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PLEASE DON'T FEED THE WATERFOWL

Anyone who knows me, knows that I am an animal lover and I would never intentionally do something that would harm them. Recently, I was approached concerning the problem of individuals feeding the geese and ducks on the property. Well I decided to do my own research and it definitely aligns with the information I was given. Please take the time to read my Special Insert on this subject on page 3.



RECENT UPDATES TO COVID TESTING AND QUARANTINE GUIDELINES

Unvaccinated people no longer have to quarantine at home after being exposed to someone with COVID-19, the Centers for Disease Control and Prevention (CDC) said in a press release posted on Thursday.

The CDC updated its COVID recommendations, hoping to "streamline" guidance and make it more reflective of the current state of the pandemic, in which there are plenty of treatment and prevention options available, and a variant is circulating that typically does not cause as severe an illness.

In addition to the more relaxed guidance for quarantining after a COVID exposure, the CDC also said that asymptomatic surveillance testing would no longer be recommended in most community settings.

Quarantine and Testing Changes

The new recommendations get rid of that distinction between unvaccinated and vaccinated people – now, it's no longer recommended that anyone quarantine after a COVID exposure, though people are still encouraged to mask for 10 days and test at day five.



Other Guidelines Remaining in Place for Now



In accordance with their 2021 guidance, the CDC still recommends that anyone who tests positive for COVID isolate for five days, and then, if they are fever free for 24 hours, end their isolation and wear a mask for another five days. They also recommend that you avoid anyone who may become seriously ill with COVID in the 11 days after you first test positive.

The CDC also clarified that, for anyone who experiences a rebound in COVID symptoms after their isolation period ends, they should isolate for another five days.

These isolation and masking guidelines are unlikely to change anytime soon.

Kim

THOUGHTS TO PONDER

"A Little Faith will Bring Your Soul to Heaven; A Great Faith will Bring Heaven to Your Soul." - Charles Spurgeon

PLEASE DON'T FEED THE WATERFOWL By Kim Mendoza, Director

Listed below are a few of the main reasons we should NOT feed waterfowl in general in the lake or on our property or anywhere else unless authorized.

1. Nutrition

While foods like bread, popcorn, crackers and bleached grains may technically be edible for some waterfowl, they lack critical nutrients – like protein and calcium. Filling up on empty calories from water-logged bread causes the birds to become malnourished and can lead to symptoms of metabolic bone disease – like malformed wings and fragile eggs. Wild ducks/geese need a balanced diet of grasses, aquatic plants, and invertebrates to survive and reproduce successfully.

Even nutrient-dense foods like commercial bird feed are problematic; young birds can grow too quickly resulting in abnormal flight feathers that twist out at odd angles. Once an animal is weak, it is more likely to seek out human food sources, causing a vicious cycle that incites further harm.

2. Disease

Two issues arise as wildlife congregates around a plentiful food source. Initially, the population's carrying capacity is artificially inflated due to the abundance of food. [Reproduction is inherent on food supplies.] Some ducks/geese may have additional offspring while other individuals gather in unusually high numbers. The subsequent overcrowding allows fungal infections, bacterial disease and avian viruses to spread rapidly throughout the group, decimating the population. Overcrowding can also trigger increased aggression as individuals fight for limited food, shelter and reproductive partners. They can also carry strains of the bird flu that are transmittable to humans.

3. Habitat Degradation and Water Quality

Finally, the impacts of feeding ducks/geese are felt by the entire ecosystem. More ducks

mean more duck droppings and therefore increased water pollution. Geese will poop every 20 minutes. These excess nutrients promote algal growth which can be dangerous to both wildlife and humans who drink from or recreate in the waterbody.

Enough about the Geese & Ducks... did you know that, although giving squirrels nuts occasionally may not be bad for them, feeding them regularly could cause problems.

- It's not that sunflower seeds and peanuts are incredibly harmful to squirrels, it's just that they have very low nutritional value.
- Raw peanuts can be especially dangerous because they can harbor toxic mold.
- The nuts, when swallowed, can be a choking hazard or may cause gastrointestinal obstruction in baby squirrels.
- Peanuts are high in fat, which can be good when given occasionally. However, over a longer period, it can cause pancreatic problems.

With that information, I would kindly ask that residents refrain from feeding the ducks/ geese around the property. I know we all enjoy seeing them around... but we don't want to cause them harm.

Kim

Rent will be pulled on September 6th

Please check with your bank to verify rent funds have been deducted *before* pulling your money out while assuming the rent was already paid.

This will save you from Insufficient Funds problems.

From the Desk of The Deputy Director JESSICA PARSONS



Ready for a **BBQ**?

We will be hosting a BBQ on September 23rd for all residents. September is a

beautiful month to be outside. We look forward to seeing everyone. Once you sign up for the BBQ, you will be entered into a drawing to see if you're one of the lucky ones to spin the Prize Wheel. More details will be communicated soon.

Inflation has dramatically impacted the entire country's economy. It impacts not only the government, but the little things in the average person's daily life. As you are feeling the effects, so is Luther Towers / Village. Our electric bill in one month increased well over \$6,500; this is just one example.

Thermostats: Did you know if you raise your thermostat by 1°F, it could reduce the cooling bill by 2%? Likewise, in the winter, lowering your thermostat by only 1°F can reduce heating bills by 3%. Little changes can make a difference.

As residents, you do not have to pay for the utilities; this is a huge benefit. However, HUD keeps us on a tight budget – so we need to try our best to stay within those limits.

TIPS for ways we can <u>all</u> help:

- Turn off lights when you're not home
- Only run full loads of laundry
- Wash laundry on cold
- Turn off and unplug devices when they are not in use
- Unplug devices when they are finished charging, instead of letting them linger
- Switch to LED light bulbs

- Microwave uses less energy than an electric stove when heating food
- Make sure the pot or pan you're using is not much larger or smaller than the burner
- If your computer is in sleep-mode, or your laptop is closed, it is still using electricity. Shut down your computer completely when you aren't using it to save the maximum amount of power
- If you plan on being away from your home for an extended period of time, unplug as many devices as you can, like your microwave, TV, etc.
- To help your refrigerator use less energy:
 Don't put things that are still hot or warm in the refrigerator (let them cool down first)
 Don't stand in front of the refrigerator browsing for a snack with the doors open; decide what you want beforehand (mom was right again)

REMINDERS:

•Please do not remove anything from bulk trash. You don't know the reasons why the furniture is there nor why it has been determined to be unusable.

•If you use the stairwell doors, please do not allow the door to slam behind you. The noise may disturb nearby residents who could be sleeping or ill. We ask that you be considerate of your neighbors.

COVID TESTS: Anyone can Order another Eight (8) FREE COVID TESTS Contact: <u>CovidTests.gov</u> or call 1-800-232-0233

Employee of the Month by Jessica Parsons

This month I would like to highlight **Dave Pierce**. Dave joined our team in October 2021 as one of our maintenance technicians. Dave has been married to the girl of his dreams for 30 years and has three daughters whom they homeschooled. In Dave's words, "they turned out smart despite us." This past year he became a grandfather to a sweet baby boy and another grandchild is on the way.

Dave has worked in a variety of jobs over the years and is retired from the State of Delaware after serving 25 years.

When Dave isn't working, he enjoys time with his extended family, playing video games, hiking and



experimenting with making homemade beer and wine. Dave is a NASCAR fan and only cheers for his fellow Ford drivers.

Dave is a perfect

addition to our Maintenance Team. He always has a smile on his face and a pleasant attitude. He strives to do his best to make your home a great place to live.

Renovations & Updates

We enjoy doing renovations and updates to make this a place you're proud to call home. Recently, we updated some areas in Luther Towers II, Luther Towers IV & Luther Village II.



Luther Towers II:

We installed new carpet in the Parlor. The laundry room was completely renovated; new flooring, paint, bench, décor and even added an additional dryer.

Luther Towers IV:

We installed a new counter top in the computer area and installed new flooring in kitchen. The reception area has been updated to new cabinets, counter top and paint.



Luther Village II:

Repainted the walls and installed new carpet in the Parlor. Some new décor was added as well.

The staff had a "**Gardening Day**" at Luther Towers/Luther Village. We enjoyed coming together and putting in the effort to tidy up the grounds because we take pride in where we work and we want you to take pride in where you live. Please help to keep the campuses looking as lovely as the staff does.









From the Office of Social Services TRICIA ROBINSON

Hello, Everyone! 🙋

Delaware Health and Social Services will be offering a Chronic Pain Management Class in September at the Luther Towers Building I Activity Room. Registration for the class will be held on Friday, September 2nd, at 12pm in the Activity Room of Luther Towers Building I. The class is 6 weeks long and will be held on every Friday from 10am-12pm. We hope to see a good response from those of you who are experiencing a lot of pain!

Please keep in mind that, if you currently receive State of Delaware Medical Assistance (Medicaid), Food Stamps, etc., you are required to fill out the renewal that comes in the mail every 6 months. If you need help filling out the renewals, please give me a call and I can assist you. If you do not complete the renewals, the case will be closed and it takes much longer to re-open.

As most of you know, I have been filling in for the position of Administrative Assistant and collecting paperwork for your lease renewals. I understand that it is convenient to sign up for online banking but please keep in mind you will be asked to submit AT LEAST ONE bank statement at your renewal every year (sometimes 6 depending on your bank). You can still receive paper statements even if you have online banking – you only need to submit a request to the bank.

Keep on your calendars that **Medicare Open Enrollment** will begin October 15th and will be open through to December 7th. If you are NOT pleased with your prescription drug plan, this is the time <u>you can change your plan</u>.

PERSONALS:

If you need adult diapers (pull-ups), incontinence pads (sanitary napkins), bed pads (sheet protectors)... please call Tricia at 302-674-1408 x131 LISA HARSHBERGER Luther Towers Building I <u>Appointments</u>: 674-1408x131 Tricia Just \$20 for 30-Minute Session





Movie Night will be at Luther Towers Thursday, September 8th and Luther Village Thursday, September 15th at 5:30p.m. The September movie will be

- THE GREATEST SHOWMAN -Starring Hugh Jackman. Come join us for a great time! Sign up on the bulletin board in your building.

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



From The Facilities Manager KELLY HAUER

PEST CONTROL

Luther Towers Apartments

Sept. 7th.... LT-1... 601-623LT-4.. 4102-4116Sept. 14th.. LT-1... 701-723LT-4.. 4201-4216Sept. 21st .. LT-1... 101-110LT-2... A01-A18Sept. 28th.. LT-2... C01-C18



Luther Village Apartments None at This Time

Kelly's Reminders:

I have noticed that residents are going into the Bulk Trash area, removing furniture and bringing it back into the buildings. The items that are in those areas are Trash and there is a Reason they are in there; e.g., broken, damaged or bugs in the furniture.

Please, **Do Not Remove Items** from the **Trash Areas** – the last thing we need are bugs being brought back into the building!

Kellv

GOODBYE AUGUST! HELLO SEPTEMBER!

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.

HAPPY NEW MONTH!

THOUGHT FOR THE MONTH





From The Desk Supervisor – KARI EBERT

September is here and, as always, it brings its promise of change. We start to see hints pointing to the change of season, the change of foliage, and the shortening of daytime hours.

Sometimes change is hard even when there's excitement involved. My daughter recently got a promotion at work, and she's had a hard time getting accustomed to it. Though she'll have her own office, a bigger paycheck, and more of the work she enjoys, it's been a hard transition for her. She thrives on consistency.

Here at the security desk, September is bringing some big changes to our staff as well. As you may know, Jeff White is moving to Ohio with his family. He first worked the security desk at Luther Village and then moved to the evening shift at Luther Towers. He's been a big part of many residents' lives, and he'll be truly missed. Though I'll miss him on our team, I'm also excited about what the future holds for his family in Ohio. We wish them all the best.

Danielle Shockley has accepted a new Security Desk position. She's been diligent and compassionate in her part-time role, so I know she'll be a huge asset in her new one.

I'm looking at this like the change of season: It's hard to say goodbye to the daylight hours, but the fiery beauty of the transforming leaves is a gift all its own.

Here's a poem that imagines how nature might look forward to the fall season. I hope you enjoy it.

Quick Reminder:

While security personnel try to go above and beyond ensuring residents' safety and security, we cannot fulfill some requests. We've been receiving numerous personal requests: food or package delivery left at the front desk, calling residents with messages to call someone else, fetching things from apartments, finding people to do odd jobs, give rides, etc.

We will always try to help in emergency situations, but we are not able to help with such personal errands.

Song For Autumn

In the deep fall don't you imagine the leaves think how comfortable it will be to touch the earth instead of the nothingness of air and the endless freshets of wind? And don't you think the trees themselves, especially those with mossy, warm caves, begin to think

of the birds that will come – six, a dozen – to sleep inside their bodies? And don't you hear the goldenrod whispering goodbye, the everlasting being crowned with the first tuffets of snow? The pond vanishes, and the white field over which the fox runs so quickly brings out its blue shadows. And the wind pumps its bellows. And at evening especially, the piled firewood shifts a little, longing to be on its way.

by Mary Oliver

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

BLUEBIRD SCHEDULE

RSVP to Luther Towers Security Desk

TUESDAY: SAFEWAY • TARGET • FOOD LION

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

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

11AM TRIP WILL BE TO CAMDEN WALMART

WEDNESDAY: ROSES • BYLERS • ACME LUTHER VILLAGE • BE READY FOR PICK UP 9:30am LUTHER TOWERS • BE READY FOR PICK UP 9:45am

1st WEDNESDAY OF THE MONTH FIFER FARMS • CAMDEN WALMART LUTHER VILLAGE PICK-UP 9am • LUTHER TOWERS 9:15am

THURSDAY:

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

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

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

THIRD (3rd) THURSDAY • MIDDLETOWN FARMERS MARKET.

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



BBQ INFORMATION



<u>Indoor / Outdoor</u> Picnic Tables & Folding Tables & Chairs

Maintenance Will Be Grilling!

All Foods Will Be Provided

Serving Begins at 11:30 a.m.

Sorry, No Guests are Permitted (aide workers may attend for a nominal fee)

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MEET & GREET

Join Us!

Enjoy Meeting & Making New Friends.

While you're at it, have a snack & a sip.

Find out what you might be missing!



LUTHER TOWERS (I)A 6:00PM SEPTEMBER 24TH, 2022

LUTHER VILLAGE (I)A 4:00PM SEPTEMBER 10TH, 2022







2nd Wednesday of Each Month

1:00 pm • LT I (conf room)

Fellowship, Prayer, Learning

ALL ARE WELCOME Sponsored by: United Methodist Women



EXCURSION TO THE DUTCH FAMILY MARKET IN MIDDLETOWN!



Everyone always wants to see your smiling faces in the pictures! Here's a TIP. If you can see the camera, then the camera can see you!





UTHER DUERS	Menu	September 2022	ber 202	2 H UTHER
Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1 Liver & Onions w/Gravy Mashed Potatoes Buttered Green Beans Wheat Bread / Milk Applesauce	2 BBQ Chicken Baked Beans Potato Salad Cornbread / Milk Fruit
5 LABAR	6 Chicken Tetrazzini Buttered Peas Roll / Milk Fruit	7 Swedish Meatballs Buttered Noodles Broccoli Wheat Bread / Milk Applesauce	 8 Fried Chicken Mac & Cheese Mixed Greens Dinner Roll / Milk Cake BIRTHDAY 	g Meatball Sub French Fries Coleslaw Milk / Fruit
12 Chicken & Dumplings Biscuits Green Beans Milk / Peaches	13 LS Ham & Cabbage Boiled Potatoes Wheat Bread / Milk Yogurt	14 Chicken Salad on Bun Lettuce & Tomato Coleslaw Milk / Fruit	15 Roast Pork w/Gravy Mashed Potatoes Sauerkraut Wheat Bread / Milk Cookies	16 Taco Chili Salad Lettuce & Tomato Sour Cream & Salsa Tortilla Chips Milk / Fruit
19 Salisbury Steak w/Mushroom Gravy Mashed Potatoes Mixed Veggies Wheat Bread / Milk Cookies	20 Fried Chicken Mashed Potatoes w/ Gravy Collard Greens Dinner Roll / Milk Pudding	21 Turkey & Cheese Sub Lettuce & Tomato Potato Chips Milk / Fruit	22 Fried Fish Mac & Cheese Stewed Tomatoes Roll / Milk Bread Pudding NUTRITION CLASS	23 Baked Chicken w/Gravy Buttered Rice Vegetable Blend Wheat Bread / Milk Applesauce
26 Chicken Pot Pie Buttered Squash Roll Milk / Cookies	27 Veal Parmesan Spaghetti Chef's Choice Milk / Fruit	28 Boneless Chicken Breast w/Glaze Seasoned Rice Spinach Wheat Bread / Milk Pudding	29 Liver & Onions w/Gravy Mashed Potatoes Green Beans Wheat Bread / Milk Fruit	30 BBQ Chicken Potato Salad Greens Cornbread / Milk Pudding

UTHER		ptemb	er 20	22 Activ	September 2022 Activity Calendar	ıdar
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	, 1	2	3
	er.			1:00pm British Wives (I)A 5:45pm Bingo (IV)	12:00pm REGISTRATION FOR CHRONIC PAIN CLASS (I)A 5:30pm Bingo (I)A	5:00pm Bingo (II)A
4	5 C P 10:15-11am	6	7	8	9	10
12pm Church Service (I)A All Day	"Morning Stretch w/Betsy" 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C		1-4pm Methodist Women (I)C 5:30pm Bingo (I)A	5:30pm MOVIE NIGHT (I)A 5:45pm Bingo (IV)	10:00am CHRONIC PAIN CLASS WEEK 1 (I)A 5:30pm Bingo (I)A	5:00pm Bingo (II)A
11	12 10:15-11am	13	14	15	16	17
12pm Church Service (I)A All Day	w/Betsy" w/Betsy" 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	3pm Cherub Group (I)C	5:30pm Bingo (I)A	1:00pm Karaoke (I)A 5:45pm Bingo (IV)	10:00am CHRONIC PAIN CLASS WEEK 2 (I)A 5:30pm Bingo (I)A	5:00pm Bingo (II)A
18	19 10:15-11am	20	21	22	23	24
12pm Church Service (I)A All Day	"Morning Stretch w/Betsy" 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	12:15-1:00pm Food Box	5:30pm Bingo (I)A	5:45pm Bingo (IV)	10:00am CHRONIC PAIN CLASS WEEK 3 (I)A 5:30pm Bingo (I)A	6pm MEET N' GREET (I)A 5:00pm Bingo (II)A
25	26 10:15-11am	27	28	29	30	
12pm Church Service (I)A All Day	5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C		5:30pm Bingo (I)A	5:45pm Bingo (IV)	10:00am CHRONIC PAIN CLASS WEEK 4 (I)A 5:30pm Bingo (I)A	

HUTHER		Septemb	oer 20	nber 2022 Activity Calendar	vity Cale	ndar
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 10am Bible Study (I)A 12-3pm Ceramics (III) 5pm Bingo (I)A	2	3
4 11am Church	5 LABOR	9	7 9:30am-11am SNAP (I)Parlor	8 10am Bible Study (I)A 12-3pm Ceramics (III)	6	10
(III) A	Dominos (I)A	9:30am Prayer (I)A	10am Bingo (I)A	5pm Bingo (I)A	7	1
11	12	13	14	15 Ilam Bible Study (I)A 12-3pm Ceramics (III) 5:30pm Movie Night	16	17
11am Church (III)A	5:30pm Dominos (I)A	12pm-4pm Welsh (I)A	10am Bingo (l)A	(III)A 5pm Bingo (I)A		4:00pm MEET 'N GREET (I)A
18	19	20	21	22 10am Bible Study (I)A 12-3pm Ceramics (III)	23	24
11am Church (III)A	5:30pm Dominos (I)A	11:30am-12pm FOOD BOX	10am Bingo (I)A	1pm Karaoke (I)A 5pm Bingo (I)A		9am-9pm Parker (III)A
25	26	27	28	29 10am Bible Study (I)A	30	
11am Church (III)A	5:30pm Dominos (I)A	12pm-4pm Welsh (I)A	10am Bingo (I)A	12-3pm Ceramics (III) 5pm Bingo (I)A		





Name & Position

Extension

Kim Mendoza, Executive Director	112
Jessica Parsons, Deputy Director	130
Tricia Robinson, Social Services	131
Jessica Balog, Admissions	
Rachel White, Administrative Coordinator	
Sharon Poisson, Accounting	132
Kari Ebert, Desk Supervisor	0
Kelly Hauer, Maintenance	111
Lili Griffin, Kitchen	128
Karen Ambruso, Beauty Shop	129
Wednesday / Thursday / Friday — By Appointment Only	
Front Desk	0



302-674-3780

Name & Position	Extension #
Tricia Robinson, Social Services	210
Luther Village 1 Desk	212
Karen Ambruso, Beauty Shop By Appointment Only	. 674-1408 ext 305
Medical Transportation	242-6187