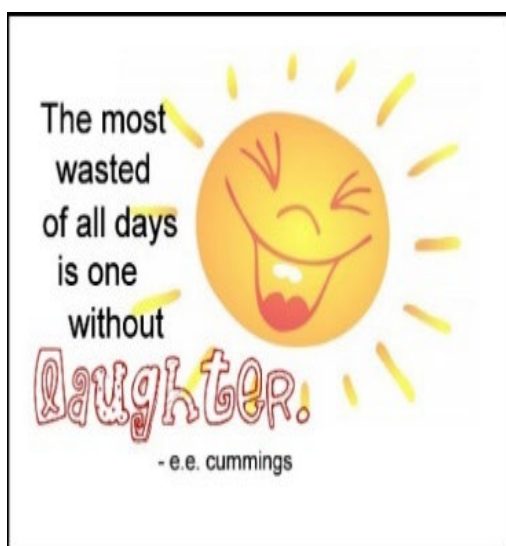
PHONE NUMBER 302-660-9734

WHEELCHAIR ACCESSIBILITY AVAILABLE

Harvest Years Senior Center- DOCTOR APPTS AND SHOPPING

PHONE NUMBER 302-698-4285

Thank you, Tricia



Notes from the Desks

Thank you to all the residents who gave us cards during the holidays! One in particular was very memorable and

Security is grateful for its very kind acknowledgement: “It’s a great pleasure knowing you all and seeing the efficiency you all have with this important position. I’m sure you have lots to deal with but you all seem to handle anything and everything – I appreciate you all. Love, Ann C.” Kind words truly can warm the heart!

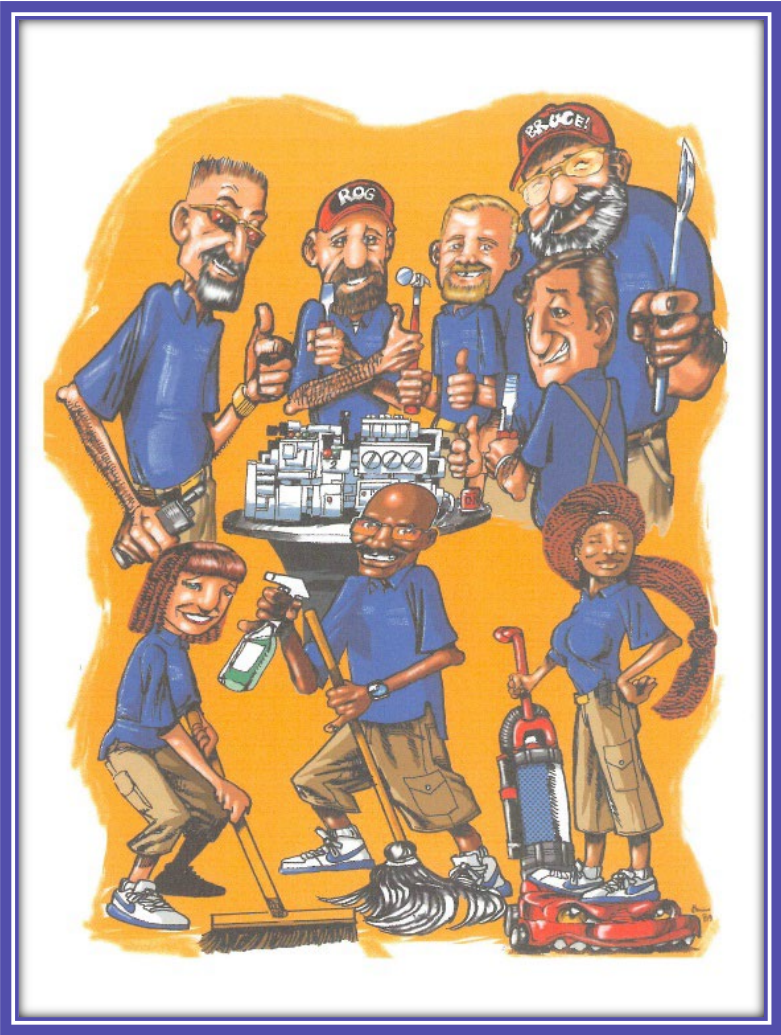
With bitter cold weather comes the risk of ice which may lead to falls. Remember, when it’s not icy, stock up ahead with easy meals (canned soups and pastas, apples, cheese & crackers, sandwich makings, cereals) so you’re not tempted to “brave it” and go out on bad days. A fall just isn’t worth the trouble it may cause!

And, let me ask a favor, here: If your doctor changes their practice address, phone number, or closes up shop, please let the desk know so we can keep our database up-to-date. Otherwise our drivers won’t know where to take resident – so thanks in advance.

Hope everyone has a healthy, fun, cheery, and safe 2020!

Marcie B. Security Specialist

MAINTENANCE NEWS



Kelly’s Reminders: I have noticed that residents are still leaving their trash inside the trash chute rooms of the buildings. Sometimes it may be your aide that does it. Please put trash down the chute and not on the floor of the trash chute room.

Pest Control - Luther Village Apartments

- Jan 23rd – 4301- 4316

Pest Control - Luther Village Apartments

- Jan 2nd – LV3 – 2nd, 3rd & 4th floors
- Jan 8th – LV3 – 1st floor & LV2 – entire bldg
- Jan 15th – LV1 – 2nd & 3rd floors
- Jan 23rd – LV1 – 1st floor

Thought for the month

With the new year, always believe something wonderful is about to happen.

Kelly



NEWCOMERS

Lydia Williams	LT4	4307
Audrey Totten	LT3	3018



MEDICAL TRANSPORTATION

SCHEDULE YOUR MEDICAL APPTS FOR MONDAYS, TUESDAYS, AND THURSDAYS BY CALLING LTI’s FRONT DESK – 674-1408 (EXT 0). Please have your appointment information available and turn your TV or radio volume down before calling.

Holiday for next 3 months:

Jan 1st – New Year's Day

Jan 20th - Martin Luther King Jr. Day

Feb 17th– Presidents Day

No transportation will be provided

Medical driver will call the afternoon before your appointment. If you do not receive a call by 6:00 p.m., please contact LT1's front desk to confirm your appointment.

When you call to make an appointment for transportation, do not leave voicemail messages with the information. Call back and talk to whoever is on-duty personally. This will eliminate possible confusion. Please remember this is a first-come first-serve service.

LUTHER TOWERS ACTIVITIES



Bingo – LT1 Bingo Wednesdays and Fridays – 5:30 p.m. in LT1 Activity Room. Fridays - 6:00 p.m. in LT2 Parlor, Thursdays – 5:45 p.m. in LT4 Parlor, and Thursdays – 5:30 p.m. in LT3 Parlor.

Cherub Group – **14 January** at 3:00 p.m. in LT1 Conference Room. For residents who have knitted or crocheted

baby blankets for newborn babies at Bayhealth.

Crochet Club – Monday's 1:00 – 3:00 pm, LT1 conference room

Dominoes – On the 1st and 3rd Thursdays 7 p.m. in LT1 Activity Room and LT4 on Saturdays at 5:30.

Food Box pick-up – **21 January**, 12:15 – 1:00 p.m. Boxes will be distributed outside in front of each building. For questions, contact Tricia Robinson.

Movie Night – **9 January**, LT 1 – 6:00 p.m. – RSVP to Tricia “.

Religious Services

LT1 – Activity Room

Church Service - Sundays - 11:30 a.m.- 1:00 p.m.

Holy Cross Communion – Sundays at 10:30 in LT1 Activity Room.

Prayer groups – Wednesdays at 7-9 p.m. in LT1 Conference Room.

Bible Studies – Tuesdays at 6:30 – 8:30 p.m. in LT1 Activity & Conference Room.

Dover Church of Christ Outreach – Mondays at 6:00 p.m. in LT1 Activity Room.

MASS – *Unknown at this time*

Ladies...What Are You Looking For?

Ladies...do you feel as though something might be missing from your life? Maybe you would like to be part of a group of Christian women that meet every month right here at Luther Towers. We are the United Methodist Women, although you

DO NOT need to be a United Methodist to join us. Our "purpose" is to know God better, to develop fellowship with one another and to support the mission of United Methodist Women in their aid for programs for women, youth and children.

United Methodist Women is 150 years old this year with 800,000 members worldwide. Our group here at Luther Towers is a part - or Circle - of Wesley United Methodist Women here in Dover. The Rosemary Circle meets the second Wednesday of the month at 1PM in the Conference Room on the first floor. Members currently include Dot Harrison, Cindy Goodman, Frances Johnson (Leader) and more.

Won't you join us? We would love to include you in our discussions, study and chances to reach out to our local community and worldwide community. If you have questions, please contact President Barbara Rafte at 302.632.6308 or b.rafte@gmail.com. Or just show up! ***We would love to see you.***

Barbara Rafte

President, Wesley United Methodist Women

302.632.6308 (cell)

b.rafte@gmail.com

"I will walk by faith even when I cannot see" 2 Corinthians 5:7

Stamps – *8 January* at 12:00 -12:45 p.m. in LT1 Library.

LUTHER VILLAGE ACTIVITIES



Bingo – Thursdays at 6:30 p.m. in LV1 Activity Room.

Ceramics – Thursdays 12 - 3 p.m. in LV3 Arts & Crafts Room.

Dominoes – Mondays at 5:30 p.m. in LV1 Activity Room.

Exercise (YMCA)!!!! – Thursdays at 1:15 - 2:00 p.m. in LV3 Activity Room. Chair yoga and exercises.

Food box pick-up – *21 January*, 11:30 – 12:00. Boxes will be distributed in LV2 Activity Room. Questions, contact Tricia Robinson.

Games – Fridays & Saturdays, 6:00 p.m., LV1 Activity Room.

Glass Painting – *27 January* at 1 p.m. in LV3 Arts & Crafts Room.

Knit & Stitch – *14 January* at 1:00 – 3:00 p.m. in LV2 Activity Room.

Movie Night – *16 January*, 6:00 p.m. LV3 activity room. RSVP to Tricia. “”.

Pokeno – Wednesdays at 6 p.m. in LV1 Activity Room.

Religious Services –

In LV1 – Activity Room:

Bible Study – Thursdays at 10 a.m.

Prayer – 3 December at 9:30 a.m.

Holy Communion – Mondays at 9:30 a.m.

In LV3 Activity Room:

Church Service – Sundays at 11 a.m. - 1 p.m.

Senior Companion Worker Meeting – **29 January** in LV3 Activity Room.

Sign Language Class – Fridays at 6:00 pm in LV3 Activity Room.

Stamps – **8 January** from 1:00-1:45 p.m. in LV1 Activity Room.

INFORMATION FOR BOTH CAMPUSES



Rent will be pulled on 6 January. Some months your rent may not come out of your account on the 4th, due to holidays, weekends, etc. **Please check with your bank to verify the rent has been deducted** before pulling your money out assuming the rent was already paid. This will save you from Non-Sufficient Funds problems.

TOWERS 1 – NEWS!

Reflecting over this past year, there have been so many world events and difficult catastrophes that have taken place. In

America, we've witnessed an increase in violence, divisions caused by bigotry towards racial and ethnic groups, as well as partisan politics. Together, we must go forward. I think of the New Year as a fresh start, a new beginning, and a chance to correct the wrongs. Let us wipe the slate clean, and pray that this New Year will be different, leaving behind the past, and living in the present. I realize that we cannot change the world, but we can have a positive effect on our world (the nucleus of those around us on a daily basis). Proverbs 27:3 tells us, "Boast not thyself of tomorrow, for thou knoweth not what a day may bring forth". We simply do not know what may happen from day to day.

There is an old hymn that comes to mind at times when I think, "What's next?" It gives me the strength to keep pushing forward, the first verse reads "I don't know about tomorrow, I just live from day to day. I don't worry about the o'er the future for I know what Jesus said, and today I'll walk beside Him for He knows what lies ahead." Then the chorus reads, "Many things about tomorrow I don't seem to understand, but I know who holds tomorrow, and I know who holds my hand."

In closing, I would like to say there are many things about tomorrow that I really don't seem to understand, but I know who holds my tomorrow, and I know who holds my hand (beyond a shadow of a doubt).

Father God, I pray in the name of your son, Jesus, our savior. Please lead, guide, direct, help and strengthen us in the days ahead.

Have your way Lord. God's blessings to all, and a Happy New Year!

Later,
Clyde Moyer

TOWERS 3

WHO/WHAT AM I?

Last month's answer: Fred Astaire and Peter Lawford.

Who/What am I? In the 1940's & 50's I had a band. My instruments, along with regular ones, included a .38 revolver, washboard and horn from a Model T Ford. Who am I?



Stupid things I have done

First, I'd like to inform everyone that I am very old school and I live in the past. Why: Because I am frustrated with what has become of the world (my country) Living in the past I remember things I've done, some good, some not so good and some stupid. I look back at these stupid things and laugh at myself. Something we all should do.

This is to share with you some of those things I have done – if you have stories to share, please pass them on to Kim.

While I was in Los Angeles, CA waiting on an assignment I stayed with an old Army buddy who worked at Warner Brothers studio as an extra doing stunts. He got a call to go in for a movie called “The outlaw Josey Wales.” It was a 5:00 a.m. call. He suggested that I go along and maybe get a part. I told him I wasn't an actor but he said it didn't matter. So off we go. While waiting with a few others, the questioned was asked if anyone had experience with horses. My buddy yelled, “My friend here was a cowboy for a log while.” This guy comes running over and asked if I could fall off a horse. I said “sure.” He asked me to follow him. Before I knew it we were in a stable, he picked a horse and told me to saddle up and meet him outside. I rode out like Gary Cooper “tall in the saddle”. Then this guy points at me and says “park it there and come here.” I thought who is this guy, oh yeah, the stunt coordinator. I dismounted and walked to him. He said “ok, I want a running mount.” I took off toward the horse, just as I was ready to hit the stirrup he yelled “Hey.” I turned to look, next thing I know, I ran into the horse and landed in the dirt. I looked up at the horse, who was looking down at me. He tossed his head in the air and I could swear he was laughing at me. At any rate, the stunt crew was laughing. “Ok fella, you'll do!”

I was told I would have a short line while doing the running mount. This time I would not let anything distract me (stupid move #1). “When you hear the Gatling guns fire, look and see Clint riding down that hill.” I stopped him, Clint who? Clint Eastwood. So you look

up and see him, say “Hey it’s Josey” then sprint to a horse, your foot will get caught in the stirrup and the horse will drag you off scene. “Got it?” “Sure, ok” I replied.

So the Gatling gun goes off (biggest stupid coming up) I look up the hill and yell, “Hey here comes Clint!” I didn’t hear, “What the hell?!” Cut, cut, cut!! By the time I hit the stirrup I knew something was wrong, why because I was hanging by my foot and the horse wasn’t moving. As I hung there, Clint rode up to me, spit (not on me) and said “Marvelous!” He rode away laughing. I did get it right on the second take and found out I wasn’t the only one who messed up. But I made \$2,800 for that mess. My 15 minutes of fame. I went to the opening at Mann’s Chinese theater in Hollywood just to find out my great scene had been cut. Hooray for Hollywood. I decided to start with this story because it is my “almost” 15 minutes of fame.

- David Masterman

TOWERS 2, 4 AND VILLAGE 3



(No reporters, if interested please contact Kim or Tricia)

VILLAGE 1 – NEWS!



What a great Christmas Dinner we had on December 19th, served by Towers’ administration in LVIII’s Activity Room. We, Luther Village residents, were certainly appreciative, and all had a good time.

I have to say our Glass Painting’s Christmas party on December 23rd was very nice---the food was scrumptious. With the holiday spirit, everyone had a good time and left with a nice gift. And...everyone is looking forward to the first Craft Class on the last Monday of January. The cost is the same and it will be fun as always.

Also, want to mention that LVII had a nice Christmas party on December 21st. Lots of good food; plus, the Christmas spirit and comradeship surrounded all that attended.

Speaking of holiday spirit: the Christmas Trees in Luther Village helped broadcast the essence of the Christmas spirit. Thanks to those that decorate the hall windows on LV1’s 2nd and 3rd floor for the holiday and season at hand. It certainly conveys a hospitable feeling.

Well, I have several people asked if we were going to have a Spring Yard Sale; and the answer is yes...if enough tables

are rented. Several residents have volunteer to help which will make it a lot easier this time. The table rental will be \$3.00 rental (as usual) and this will pay for the advertising--which always helps. Oh, if you want the same table spot you had last time, please let me know. Keep an eye on your bulletin board and monitor for forthcoming info.

December's Coffee Klatch was enjoyable as always. There was plenty of coffee along with donuts and bagels; plus, Betty S. (LV1) donated home-made muffins. They were sure tasty...thanks Betty. All had a good time chit-chatting as well. A thank you to Georgianna for offering a very touching prayer for Edna F. (whom LV lost in early December). The next Coffee Klatch will be on January 14th. As always \$2.00 plus \$.50 each for additional bagel or donut.

For our Catholic residents, don't forget every Monday at 9:30 am in LV1's activity room, the Sacrament of Holy Communion is offered.

A big *Thank You* goes out to Joan Jones for keeping LV1's Library looking neat and clean.

Several complaints about visitors using our grocery carts without returning them. Edna Frances (LVIII), who passed away early December, will be missed by so many...especially those in the Coffee Klatch.

“He will wipe away every tear from Their eyes, and death shall be no more.

Neither shall there be mourning, nor Crying, nor pain anymore, for the Former things have passed away.”

Revelation 21:4



Please say a prayer for Luther Villages' ill residents and pray for our world to be at peace.

Thought for the day: *The tongue has no bones, but it is strong enough to break a heart. So be careful with your words.*

DEVEILED EGGS WITH CREAM CHEESE & BACON

6 hard-boiled eggs

2 oz Neufchatel cheese (regular cream cheese can be used)

1 ½ tbs. light or no fat mayo (or Miracle Whip)

1 tsp. Grey Poupon Dijon mustard (or mustard of choice)

1 tsp vinegar

¼ tsp paprika (optional for topping)

5 slices bacon, cooked and crumbled

½ tsp sugar (or Splenda)

Dash salt & pepper

- Cut eggs in half lengthwise. Remove yolks; set whites aside. In a bowl,

- mash yolks. Add the cream cheese, mustard, mayo, vinegar, sugar and salt and pepper; mix until blended.
- Stuff mixture into egg whites. Sprinkle with bacon. Refrigerate until serving.

FRESH NEW YEAR

Another fresh new year is here...

Another year to live!

To banish worry, doubt and fear,

To love and laugh and give!

This bright New Year is given me

To live each day with zest...

To daily grown and try to be

My highest and my best!

I have the opportunity

Once more to right some wrongs,

To pray for peace, to plant a tree

And sing more joyful songs.



SAM



VILLAGE 2 – NEWS!



January is here and another year is starting. Think of what you want to do this year. Do we take trips or stay at home and vegetate? Remember to get out and walk for your health.

LVII had their Christmas party and it was really nice. Our money fund bought a tray of mini subs and some residents brought tasty potluck dishes. All who came had a really good time. We also gave some nice door prizes. Gifts were given to the ones who pulled names.

Residents with motorized wheelchairs should be careful as they run our halls. One of them almost hit me, but the person denied it and laughed about it. Not funny to me! If I had been hit, I would have fallen. Broken bones may have been a result. So please for the courtesy to other people here, please slow down.

I wish to thank all those who purchased my home-made soup, thank you and I wish you a Merry Christmas and Happy New Year.

Please try to keep our trash room a little neater. Someone is just tossing boxes etc. in any old way, and please separate your recyclables. I personally do not wish to carry trash outside, as it is too cold and it's too far for some of us to walk.

It is okay to eat a snack or meal in our Activity room, but please wipe the table clean when you are done. Several times we have found spilled food on the table which stained the table. Consequently, we must bleach the table to get it out. So

please wipe the table clean when you are finished. There is a dish cloth on the sink for that reason. Thank you!

When the activity room has a meeting or party in it, please do not go in to get things from the machines. It disrupts what is going on in there. Thank you!

The Christmas lunch Luther Tower gave us was nice as usual. The meal was good, and it seemed that all had a good time, laughing and chatting. It was nice to get together to see and talk to those whom we do not see every day. Thank you, Mr. Coy!

We have lost so many of our friends this past year, but we must continue to move forward with our life and our time. Soon things will be bursting around us with a new life of its own. We should feel the energy growing around us and move with it, doing things we like to do. Looking around us I see the world that God has created and all the beautiful things in it. You can see it too, if you really look beyond the trouble and strife. A new baby boy or girl to make another grandchild, or great grandchild, that would bring a smile in your life. Or even a small trip to town or another state for the day. And Give thanks to the Lord for being here in this day.

That's all for now and have a great month.
HAPPY NEW YEAR!



MONA

It's very plain to see that someone put plenty of TLC into decorating the tree in the parlor. Thanks to all for putting out the Christmas decorations throughout the building. Great Job!

The adds are coming fast and furious, some blantant, some sly, but the message from retailers is buy, buy, buy!

Permit me to remind you what Christmas means, at least to me, that is helping those less fortunate, not a bunch of gifts under the tree.

Oh, the tree, toys and Santa are great for kids, but remind them of the rest, the real meaning of the season, letting your spirit, your soul, be it's best!

Preach the Good Book and occasionally use words.

Christmas and Thanksgiving are very close cousins,

You see, the former is not about gifts by the dozens

It is to celebrate the birth of the ONE who taught us that, helping those less fortunate is "where it is at!"

Submitted by - Ken Abraham



YARD SALE



Baked Goods, Cookies, Cupcakes

DATE: SATURDAY, FEBRUARY 8, 2020

LOCATION: ACTIVITY ROOM BUILDING I

TIME: 8AM-12PM

CALL BARBARA HAHN AT 678-2390

to reserve table

MOVIE NIGHT

'THE UPSIDE'

STARRING: KEVIN HART,
BRYAN CRANSTON

THURSDAY, JANUARY 16

6:00PM



LV III (A)



SIGN UP ON BULLETIN BOARD IN YOUR BLDG

MOVIE NIGHT

'THE UPSIDE'

STARRING: KEVIN HART,
BRYAN CRANSTON

THURSDAY, JANUARY 9

6:00PM




LT 1 (A)



SIGN UP ON BULLETIN BOARD IN YOUR BLDG

REBUS FOR YOU !

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

1. FACE	2. EGG EGG HAM
3. BUR	4 THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS...
5. TEEF FEET TEEF	6. FAMILY  SHEEP
7. po FISH nd	8. ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9. TIME a b d e f g h i j k l m n o p q r s t u v w x y z	10. DAYSALLWORK

Top 10 Scams for the Elderly

10-Check Fraud/Pigeon Drop-- It begins when a stranger approaches their intended victim. The **scam** artist explains how they just found money and want to share it with the victim.

9-Sweetheart Swindle- meets someone online, then sends them money.

8-Investment Scams- Stocks-make sure the person is licensed.

7-Front Door Fraud- Door to door sales, tries to get information on name, card numbers, birthdate etc.

6-Medical Alert System-calls and asks for "credit card number for shipping" At health fairs, if they do swabs-they can get your DNA to bill for unnecessary medical bills.

5-Charity Solicitation- most charities hire marketing companies to do all the work. Out of a \$100 donation, you would be lucky if the charity receives \$1.00. Some marketing companies call and make statements such as "are you going to contribute what you did last year?" Even though you may not have given at all, it's a trick to make you feel you did contribute before.

4-Government/Banking Imposters- the phones calls from IRS or banks. Any phone calls from a company asking for credit card information is FRAUD. By law, the IRS has to send 3 official notices by mail before a collection agency will even call. When using your credit card at the checkout line—scammers will take a picture of your credit card. They now have your name and your entire credit card number and all they need now is the 3 digit number on the back. They use social engineering to gather more information on you. They will call with a tactic to retrieve that number.

3-Healthcare Scams- this happens especially during "open enrollment". They will call and ask "did you file for a change?" No? Well, we need to confirm your information. Other healthcare scams: Pharmacy calls – we had a problem with our power and some information was deleted when it came back on. We need to get some of your information so we can fill your prescriptions. (scammers get their initial information from RX bottles just thrown in the trash or the bag the RX comes in)

2-Sweepstakes Scams- Publishers Clearing House or Readers Digest. If you win any substantial amount of money-they will not call you. They will arrive at your home and will not leave until you show up.

1.-Grandparent Scam-Scammers use social media to get as much information on your relatives. They will call and give a typical story-"grandma this is your grandson", Grandma says "Jimmy, is that you?" Now he has a name and starts with his story. Need money to get out of jail etc. Good idea to have a code word the family uses—but something the grandparent can remember. Always call and confirm with family for emergencies. "If your phone is ringing, don't go singing"

	1	2	3
	HOLIDAY	liver and onions mashed potatoes gravy green beans peaches	baked chicken white rice gravy peas cookies
6	8	9	10
meatloaf / gravy macaroni and cheese succotash pears	fried chicken mashed potatoes gravy collard greens pears	roast beef red potatoes gravy carrots cake HAPPY BIRTHDAY	teriyaki chicken stir fry vegetables white rice cookies
13	15	16	17
boneless breast of chicken cranberry glaze garlic roasted potatoes collard greens dinner roll pears	navy bean soup chicken salad hamburger roll juice cookies	flounder macaroni and cheese stewed tomatoes pudding	baked chicken honey dijon sauce roasted red potatoes broccoli fruit cocktail
20	22	23	24
HOLIDAY	baked chicken mashed sweet potatoes peas pears	chicken noodle soup tuna salad hamburger roll orange juice cookies	BBQ pulled pork hamburger roll baked potato collard greens apple
27	29	30	31
chicken pot pie wheat bread broccoli grape juice apple	baked chicken brown rice gravy brussels sprouts applesauce	liver and onions mashed potatoes gravy green beans peaches	DE baked chicken potatoes with onions and peppers beets cookies

Luther Towers - January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9am Food Stamp Rep (I)A 6pm Bingo (I)A 7pm-9pm Prayer Mtg (I)C	2 1pm British Wives (I)A 5:45pm Bingo (IV) 5:30pm Bingo (III) 7pm Dominoes (I)A	3 6pm Bingo (I)A 6pm Bingo (II)A	4 9am-9pm Young (I)A 5:30pm Dominoes (IV)
5 10:30 Communion (I)A 11:30 Youth Svc (I)A 7pm Church SVC (I)A	6 <u>1PM CHRONIC DISEASE CLASS WEEK 1 (I)A</u> 6pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	7 1 - 2:30 AARP (IV) 6:30pm – 8:30pm Women’s Bible Study (I)A&C	8 12PM-1245 STAMPS FOR SALE (I)LIBRARY 1pm-4pm Methodist Women (I)C 6pm Bingo (I)A 7pm-9pm Prayer Mtg (I)C	9 6PM MOVIE NIGHT (I)A 5:45pm Bingo (IV) 5:30pm Bingo (III)	10 6pm Bingo (I)A 6pm Bingo (II)A	11 9am-9pm Passwaters (I)A 5:30pm Dominoes (IV)
12 10:30 Communion (I)A 11:30 Youth Svc (I)A 7pm Church SVC (I)A	13 <u>1PM CHRONIC DISEASE CLASS (I)A WEEK 2</u> 6pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	14 3pm Cherub Grp I (C) 6:30pm – 8:30pm Women’s Bible Study (I)A&C	15 6pm Bingo (I)A 7pm-9pm Prayer Mtg (I)C	16 5:45pm Bingo (IV) 5:30pm Bingo (III) 7pm Dominoes (I)A	17 1130 WILLS FOR SENIORS (I)A 6pm Bingo I (A) 6pm Bingo (II)A	18 9am-9pm Davis (I)A 5:30pm Dominoes (IV)
19 10:30 Communion (I)A 11:30 Youth Svc (I)A	20 <u>1PM CHRONIC DISEASE CLASS (I)A WEEK 3</u> 6pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	21 12:15pm-100pm Food Box 6:30pm – 8:30pm Women’s Bible Study (I)A&C	22 6pm Bingo (I)A 7pm-9pm Prayer Mtg (I)C	23 6pm Meet N’ Greet (I)A 5:45pm Bingo (IV) 5:30pm Bingo (III)	24 6pm Bingo I (A) 6pm Bingo (II)A	25 9am-9pm Stevenson (I)A 5:30pm Dominoes (IV)A
26 10:30 Communion (I)A 11:30 Youth Svc (I)A	27 <u>1PM CHRONIC DISEASE CLASS (I)A WEEK 4</u> 6pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	28 6:30pm – 8:30pm Women’s Bible Study (I)A&C	29 6pm Bingo (I)A 7pm-9pm Prayer Mtg (I)C	30 10am CPR Class (I)A 5:45pm Bingo (IV) 6pm-9pm Abraham (I)A 5:30pm Bingo (III)	31 6pm Bingo I (A) 6pm Bingo (II)A	

Luther Village - January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6pm Pokeno (I)A	2 10am Bible Study (I)A 12pm–3pm Ceramics (III) 1:15pm–2pm Exercise Class (III)A 6:30pm Bingo (I)A	3 11am–4pm King (I)A 2pm Harris (III)A 6pm Games (I)A 6PM-8PM SIGN LANGUAGE CLASS (III)A	4 6pm Games (I)A
5 9am–1pm Church (III)A	6 9:30am Communion (I)A 10am FOOD STAMP REP (I)A 2pm Harris (III)A 5:30pm Dominoes(I)A	7 9:30am Prayer (I)A 5:30pm Major (I)A 6pm Wells (II)A	8 1PM-145PM STAMPS FOR SALE (I)A 6pm Pokeno (I)A	9 10am Bible Study (I)A 12pm – 3pm Ceramics (III) 1:15pm–2pm Exercise Class (III)A 6:30pm Bingo (I)A	10 11am–4pm King (I)A 2pm Harris (III)A 6pm Games (I)A 6PM-8PM SIGN LANGUAGE CLASS (III)A	11 9am-9pm Major (III)A 6pm Games (I)A
12 9am– 1pm Church (III)A	13 9:30am Communion (I)A 2pm Harris (III)A 5:30pm Dominoes(I)A	14 10AM Koffee Klatch (I)A 1pm-3pm Knit & Stitch (II)A 5:30pm Major (I)A	15 6pm Pokeno (I)A	16 10am Bible Study (I)A 12pm–3pm Ceramics (III) 1:15pm–2pm Exercise Class (III)A 6:30pm Bingo (I)A 6PM MOVIE NIGHT (III)A	17 11am–4pm King (I)A 2pm Harris (III)A 6pm Games (I)A 6PM-8PM SIGN LANGUAGE CLASS (III)A	18 9am-9pm Topping (III)A 6pm–Games (I)A
19 9am–1pm Church (III)A	20 9:30am Communion (I)A 2pm Harris (III)A 5:30pm Dominoes (I)A	21 11:30pm–12pm Food Box 9am-9pm White (III)A 5:30pm Major (I)A	22 6pm Pokeno (I)A	23 10am Bible Study (I) 12pm–3pm Ceramics (III) 1:15pm–2pm Exercise Class (III)A 6:30pm Bingo (I)A	24 11am- 4pm King (I)A 2pm Harris (III)A 6pm Games (I)A 6PM-8PM SIGN LANGUAGE CLASS (III)A	25 9am-9pm James Harris (III)A 6pm Games (I)A
26 9am-1pm Church (III)A	27 9:30am Communion (I)A 1pm CRAFT CLASS (III) ARTS AND CRAFTS ROOM 2pm Harris (III)A 5:30pm Dominoes(I)A	28 5:30pm Major (I)A	29 9am–12pm Senior Companion (III)A 6pm Pokeno (I)A	30 10am Bible Study (I) 12pm–3pm Ceramics (III) 1:15pm–2pm Exercise Class (III)A 6:30pm Bingo (I)A	31 11am- 4pm King (I)A 2pm Harris (III)A 6pm Games (I)A 6PM-8PM SIGN LANGUAGE CLASS (III)A	

LUTHER TOWERS BEAUTY SHOP

Hair Care Services Residents Public

Shampoo	\$3.00	\$5.00
Shampoo Set	\$12.00	\$15.00
Shampoo/Blowdry	\$30.00	\$35.00
Flat Iron or Curl		
Haircut	\$12.00	\$14.00
Color	\$38.00	\$42.00
Perm or Relaxer	\$48.00	\$52.00
Highlights Partial	\$25.00	\$35.00
(Foils) ½ Head	\$45.00	\$55.00
Full Head	\$65.00	\$75.00

Nail Care Services

Manicure	\$10.00	\$15.00
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Waxing Services

Eyebrows	\$8.00	\$10.00
Lip or Chin	\$5.00	\$20.00



Luther Towers & Luther Village TRANSPORTATION SCHEDULE

MONDAY, TUESDAY, THURSDAY: Luther Towers & Luther Village **Medical Transport*** for medical appointments scheduled between 8 a.m.-2:45 p.m.

WEDNESDAYS: “**BLUE BIRD**” for **LUTHER TOWERS** only:

9 & 10am- BETWEEN Food Lion on RT 10 and Safeway RT 13 then to Walgreen/Dollar Tree Shopping Center

11am- STORE PICK UP ONLY

1pm- To BANKS AND PHARMACIES (DRIVER WAITS IF POSSIBLE)

2PM- BETWEEN Food Lion on RT 10 and Safeway RT 13 then to Walgreen/Dollar Tree shopping center

~~~~~ On the **SECOND** Wednesday of each month bus goes to Byler’s at 9 and 10 only (last pick-up from Byler’s at 11)

THURSDAYS: “**BLUE BIRD**” FOR **LUTHER VILLAGE** ONLY:

1st, 3rd & 5th week of the month:

9 & 10am- CAMDEN WALMART

11am- STORE PICK UP ONLY

1 & 2pm-North as far as DOVER MALL

2nd week of the month:

9 & 10am – BYLER’S (last pick up from Bylers at 11am)

1 & 2pm- North to Cheswold Walmart

4th week of the month:

9 & 10am- Kohls Shopping Center & North to Cheswold Walmart

11am STORE PICK UP ONLY

1 & 2pm- North as far as DOVER MALL (last pick up from shops at 3pm)

SATURDAYS: “**BLUE BIRD**” FOR **LUTHER TOWERS** ONLY:

1st, 3rd, & 5th week of the month:

9, 10 & 11am- Safeway/Target and South to Camden Walmart

1 & 2pm- Safeway/Target and South to Camden Walmart (last pickup from shop 3pm)

2nd and 4th week of the month:

9, 10 & 11am- Kohls Shopping Center and North to Cheswold Walmart

1 & 2pm- Kohls Shopping Center and North to Cheswold Walmart (last pickup from store at 3pm)

BLUEBIRD RULES: MAXIMUM CAPACITY IS 14 PASSENGERS. LIMIT OF 2 BAGS PER RESIDENT PER TRIP IS PERMITTED. SEAT BELTS MUST BE WORN AND MOTORIZED WHEELCHAIRS MUST BE IN THE “OFF” (BRAKED) POSITION WHILE THE BUS IS IN MOTION



Phone Extensions for Luther Towers and Luther Village

Luther Towers 674-1408

Director, Gary Coy	Ext. 112	
Deputy Director, Ken Richter	Ext 130	
Deputy Director, Human Resources	Ext 112	
Jeff Lewin		
Social Services, Tricia Robinson	Ext 131	(Tuesday, Thursday & Friday)
Admissions, Jessica Parsons	Ext 119	
Support Services, Kim Mendoza	Ext 113	
Accounting, Sharon Poisson	Ext 132	
Maintenance, Kelly Hauer	Ext 111	
Kitchen, Nicole Newton	Ext 128	
Beauty Shop, Karen Ambruso	Ext 129	(Wednesday, Thursday & Friday)
Front Desk	Ext 0	

Luther Village 674-3780

Social Services, Tricia Robinson	Ext 210	(Monday & Wednesday)
LV1 Desk	Ext 212	
Beauty Shop, Karen Ambruso	674-2712 (ext. 305)	(Tuesday)
Medical transportation	242-6187	

(This number is to be called when you are ready for pick up after your appointment.
Call 674-1408 Ext 0 to make, cancel, or confirm appointments)

LUTHER TOWERS (674-1408)

EXECUTIVE

DIRECTOR

Gary Coy

DEPUTY

DIRECTOR

Kenneth Richter

MAINTENANCE

Kelly Hauer, Director

Bruce Johnston, Maint Tech

Larry Mason, Maint Tech

Brian Coker, Maint Tech

Rageena Collick, Custodian

Roger Kemp, Custodian

Johnny Boyd, Custodian

Donna Eacho, Custodian

DEPUTY DIRECTOR/HUMAN RESOURCES

Jeff Lewin

INFORMATION TECHNOLOGY

Cory McGlumphy, Director

SOCIAL SERVICES

Tricia Robinson, Administrator

Pete Kirch, Transportation

Dan Raube, Transportation

Thomas Flowers, Transportation

ACCOUNTING

Sharon Poisson, Director

ADMISSIONS

Jessica Parsons, Director

SUPPORT SERVICES

Kim Mendoza, Director

Marcie Bunnell, Security Specialist

Christine Branka, Security

Kirk Harris, Security

Linda Cassidy, Security

Brandy Webb, Security

Becca Dill, Security

Courtland Pitts, Security

Gary Farmer, Security

Kari Ebert, Security

Jeff White, Security

Angela Devlin, Security

NEWSLETTER

LT1 Reporter – Clyde Moyer

LT2 Reporter – VACANT

LT3 Reporter – David Masterman

LT4 Reporter – VACANT

LV1 Reporter – Sam Shaver

LV2 Reporter – Mona Cole

LV3 Reporter - VACANT

BEAUTY SHOP

(LT1) Wed, Thur, Fri 674-1408, Ext 129

(LV3) Tues 674-2712, Ext 305

LUTHER VILLAGE (674-3780)

LV 1 REPRESENTATIVE

(VACANT)

LV 2 REPRESENTATIVE

Mona Cole

LV 3 REPRESENTATIVE

(VACANT)

LIBRARIAN

LVI – Joan Jones

GAMES

Arlene Baldwin