

Luther Towers / Luther Village

September 2019

EXECUTIVE DIRECTOR COMMENTS....

I am sure that most of you have noticed I have been out of the office the past two weeks. My wife, Lynn and I traveled to Florida for the birth of our second grandchild. Maddox was born on August 21st to my daughter Lara and her husband



Brinson. Maddox came in at 7 lbs. 9 oz. and 20.5 inches long. He is almost a carbon copy of his big sister Vera who is now 17 months old. He came home after 3 days but unfortunately had to go back to the hospital due to a viral infection. I stayed additional time to help with Vera which is a great fun as living 1100 miles away makes it difficult to spend much time with her and as most of you know kids grow up fast. With a little luck and good doctors Maddox will be home in a short time.

I have noted that there are more requests for maintenance after hours for discrepancies that occurred during normal office hours. Residents should notify security of all discrepancies when they occur and not wait. Additionally, we are seeing more calls for maintenance that result in no action. This is an

expensive waste of resources. If your heat pump is not working correctly, you should first check to determine if you have the controls set properly. It is still very hard to get the air conditioning to work when you have the controls set on heat.

Security is everyone's business and is only as good as the weakest link. We have locked doors and call system that will permit you to admit someone into the building. Do Not, I repeat, **DO NOT** admit strangers into the building if you do not know them. Exceptions would be emergency personnel and law enforcement. You are assuming responsibility for people's actions if you are the one who permits them access. All residents are responsible for the actions of their guests and since I have no control over who you may admit to the building it is you, the resident, who is in violation of your lease if there is a problem. Remind your visitors to sign in and if remaining overnight provide that information to the security desk. A visitor not in compliance with the rules may be banned from the property.

We recently began a program to provide opportunities to go on field trips to local sites and also began a movie night for residents. These are programs that are not

funded by HUD, but through grants. The staff will evaluate the programs periodically to see if they are worthwhile and merit continuation. I hope you will take advantage of these events.

As we read about the tragedies in El Paso, Texas and Dayton, Ohio earlier this month, we all mourned the losses experienced by those families. Many of us asked ourselves, what can we do to stop this violence? In my humble opinion, it's the one word that brings a smile across all our faces...kindness.

Kindness is an investment for which the return is incalculable. A smile to brighten someone's day, shoveling the snow off your neighbor's driveway, sharing your experience with someone in need, donating time to a worthy cause, offering a listening ear to someone who needs to be heard, offering your seat on a train or bus who needs it more than you, or thanking the person who bags your groceries, all simple acts of kindness.

We have one such person right here at Luther Towers and Village, the Vice Chair of our Board of Directors and our Deputy Director of Operations, Ken Richter. Ken has lived a life of kindness. Nothing better illustrates his commitment to this simple word than his dedicated service to our community—nearly 40 years and still running. As one of the co-founders of Luther Towers and Luther Village, Ken's perpetual kindness helped to grow a community. You all see what I am talking about every day. He does not simply say hello in passing, he stops and asks how you're doing, demonstrates

genuine concern about your welfare, and if there is something with which he can help, he makes it happen. When one of our residents is in need, Ken is the first one advocating to do the right thing. Pure, authentic kindness.

Ken celebrated a birthday on August 30th—he is the shining example of living life well and always giving more than he receives. As we ponder about what we can do to make our world a kinder place, we need only look at the life of Ken Richter to see that we can all make a difference one kind act at a time. Charitable, benevolent, and kind, a perfect description of our Ken Richter.

Another individual who recognizes the importance of volunteering is Don Bailey who has devoted numerous hours of his time to assist with the monthly food box deliveries at Luther Towers and Luther Village. His efforts make this a much smoother process. Thanks Don for all you have done. He was also recognized by staff with a plaque for all his hard work.



Kindness is the root of all good.

Jeff Lewin,

THE BULLY BLOG



Last month we sent out surveys asking about activities that might be of interest. So this month we had two “firsts”; one was movie night at both campuses. There was popcorn and water served to those who attended and all had a good time. We will be showing a different movie every month, make sure to sign up with Tricia if you are interested in attending.



The second was a trip to the Air Mobility Command Museum of Dover AFB. We received a personalized tour of a C141B given by our own Col (ret) Gary Coy who actually flew this plane, he and CMSgt (ret) Jeff Lewin were both in uniform for this special day. After the

tour of the plane everyone went inside to look at all the other items the museum has to offer. At the end of the trip all of those in attendance received a token to remember their trip. Keep your eyes open for our next adventure.



*In His Spirit,
Kim*

“TALK WITH TRICIA”



Hello Everyone ☺

LOTS OF FUN AND EXCITING THINGS HAPPENING HERE AT LUTHER TOWERS AND LUTHER VILLAGE! Read your calendars carefully so you do not miss any of the events this month!

Our first *Movie Night* premiere at both locations was a success! Our next *Movie Night* will be September 12 at Luther Towers and September 19 at Luther Village.

SEPTEMBER'S MOVIE: FRIED GREEN TOMATOES (MUST RSVP TO TRICIA 674-1408 EXT 131)

The ambulance company that frequently cares for our residents is now called St. Francis Emergency Medical, they replaced what we have all come to know as Primecare. Paramedics for St. Francis would like to do a *PARAMEDIC OUTREACH* at LUTHER TOWERS AND LUTHER VILLAGE. Luther Towers outreach will be in September. Luther Village dates to come next month.

The paramedics will set up a table in each building at Luther Towers on separate days. We are asking for each resident to stop at the table and register with them.

LT BUILDING 1- MONDAY, SEPTEMBER 9 – 1pm-4pm

LT BUILDING 2- MONDAY, SEPTEMBER 16 – 1pm -4pm

LT BUILDING 3- MONDAY, SEPTEMBER 23 – 1pm-4pm

LT BUILDING 4- MONDAY, SEPTEMBER 30 – 1pm-4pm

ON THE DAYS THEY ARE SCHEDULED TO BE HERE THEY WILL OFFER:

*Assistance filling out a “FILE FOR LIFE” that you will each keep on your refrigerator in the case an ambulance is called

*Assist with FREE BLOOD PRESSURE CHECKS and FREE BLOOD GLUCOSE CHECKS

WALGREENS FLU SHOT CLINIC will be FRIDAY SEPTEMBER 13! Luther Towers will be held 9am-12pm. Luther Village will be held 1pm-2pm.

BAYADA HOME CARE will be offering a “MED BAG CAMPAIGN” at Luther Village on Thursday, September 18 at 1pm. Luther Towers on Friday, September 27 at 11:30a.m.

WILLS FOR SENIORS WILL BE HELD FRIDAY, SEPTEMBER 20. Luther Village will be 9am-11am and Luther Towers will be 11:30a.m.-1:30p.m..

DUPLICATE REMINDER:

Lighthouse 2, LLC- DOCTOR APPTS AND SHOPPING

PHONE NUMBER 302-632-7033

M&T Reliable Transportation – DOCTOR APPTS AND SHOPPING

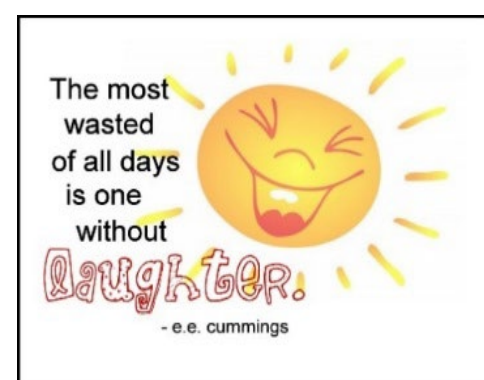
PHONE NUMBER 302-660-9734

WHEELCHAIR ACCESSIBILITY AVAILABLE

Harvest Years Senior Center- DOCTOR APPTS AND SHOPPING

PHONE NUMBER 302-698-4285

Thank you, Tricia



MOVIE NIGHT
FRIED GREEN TOMATOES
STARRING: KATHY BATES
THURSDAY, SEPTEMBER 12
6:30PM



LT I (A)



MUST RSVP TO TRICIA 674-1408 EXT 131
LIMITED SEATING AVAILABLE

MOVIE NIGHT
FRIED GREEN TOMATOES
STARRING: KATHY BATES
THURSDAY, SEPTEMBER 19
6:30PM



LV III (A)



MUST RSVP TO TRICIA 674-1408 EXT 131
LIMITED SEATING AVAILABLE

Notes from the Desks



Bed bugs remain the #1 Pest in America and Baltimore has topped the list three years running with D.C., Philadelphia, and New York also in the Top 10. Our company works VERY hard to keep down infestations but some help from residents is necessary! Please remember that no fabric items (clothing, pillows, bedding, etc.) can be left for others to take. Do not leave cast-offs in laundry

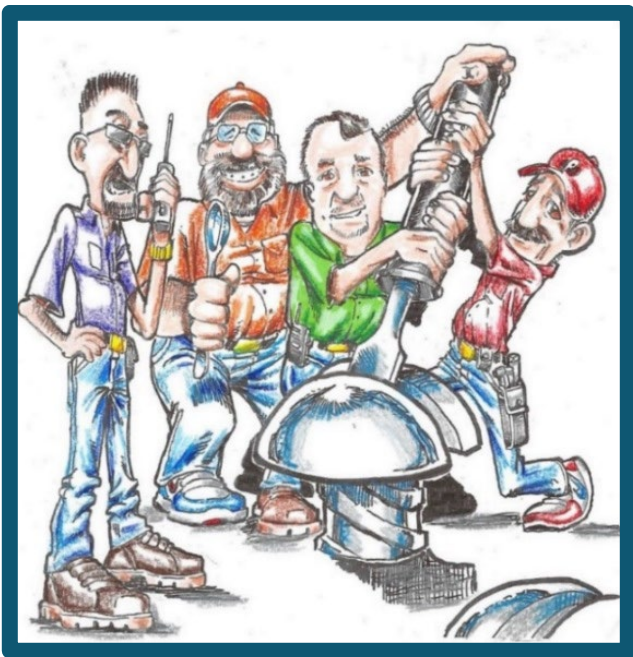
rooms, activity rooms, or other common areas. Donate to places such as Goodwill, Salvation Army, or God's Way or deposit things in dumpsters. We can't take the risk of bed bug eggs spreading. Check and clean your bedding regularly, use protective mattress covers, declutter, and ALWAYS inspect used furniture or clothing thoroughly before bringing anything into your home. Report it immediately if you see a critter in your apartment!

In LV units, if an emergency cord is pulled, an ambulance is automatically dispatched. If yours gets pulled accidentally, don't just reset your cord and forget about it, notify either LT's or LV's desk so the EMTs can be called off and you won't be charged. If your smoke detector is set off, fire trucks are immediately sent to respond. Even if you get your smoke detector to stop beeping by fanning it, the alarm was activated and the process has begun. Let the desks know!

Here's a great tip for a homemade fruit fly trap: Pour just enough cider vinegar to cover the bottom of the jar. Add a drop of dish soap (to break the surface tension of the vinegar so the fruit flies can't just sit on top of the liquid). Now, cover the jar with plastic wrap and poke a few holes in the top so they will go in but can't fly out. This really works to get rid of those pesky insects who hitchhike from the store to our homes on grapes, onions, tomatoes, or whatever!

Marcie B. Security Specialist

MAINTENANCE NEWS



Kelly's Reminders: If you cook on the stove and burn your food, resulting in smoke in your apartment, please turn on your exhaust fan and open the window. Please keep your apartment doors closed. What happens when you open your apartment door is the smoke goes into the hallway and sets off the alarm for the entire building, resulting in all the tenants having to evacuate the building.



Pest Control - Luther Towers Apartments

- Sept 4th – 601- 623 & 4102 - 4116
- Sept 11th – 701-723 & 4201- 4216
- Sept 18th – 101-110 & A01- A18
- Sept 25th – 501-523 & 3001-3018

Pest Control - Luther Village Apartments

None this month

Thought for the month

*Welcome September, new month, new chapter, new page and new wishes.
May the month give you courage,*

*strength, confidence, patience, self-love
and inner peace.*

Kelly

DONNA'S INSIGHT...

I saw one of the best ideas recently when I was doing my safety inspections: a resident keeps a “Grab & Go” bag already packing in her front coat closet in case of emergency. Some of the things you could consider pre-packing in a tote would be a plastic zip-lock bag with a copy of prescriptions, emergency phone numbers, extra checks, and a copy of credit cards (TIP: copy the fronts and backs). Maybe add some cash, a small flashlight, an extra cell phone charger, extra hearing aid batteries, if needed. Consider small packages of snack, or some quarters for vending machines. When alarms go off, just grab your keys, cell phone, and wallet to put in the tote and you're off. That planning can make all the difference when time is critical. Next time I inspect, I hope to see a lot more packed “Grab & Go” bags!



NEWCOMERS

Rasheeda Abdullah-Lis LT3 2018



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.

The are no holidays this month.

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, Mondays and Thursdays – 5:45 p.m. in LT4 Parlor, and Thursdays – 5:30 p.m. in LT3 Parlor.

Cherub Group – *10 Sepember* 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 - 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 September*, 12:15 – 1:00 p.m. Boxes will be distributed outside in front of each building. For questions, contact Tricia Robinson.

Movie Night – LT 1 – 6:30 p.m. – RSVP to Tricia “Fried Green Tomatoes”.

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*

Senior Yoga – Tuesdays 5:00 pm LT1
Activity Room

Stamps –*10 September* 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 – *17 September*, 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 – *30 September* at 1 p.m.
in LV3 Arts & Crafts Room.

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

Movie Night – 19 September, 6:30 p.m.
LV3 activity room. RSVP to Tricia.
“Fried green tomatoes”.

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 September* 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 –
25 September in LV3 Activity Room.

Senior Yoga – Tuesdays at 6:30 pm in
LV3 Activity Room.

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

Stamps – *10 September* from 1:00-1:45
p.m. in LV1 Activity Room.

INFORMATION FOR BOTH CAMPUSES

Rent will be pulled on 4 September.

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!



Smile! A recent study I read concluded that smiling can be good for your health. Research shows that smiling slows down the heart and reduces stress. But smiling isn't just good for you; a genuine smile blesses those on the receiving end as well. Without saying a word, it can tell others that you like them and that you are pleased with them. A Smile can hug someone with love without giving them even the slightest touch. The very opposite is true when one frowns.

We've often heard it said, that it takes less muscles to smile than it takes to frown. Actually, it takes 72 muscles to frown, and only 14 to smile. Life does not always give us a reason to smile. But

when we see a heartfelt smile on a child's face or through aged wrinkles, our hearts are encouraged. Your smile could be a message of cheer from God to a needy soul.

Smiles are also a hint of God in us. Moses prayed a blessing when he said "the Lord make His face shine upon you, and be gracious to you; the Lord lift up His countenance upon you, and give you peace: Numbers 6, 25- 26.

Years ago we sang a chorus in church that set the pace for the worship service. It went like this: Smile awhile, and give your face a rest. Point to Him, the one you love the best. Then turn around and shake somebody's hand, and smile, smile, smile.

Don't worry, be happy! Keep Smiling,

Clyde Moyer

TOWERS 3

In my life I have learned so much, so many things. One of the most important things I've learned that has followed me is that, no matter who you are, race, creed, gay, straight, etc., we all live with emotions. We laugh, we cry and we feel, at times, emotional pain. Your whole world is coming apart. Some of us, like me, hide and fall apart. Sometimes we just come apart no matter where we are. We try to hide, but can't. A kind word to someone you see in this condition when you pass by is so uplifting. To the person who took the time to stop and lend a

shoulder and dry my tears and give me a loving hug...Thank you for your kindness.

D.E.S.M.

Last month’s answer: James Stewart

Who/What am I? I died very young at the top of my career in a fast car. “Rebel without a cause” was a movie I starred in.

TOWERS 2, 4 AND VILLAGE 3



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

VILLAGE 1 – NEWS!



Autumn is on its way; there’s much to look forward to with the change from summer to autumn—the heat fades, the leaves change color and, of course, we begin to prepare for the holiday season (some stores already have fall decorations out). However, we seniors should pay

attention to a few tips to stay safe so we can enjoy all that autumn brings:

Make an appointment with your doctor and discuss your need for the influenza vaccine and steps you can take to reduce the risk of the flu. Such as, avoid contact with those who are sick; wash hands with warm water and soap through-out the day; disinfect surfaces that are likely to be contaminated.

Always keep warm. The National Institutes of Health states that hypothermia can develop quickly after being exposed to relatively mild cold temperatures.

Move as much as you can—physical activity can go a long way and wear sensible shoes. And most importantly be careful not to walk through leaves...sometimes leaves can be as dangerous as walking on ice.

The Coffee Klatch on August 13th was back on track. All the good coffee you could drink plus a bagel or donut for \$2.00. You can’t beat the price. If you want an additional bagel or donut, the cost is \$.50. And believe it or not...most residents get an additional donut or bagel...sometimes two for later. We had a very nice surprise, Mr. Richter, our Deputy Director, stopped by. All those attending, including myself, were pleased to see Mr. Richter sit down and join in. A special thanks to Margaret and Dot for staying and helping clean up. The next Coffee Klatch get-together will be on September 10th.

Oh, in mentioning the additional donuts/bagels above: as our Coffee Klatch members are aware, donuts/bagels are purchased according to sign-ups. However, it has become apparent over the months that some members like to purchase an extra donut/bagel or two for later. So, to make sure we have enough donuts/bagels on Coffee Klatch day, if feasible...please list additional number of donuts/bagels you would like to purchase next to your name on sign-up sheet.

Please, clean up after using the Activity Room, especially kitchen appliances. When preparing to make coffee for the monthly Coffee Klatch's get-together on Tuesday August 13th, one coffee pot's filter was found to contain an abundance of old dried up coffee grounds – It looked as though no filter was used.

In the latter part of July, Georgianna W, stepped down from her post as LVI's *Sunshine Club Secretary*. She handed her title and duties over to Kandy Bedwell; and Kandy is very appreciative of this task. So, to help Kandy get a card(s) out in a prompt manner; please be kind enough to advise her when a resident(s) is ill, in the hospital, in a nursing home, or sadly, a death.

As always, don't forget about our Glass Painting class, the last Monday of the month. Just \$2.00 and lots of fun.

Remember, when you have something in your apartment (or outside your apartment) that needs maintenance's attention, please call Towers 302-674-1408 and report it to the front desk; they

will pass on to the maintenance department. If you lose money in the washer or dryer--do not report to Tricia; call Towers.

Check your buildings' bulletin board and monitor each day. And please check your in-house mailbox daily as well.

A special thanks to those who decorate the windowsills on the 3rd floor of LV1; it helps make it just a little homier.

Pray for all our ill and hospitalized residents at Luther Village, and please pray for peace throughout our USA and the world.

Thought for the day: *One of our greatest tests is to see if we are able to bless someone else while we are going through our own storm.*

Remember: Three things in human life are important. *The first is to be kind. The second is to be kind. And the third is to be kind.*

Corn Casserole (side dish)

Ingredients:

½ cup melted butter

2 eggs

1 package Jiffy Corn Muffin Mix

2 cups corn canned or frozen (drained)

1 can creamed corn

1 cup sour cream

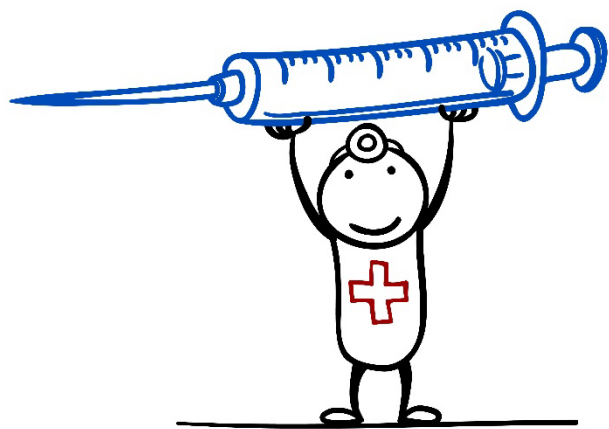
Optional: 2 tablespoons minced onion or minced jalapeno peppers/ 1 cup sharp cheddar cheese and crumbled bacon to taste

Instructions:

Preheat oven to 350° F. Grease 2-quart
casserole dish and set aside
Combine all ingredients and spread into
casserole dish
Bake 45-55 minutes or until browned

I DREAM A WORLD

I dream a world where man
No other man will scorn,
Where love will bless the earth
And peace its paths adorn.
I dream a world where all
Will now know sweet freedom's way.
Where greed no longer saps the soul
Nor avarice blights our day.
A world I dream where black or white,
Whatever race you be,
Will share the bounties of the earth
And every man is free.
Where wretchedness will hang its head
And joy, like a pearl,
Attends the needs of all mankind.
Of such I dream, my world.
(by Langston Hughes)



Walgreen's Flu Shot Clinic will be
here on September 13th from 1
PM 2PM.

HAPPY LABOR DAY



SAM

VILLAGE 2 – NEWS!



Well here it is--September already.
Where did the other months go? Winter
will be here soon. Personally, I really
don't care for winter, but some people do.
They love the falling leaves and snow. I
like the beautiful leaves but put a hold on
that snow.

Some people on *food bank days* are
taking our grocery carts in early morning
and holding them until the truck arrives.
In the meantime, someone had great need
of one and there was none. This was not
good as she needed a cart. Please be
considerate and think of others.

Speaking; of carts, some are parking the
carts at the stair way doors in the hall.
This could cause an accident if someone
was coming out and didn't know it was
there. So, please do not park the grocery

carts in front of the stair way doors; remember residents use those doors.

There are some LV2 residents walking around in their night gowns and house coats. The house rules say *no* to this. Obey our house rules.

There is so much arguing and bickering in our buildings. This has got to stop! We live in these buildings, so please have a little respect for each other. Please don't cuss/curse at each other; adults should not act like this and, of course, it is not nice/proper. There are residents here who simply look at another resident and say they don't like them. So, okay. But when they are in a group of people, the decent thing is to simply say good morning or hello. Don't say someone's name and leave out the person you don't like—this is extremely rude, unkind and not very Christian-like. In fact, when this happened, I was very angered by it, but held my tongue as I, too, did not want to bring myself to this rude person's level. Please...try and be kind even if you don't care for that person. Just hold your tongue and go on.

The gazebo is not only for smokers; everyone can use the gazebo at any time. But keep in mind, smokers go there to smoke.

Yes, there are ground hogs and foxes around. Some believe they will attack you; consequently, some residents are afraid to go out. Don't be afraid to go, the groundhogs and foxes will run away when they see you. I, myself, have touched a fox at night, thinking it was a dog (eating out of my trash can). When it picked up its head; it looked at me and ran

off...it did not bite me. Wildlife, as a rule, are afraid of people and will keep their distance from us.

I'm putting in a little prayer, and hope it is effective for all:

Heavenly Father,

Break every chain of negative thoughts

and speak proper and positive in our buildings.

For life and death are in the power of the tongue.

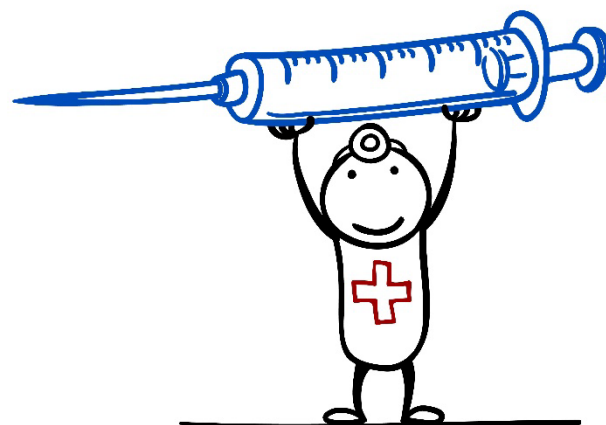
Let these negative thought patterns be broken

in Jesus mighty name. Amen

Don't forget the Coffee Klatch is on the 10th of September. It's nice to visit with other residents. Oh, if you want an additional bagel/donut or two for later, please put how many on sign-up sheet. By doing this, there is always enough to go around.

Please pray for our people who are in the hospital and or ill.

Don't forget Gloria Dyer is our Sunshine person. So, if a card needs to be sent to someone make sure she is aware of it.



Walgreen's Flu Shot Clinic will be here on September 13th from 1 PM 2PM.

Have a great Labor Day!!



Mona



Neighbors,

I am a 72 year old male resident of Luther Towers. In good health, but really quite out of shape.

I am writing to encourage you to use the exercise equipment provided. I am doing it now a little bit each day, three days a week, and making it a habit. That’s the only way it will work; do what you can, start slowly and increase the challenge as you progress, until you become a Superman or Superwoman.

You will find that regular exercise improves your attitude as well as your abs!

Ken Abraham



Your Luther Towers/Luther
Village Maintenance staff.....
courtesy of Kirk Harris.

MOVIE NIGHT

FRIED GREEN TOMATOES

STARRING: KATHY BATES

THURSDAY, SEPTEMBER 12

6:30PM



LT I (A)



MUST RSVP TO TRICIA 674-1408 EXT 131

LIMITED SEATING AVAILABLE

MOVIE NIGHT

FRIED GREEN TOMATOES

STARRING: KATHY BATES

THURSDAY, SEPTEMBER 19

6:30PM



LV III (A)



MUST RSVP TO TRICIA 674-1408 EXT 131

LIMITED SEATING AVAILABLE

DELAWARE 2019 VETERANS' STAND DOWN

**Friday
20 September 2019
9:00 a.m. - 2:00 p.m.**

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



VETERANS' STAND DOWN

Community & VA Services for ALL Veterans

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

Hair Cuts • Legal Service • Hot Lunch • Warm Clothing

Transportation Provided at key pick up locations.

**Donations may be sent to the "Veterans Awareness Center Foundation" at
12385 Sussex Highway • Greenwood, DE 19950**

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

Menu for September 2019

2	3	4	5	6
LABOR DAY	spaghetti with meatsauce green beans italian bread applesauce	fried chicken mashed potatoes gravy kale strawberries	two all beef hot dogs buns baked beans corn fruit cocktail	baked chicken white rice pineapple sauce brussels sprouts pears
9	10	11	12	13
reduced sodium ham with honey dijon sauce boiled red potatoes cabbage apple	liver and onions mashed potatoes gravy green beans peaches	baked chicken cranberry glaze baked potato broccoli mandarin oranges	pot roast with au jus boiled potatoes carrots cake	chicken with BBQ sauce macaroni salad squash pears
16	17	18	19	20
baked ziti meatsauce broccoli italian bread orange	baked chicken whipped sweet potatoes green beans peaches	turkey and cheddar kaiser roll with lettuce and tomato coleslaw apple crisp	sesame chicken hoisin glaze white rice fajita blend vegetables strawberries	BBQ pulled pork hamburger roll baked potato corn pineapple
23	24	25	26	27
spaghetti with meat sauce chef's blend vegetables italian bread fruit cocktail	Williamsburg chicken white rice carrots peaches	meatball hoagie in marinara sauce 6 inch roll sweet potato fries coleslaw pears	NEW	roast pork mashed potatoes gravy sauerkraut pineapple
30	1	2	3	4
chicken a la king egg noodles carrots applesauce	meatloaf mashed potatoes gravy succotash fruit cocktail	baked chicken garlic roasted potatoes broccoli pears	liver and onions mashed potatoes gravy green beans bread pudding	baked chicken gravy white rice peas chocolate mousse

Luther Towers - September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30AM Communion (II)A 11:30 Youth Svc (I)A	2 1pm-3pm Crochet Club (I)C 1-4 Library Reserved 6pm Church of Christ Outreach (I)A&C 6pm Bingo (II)A	3 1-5 Library reserved 1 - 2:30 AARP (IV) 5pm YOGA (I) Exercise Room 6:30pm – 8:30pm Women’s Bible Study (I)A&C	4 9am Food Stamp Rep (I)A 530pm Bingo (I)A 7pm–9pm Prayer Mtg (I)C	5 1pm British Wives (I)A 6pm Bingo (III)A 5:45pm Bingo (IV) 7pm Dominoes (I)A	6 530pm Bingo (I)A 6pm Bingo (II)A 5:30pm Dominoes (IV)	7 5:30pm Dominoes (IV)
8 10:30AM Communion (II)A 11:30 Youth Svc (I)A	9 1pm-4pm EMS COMMUNITY OUTREACH (I)A 1pm-3pm Crochet Club (I)C 6pm Bingo (II)A 1-4 Library Reserved 6pm Church of Christ Outreach (I)A&C	10 12pm-1245 STAMPS FOR SALE (I)LIBRARY 1-5 Library RSVD 3pm Cherub Grp (I)C 5pm Yoga (I) Exercise Room 6:30pm – 8:30pm Women’s Bible Study (I)A&C	11 1pm-4pm Methodist Women (I)C 530pm Bingo (I)A 7pm-9pm Prayer Mtg (I)C	12 6:30pm MOVIE NIGHT (I)A <u>MUST RSVP TO TRICIA</u> 6pm Bingo (III)A 5:45pm Bingo (IV)	13 9am-12pm WALGREENS FLU SHOT CLINIC (I)A 530pm Bingo (I)A 6pm Bingo (II)A	14 5:30pm Dominoes (IV)
15 10:30AM Communion (II)A 11:30 Youth Svc (I)A 3:00 – 6:30 Stevenson (I)A	16 1pm-4pm EMS COMMUNITY OUTREACH (III)A 1pm-3pm Crochet Club (I)C 1-4 Library Reserved 6pm Church of Christ Outreach (I)A&C 6pm Bingo (II)A	17 1 -5 Library reserved 12:15 – 1 Food Box 5pm YOGA CLASS (I)EXERCISE ROOM 6:30pm – 8:30pm Women’s Bible Study (I)A&C	18 530pm Bingo (I)A 7pm–9pm Prayer Mtg (I)C	19 6pm Bingo (III)A 5:45pm Bingo (IV) 7PM Dominoes (I)A	20 11:30AM-1:30PM WILLS FOR SENIORS (II)A 530pm Bingo (I)A 6pm Bingo (II)A	21 5:30pm Dominoes (IV)
22 10:30AM Communion (II)A 11:30 Youth Svc (I)A	23 1pm-4pm EMS COMMUNITY OUTREACH (III)A 1pm-3pm Crochet Club (I)C 1-4 Library Reserved 6pm Church of Christ Outreach (I)A&C 6pm Bingo (II)A	24 5pm YOGA CLASS (I)EXERCISE ROOM 6:30pm – 8:30pm Women’s Bible Study (I)A&C	25 530pm Bingo (I)A 7pm–9pm Prayer Mtg (I)C	26 10am CPR CLASS (I)A 5:45pm Bingo (IV) 6pm Bingo (III)A	27 1130am-130pm BAYADA MED BAG CAMPAIGN (I)A 530pm Bingo (I)A 6pm Bingo (II)A	28 9am-9pm Ida Stevenson (I)A 5:30pm Dominoes (IV)
29 10:30AM Communion (II)A 11:30 Youth Svc (I)A	30 1pm-4pm EMS COMM OUTREACH (IV) 1pm Crochet Club (I)C 6pm Church of Christ Outreach (I)A&C 6pm Bingo (II)A					

Luther Village - September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9am–1pm Church (III)A	2 9:30am Communion (I)A 2pm Harris (III)A 5:30pm Dominos(I)A	3 9:30am Prayer (I)A 3pm Major (I)A 6pm-8pm Wells (II)A	4 5pm White-RSVD (II)A 6pm Pokeno (I)A	5 10am Bible Study (I)A 12pm–3pm Ceramics (III) 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 9am-9pm Clementine Dixon (III)A 6pm Games (I)A
8 9am–1pm Church (III)A	9 9:30am Communion (I)A 2pm Harris (III)A 5:30pm Dominos(I)A	10 9am NARFE (III)A 10am Koffee Klatch (I)A 1PM-145PM STAMPS FOR SALE (I)PARLOR 1-3pm Knit & Stitch (II)A 3pm Major (I)A	11 5pm White-RSVD (II)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 11am–4pm King (I)A 2pm Harris (III)A 1pm WALGREENS FLU SHOT CLINIC (II)A 6pm Games (I)A 6pm Sign Language Class (III)A	14 10am-12pm Major (II)A 9am-9pm Gray (III)A 6pm Games (I)A
15 9am–1pm Church (III)A	16 9:30am Communion (I)A 2pm Harris (III)A 5:30pm Dominos(I)A	17 11:30pm–12pm Food Box 3pm Major (I)A	18 1pm BAYADA MED BAG CAMPAIGN (I)A 5pm White-RSVD (II)A 6pm Pokeno (I)A	19 10am Bible Study (I)A 12–3pm Ceramics (III) 1:15pm–2pm Exercise Class (III)A 6:30PM MOVIE NIGHT (III)A MUST RSVP TO TRICIA 6:30pm Bingo (I)A	20 11am–4pm King (I)A 2pm Harris (III)A 9am-11am WILLS FOR SENIORS (II)A 6pm Games (I)A 6pm Sign Language Class (III)A	21 9am-9pm Joachim (III)A 6pm Games (I)A
22 9am–1pm Church (III)A	23 9:30am Communion (I)A 10am SNAP (I)A 2pm Harris (III)A 5:30pm Dominos(I)A	24 3pm Major (I)A	25 9am-3pm Sr Comp (III)A 9am-1pm Driver Safety Class (I) A 5pm White-RSVD (II)A 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-9pm Arleta Johnson (III)A 6pm Games (I)A
29 9am–1pm Church (III)A	30 9:30am Communion (I)A 2pm Harris (III)A 1PM Glass Painting CLASS 5:30pm Dominos(I)A					

First State Animal Center & SPCA

32 Shelter Circle Camden, DE 19934 | 302-943-6032 | fsac-sPCA.org

Supply Wish List

- ☐ Gift Cards to Tractor Supply
Lowes, Staples, Walmart

Cleaning Supplies:

- ☐ Bleach
- ☐ Hand Sanitizer
- ☐ Disinfecting Wipes
- ☐ Any size Trash Bags
- ☐ Paper Towels/Toilet Paper
- ☐ Dawn Dish Soap
- ☐ Laundry Detergent
- ☐ Sealable Bags
- ☐ Windex
- ☐ Rubbing Alcohol
- ☐ Peroxide
- ☐ Dry Erase Markers
- ☐ 8.5" x 11" printing paper
- ☐ Batteries, AA & 9-Volt
- ☐ Postage Stamps
- ☐ Pens
- ☐ Dryer Sheets
- ☐ Hand Soap

Barn:

- ☐ Square Horse Hay Bales
- ☐ Pelleted Bedding
- ☐ Horse Halters

Dogs & Puppies:

- ☐ Treats
- ☐ Pure Balance Dog Food (Walmart)
- ☐ KONG Extreme Toys
- ☐ Indestructible toys (no fluff)
- ☐ Blankets (Gently used or New) No pillows, please.
- ☐ Puppy Training Pads

Cats & Kittens:

- ☐ Canned Cat Food (pate)
- ☐ Washable Cat Beds
- ☐ Dry Cat Food
- ☐ Cat Litter
- ☐ Cat toys

Small Animals:

- ☐ Bedding, no-cedar
- ☐ Rabbit Food & Timothy Hay
- ☐ Hamster & Guinea Pig Food
- ☐ Enrichment Chew Toys



FIRST STATE
**animal
center**
AND SPCA

If you were interested in donating items to our local animal shelter, here are items that they are always in need of. If there is enough interest I would take donations and drop them off on a monthly basis. KIM



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