

Luther Towers / Luther Village

March 2020

EXECUTIVE DIRECTOR COMMENTS....

The maintenance staff is continuing to find residents who place flammables on and in stoves. The smoke/fire



that comes from a stove fire can be significant and will affect

others in the building. We

had an incident on the 26th of February 2020 in

Luther Towers II when a resident placed a

disposable aluminum pan in an oven and failed to

remove the plastic cover. Plastic will burn and when it does produces black smoke

and launches soot into the air which will permeate through doors even on cabinets and closets. The staff was fortunately in

place when the incident occurred and it was still daylight. Response time was

short with Kelly arriving in one minute of the fire notification and other members

within two minutes. The smoke was cleared within 10 minutes and only minor

damage occurred in this case. Residents who cause damage to apartments will be

held financially responsible for the cost. There are several things that you need to

think about when you ignore rules

regarding fire safety. 1. Your actions affect others not just you and your apartment. Others had to evacuate and risk going down stairs and outside in inclement weather. 2. If you damage your apartment and it affects the mechanical systems in the building, others may not have a place to live until repairs are finished. 3. We are not responsible for the damage to your possessions or those of other residents that are affected. Please understand that almost every rule or regulation exists because of an incident or accident so they are important.

We are fortunate to have avoided severe winter weather including ice and snow in the parking lots and on sidewalks. Reminder: we are still not fully past the time we can have a storm or icy weather. Plan to avoid going outside or traveling if the weather should become bad. April will be here soon and with it good spring weather.

The two new grocery stores are now open, one across the street from us on Kings Highway and the other only a block away. There is some interest on the Luther Towers campus to request DELDOT install a crosswalk to make it safer to get to the store from our buildings. I am informed that DELDOT will not entertain a petition. However DELDOT does have an application that



each individual would need to fill out. There will be a handout distributed to all residents in their in house mailbox. If you are interested just fill out and return to Kim Mendoza.

TIS THE SEASON TO COMBAT ILLNESS

I know that you have been listening and reading about the Coronavirus; it is making everyone anxious. The Center for Disease Control along with federal, state, and local agencies are building preparedness plans in the event that the spread of the disease escalates in the United States. The good news is that as of today, individual risk is low.

More good news—we are not powerless. Regardless of whether it is severe acute respiratory syndrome (SARS), Influenza, or any other communicable disease, there are a number of actions we can take to reduce the potential of contracting a communicable disease.

First, wash your hands frequently and do it right. A good washing takes approximately 20 seconds as you soap up both your hands. Dry your hands thoroughly; if using one of our common area restrooms, use the hand dryers. While you should use alcohol based hand sanitizers when available, use of this does not substitute for good old fashioned hand washing. A good example of when you should use hand sanitizers is at the grocery store—you have no idea what germs all over the grocery carts.

Next, be considerate of those around you if you are ill. When sneeze or cough, do so into a tissue, or into your arm. Droplets can spread up to 8 meters (26.25 feet) with a sneeze and stay suspended in the air for up to 10 minutes.

Get a flu shot if your healthcare provider recommends that you do so. Flu vaccination can reduce the risk of flu-associated hospitalization for children and older adults. I would encourage you to have a discussion with your healthcare provider about the benefits and risk of flu vaccination—it's never too late.

Stay away from other people when you are ill and ask your family and friends to stay away from you if they happen to be sick. We will be posting signage at the entrance to each of our properties informing visitors of what they can do to mitigate the spread of communicable diseases.

So, we have a choice. We can sit idly by and worry about the potential of the spread of the latest viral disease, or we can be proactive and do something about it. I think we all know the choice which is in our best interest.

Please understand that I am not minimizing the potential impact of a pandemic—it is real. I am confident that the talented staff at the Center for Disease Control and the many public health agencies within our states and municipalities are doing everything possible to contain this virus. In the meantime, there are things we can do to

reduce the potential of contracting any form of communicable disease.

Good habits equate to good outcomes. Stay focused and we'll get through this...together.

JEFF LEWIN

THE BULLY BLOG



SUGAR?!

Is sugar addictive? Many studies have shown that sugar shares several characteristics as other addictive drugs. Not only is it palatable (taste good), but has a “hedonic value” meaning you experience pleasure when you eat it. The more you eat it...the more you want to eat it. It can even cause you to want to consume certain items even when you are not hungry. Excess sugar impairs our cognitive skills and self-control. For many people having a little sugar stimulates a craving for more and can lead to overeating. I can tell you this is definitely true for me. And over time you required larger amounts to get the same satisfaction.

Over the last couple of years I have discovered that sugar is known to have a significant impact on some diseases.

They range from obesity, Type 2 diabetes, high blood pressure/cholesterol and inflammation. Therefore, removing it from your diet can also help to alleviate some of these if you are suffering from them. Something else I learned is that sugar is in more things than you can even imagine. It's not just cereal you gave your kids or candy; did you know many processed foods contain sugar: bacon, spaghetti sauce, condiments and many others. How about the sodas and teas you drink? Most contain some type of sugar. If you want to try to eliminate these from your diet you need to become educated about the different names sugar is listed under on labels, this includes artificial sweeteners. Other things that turn to sugar when consumed are white breads, white rice and pastas. These cause blood sugar spikes when consumed. So considering a whole wheat version is a healthier option if you still want your bread and pasta or brown rice. Natural sugars, those found in fruits, are perfectly acceptable.

You can help to reduce some of the issues you may have, such as Type 2 diabetes by cutting out or severely restricting the amount of sugar in your diet. My husband is a Type 2 diabetic and changed his diet along with me. What he noticed was significant decreases in his blood sugar numbers. Over the years they had increased and changed his medication. Now with this diet change and exercise he has blood sugars in the normal range – without medication. He was continuing to be monitored by his doctor during this

process to ensure his levels didn't go to low. So if you are considering eliminating sugar from your diet you should speak to a doctor, dietitian, or nutritionist, especially if they have any underlying health conditions.

In His Spirit, Kim

“TALK WITH TRICIA”



Thank you to all who attended scheduled activities in February! I greatly appreciate it!

If you have a difficult time getting out to the doctor I have contact information for a **Nurse Practitioner** that will do **HOME VISITS**. A Nurse Practitioner would be someone you see in place of a primary care doctor NOT in place of a specialty doctor such as pulmonologist, oncologist, neurologist. Ernest Tamajong accepts Medicare/Medicaid or Medicare/Supplemental Insurance.

Contact info:

Ernest Tamajong, CRNP DNP

Office address:

2500 Wrangle Hill Rd. Suite 220

Bear, DE 19701

PHONE NUMBER: 302-616-9324

His motto is “Quality Comprehensive Care at Home”

We have had so many requests for the movie GONE WITH THE WIND please join us for Movie Night this month! Luther Towers- Thursday, March 12 at

6pm, Luther Village- Thursday, March 19 at 6pm.

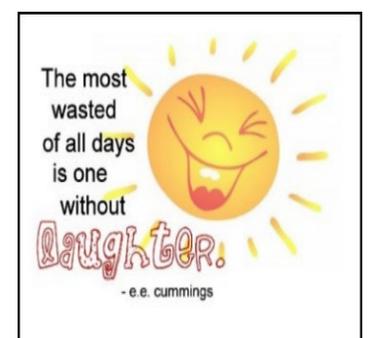
Friday, March 13 at 9am **Wesley College will host a Health Fair** at Luther Village Building 3 Activity Room. ALL RESIDENTS ARE WELCOME TO ATTEND. They will have health screenings and fun giveaways.

Friday, March 20 Wills for Seniors will be at both campuses. LV- 9am-11a.m. LT- 11:30p.m.-1:30p.m. It is very important to have an Advanced Health Care Director and a Will. Having these documents are the only way you and your loved ones can make sure your wishes are carried out.

Saturday, March 21 at 3pm – LV I (A) Regina Young non-profit organization will be hosting an event providing snacks and free giveaways to residents at Luther Village.

IMPORTANT. I have been in many apartments recently and it seems we are all being harassed by scammers. I cannot repeat this enough – do NOT give out ANY information over the phone. Social Security is not going to call you, Medicare is not going to call you, you did not magically hit the lottery or come into large sums of money. The scammers are not going away and their calls are getting more intimidating. Please just hang up on them the longer you talk the more convincing they get. When you answer the phone and realize it is not a loved one or friend HANG UP!

Thank you, Tricia



Notes from the Desks

I'm delighted that I found a refrigerator magnet that sums up my housekeeping philosophy perfectly which I just have to share with you: "Dusted once. It came back. Not falling for that again."

If you get a newspaper delivered, please do not complain to the desks – Security has nothing to do with your service – just call your newspaper's circulation department directly. I even looked up the numbers for you to post on your refrigerator or, better yet, program into your phone: *DE State News*: 741-8298. *Dover Post*: 346-5444. *News Journal*: 800-801-3322. A resident irate about their missing paper just said to me, "But you're the complaint department!" We may be that for all things Luther Towers/Luther Village but not ALL things!

Something to work on is when not having a great day is don't "reward" yourself with food – the wrong foods in the wrong amounts may become punishments instead of rewards. Ask any diabetic how a Saturday night splurge can make for a bad Sunday! Instead, do something to take your mind off a disappointment – take a walk around your campus, visit your building's library to find a new book, or even clean out a drawer to feel like you've accomplished something.

Hope March is kind to all of us!

We've all been touched by someone with Alzheimer's and most of us don't know

how to handle its mysteries. I found the poem printed below and thought it might teach all of us a lesson to be patient and understanding:

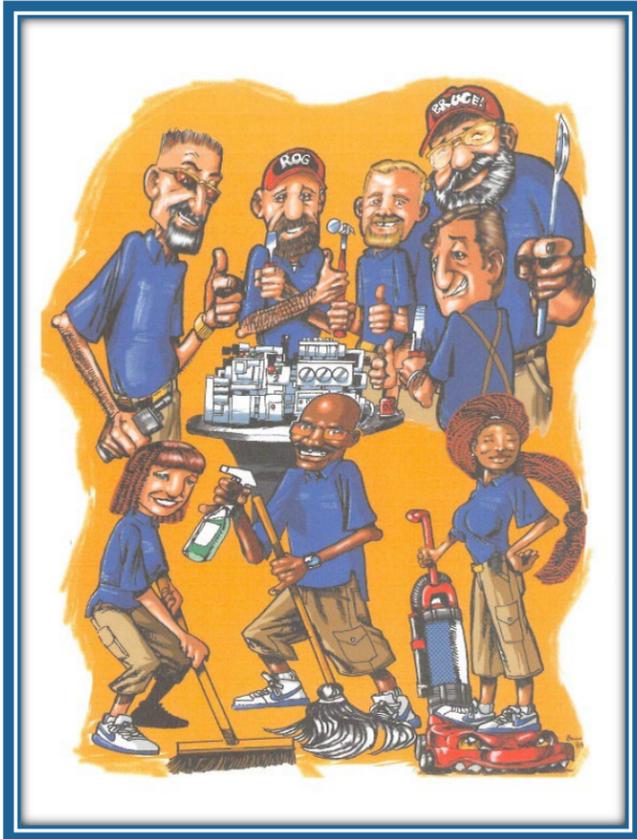
Alzheimer's Poem

*Do not ask me to remember,
do not try to make me understand.
Let me rest and know you're with me,
kiss my cheek and hold my hand.
I'm confused beyond your concept,
I am sad and sick and lost.
All I know is that I need you
to be with me at all cost.
Do not lose your patience with me,
do not scold or curse my cry.
I can't help the way I'm acting,
can't be different though I try.
Just remember that I need you,
that the best of me is gone.
Please don't fail to stand beside me,
love me till my life is done.*

Marcie B. Security Specialist



MAINTENANCE NEWS



Kelly's Reminders: I have been getting a lot of complaints about residents wanting to move furniture in or out of the buildings after 4:00 p.m. The hours for moving furniture either in or out of the building is as follows: Monday – Saturday 8:30 a.m. to 4:00 p.m.

Pest Control - Luther Towers Apartments

- March 4th – 601 - 623 & 4102 - 4116
- March 11th – 701 - 723 & 4201 - 4216
- March 18th – 101 - 110 & A01 - A18
- March 25th – C01 - C18

Pest Control - Luther Village Apartments

- None this month

Thought for the month

I AM

Two of the most powerful words; for what you put after them shapes your reality.

Kelly



NEWCOMERS

Nereida & Cruz Reyes	LT1	110
Reginald Heath	LT1	603
Janet Dunithan	LT2	C10
Paul Thompson	LT3	3007
Stephen Campagnini	LV1	1116
John Cramer	LV3	3403



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:

No transportation will be provided on

May 25th, Monday – Memorial Day

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. Mondays & 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 – **10 March** 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 – **17 March**, 12:15 – 1:00 p.m. Boxes will be distributed outside in front of each building. For questions, contact Tricia Robinson.

Movie Night – **12 March**, 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*

Methodist Women – 1:00-4:00p.m., LT1 conference room

Stamps – **5 March** 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.

Crafts Class – *30 March* at 1 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 – *17 March*, 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.

Knit & Stitch – *10 March* at 1:00 – 3:00 p.m. in LV2 Activity Room.

Movie Night – *19 March*, 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 March* 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 – *31 March* in LV3 Activity Room.

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

Stamps – *5 March* from 1:00-1:45 p.m. in LV1 Activity Room.

INFORMATION FOR BOTH CAMPUSES



Rent will be pulled on 4 March. 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!

Welcome to March once again. It's a month of transition, with daylight savings time on March 8th, and the first day of

spring on March 19th. Also, St. Patrick's Day on March 17th, time to find something green. Looking forward to the colorful flowers bursting through the ground, and the forsythia shrubs with their yellow bell-shaped flowers appearing before the leaves in early spring.

Life itself is a transition. We miss those who have left us, and we greet those whom we meet. We have also experienced good times, even great times, as well as bad times and even more difficult times.

In Romans 8:28, the Bible tells us, "and we know that all things work together for good to them that love God, to them who are called according to His purpose." Even though Paul was put into prison, he never complained about his circumstances.

Sometimes in life's battles we feel as though we are losing on every front; family discord, financial woes, or a decline in our health can put a pessimistic spin on the way we look at life. But the believer in Christ can always find a way to say, "It is well with my soul." Even Paul had an upbeat attitude when he was thrown in prison. He wrote to the church at Philippi, "I want you to know, brethren, that the things that have happened to me have actually tuned for the furtherance of the Gospel." Philippians 1:12. God can use our trials to work good in spite of the pain they may bring.

Trials can be God's road to triumph. The hymn writer that penned, "What a friend"

tells us in the 2nd verse: Have we trials and temptations? Is there trouble anywhere? We should never be discouraged, take it to the Lord in prayer. Can we find a friend so faithful who will all our sorrows share? Jesus knows our every weakness, take it to the Lord in prayer.

May our prayer be that God will comfort and strengthen us through life's trails that we may grow so others may know God's goodness and comfort.

Clyde Moyer

TOWERS 3

WHO/WHAT AM I?

Last month's answer: The Harmonicats.



Who/What am I? I was the "Mean widdle kid" in a skit on my 1950's T.V. show.

Stupid things I have done

During my time in Los Angeles/Hollywood I enrolled in Jack Causman's Acting Studios. This is where I spent my off time when my buddy wasn't off on an audition. He was there too. One day we met a couple of guys from New York City. There was David, who insisted on being called David, not Dave; because his mother named him David. The other was Bart, he called himself "Black Bart" after the Disney cartoon character. So, we all got

to be good friends and usually got together at a club on Sunset Blvd. called "Filthy McNasty's". Don't let the name fool you. One day my buddy and David had auditions at Paramount and that usually took a better part of the day. So, Bart suggested that he and I go out to an old ghost town in the desert that used to be owned by Republic pictures. One where John Wayne, William S. Heart, even Tom Mix and other "old timers" made movies (more on that another time). We were going to do shots for Bart's western portfolio. He wanted very much to do a western, but there were not many parts in westerns for black people back then. We got our western gear and headed out into the desert. An hour or so later we pulled up outside the saloon and pulled around the corner to hide the station wagon, so it wouldn't accidentally get into a picture. What a day, we used three rolls of film. Finally we decided to get out of the heat and went into the saloon and looked around. There were full bottles behind the bar, but they were replicas of the original ones. "Hey Bart, I think this is a live set" I told him. He was behind the bar. "Yup, I think you are right, there's a couple of dynamite boxes back here" he replied. I said, "Let's get out of here." "Nah, its only props here, I'll show you"; no sooner did he say that when we heard a voice outside yelling "Hey, you are trespassing!" I looked outside and saw a security guard running out of the hotel. "Hey Bart, we've been caught." We went out and the guard told us this was a live set and we had to leave. Bart told him about the dynamite props and the guard told him it was real and for the final scene. Again Bart said "no, they are only props, real dynamite is red. Here I'll show you." With that, he asked

for my .45, which I always carried (legally for my job). We went out and pulled one box and set it in the doorway of the saloon. Stupid! Stupid! Stupid! We went across the street and hid behind a watering trough and "not so smart me, took my .45 and fired at the box. There were wood splinters, dirt, and I think I even saw ghosts of old gunfighters shaking their fists at us. When everything was settling down, all I could say was "props, props?!" "Dynamite isn't red you stupid dumbbell!" Bart looked at me and all he could get out was "oops" in a very tiny voice. The security guard? Well all he could say was "ooooh S—t." When we all calmed down we sorted out our stories, I showed the guard my I.D. He got on the radio and called his boss, "Hey Don, the whole damn saloon exploded." On the other end "Hell, I told them not to keep that damn dynamite there, too hot." "Well I guess I'll have them send out the grips – oh are you ok?" To which he replied, "Yup, Ok." We promptly left; what a day!

SIDE NOTE: Dynamite in those days was a very light beige color and had nitro in it, causing it to sweat.

Our friend David was under contract with MGM as a bit player on the T.V. show "Police Woman" starring Angie Dickenson and Earl Hollaman. He also did bit parts in the show "Baretta", starring Robert Blake. He even starred in "Magnum Force" as a bank robber with Clint Eastwood. I was able to meet all of these people. Bart was only cast for extra parts. Like me, his acting wasn't that great but that didn't stop him.

Next month "My 15 minutes of fame as a model:

These are all true stories of my life experiences – not embellished!

TOWERS 2, 4 AND VILLAGE 3



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

VILLAGE 1 – NEWS!



Don't forget to set your clock(s) up one hour on the 8th. AND... Start getting ready for longer days and increased sunshine; Spring is on its way... OMG, that means spring cleaning again!

According to the sign-up sheets, the allotted tables have been rented. Luther Village's Spring Yard Sale will be on April 4th. All table rented monies are due by March 5th, no exceptions. As always, the day before (Friday) those who rented tables can set up between the hours of 11 – 5. At 5 PM LVIII's Activity Door will be locked (no exceptions) until 8 AM Saturday. As stated previously, tables are

\$3.00 each and table rental monies go toward advertising. Please be advised table money is not refundable if you are a "no show" on April 3rd. If needed, a rain date has been scheduled for May 9th; that is the earliest it could be scheduled.

Yes, we will be selling soda and hotdogs...plus Mona's chili at the Yard Sale. There will also be a dessert table. Personally, I can't wait to make a Frito pie using a bowl of Mona's chili. For those who don't know what a Frito Pie is: a pile of Fritos covered with beef chili (sometimes served right inside Frito bag). If you wish you can top with shredded cheese and onion; you can even top with sour cream and jalapenos...whatever you want.



On February 12th, Kandy and I hosted a private get-together for our Coffee Klatch's regular/reliable residents over the last year. Kandy created a charming invitation for each invited resident and delivered each one; the replies were 100%. The delicious pizza and salad were delivered by Betsy Ross Pizza; of course, there was soda and chips. To top it off there was a delicious decorated cake for all to enjoy. Everyone seem to relish every bite and the laughs, and the rapport

were contagious. Once again, Kandy and I thank all the loyal Coffee Klatch Members for their long support.

Residents living in close vicinity of our Activity Room would certainly appreciate those occupying the Activity Room on game days/other events keeping their noise down.

Please pray for Luther Villages' ill residents, and for peace throughout the world.

Thought for the day: *Accept what is, let go of what was, and have faith in what will be.*

SHAMROCK PRETZEL TREATS



Ingredients:

- Pretzel Sticks
- Mini Pretzel Twists
- Rolo Candy
- Green M&Ms

Directions:

- Preheat oven 250 degrees
- Place three mini pretzels and one pretzel stick in a shamrock shape on a parchment paper-lined cookie sheet
- Place a Rolo candy in middle of pretzels. Repeat with as many treats, you'd like to make
- Bake for 2 minutes until Chocolate is just starting to melt – no longer

- Gently press a green M&M in the middle of Rolo so chocolate connects all four pretzels
- Freeze until chocolate is set---then enjoy.

May you have:

A world of wishes at
your command.

God and his angels close
to hand.

Friends and family their
love impart,

And Irish blessings in
Your heart!



SAM

VILLAGE 2 – NEWS!



March winds and April showers in

February? Is Mother Nature trying to fool us? So far not a flake of snow in sight! But, oh look out this month of April. She may give us a big surprise. I'm going to be ready for it and buy extra food! Can't lose the fat I have amassed this winter! Ha! Ha!

Please be careful when you leave the building! If someone is trying to get in, please wait until they have been let in by a resident. Otherwise they may come in as you leave; suppose it is someone who we don't want to come in... Maybe someone intends harm or much more to a resident. Please be careful!

Gossip is rampant in these buildings! Please stop this! You don't know what kind of life someone had to deal with, or the pain they are enduring. Please keep your comments to yourself; we do not want to hear them! There are other things to discuss besides someone else's problems and life. Also, there are things to do in these buildings to occupy your minds and let gossip alone.

About our parlors: there is a no eating and drinking policy in them...or simply said it is a no-no. Unfortunately, there are some who believe this doesn't apply to them. They sit, eat and drink in the parlor as if it was their own apartment. Also, if someone wants to sit in the parlor and read, leave them alone. If they want a light on, so what? It is their room as well as yours. The parlors are for everyone! Also, the parlor is not just for LVII's use; other residents from other two buildings can also use our parlor.

Bad language is not wanted in our buildings. There are residents here that do not wish to hear cursing. It is

unnecessary and not a good way to talk to someone. There is so many bad words used in our buildings---Please keep all your words clean for the residents.

Some of our residents have their music or TV sound much too loud. Please try to keep your music and/or TV's sound down so as not to annoy others.

We wish to say Happy Birthday this month to Jeanette Newell, on the 9th and Julian Vargas on the 16th. Hope they have a nice day, and a wonderful month.

The other day I noticed fruit that had been spilled on our parking lot. If you spill something and/or drop something, please clean I up! It looks so unkept and unsightly with it on the ground. I also noticed orange peels and papers from Mc Donald's and Burger King lying on the ground. These things I usually try to pick up; please use a garbage can for your trash. Let's try to keep our parking lot looking nice.

A special thanks for Kandy B. and Sam S. for such a nice Coffee Klatch party on February 12th. The pizza was good..... Hopefully in the future, we can all get together again.

Looking forward to April's Spring Yard Sale.



Please pray for all our residents, especially those ill are in the hospital.

Thank you, have a good month and Happy St. Patrick's Day.

Mona



YARD SALE



Date: Saturday, APRIL 4

Time: 8a.m.

Location: LV III (A)

Hot Dogs, Soda, Chili

MOVIE NIGHT

GONE WITH THE WIND

STARRING:

Vivien Leigh, Clark Gable

THURSDAY, MARCH 12

6:00PM



LT I (A)



SIGN UP ON BULLETIN BOARD IN YOUR BLDG

MOVIE NIGHT

GONE WITH THE WIND

STARRING:

Vivien Leigh, Clark Gable

THURSDAY, MARCH 19

6:00PM



LV III (A)



SIGN UP ON BULLETIN BOARD IN YOUR BLDG

<p>2 chicken a la king egg noodles carrots applesauce</p>	<p>3 roast pork mashed potatoes gravy succotash fruit cocktail</p>	<p>4 herb chicken garlic roasted potatoes parmesan broccoli pears</p>	<p>5 liver and onions mashed potatoes gravy green beans bread pudding</p>	<p>6 baked chicken white rice gravy peas chocolate mousse</p>
<p>9 chicken and dumplings biscuit chef's blend vegetables grape juice orange</p>	<p>10 sloppy joe hamburger roll baked potato broccoli applesauce</p>	<p>11 fried chicken scalloped potatoes succotash chocolate mousse</p>	<p>12 roast beef mashed potatoes gravy parsleyed carrots cake Happy Birthday</p>	<p>13 baked chicken parmesan garlic buttered egg noodles gravy peas pears</p>
<p>16 spaghetti with meatsauce chef's blend vegetables wheat bread apple</p>	<p>17 corned beef and cabbage dijon mustard sauce roasted red potatoes pistachio pudding ST PATTYS DAY</p>	<p>18 vegetable soup tuna salad hamburger roll orange juice cookies</p>	<p>19 baked chicken with BBQ sauce baked potatoes broccoli strawberries baked potato bar Cong only</p>	<p>20 herb roasted pork wild rice gravy spinach applesauce</p>
<p>23 salisbury steak mashed potatoes gravy succotash orange</p>	<p>24 baked chicken sweet potatoes collard greens peaches</p>	<p>25 beef barley soup tuna salad hamburger roll orange juice cookies</p>	<p>26 Williamsburg chicken wild rice glazed carrots pears</p>	<p>27 reduced sodium ham cabbage red potatoes applesauce</p>
<p>30 meatloaf mashed potatoes gravy broccoli apple</p>	<p>31 baked chicken with pineapple glaze baked potato bahama blend vegetables pears</p>	<p>1 creamy cauliflower soup chicken salad hamburger roll orange juice cookies</p>	<p>2 fried chicken macaroni and cheese collard greens rice pudding</p>	<p>3 liver and onions mashed potatoes gravy green beans peaches</p>

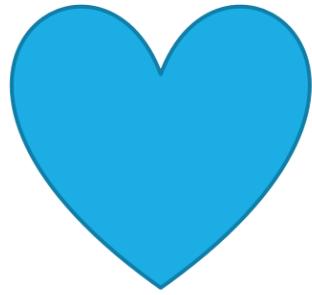
Luther Towers - March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 Communion (I)A 11:30 Youth Svc (I)A	2 1pm Crochet Club (I)C 6pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	3 6:30pm – 8:30pm Women's Bible Study (I)A AND (I)C	4 9am Food Stamp Rep(I)A 530pm Bingo (I)A 7pm–9pm Prayer Mtg (I)C	5 12pm-1245pm STAMPS FOR SALE (I)LIBRARY 1pm British Wives (I)A 5:45pm Bingo (IV) 6pm Bingo (III)A 7pm Dominoes (I)A	6 530pm Bingo (I)A 6pm Bingo (II)A	7 5:30pm Dominoes (IV)
8 10:30 Communion (I)A 11:30 Youth Svc (I)A	9 1pm Crochet Club (I)C 1pm Chronic Pain Class Week 1 (I)A 6pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	10 3pm Cherub Grp I (C) 6:30pm – 8:30pm Women's Bible Study (I)A AND (I)C	11 1pm-4pm Methodist Women (I)C 530pm Bingo (I)A 7pm–9pm Prayer Mtg (I)C	12 6PM MOVIE NIGHT (III)A 5:45pm Bingo (IV) 6pm Bingo (III)A	13 530pm Bingo (I)A 6pm Bingo (II)A	14 5:30pm Dominoes (IV)
15 10:30 Communion (I)A 11:30 Youth Svc (I)A	16 1pm Crochet Club (I)C 1pm Chronic Pain Class Week 2 6pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	17 12:15 – 1 Food Box 6:30 – 8:30pm Women's Bible Study (I)A AND (I)C	18 530pm Bingo (I)A 7-9pm Prayer Mtg (I)C	19 5:45pm Bingo (IV) 6pm Bingo (III)A 7pm Dominoes (I)A	20 11:30a.m. WILLS FOR SENIORS (I)A 6pm Bingo I (A) 6pm Bingo (II)A	21 9am Vansant (I)A 5:30pm Dominoes (IV)
22 10:30 Communion (I)A 11:30 Youth Svc (I)A	23 1pm Crochet Club (I)C 1pm Chronic Pain Class Week 3 (I)A 6pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	24 11am Amerihealth Medicaid Members Only (I)A 6:30pm – 8:30pm Women's Bible Study (I)A AND (I)C	25 530pm Bingo (I)A 7-9pm Prayer Mtg (I)C	26 10am-2pm CPR CLASS (I)A 6pm Meet N'Greet (I)A 5:45pm Bingo (IV) 6pm Bingo (III)A	27 6pm Bingo I (A) 6pm Bingo (II)A	28 5:30pm Dominoes (IV)A
29 10:30 Communion (I)A 11:30 Youth Svc (I)A	30 1pm Crochet Club (I)C 1pm Chronic Pain Class Week 4 (I)A 6pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	31 6:30pm – 8:30pm Women's Bible Study (I)A AND (I)C				

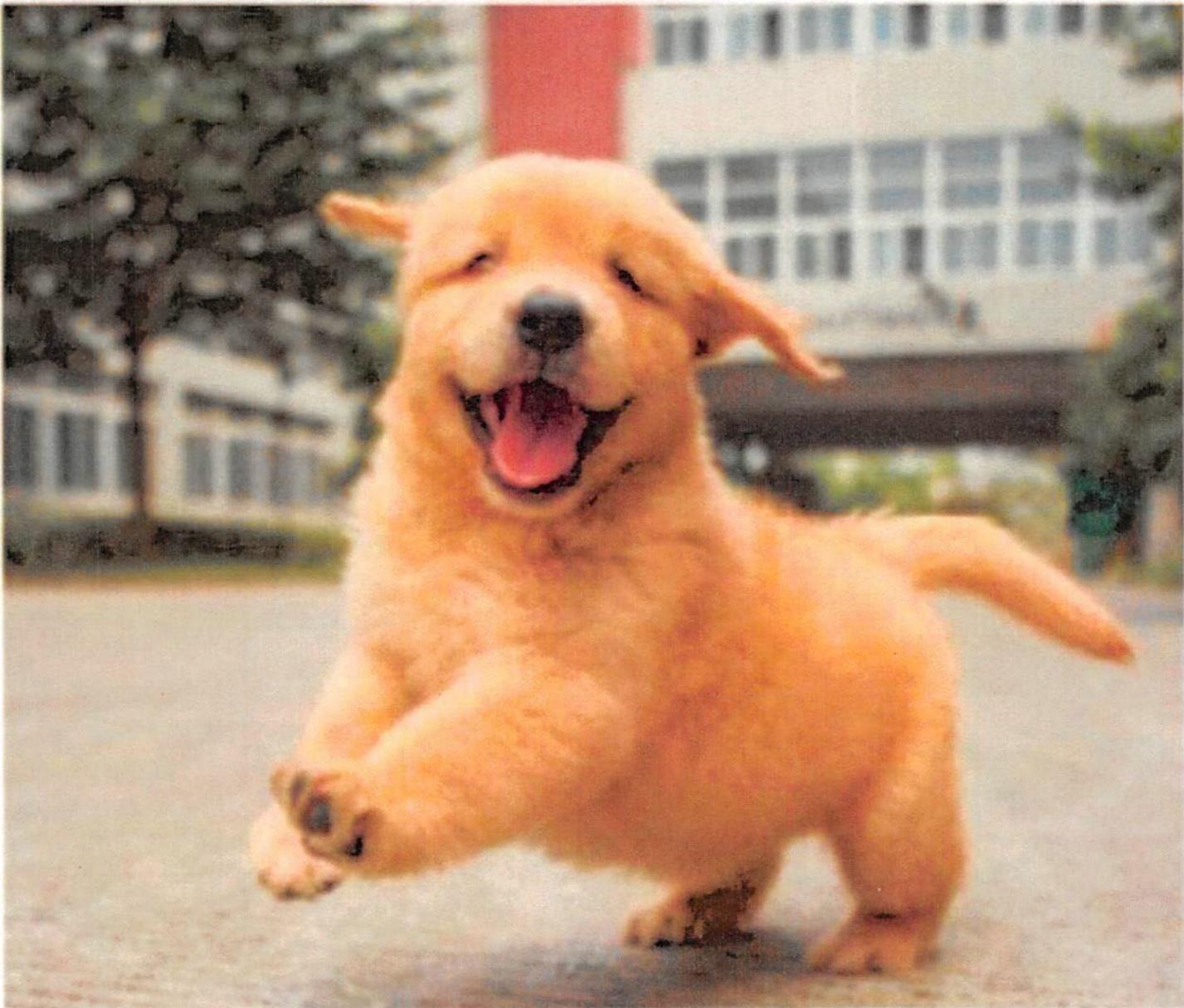
Luther Village - March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11am Church (III)A	2 9:30am Communion (I)A 10am-11:30am Food Stamp Rep (I)A 2PM Harris (III)A 5:30pm Dominos(I)A	3 9:30am Prayer (I)A 3pm Major (I)A 6pm Wells (II)A	4 6pm Pokeno (I)A	5 10am Bible Study (I)A 12pm - 3pm Ceramics (III) 1pm-145 STAMPS FOR SALE (I)PARLOR 1:15pm-2pm Exercise Class (III)A 6:30pm Bingo (I)A	6 11am-4pm King (I)A 2PM Harris (III)A 6pm Games (I)A 6pm SIGN LANGUAGE CLASS (III)A	7 6pm Games (I)A
8 11am Church (III)A	9 9:30am Communion (I)A 2PM Harris (III)A 5:30pm Dominos(I)A	10 10am NARFE (III)A 1pm-3pm Knit & Stitch (II)A 3pm Major (I)A	11 9am-1pm Driver Safety Class (I)A 6pm Pokeno (I)A	12 10am Bible Study (I)A 12pm - 3pm Ceramics (III) 1:15pm-2pm Exercise Class (III)A 6:30pm Bingo (I)A	13 9am Wesley College Health Fair (III)A 11am-4pm King (I)A 2PM Harris (III)A 6pm Games (I)A 6pm SIGN LANGUAGE CLASS (III)A	14 9am-9pm Parker (III)A 6pm Games (I)A
15 11am Church (III)A	16 9:30am Communion (I)A 2PM Harris (III)A 5:30pm Dominos(I)A	17 9am White (III)A 11:30pm-12pm Food Box 3pm Major (I)A	18 6pm Pokeno (I)A	19 10am Bible Study (I)A 12pm-3pm Ceramics (III) 1:15pm-2pm Exercise Class (III)A 6pm MOVIE NIGHT (III)A 6:30pm Bingo (I)A	20 9am WILLS FOR SENIORS (II)A 11am-4pm King (I)A 2PM Harris (III)A 6pm Games (I)A 6pm SIGN LANGUAGE CLASS (III)A	21 3pm Free Lunch and Giveaways (I)A 6pm-Games (I)A
22 11am Church (III)A	23 9:30am Communion (I)A 2PM Harris (III)A 5:30pm Dominos (I)A	24 3pm Major (I)A	25 6pm Pokeno (I)A	26 10am Bible Study (I)A 12pm-3pm Ceramics (III) 1:15pm-2pm Exercise Class (III)A 6:30pm Bingo (I)A	27 11am- 4pm King (I)A 2PM Harris (III)A 6pm Games (I)A 6pm SIGN LANGUAGE CLASS (III)A	28 9am Sudler (III)A 6pm Games (I)A
29 11am Church (III)A	30 9:30am Communion (I)A 1pm CRAFT CLASS (III)Arts and Crafts Room 2PM Harris (III)A 5:30pm Dominos(I)A	31 9am-12pm Senior Companion (III)A 1pm Amerihealth Medicaid (I)A 3pm Major (I)A				

Wouldn't this be great??!!



**EVERY WORKPLACE SHOULD
HAVE AN EMERGENCY PUPPY**



JUST IN CASE YOU'RE HAVING A BAD DAY.

REBUS FOR YOU!

Solve these visual word puzzles by looking for clues in the placement, color, or number of words. Have fun!

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat 2 00a
5. T B Bush A E	6. 1. 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. MONSTER

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 am-2:30 pm.

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

9 & 10 am – BETWEEN Food Lion on Rte. 10 & Safeway then to Walgreen/Dollar Tree Shopping Center

11 am – STORE PICK UP ONLY

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

2 pm – BETWEEN Food Lion on Rte. 10 & Safeway then to Walgreen/Dollar Tree Shopping Center

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

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

**1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> week of the month:**

9 & 10 am – CAMDEN WALMART

11 am – STORE PICK UP ONLY

1 & 2 pm – North as far as DOVER MALL

**2<sup>nd</sup> week of the month:**

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

1 & 2 pm – North to Cheswold Walmart

**4<sup>th</sup> week of the month:**

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

11 am – STORE PICK UP ONLY

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

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

**1<sup>st</sup>, 3<sup>rd</sup>, & 5<sup>th</sup> week of the month:**

9, 10 & 11 am – South to Camden Walmart

1 & 2pm – South to Camden Walmart (last pickup from shop 3 pm)

**2<sup>nd</sup> and 4<sup>th</sup> week of the month:**

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

1 & 2 pm – Kohls Shopping Center & North to Cheswold Walmart (last pickup from shops at 3 pm)

**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

Angela Devlin, 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

, 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