

Newsletter



October 2022

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From the Desk of The Executive Director KIM MENDOZA

I hope everyone enjoyed the End-of-Summer BBQ put on last month. We certainly enjoy being able to do these types of things for you. Our hope is that you enjoy them also.

We will be doing our annual Thanksgiving Dinner here at Luther Towers, and then Christmas at Luther Village. Keep an eye out for upcoming announcements and make sure you sign up for each event. Both have great meals and the fellowship isn't half bad! 😊

The weather is starting to become a little more enjoyable – at least for those who don't like the hot and steamy summer days. Soon the leaves will be changing colors and falling on the ground.

Although they are pretty on the trees, when they are on the walkways and become wet, it poses a safety hazard. So please keep an eye out and walk carefully. Also, notify the desk and we will have someone come and take care of it as soon as possible.

In the meantime, take some time to enjoy the updated landscaping we have done around the campus at Towers I.

Kim

I would like to take the opportunity here to introduce Corrin Parsons, our new Administrative Coordinator. She took Rachel's place since she and Jeff are beginning a new life in Ohio. Although Rachel will be missed, Corrin is transitioning in very nicely and will be an asset to our group. So, if you have any questions concerning your recertification appointments or related issues, she is your go-to person.



Corrin Parsons



OUR STAFF

Seated L/R:

- 1** Regeena Collick
- 2** Dave Pierce
- 3** Tricia Robinson
- 4** Corrin Parson
- 5** Lew Friday

Standing L/R:

- 6** Keri Ebert
- 7** Sharon Poisson
- 8** Kim Mendoza
- 9** Jessica Balog
- 10** Jessica Parsons
- 11** Mark Lewin
- 12** Ben Shockley
- 13** Kelly Hauer

From the Desk of The Deputy Director
JESSICA PARSONS

Recertification

Social Security Administration bases its annual COLA (Cost of Living Aadjustment) on inflation data from July-August-September with the agency announcing the increase mid-October. The January 2023 Social Security COLA increase will be the biggest bump in decades. The estimated increase could be as high as 8.9%.

What does this mean for you?

It means several things but one in particular is the effect it will have on your rent. Most of you noticed an increase in your rent on last year's recertification due to the significant Social Security increase in 2022 of 5.9%. With that said, you will notice an even greater rent increase in 2023. This increase will take effect during your annual recertification.

Help Offset Your Increase!

Make sure to keep all receipts for medical expenses or provide us the doctor's name or the facility you have been using during the prior year of your recertification. If your medical expenses exceed a certain amount, it helps to offset your rent increase. If you are unsure what can be counted as a medical expense, please see Jessica B. or Corrin P. in the Administration office.

Fire Drills & Rules

Fire drills were completed in all buildings. We conduct fire drills for a couple reasons: First and foremost, we want to ensure you are familiar with the procedures for a safe evacuation and, second, we need to ensure our process has no flaws that would need to be corrected.

We do appreciate your cooperation when we conduct these drills; however, one thing that

is concerning was the lack of urgency with some residents or some not cooperating at all. When the alarm goes off, residents need to treat it as a **true fire** and exit your apartment IF it is safe to do so.

If you are unable to go down the stairs, you are to go to the landing of the stairwell and await help.

If you hesitate leaving your apartment because you are *assuming* it is a drill (then suddenly realize it's for real!) then you have lost valuable time to get out of the building.

Once you vacate the building, you are required to report to your designated building so we can account for you. We had residents leave or go somewhere on the property and not report in. I cannot express enough how important it is that we account for you in case of a true emergency.

We will be conducting fire drills at least annually so please adhere to the procedures that are in place for your safety.

Follow the rules as if your life depends on it... because it does!

A reminder of your designated building for "Reporting You Are Safe" is on the next page.

Jessica

**Rent will be pulled on
October 4th**

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

This will save you from
Insufficient Funds problems.

From the Desk of The Deputy Director
JESSICA PARSONS



Your building:

Activity Room (AR)

Luther Towers I (1st, 2nd, 3rd floors)	report to	Luther Towers	III-AR
Luther Towers I (4th, 5th floors)	report to	Luther Towers	II-AR
Luther Towers I (6th, 7th floors)	report to	Luther Towers	IV-AR
Luther Towers II	report to	Luther Towers	I-AR
Luther Towers III	report to	Luther Towers	I-AR
Luther Towers IV	report to	Luther Towers	I-AR
Luther Village I	report to	Luther Village	II-AR
Luther Village II	report to	Luther Village	III-AR
Luther Village III	report to	Luther Village	III-AR



Per the following State Regulation, occupants must exit any building in the event of a fire alarm system activation. In the General Fire Safety Regulation, 1.1.10 states:

Evacuation of Building. Whenever a fire occurs in any building, premises, or upon the initiation of a fire alarm, all occupants shall evacuate the building, premises, or fire area immediately and shall not re-enter the building, premises, or fire area unless permission is given by the Fire Chief or Fire Officer in charge of the scene.



In the event the Fire Marshall finds occupants who have not exited the building when a fire alarm system activates, the City of Dover will be forced to take enforcement action to ensure compliance.



PRACTICE MAKES PERFECT
DON'T RISK YOUR LIFE BY BEING UNPREPARED!

Employee of the Month by Jessica Parsons

This month I would like to highlight **Kelly Hauer**, our Facilities Director. Kelly has been employed with Luther Towers/Luther Village for over 7 years, initially hired in June of 2014.

Kelly takes great pride in making both campuses look good and to be a place you are proud to call home. If you take a look around – in the common areas, the grounds, and even the apartments – you can see where changes have been made to make things more functional and pleasant to look at.

When not at work he enjoys playing golf, tennis and watching NASCAR. Of course, he has a “honey do” list at home where he can use some of the skills he has to improve his home also.

Speaking of his honey, he has been married to Ami for 23 years. They have four kids and eight grand-kids with whom they love spending time.



Luther Towers Building III LAUNDRY FACILITY!

Last month's newsletter featured Luther Towers II and their new laundry area. Luther Towers III soon will look very similar.

Other Notes Around the Campuses

- ♦ **City of Dover** will be flushing the fire hydrants from October 2nd through to October 21st. You may notice your water is “brown” — run your water a few minutes to clear.
- ♦ **Laundry Facilities:** Please clean out the washer and dryer after each use. Leave it the way you would like to find it for your own use!
- ♦ **Please be mindful** of your neighbors and keep your TV volume at a reasonable level.
- ♦ **Carts:** If you bring a shopping cart from a neighboring store, please return it promptly.
- ♦ **Do Not Litter!** Do not use the mentality that “someone” will clean up after you. It is your own responsibility to take care of your own trash! We all play a part in making Luther Towers/Village look nice. Please continue to do yours.

From the Office of Social Services
TRICIA ROBINSON

Hello, Everyone! 🙋

—Keep on Your Calendar—

MEDICARE OPEN ENROLLMENT

will begin

OCTOBER 15TH and go to **December 7th**

If you are NOT pleased with your prescription drug plan, this is the time you can change it. Call Tricia if you need to set up an appointment to review your prescription plan.

BANKERS LIFE will be holding a beginners seminar for those new to Medicare or who have basic questions about Medicare coverage.

Wednesday, October 5th
at Luther Towers Building 1
Activity Room at
1:00pm.



*I Will Be Holding
the*
FALLFEST HEALTH FAIR
on
FRIDAY, OCTOBER 21st
from
10:00am-11:30am

Come out and visit our healthcare vendors and get many chances at winning a great door prize and/or gift card!

Movie Night will be at
Luther Towers Thursday, October 13th and
Luther Village Thursday, October 20th at
5:30p.m. The OCTOBER movie will be



“TOP GUN: MAVERICK”

starring Tom Cruise



Come join us for a great time!
Sign up on bulletin board in your building.

LISA HARSHBERGER

Luther Towers Building I

Appointments:

674-1408x131 Tricia

Just \$20 for 30-Minute Session



HEALTH FIRST MEDICAL CARE

QUALITY COMPREHENSIVE CARE AT HOME

**PROVIDING A WIDE RANGE
OF SERVICES**

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

MEDICAL DIRECTOR

ERNEST TAMAJONG
CRNP/DNP(c)



CONTACT INFORMATION:

302-616-9324

etamajong@health1mc.com

www.health1mc.com

Affordable Health Care Solutions in the Comfort of Your Home

PERSONALS:

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

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!

Thank you, *Tricia*



From The Facilities Director
KELLY HAUER

PEST CONTROL

Luther Towers Apartments

Oct 26th.....4301-4316



Luther Village Apartments

Oct 5.....LV-3...2nd, 3rd, 4th Floors

Oct 12....LV-2...Entire LV-3...1st Floor

Oct 19....VL-1 ..2nd, 3rd Floors

Oct 26....LV-1...1st Floor

KELLY'S REMINDERS:

With autumn upon us, nature begins her transition into beautiful foliage and then the leaves begin to fall. These leaves will get wet making it necessary to watch where you are walking. Wet leaves equals slippery walkways and roads!

When changing from A/C to Heat, the heater will "smell" for about 30 minutes, so open your windows until the heater smell goes away.

THOUGHT FOR THE MONTH

**Don't be puzzled by problems, whatever they may be.
Always face them as if they are examinations you have to pass.**

Kelly



Exercise Class

"MORNING STRETCH W/BETSY"

**Every Monday Morning at
10:15am in Luther Towers I(A)**

Hosted by:

**Certified Instructor
Betsy Gustafson**



BINGO SCHEDULE

LUTHER TOWERS

Mondays	5:00pm	(II)A
Wednesdays	5:30pm	(I)A
Thursdays	5:45pm	(IV)
Fridays	5:30pm	(I)A
Saturdays	5:00pm	(II)A

LUTHER VILLAGE

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



DOMINOS

LUTHER VILLAGE

EXCLUSIVELY

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



LUTHER TOWERS BEAUTY SALON

\$10.00 HAIRCUTS

**SPECIAL! SPECIAL! SPECIAL!
NEW CLIENTS ONLY**

**APPOINTMENTS AVAILABLE
WED/THURS/FRI**

**TO MAKE APPOINTMENT
CALL 302-674-1405 x129**

From The Desk Supervisor – KARI EBERT

October came quickly this year! I feel like we blinked and suddenly we're in fall. The days are getting cooler, and the heat is no longer oppressive. What a pleasant time of year to go for a walk! I hope you're taking advantage of the milder weather and enjoying the change of seasons.

Did you know that October is "Eat better. Eat together." month? I don't really mind eating alone, but I love it when my daughter invites me over for chili or corned beef and cabbage (two of her specialties). The combination of comfort food and good conversation makes me feel warm and loved.

I like walking by the lunchroom and hearing residents chatting with one another. I also hear about some impromptu potlucks between residents. October is a great time to cook soups, chilis, and stews. Why not reach out to a few people and plan a lunch or dinner together? While you're at it, invite someone new. Being a part of the community here is like being family. You never know who doesn't have family close to invite them to meals.

Kari

*Here's a tongue-in-cheek poem to entertain you.
Not all poetry has to be serious!*

I Wave Good-bye When Butter Flies

By Jack Prelutsky

I wave good-bye when butter flies
and cheer a boxing match,
I've often watched my pillow fight,
I've sewn a cabbage patch,
I like to dance at basket balls
or lead a rubber band,
I've marveled at a spelling bee,
I've helped a peanut stand.

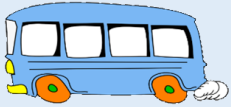
It's possible a pencil points,
but does a lemon drop?
Does coffee break or chocolate kiss,
and will a soda pop?
I share my milk with drinking straws,
my meals with chewing gum,
and should I see my pocket change,
I'll hear my kettle drum.

It makes me sad when lettuce leaves,
I laugh when dinner rolls,
I wonder if the kitchen sinks
and if a salad bowls,
I've listened to a diamond ring,
I've waved a football fan,
and if a chimney sweeps the floor,
I'm sure the garbage can.



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

BLUEBIRD SCHEDULE



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



TUESDAY: SAFEWAY • TARGET • FOOD LION

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

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

11AM TRIP WILL BE TO CAMDEN WALMART

WEDNESDAY: ROSES • BYLERS • ACME

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

1st WEDNESDAY OF THE MONTH

FIFER FARMS • CAMDEN WALMART

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

THURSDAY:

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

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

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

THIRD (3rd) THURSDAY • MIDDLETOWN FARMERS MARKET.

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



Luther Towers Health Fair

October 21, 2022

10-12p Building 1 Activity Room

Vendors from

Home Health
Home Care
Hospice
Acute and Subacute Rehabs
Outpatient Services

DOOR PRIZES

430 Kings Hwy
Dover, De 19901



**LUTHER
TOWERS**

2022 Annual BBQ at Luther Towers

**Thank You to ALL Who Made This
Event Such a HUGE SUCCESS**

**LUTHER
VILLAGE**

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
OCTOBER 29TH, 2022

LUTHER VILLAGE
(I)A 4:00PM
OCTOBER 8TH, 2022



**WELCOME TO
ROSEMARY CIRCLE**



2nd Wednesday of Each Month

1:00 pm • LT I (conf room)

Fellowship, Prayer, Learning

ALL ARE WELCOME

Sponsored by: United Methodist Women



Luther Towers
Building I Activity Room



Thursday
October 20th
1:00pm

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

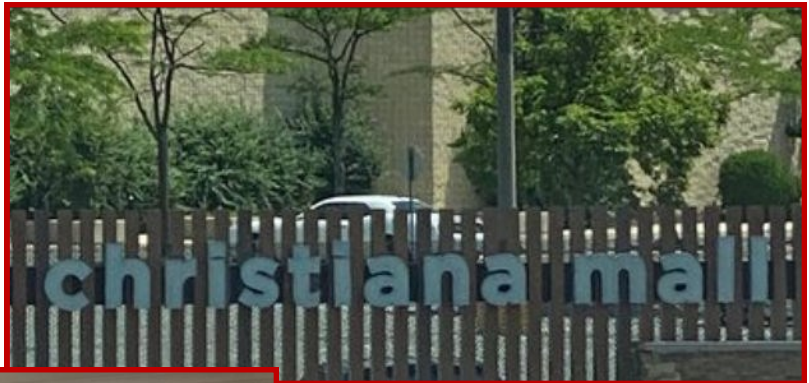
Newcomers

Welcome, Neighbor!

LT1	201	Patricia Yancy
LT1	502	Libby Loper
LT3	3018	Tom Pallam
LT3	3212	Diana Carter
LT4	4206	Diane Hughes



EXCURSION TO



What's it like
to ride the bus?

Sign up for the
Next Trip
& Find Out!!

Check the Bulletin Board



Stopping Along the Way
For a Stretch
&

Awesome
Sightseeing Opportunity!

*Augustine Beach & the NJ
Salem Nuclear Plant
across the Delaware River*



THE MORE THE MERRIER



MOVIE NIGHT
'TOP GUN: MAVERICK'

STARRING: TOM CRUISE

THURSDAY, OCTOBER 13

5:30PM



LT I (A)



SIGN UP ON BULLETIN BOARD IN YOUR BLDG

MOVIE NIGHT
'TOP GUN: MAVERICK'

STARRING: TOM CRUISE

THURSDAY, OCTOBER 20

5:30PM



LV III THEATRE



SIGN UP ON BULLETIN BOARD IN YOUR BLDG

Monday	Tuesday	Wednesday	Thursday	Friday
3 Spaghetti w/Meat Sauce Broccoli Garlic Bread / Milk Pudding	4 Hotdog on Bun Baked Beans Potato Wedges Milk / Fruit	5 Egg Salad on Bun Lettuce & Tomato Coleslaw Milk / Yogurt	6 Baked Pork Chop w/Onion Gravy Mashed Potatoes Buttered Carrots Roll / Milk Cookies	7 Breaded Fish Filet Tarter Sauce Mac & Cheese Stewed Tomatoes Wheat Bread / Milk Fruit
10 COLUMBUS DAY HOLIDAY CENTER CLOSED	11 LS Ham w/Mustard Sauce Boiled Potatoes Buttered Cabbage Wheat Bread / Milk Pudding	12 Meatloaf w/Gravy Mashed Potatoes Broccoli Wheat Bread / Milk Applesauce	13 Pot Roast w/Gravy Boiled Potatoes Carrots Dinner Roll / Milk Cake BIRTHDAY	14 Chicken Pot Pie Buttered Squash Wheat Bread / Milk Fruit
17 Chili w/Red Beans Rice Mixed Veggies Cornbread / Milk Mixed Fruit	18 BBQ Chicken Scalloped Potatoes Chef's Choice Veggies Wheat Bread / Milk Applesauce	19 Vegetable Soup Tuna Salad on Bun Lettuce & Tomato Coleslaw Milk / Fruit	20 Fried Chicken Mac & Cheese Collard Greens Roll / Milk Mousse	21 Baked Ziti w/Meat Sauce Buttered Broccoli Italian Bread / Milk Cookies
24 Salisbury Steak w/Gravy Mashed Potatoes Mixed Veggies Wheat Bread / Milk Cookies	25 Baked Chicken w/Gravy Sweet Potatoes Buttered Peas Roll / Milk Fruit	26 Italian Meatballs Spaghetti Veggie Blend Italian Bread / Milk Yogurt	27 Liver & Onions Mashed Potatoes w/Gravy Seasoned Green Beans Wheat Bread / Milk Bread Pudding NUTRITION CLASS	28 Chicken Marsala w/Mushroom Gravy Wild Rice Broccoli Wheat Bread / Milk Applesauce
31 Chicken Tetrazzini w/Mushrooms Noodles Buttered Squash Roll / Milk Cookies	1	2	3	4

FATHER TOWERS October 2022 Activity Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 5:00pm Bingo (II)A
2 12pm Church Service (I)A All Day	3 9am Food Stamp Rep (I)A 10:15-11am "Morning Stretch w/Betsy" 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	4 3pm Cherub Group (I)C	5 1:00pm Bankers Life Medicare 101 (I)A 5:30pm Bingo (I)A	6 1:00pm British Wives (I)A 5:45pm Bingo (IV)	7 10:00am CHRONIC PAIN CLASS WEEK 5 (I)A 5:30pm Bingo (I)A	8 5:00pm Bingo (II)A
9 12pm Church Service (I)A All Day	10 10:15-11am "Morning Stretch w/Betsy" 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	11	12 1-4pm Methodist Women (I)C 5:30pm Bingo (I)A	13 5:30pm MOVIE NIGHT (I)A 5:45pm Bingo (IV)	14 10:00am CHRONIC PAIN CLASS WEEK 6 (I)A 5:30pm Bingo (I)A	15 Medicare Open Enrollment Begins! 5:00pm Bingo (II)A
16 12pm Church Service (I)A All Day	17 10:15-11am "Morning Stretch w/Betsy" 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	18 12:15-1:00pm Food Box	19	20 1:00pm KARAOKE (I)A 5:45pm Bingo (IV)	21 10am-12pm HEALTH FAIR (I)A 5:30pm Bingo (I)A	22 5:00pm Bingo (II)A
23/30 12pm Church Service (I)A All Day	24/31 10:15-11am "Morning Stretch w/Betsy" 5pm Bingo (II)A 6pm Church of Christ Outreach (I)A&C	25	26	27	28	29 6pm MEET N' GREET (I)A 5:00pm Bingo (II)A



October 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1 9am-9pm Parker (III)A
2 11am Church (III)A	3 5:30 Dominos (I)A	4 9:30am Prayer (I)A	5 9:30am-11am Food Stamp Rep (I)A 10am Bingo (I)A	6 10am Bible Study (I)A 12-3pm Ceramics (III) 6:30pm Bingo (I)A	7	8 9am-9pm Private Reservation (III)A 4:00pm MEET 'N GREET (I)A
9 11am Church (III)A	10 5:30 Dominos (I)A	11	12 9am-3pm Sr Comp (III)A 10am Bingo (I)A	13 10am Bible Study (I)A 12-3pm Ceramics (III) 6:30pm Bingo (I)A	14	15 Medicare Open Enrollment Begins!
16 11am Church (III)A	17 5:30 Dominos (I)A	18 9:00am-1:00pm Driver Safety Class (I)A 11:30am-12pm Food Box	19 10am Bingo (I)A	20 10am Bible Study (I)A 12-3pm Ceramics (III) 5:30pm MOVIE NIGHT (III)A 6:30pm Bingo (I)A	21	22 9am-9pm Baldwin (III)A
23/30 11am Church (III)A	24/31 5:30 Dominos (I)A	25	26 10am Bingo (I)A	27 10am Bible Study (I)A 12-3pm Ceramics (III) 6:30pm Bingo (I)A	28	29

Phone Extensions

302-674-1408

Name & Position	Extension #
Kim Mendoza, Executive Director	112
Jessica Parsons, Deputy Director	130
Tricia Robinson, Social Services	131
Jessica Balog, Admissions.....	119
Corrin Parsons, Administrative Coordinator.....	113
Sharon Poisson, Accounting.....	132
Kari Ebert, Desk Supervisor	0
Kelly Hauer, Facilities Manager	111
Lili Griffin, Kitchen	128
Karen Ambruso, Beauty Shop.....	129
Wednesday / Thursday / Friday — <i>By Appointment Only</i>	
Front Desk	0

Phone Extensions

302-674-3780

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