

Newsletter



December 2022



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From the Desk of The Executive Director
KIM MENDOZA

CAN YOU BELIEVE this year is almost over – I know I can't!! Remember to take some time out this holiday season to relax and think about all the things for which you are thankful.

Speaking of thankful, I hope everyone enjoyed their Thanksgiving dinner that was served to the residents of Luther Towers. We enjoy being able to provide you with a hardy meal and a place to fellowship with other residents.

Don't worry, Luther Village residents! We didn't forget you! Christmas Dinner will be served to you on December 15, 2022. Be on the lookout for a flyer with details of how to sign up.

Hopefully, the holidays are not the only times you stop and reflect on the things for which you are grateful. We all should do this on a regular basis – if we did, I am sure we would have fewer things to complain about!

There are numerous things we attempt to do to make the lives of our residents a little more enjoyable; e.g., medical transportation, blue-bird trips, supplementing the cost of Modern Maturity Center meals, movie nights, health fairs and Karaoke, to mention just a few.

However, I know there are times when we all become frustrated and want to complain about something. I try to remember before voicing the complaint (especially to someone else) that it isn't so much what we say, but HOW we say it. Constructive criticism can be a good thing in helping to improve things for everyone. But if it only comes across as a negative, then things tend not to improve as much as they had had the potential to.

One thing I find particularly interesting is when people complain about free services... *just something to ponder.*

hmmmm...



MEDICARE: As you all know, it is the time of the year when Medicare plans can be changed if you so desire. Unfortunately, this also opens people up to the possibility of scammers calling you and trying to get access to your personal information.

Please Understand!
THIS IS HAPPENING!

Residents are getting phone calls from individuals posing as Medicare or Social Security Representatives. Remember...

**“SOCIAL SECURITY AND MEDICARE
WILL NOT CALL YOU AT HOME”
!!!!!!**

The only information you will get from either of these agencies will come through the mail.

If you ever have any questions about these items, or mail you may have received that pertains to this, please do not hesitate to contact Tricia Robinson.

Confrontations: I have concerns where recently residents have been confronting others about issues they may be having with them; things such as TV too loud, banging noises all night, dog barking, etc. If you have a complaint, you need to voice this to the Security Desk at the time it is happening. Then Security can and will investigate and take necessary actions which will be reported to management as needed or required.

Legal/Illegal Substances: One last thing I wanted to bring up. Recently, it was brought to my attention that there are individuals here who have medical marijuana. Please remember that, *although it may be legal for you to have it*, HUD still considers marijuana illegal and smoking of this substance on federal property will leave you subject to lease termination. Something neither of us wants to happen.

Kim

From the Desk of The Deputy Director
JESSICA PARSONS

I hope everyone had a great Thanksgiving. Remember, there is always something in each day to be thankful for. We never know what tomorrow might bring so treasure each and every moment.

Residents are required to inform the Security Desk of any overnight guests. Luther Towers residents should contact Luther Towers I desk and Luther Village residents should contact Luther Village I desk. If no one is available at Luther Village desk, please contact Luther Towers I.

The length-of-stay cannot exceed 14 days in a 6-month period. Luther Towers and Luther Village are subsidized apartments through the U.S. Department of Housing & Urban Development (HUD). This means your rent is based on the income of the approved individual(s) in the unit.

Therefore, unauthorized individuals living in the unit or overstaying will cause a lease violation to the lease holder. We ask that you make sure you are registering your overnight guests and if you are uncertain of the amount of days a guest has remaining, please contact security.

There have been some scary instances where a dog has been very close to getting hurt very badly from the owner's leash having too much slack. On two occasions, a dog has been on the outside of the elevator with the owner inside and the elevator started going up. This was caused by too much slack and the elevator door closed while the dog was still on the outside. Fortunately, in both instances, the dog was unharmed but it could have turned out very differently.

The policy is "the leash should be no more than 36 inches from its owner." This is for the protection of the animal and the protection of other residents.

Recertification: Because you live in a HUD subsidized unit, we must conduct a recertification interview each year. This requires you to submit information on your bank accounts, income, stocks, bonds, life insurance policies and medical expenses. There are time frames in which we have to process the paperwork and have a new lease amendment signed in order to remain in compliance with the guidelines.

This is a requirement as part of your lease. HUD states that if a tenant does not provide information that we need to meet these deadlines, we are to charge the tenant market rent. So please make sure you are responding to requests for documentation and/or signatures we need to complete the required paperwork.

Jessica

❧ **SPECIAL MENTION** ❧

Our wonderfully talented Security Supervisor

Kari Ebert has authored a Book!

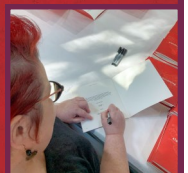
It is a beautiful Chat Book of poetry. If you are interested in purchasing a signed copy of Kari's book, please let me know ☺



Lily Press® Announces

Alphabet of Mo(u)rning

A collection of poems
by Kari Ann Ebert



From the Office of Social Services
TRICIA ROBINSON

Hello, Everyone! 🙋

I am very sorry for the inconvenience of Movie Night being cancelled in November. We will show the anticipated movie in December for Movie Night.



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

December movie will be “**Where the Crawdads Sing**” starring Kya Clark. 🎪

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

Join us for a special **Christmas Karaoke** on Thursday, December 22nd at 1:00pm. We will only sing **Christmas Songs** and enjoy some goodies at Luther Towers Building 1 Activity Room.

Tuesday, December 13th at 1:00pm, PAM Rehab will host “**SOCKS AND SNACKS**” in the Luther Towers Building 1 Activity Room. They will be giving away free socks and will have some goodies for everyone! Please sign up on bulletin board if you plan to attend!

WILLS FOR SENIORS

If you are interested in having a Will, Power of Attorney or Advanced Healthcare Directive prepared, please give me a call to schedule an appointment with Jacki Chacona from Delaware Volunteer Legal Services. We are ready to take more clients!

302-674-1408 ext 131

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!



2023 SOCIAL SECURITY BENEFIT VERIFICATION LETTERS

Everyone will be receiving these in the next month. Please bring letters to Tricia or Corrin in the office to make a copy for our files.

These letters are important to keep for Food Benefit renewals, Medicaid renewals, Luther Towers/Village recertifications and many other things. It is important for us to obtain a copy before they get lost. 😊

The **Food Bank of Delaware** comes to Luther Towers/Luther Village once a month to distribute food to those who qualify and are signed up in advance. If your income is less than \$1,790/month, you could qualify for the food box – just give me a call.

We had a very low turn out for participants in November. If you are signed up to receive the box, please mark your calendars and do not miss picking up your box.

Below is a picture of our amazing maintenance team assisting residents with the food distribution. 😊

Thank you, *Tricia*



From The Facilities Director
KELLY HAUER



PEST CONTROL

Luther Towers Apartments

Dec 7 LT-1 ...601-623 LT-4 ...4102-4116

Dec 14... LT-1 ...701-723 LT-4 ...4201-4216

Dec 21 ... LT-1 ...101-110 LT-2 ...2001-2018

Dec 28... LT-2 ...C01-C18

Luther Village Apartments

None at This Time



KELLY'S REMINDERS:

It has been brought to my attention that residents are leaving their clothes in the washing machines for a long period of time after they are done. Please be considerate of others who would like to use the washers.

Remove your clothes from washers & dryers as soon as they are done.

(Tip: Set a Timer)



**Hello,
December!**

THOUGHT FOR THE MONTH

**"To everyone who is reading this,
I really hope something good happens
for you this month!"**

Kelly

Employee of the Month by Jessica Parsons



This month I would like to highlight MARK LEWIN

Mark is our Computer Support Specialist and has been with Luther Towers / Luther Village a little over 2 years. Originally from Jamaica, Mark has been living in the U.S. for more than 40 years. He loves technology, music and anime (very different from cartoons).

Mark has been married for 13 years with 3 boys and one grandbaby. Interesting fact – Mark is one of 23 kids from his father.

Mark is constantly looking to upgrade our systems, cameras, etc.

You can always count on Mark to have a smile on his face and a positive attitude. He genuinely loves helping people and would lend a helping hand in any situation. We appreciate Mark and his efforts to the organization.

Jessica

Rent will be pulled on December 5th

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 Supervisor – KARI EBERT

Wow. December. That was fast! The year really flew by. Now, we're smack dab in the middle of the holiday season. I don't know about you, but it's a mixed bag for me. Memories, grown children, being far from family, and thinking of people I've lost make things heavy sometimes. When I find myself in a funk, I try to recalibrate my mindset and connect with someone who makes me laugh.

Luckily, I work in a place where my co-workers and residents always have the time to share a giggle. I'm also in earshot of quite a bit of hilarity between residents. It lifts my spirits to hear the belly laughs and guffaws.

Proverbs 17:22 says,
“Laughter doeth good like a medicine.”
It really does!

My holiday wish for you is, if you find yourself with the holiday blues (that Elvis sang about), then reach out to someone for a laugh – watch a hilarious movie or stop by the desk and tell me a corny joke.

I hope your laughter grows and you share it with others. That's the way we spread joy and make it a **Happy Holiday Season!**

SNOWBALL

by Shel Silverstein



I made myself a snowball,
As perfect as could be,
I thought I'd keep it as a pet,
And let it sleep with me.

I made it some pajamas,
And a pillow for its head,
Then last night it ran away,
But first – it wet the bed!



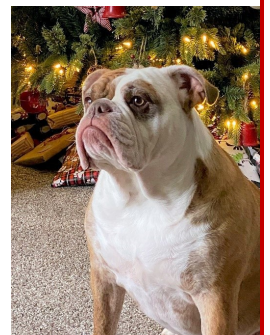
Quick Reminders:

As you know, every day at 2:00 p.m., security personnel have to check the status of each resident who hasn't swiped their card by that time. The process starts at 1:30 and ends anywhere between 2:30-3:00 p.m. You can imagine how important it is to make sure that a resident isn't injured in their apartment and unable to pull their cord or reach their phone. This is why the stats process is the #1 priority (unless an emergency arises).

Most residents are understanding when we ask them to wait until after stats if they call or come to the desk to make reservations or other concerns, but a few are not so understanding. Please make every effort to wait until after 3:00 p.m. for routine items. Anything that takes our focus away from the task at hand could mean life or death for someone else. Thank you for your consideration!

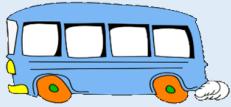
The Luther Village security desk is a little short-handed right now. There may be times when the security desk will be unmanned; however, you can call Luther Towers security desk if you have questions or concerns. The person at Luther Towers will take care of any emergencies that arise at Luther Village according to the policies and procedures that are in place. There are systems that automatically call emergency personnel as well. We'll be back to normal once everyone is trained! I know snow might be far away, but here's a cute little poem that's sure to make you laugh. Happy Holidays!

Merry
from
Bully Dog
Christmas



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

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/Optomety
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)...
call Tricia at 302-674-1408 x131



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

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
NO GATHERING
THIS MONTH**

**LUTHER VILLAGE
(I)A 4:00PM
DECEMBER 10TH, 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
Christmas Songs!

Thursday
December 22nd
1:00pm

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

Newcomers

Welcome, Neighbor!

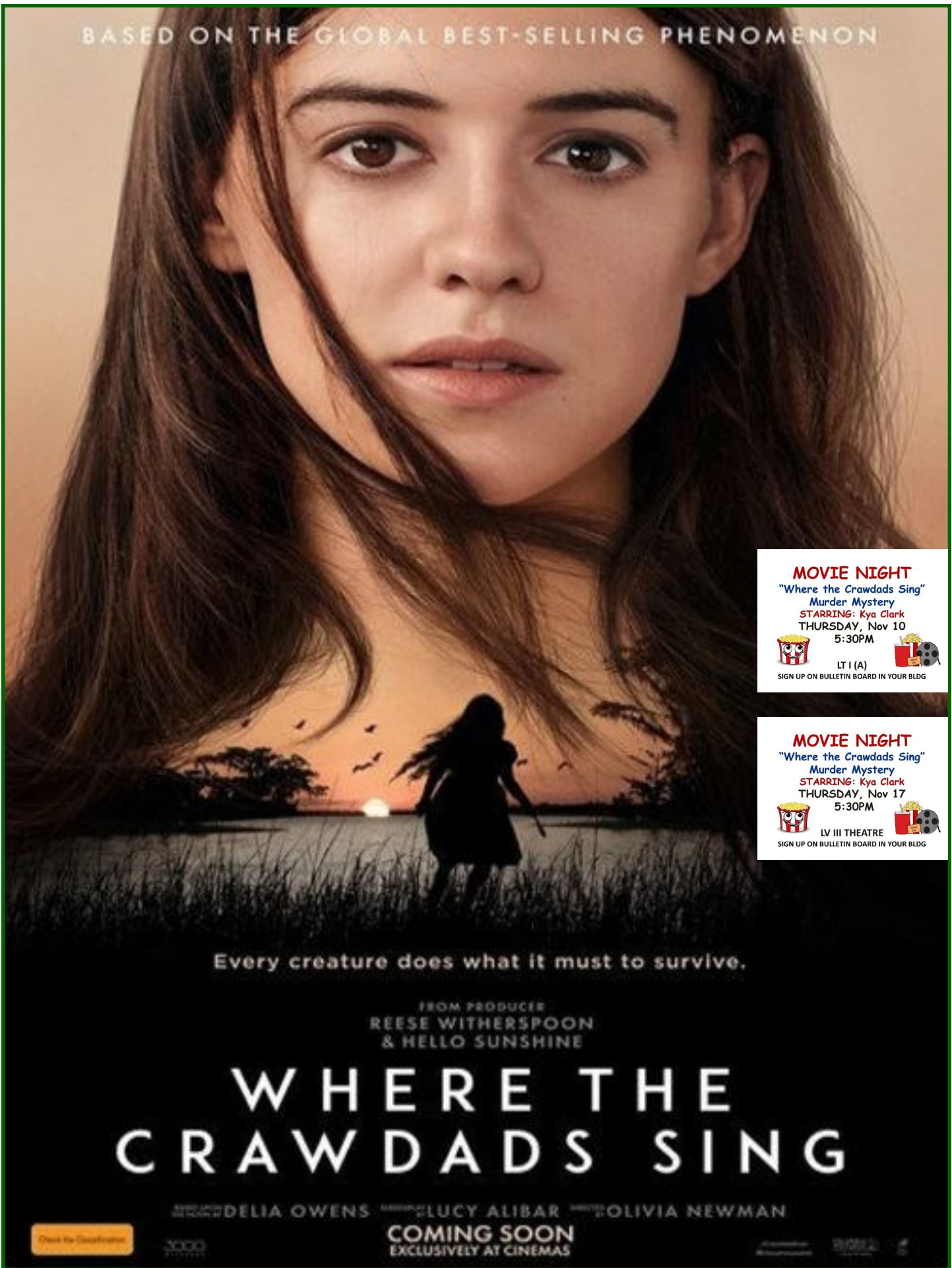
LV-1 1313 Anthony Beamon
LV-3 3303 Virginia Hutson
LV-3 3213 Elaine Petrucci





Thanksgiving Feast

BASED ON THE GLOBAL BEST-SELLING PHENOMENON



MOVIE NIGHT

"Where the Crawdads Sing"

Murder Mystery

STARRING: Kya Clark

THURSDAY, Nov 10

5:30PM



LT I (A)

SIGN UP ON BULLETIN BOARD IN YOUR BLDG

MOVIE NIGHT

"Where the Crawdads Sing"

Murder Mystery

STARRING: Kya Clark

THURSDAY, Nov 17

5:30PM



LV III THEATRE

SIGN UP ON BULLETIN BOARD IN YOUR BLDG

Every creature does what it must to survive.

FROM PRODUCER
REESE WITHERSPOON
& HELLO SUNSHINE

WHERE THE CRAWDADS SING

STARRING DELIA OWENS DIRECTED BY LUCY ALIBAR COSTUME DESIGNER OLIVIA NEWMAN

Check the Classification

3000
REVIEWED

COMING SOON
EXCLUSIVELY AT CINEMAS

WARNER BROS. PICTURES
A WarnerMedia Company

WARNER BROS. PICTURES
A WarnerMedia Company

WARNER BROS. PICTURES
A WarnerMedia Company

Monday	Tuesday	Wednesday	Thursday	Friday
28 Baked Ziti w/Meat Sauce Buttered Broccoli Italian Bread / Milk Cookies	29 Taco Chili Salad w/Sour Cream Lettuce & Tomato Salsa, Tortilla Chips Milk Pudding	30 (Potatoes & Veggies) Beef Stew Broccoli Biscuit / Milk Fruit	1 Liver & Onions Mashed Potatoes w/Gravy Green Beans Wheat Bread / Milk Sherbet	2 BBQ Pulled Pork on Bun Baked Beans Coleslaw Milk Fruit
5 Spaghetti w/Meat Sauce Chef's Blend Veggies Italian Bread / Milk Applesauce	6 Fried Chicken Mashed Potatoes & Gravy Seasoned Mixed Greens Cornbread / Milk Ice Cream	7 Chicken Caesar Salad Dinner Roll / Milk Fruit	8 BIRTHDAY Fried Chicken Mashed Potatoes w/Gravy Seasoned Green Beans Cornbread / Milk Cake	9 Pork Chop w/Gravy Mashed Sweet Potatoes Peas & Carrots Wheat Bread / Milk Fruit
12 LS Ham w/Mustard Sauce Parslied Potatoes Seasoned Cabbage Bread / Milk Pudding	13 BBQ Chicken Mexican Corn Mixed Greens Bread / Milk Cookies	14 Taco Chili Salad w/Sour Cream Lettuce & Tomato Tortilla Chips Milk Mousse	15 HOLIDAY FEAST Roast Turkey w/Gravy Stuffing / Cranberry Sauce Candied Sweet Potatoes Green Beans w/ Bacon Roll / Milk / Apple Pie	16 Salisbury Steak w/Mushroom Gravy Mashed Potatoes Buttered Carrots Bread / Milk Pears
19 Center Closed Christmas Holiday	20 Chicken & Dumplings Veggie Blend Roll / Milk Pudding	21 Liver & Onions Mashed Potatoes w/Gravy Green Beans Bread / Milk Fruit	22 Chicken Marsala w/Mushrooms Wild Rice California Blend Veggies Bread / Milk Fruit	23 Italian Meatball Sub Tater Tots Coleslaw Milk Yogurt
26	27	28	29	30

December 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
12pm Church Service (I)A All Day	9am Food Stamp Rep (I)A 10:15-11am Morning Stretch (I)A 5pm Bingo (II)A	13pm SPECIAL SOCKS & SNACKS Hosted by PAM REHAB (I)A 3pm Cherub Group (I)C	1-4pm Methodist Women (I)C 5:30pm Bingo (I)A	1:00pm British Wives (I)A 5:45pm Bingo (IV)	5:30pm Bingo (I)A	5pm Bingo (II)A
4	5	6	7	8	9	10
12pm Church Service (I)A All Day	10:15-11am Morning Stretch (I)A 5pm Bingo (II)A	10:15-11am Morning Stretch w/Betsy (I)A 5pm Bingo (II)A	1-4pm Methodist Women (I)C 5:30pm Bingo (I)A	5:30pm MOVIE NIGHT (I)A 5:45pm Bingo (IV)	5:30pm Bingo (I)A	5pm Bingo (II)A
11	12	13	14	15	16	17
12pm Church Service (I)A All Day	10:15-11am Morning Stretch (I)A 5pm Bingo (II)A	13pm SPECIAL SOCKS & SNACKS Hosted by PAM REHAB (I)A 3pm Cherub Group (I)C	5:30pm Bingo (I)A	5:45pm Bingo (IV)	5:30pm Bingo (I)A	5pm Bingo (II)A
18	19	20	21	22	23	24
12pm Church Service (I)A All Day	10:15-11am Morning Stretch (I)A 5pm Bingo (II)A	12:15pm Food Box happy winter	5:30pm Bingo (I)A	Christmas Karaoke (I)A 5:45pm Bingo (IV)	5:30pm Bingo (I)A	5pm Bingo (II)A
25	26	27	28	29	30	31
MERRY CHRISTMAS 12pm Church Service (I)A All Day	10:15-11am Morning Stretch (I)A 5pm Bingo (II)A	10:15-11am Morning Stretch (I)A 5pm Bingo (II)A	5:30pm Bingo (I)A	5:45pm Bingo (IV)	5:30pm Bingo (I)A	Bring on the NEW YEAR!



December 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 10am Bible Study (I)A 12pm-3pm Ceramics (III) 6:30pm Bingo (I)A	2	3 9am-9pm TOPPING (III)A
4	5 11am Church (III)A	6 9:30am Prayer (I)A	7 9:30-11am Food Stamp Rep (I)A 10am Bingo (I)A	8 10am Bible Study (I)A 12pm-3pm Ceramics (III) 6:30pm Bingo (I)A	9 9:00am FARMER (III)A	10 4:00pm MEET N' GREET (I)A 9am-9pm WILSON (III)A
11	12 11am Church (III)A	13	14	15 10am Bible Study (I)A 12pm-3pm Ceramics (III) 11:30am HOLIDAY MEAL LVIII 5:30pm MOVIE NIGHT (III) Theatre 6:30pm Bingo (I)A	16	17
18	19 11am Church (III)A	20	21 happy winter 10am Bingo (I)A	22 10am Bible Study (I)A 12pm-3pm Ceramics (III) 6:30pm Bingo (I)A	23	24 9am-9pm WELSH (III)A
25	26 11am Church (III)A 9am-9pm BALDWIN (I)A	27 11:30am-12pm Food Box	28	29 10am Bible Study (I)A 12pm-3pm Ceramics (III) 6:30pm Bingo (I)A	30	31 9am SCARAMO (III)A Bring on the NEW YEAR!

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
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