

Newsletter

Blessings to All for a Very Happy New Year!



January 2023

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From the Desk of The Executive Director
KIM MENDOZA



Can you believe we are in 2023 already? Time really does fly. Hopefully, you are taking some time to enjoy something every day – life is too short not to spend it doing things you enjoy. With the New Year upon us, I pray that we all experience health and happiness.

This time of year many individuals decide to make New Year's resolutions; a significant one for many is to exercise and/or eat healthier meals. As everyone should be aware the weather is getting colder outside, and with that comes some challenges to try and exercise outside. Here are some tips that you can try to implement into your daily routine. Not only will it make you feel better about yourself, exercise is good for people of all ages, especially seniors. It can reduce your risk of chronic health conditions, and improve your mood, strength and balance.

Here are some suggestions to get you started:

- Seniors should aim for 2½ hours of moderate-intensity exercise per week.
- Most public libraries have a wide selection of exercise videos, books and e-books that focus on low-impact movement. You can even find videos on-line that can be used. Some suggestions are: chair yoga, seated strengthening exercises or chair stretching.
- Check with your health insurance company about virtual fitness class coverage, as some plans pay for some or all of class expenses.
- Plan a specific time each day to move; choose one that works best for you and that you will be consistent with.

Incorporate additional movement throughout your day, such as...

- putting away laundry one item at a time to walk extra steps
- marching in place during commercial breaks of your favorite TV show

- getting up out of your chair every hour to walk a short distance in your home
- go from a sitting to a standing position out of a dining room chair two to three times in a row instead of just once
- walk up and down a hallway or large open space.
- If you decide to venture outside, do not do so when it is icy or there is inclement weather. Take small steps, and watch for, and avoid, icy spots.

DIFFERENT TYPES OF EXERCISE:

Endurance – These activities increase your breathing and heart rates. Examples include dancing, climbing stairs and brisk walking.

Strength – Strong muscles help seniors remain independent and make everyday activities easier. Examples include lifting weights and using resistance bands.

Balance – These activities reduce the risk of falls. Examples include standing with your feet next to each other, standing on one foot and then the other, and tai chi.

Flexibility – Flexibility improves your joints' range of motion and makes daily tasks easier. Chair yoga and stretching can improve flexibility.

Keep in Mind: If you have heart disease, diabetes, a history of falls, vertigo or other chronic health conditions, it is recommended to talk with your health care provider about the types and amount of physical activity that is right for you.

Now, Let's Get Moving!!!!

→ See Important Message on Page 5 ←

From the Desk of The Deputy Director
JESSICA PARSONS

HAPPY NEW YEAR!! I hope you all had a wonderful Christmas and I pray for many blessings in the coming year.

We have some exciting news to share! Luther Towers / Luther Village will be getting a new bus!! Many of you are aware our bus has been in and out of the shop for a while now. The continuous trips to the shop are a financial burden but also hinders our ability to serve you.

In September 2022, Kari Ebert, Security Supervisor, wrote a Grant on behalf of Luther Towers / Luther Village to the Crystal Trust Foundation to request funds for a new bus. Kari put a lot of time and effort into the writing of this Grant which helps those residents who regularly use the bus for essential needs. We sincerely appreciate Kari for all that she does.

We not only received funds, but we received a Full Grant for the Entire AMOUNT! What a blessing that is to all of us! We are considering nick naming it “**Kari’s Kab.**” Now we must patiently wait for the new arrival – estimating a March-May timeframe.

*I want to share something I came across
that speaks so much truth:*



**INFORMATION BOTH
CAMPUSES**

**RENT will be pulled on
January 4th.**

In some months, your rent may not come out of your account on the 4th
due to holidays or weekends.

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.

**EVERY MINUTE
SOMEONE LEAVES THIS WORLD**

by Marianne Baum

Every minute someone leaves
this world behind.

Age has nothing to do with it.

We are all in “the line” without knowing it.

We never know how many people
are before us.

We can not move to the back of the line.

We can not step out of line.

We can not avoid the line.

So while we wait in line:

Make moments count.

Make priorities.

Make the time.

Make your gifts known.

Make a nobody feel like a somebody.

Make your voice heard.

Make the small things big.

Make someone smile. Make the change.

Make love. Make up. Make peace.

Make sure to tell your people they are loved.

Make sure to have no regrets.

Make sure you are ready...



art by Logan Zillmer

From the Office of Social Services
TRICIA ROBINSON

Hello, Everyone 🙋

Medicare Part B: I want to review income guidelines for your Part B premium to possibly be paid by the State of Delaware (Medicaid). If your income is BELOW \$1,530/month, you may qualify to have your Part B premium covered. Many of you are already enrolled in this program. Call me to find out if you are eligible. 674-1408 ext 131.

R_x Premiums: The income guideline for prescription drug savings programs have been increased. You may qualify for help paying your prescription drug premium if your income is below \$1,699.00/month. Many of you are already enrolled; but, if you are not certain, it is worth the time to call me to figure it out over the phone! Keep in mind that this will be based off of your new 2023 income.

Movie Night will be at Luther Towers on Thursday, January 12th, and Luther Village on Thursday, January 19th at 5:30p.m. The January movie will be the animated movie **"PINNOCHIO" starring: Guillermo Del Toro.** Come join us for a great time! Sign up on the bulletin board in your building.

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!
Call me at 674-1408 ext 131

PLANNED ACTIVITIES

Activities not well attended or which receive very little participation will either be canceled or put on the calendar only on occasion.

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!

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!

**Check Out the
NEW BLUEBIRD SCHEDULE
on the Next Page!**

I HAVE SOME PRETTY EXCITING NEWS that I am happy to share. Some of you may remember Physical Therapist Jeff Wooldridge – he formerly worked for Bayada Home Care and was very active working with our residents. Jeff moved out of the area a few years ago but he is back!

He now works for Patriot Home Care. Jeff is an outstanding physical therapist and has always worked diligently to help our residents with physical therapy needs. I have attached a picture for those of you who might remember Jeff.

Helpful Hint:

When your doctor has written an order for physical therapy, you have the right to pick the agency with which you want to work!

Tricia



Jeff Wooldridge, PT

→ LUTHER VILLAGE 3 PET POLICY ←

It has been over 18 months since the Board of Directors approved the policy for residents to have pets in this building. We all know that this change was not expected and may take some time to adjust.

Currently there seems to be some concerns. Although we are not all pet people, there are some who are and have chosen to bring them into their new home. As with all of our other buildings, there are rules that have to be followed:

- ♦ pets must be kept on the leash when outside the apartment,
- ♦ pets must be cleaned up after,
- ♦ and pets are not allowed in common areas.

As a pet owner it is your responsibility to ensure these rules are followed.

A common issue that may be bothersome to non-pet owning neighbors – Barking... Sometimes dogs will suffer from anxiety when their owner leaves them alone in the apartment. There are remedies that can work to keep this unwanted behavior from happening (medications, bark collars and other such devices, etc.). If your pet suffers from this, speak with your veterinarian or a local trainer for some ideas to try.

Something else to note –

Service and Support Animals are Not Pets

Owners are still bound by the majority of the pet rules with a few exceptions ... the one most important for other tenants to understand is that they are *allowed to accompany their owner anywhere on the property.*

Kim Mendoza



LUTHER TOWERS & LUTHER VILLAGE

“Riding Together All 3 Days”

BLUEBIRD SCHEDULE

RSVP to Luther Towers Security Desk @ 302-674-1408 ext 0

TUESDAY’S:

• **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

9:00am, 10:00am, 11:00am, 1:00pm, etc.

• **BYLER’S Trip** at 11:00am •

WEDNESDAY’S:

• **WALMART – ALTERNATE CAMDEN & DOVER •**

Luther Village

Be Ready for Pick-Up 8:45am, 9:45am, 10:45am
(2-hour trip at the 11:00am hour)

Luther Towers

Be Ready for Pick-Up 9:00am, 10:00am, 11:00am
(2-hour trip at the 11:00am hour)

EVERY THURSDAY:

• **MIDDLETOWN FARMERS MARKET •**

Luther Village

Be Ready for Pick-Up @ 8:45am

Luther Towers

Be Ready for Pick-Up @ 9:00am

• **THIRD THURSDAY TO CHRISTIANA MALL •**

Luther Village

Be Ready for Pick-Up @ 8:45am

Luther Towers

Be Ready for Pick-Up @ 9:00am



From The Maintenance Manager
KELLY HAUER



PEST CONTROL

Luther Towers Apartments

Jan 25...LT-4...4301-4316

Luther Village Apartments

Jan 4...LV-3 .. 2nd, 3rd,4th Floors

Jan 11 ..LV-2 .. Entire Building

Jan 11 ..LV-3 .. 1st Floor

Jan 18..LV-1 .. 2nd & 3rd Floors

Jan 25 ..LV-1 .. 1st Floor



KELLY'S REMINDERS:

I have noticed that when I go into a resident's apartment to work on a heat pump, I have a hard time getting to the unit due to furniture, plants or other items in front of it.

Please move any of the above away from the front of the heat pump by at least 24-inches.

Also, if you have anything in front of your vent in the bedroom, please move those items as well.

THOUGHT FOR THE MONTH

**"When Life seems to beat you down, *dare* to Fight back.
When there seems to be no Hope, *dare* to Find some.
When you're feeling Tired, *dare* to Keep going.
When times are Tough, *dare* to Be Tougher."**

Kelly

Employee of the Month by Jessica Parsons

This month I would like to highlight

KIMBERLY DOBRASKI

Kimberly began working at Luther Towers / Luther Village as a part-time security desk agent and now she is one of our full-time custodians.

She was born and raised in Delaware and is the eldest of four children. She considers her mom to be her best friend.

Kimberly is engaged and, although she has no "children," she does have 2 "fur babies"! Henry is a French Bulldog and Frankie is a Boston Terrier. She loves animals, music and dancing.

Kimberly has transitioned into her new position with great enthusiasm and pride in her work. She is a team player and is always willing to help. She has graciously helped cover shifts for security when we have been short-handed, always willing to step up. We appreciate her bubbly personality and dedication to her position.



From The Desk Supervisor – KARI EBERT

Happy New Year, everyone! I can't believe it's January again. Another year to reassess the old one and step forward into a new one.

One thing I absolutely love about Luther Towers / Luther Village is the wide variety of cultures represented in our residents. Did you know we have residents from 5 different continents? That means every day you can hear several languages being spoken at once. What a blessing to find friends with whom you can share and learn each other's customs and traditions.

Two years ago, I was at a poetry retreat with the group Brooklyn Poets and one of the teachers had us share our new year's traditions to find inspiration for new year's poems. Here are just a few of the traditions people mentioned:

- ♦ Running around the block seven times
- ♦ Throwing a pot of water out the front door
- ♦ Breaking dishes on the porch
- ♦ Decorating doors with bunches of onions, *and, of course,*
- ♦ Eating black eyed peas and collard greens.

It was so fun learning about them – and what a great way to get to know people!

I wonder if you know your neighbors' heritage and customs.

Even if your family has been in America for generations, there are still customs from different parts of the country. I challenge you to take this opportunity to learn more about your neighbors and maybe even partake in some *new* new year's celebrations.

A sense of community has been proven to boost mental health which in turn improves physical health. Who doesn't need more of that? Whatever your traditions, I wish you all the best for a blessed new year and pray that you enjoy this community and everyone in it.

Quick Reminders

Staffing: Both Luther Towers & Luther Village have been experiencing staffing challenges at their desks. This has been a long process spanning several months. I want to assure you that I do my very best to fill every shift, but we are understaffed right now. We're optimistic that we'll get back to a full staff in the new year, but we'd appreciate your prayers!

Until then, remember that any concerns you have can be taken care of by the Luther Towers desk, and be assured that they are vigilant while watching cameras when the Luther Village desk is empty. Thank you for your grace!

A HUGE Thank You to everyone who has called or brought mis-delivered packages to the desk during the holiday season. As you can imagine, it's been a real problem and very hard to sort out on the cameras. The delivery volume has been tremendous and a helping hand is much appreciated. The residents who've been looking for packages appreciate it as well.

Keri

A Quote:

“If man is to survive, he will
have learned to take a delight in
the essential differences
between men
and between cultures.
He will learn that differences in
ideas and attitudes are a delight,
part of life's exciting variety,
not something to fear.”

— Gene Roddenberry (creator of *Star Trek*)



**Dover Downs
Trip
to see the
LIGHT SHOW!**



**Luther Towers & Luther Village
plan activities for the enjoyment and pleasure of all our residents!
Everyone who participates has a wonderful time mixing with and
meeting their neighbors. If you haven't joined in yet, check out the
Activities Calendars and Sign Up Soon!**



**Luther Village
Meet n' Greet**



*Peekaboo
We See You!*



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 VILLAGE
(I)A 4:00PM
JANUARY 14TH, 2023

LUTHER TOWERS
(I)A 6:00PM
JANUARY 28TH, 2023



**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
January 19th
1:00pm

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

NEWCOMERS

LV-1	1106	Ronalda Pettiford
LV-1	1125	Mary Busby
LV-1	1224	Albert Ruffin
LV-1	1225	Rosie Anderson
LT-1	206	Doreen Ferrell
LT-2	C18	Jerome Tate

**Welcome,
Neighbor!**



Luther Village Christmas Feast

*Thank you to the staff
who are always there to
take care of our homes
and are always willing to
help us with a smile!*

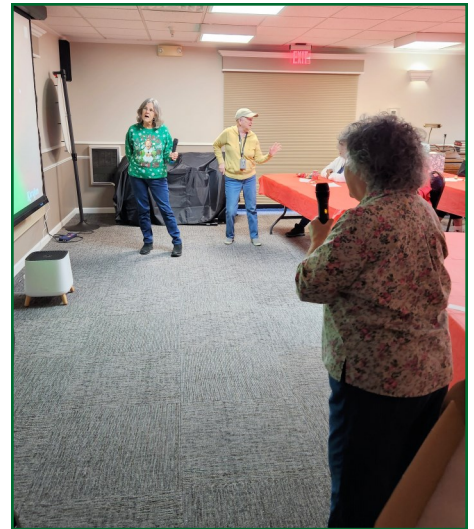
The Editor



PAM Rehab Socks Event



Christmas Karaoke



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

FROM THE VISIONARY DIRECTOR OF PAN'S LABYRINTH AND THE SHAPE OF WATER

MOVIE NIGHT

'PINOCCHIO'

STARRING: GUILLERMO DEL TORO
Animated Movie

THURSDAY, JANUARY 12
5:30PM



LT I (A)

SIGN UP ON BULLETIN BOARD IN YOUR BLDG

MOVIE NIGHT

'PINOCCHIO'

STARRING: GUILLERMO DEL TORO
Animated Movie

THURSDAY, JANUARY 19
5:30PM



LV III THEATRE

SIGN UP ON BULLETIN BOARD IN YOUR BLDG

GUILLERMO DEL TORO'S

PINOCCHIO

STORY BY PAUL GIERI & MICHAEL L. FUCHS
SCREENPLAY BY MICHAEL L. FUCHS & PAUL GIERI

IN SELECT THEATERS NOVEMBER AND ON

NETFLIX | DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
2 CENTER CLOSED NEW YEARS HOLIDAY	3 Hot Dog on Roll/Relish Baked Beans Milk Applesauce	4 Minestrone Soup Turkey & Cheese w/Mayo/Mustard/Lettuce Milk Pudding	5 Roast Pork w/Gravy Mashed Potatoes Chuckwagon Veggies Roll / Milk Yogurt	6 Sloppy Joe on Bun Steamed Broccoli Potato Wedges Milk Fruit
9 Chicken & Dumplings Buttered Carrots Wheat Bread / Milk Fruit	10 Beef Stroganoff w/Buttered Noodles Buttered Peas Wheat Bread / Milk Brownie	11 Navy Bean Soup Chicken Salad on Bun Lettuce & Tomato Milk Fruit	12 Baked Ham w/PA Sauce Mac & Cheese Green Beans w/Bacon Roll / Milk / Pie BIRTHDAY & MLK DAY	13 BBQ Chicken Scalloped Potatoes Mexican Corn Cornbread / Milk Applesauce
16 CENTER CLOSED MARTIN LUTHER KING DAY	17 Spaghetti w/Meat Sauce Chef's Blend Veggies Italian Bread / Milk Pudding	18 Broccoli Cheddar Soup Ham & Cheese Sandwich w/Mustard Lettuce & Tomato Milk / Fruit	19 Fried Chicken Mashed Potatoes Collard Greens Cornbread / Milk Cookies	20 BBQ Pulled Pork on Bun Baked Beans Coleslaw Milk Fruit
23 Chili con Carne Seasoned Rice Pes & Carrots Cornbread / Milk Cookies	24 Ham & Cabbage Boiled Potatoes Wheat Bread / Milk Fruit	25 Italian Meatballs w/Spaghetti Mixed Squash Italian Bread / Milk Brownie	26 Liver & Onions w/Gravy Mashed Potatoes Seasoned Green Beans Wheat Bread / Milk Ice Cream	27 Baked Chicken w/Gravy Roasted Potatoes Succotash Wheat Bread / Milk Applesauce
30 Chicken Tetrazzini w/Noodles Green beans Wheat Bread / Milk Fruit	31 Chili Dog on Roll Italian Mixed Veggies Milk Fruit	1	2	3

<div> <div> <div>fUTHER</div> <div>LOWERS</div> </div> <div>January 2023 Activity Calendar</div> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12pm Church Service (I)A	2 9am Food Stamp Rep (I)A 10:15 Morning Stretch w/Betsy 5pm Bingo (II)A	3	4 5:30pm Bingo (I)A	5 1pm British Wives (I)A 5:45pm Bingo (IV)	6 5:30pm Bingo (I)A	7 9:00am Saunders (I)A 5pm Bingo (II)A
8 12pm Church Service (I)A	9 10:15 Morning Stretch w/Betsy 5pm Bingo (II)A	10 3pm Cherub Group (I)C	11 1pm-4pm Methodist Women (I)C 5:30pm Bingo (I)A	12 5:30pm MOVIE NIGHT (I)A 5:45pm Bingo (IV)	13 5:30pm Bingo (I)A	14 5pm Bingo (II)A
15 12pm Church Service (I)A	16 10:15 Morning Stretch w/Betsy 5pm Bingo (II)A	17 12:15pm-1:00pm Food Box	18 5:30pm Bingo (I)A	19 1:00pm Karaoke Day (I)A 5:45pm Bingo (IV)	20 5:30pm Bingo (I)A	21 5pm Bingo (II)A
22 12pm Church Service (I)A	23 10:15 Morning Stretch w/Betsy 5pm Bingo (II)A	24	25 5:30pm Bingo (I)A	26 5:45pm Bingo (IV)	27 5:30pm Bingo (I)A	28 6pm MEET N' GREET (I)A 5pm Bingo (II)A
29 12pm Church Service (I)A	30 10:15 Morning Stretch w/Betsy 5pm Bingo (II)A	31	1 5:30pm Bingo (I)A	2 5:45pm Bingo (IV)	3 5:30pm Bingo (I)A	4 5pm Bingo (II)A



January 2023 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11am Church (III)A	2 5:30pm Dominoes (I)A	3 9:30am Prayer (I)A	4 9:30am Food Stamps Rep (I)A 10am Bingo (I)A	5 10am Bible Study (I)A 12-3pm Ceramics (III) 5pm Bingo (I)A	6 9:00am MURRAY (III)A	7 4:00pm MEET N' GREET (I)A
8 11am Church (III)A	9 5:30pm Dominoes (I)A	10 11:30am-12:00pm Food Box	11 10am Bingo (I)A	12 10am Bible Study (I)A 12-3pm Ceramics (III) 5pm Bingo (I)A	13 20	14 21
15 11am Church (III)A	16 5:30pm Dominoes (I)A	17 11:30am-12:00pm Food Box	18 10am Bingo (I)A	19 10am Bible Study (I)A 12-3pm Ceramics (III) 5:30pm MOVIE NIGHT (III)Theater 5pm Bingo (I)A	20 27	21 28
22 11am Church (III)A	23 5:30pm Dominoes (I)A	24 11:30am-12:00pm Food Box	25 10am Bingo (I)A	26 10am Bible Study (I)A 12-3pm Ceramics (III) 5pm Bingo (I)A	27 3	28 4
29 11am Church (III)A	30 5:30pm Dominoes (I)A	31 11:30am-12:00pm Food Box	1 10am Bingo (I)A	2 10am Bible Study (I)A 12-3pm Ceramics (III) 5pm Bingo (I)A	3 4	4 5

LUTHER TOWERS 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 Director	111
Kitchen	128
Karen Ambruso, Beauty Shop.....	129
Wednesday / Thursday / Friday — <i>By Appointment Only</i>	
Front Desk	0

LUTHER VILLAGE 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