### UTHER OWERS

# March 2023

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### From the Desk of The Executive Director KIM MENDOZA

Hope everyone has been enjoying the dramatic temperature changes we have had all winter. I can't wait for things to even out and stay warm. When it does, make sure you get out to enjoy all the nice scenery Luther Towers & Luther Village have to offer.

Just a reminder – when the weather does get nicer, do not leave food outside [for the wildlife]. We have various species of wildlife that frequent the campuses – such as foxes and skunks – which can carry rabies! So please do your part to NOT make food available for them.

I wanted to share a little information about the funding we receive for our buildings. If you don't know this, each building we have is a separate entity. This means that any monies that we have in a building can only be used in that building. This also means if that building is low on funds, it cannot receive funds from another building. This can be frustrating to us at times, because there are things that we want to do in your building that we are unable to do due to a lack of funds. We have a list of things that we are always looking to improve and, when the monies become available, you can be assured we will do them.

As you read Tricia Robinson's article, you will notice that there are some new activities she has planned. These are mostly at the Luther Towers campus and the reasoning behind this is that the participation has been either extremely low or non-existent at Luther Village.

Residents at Luther Village are always welcome to attend activities on the Luther Towers campus – and if there is enough interest in activities, they may be added to Luther Village in the future. One thing we are hoping to be able to do for the residents of Luther Village is to have the Modern Maturity Center provide meals in the Luther Village 3 Activity Room at least 3 days per week. The Modern Maturity Center visited to conduct a site survey and see what is needed to make this happen. They are now going to present it and see if they can get approval to start. If we are able to do this, we will contact Luther Village residents and let them know when it will start.

The Modern Maturity Center has great ideas to bring some other activities also. We will keep you posted!



### INFORMATION BOTH CAMPUSES RENT will be pulled on

# <u>March 6th</u>.

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.

### From the Desk of The Deputy Director JESSICA PARSONS

First day of Spring is upon us. Like some of you, I enjoy the warmer weather much more than I do the cold. Once the weather breaks, I encourage you all to get out for some fresh air.

Maintenance staff is continuing to find residents who place flammables on and in the stove. Please remember to have your stovetop clear of any items and the inside of your oven.

Over the years, we've had numerous unattended stove fires. Thankfully, they haven't resulted in catastrophic damage but *were* costly to repair. Most of those instances were unattended cooking and a neighbor reported the smell of smoke, which helped to identify the source sooner. We appreciate the resident's vigilance in reporting things of concern. We recently had an incident where an unsupervised child wrote in marker on two chairs in one of our parlors. We are thankful that Kelly was able to remove most of the markings. However, if that were not the case, the resident would have had to pay \$522 per chair to replace.

Children are always welcome to visit family and friends at Luther Towers and Luther Village. Younger children (under 12) need to be supervised when on the premises for their safety and that of the residents.

We received our brand-new bus! Once it was on site, Kelly took the Administrative staff for a little drive. We are so happy that you will be able to enjoy the new ride. We are working on new graphics for the bus so be on the lookout for the new look.

# Employee of the Monthby Jessica ParsonsThis month I would like to highlight...BECCA DILL

This month I would like to highlight Becca Dill. Becca has been at Luther Towers/Luther Village since September 2017. Additionally, she works for the State of Delaware since November 2016, where she was recently promoted to Senior Account. Becca enjoys working her jobs at both places, but her most favorite job title is "Aunt Becca" to her 8 nieces and nephews. Each one of them bring her so much joy. Becca's favorite hobby is to spend time with family, and just have fun. She enjoys playing with her Siberian Husky Riley. He is her "four-legged son" that just turned 12. Over the last year we have experienced a tremendous amount of turnover in the Security department. Becca has always stepped up to cover additional shifts and is continuously willing to cover holidays when full-time staff is off. She is always dependable and makes sure she assists the residents in any way she can.

<image>

### From the Office of Social Services TRICIA ROBINSON

### Hello Everyone! 🩋

**Game Day:** We are so excited to announce we will be starting a GAME DAY!!! Games will include Scrabble, Dominoes, Rummy 500, Yahtzee, Uno and Pokeno. Games will be set up in Luther Towers Building I Activity Room and ALL are welcome to come and play! The more we have participate, the *more fun* and better success it will be! The first game day at Luther Towers will be Thursday, March 23rd at 1:00pm.

Luther Village residents  $- \otimes$  there was not enough interest on sign up sheets at this time.

**New Club:** Our Luther Towers **BOOK CLUB** has begun! <sup>(2)</sup> We had our first meeting and are reading our first book, "The Arrangement." We are all enjoying this new club! At our next book meeting, we will start a brand new book! If you are interested in attending in the future, give me a call at 674-1408 ext 131 to join!

**CLEAR CAPTIONS:** Wednesday, March 15th at 1:00pm, Kathleen Cesario from Clear Captions will be at Luther Towers Building I Activity Room to play "Trivia for Seniors." Clear Captions is a no-cost-phone for the hearing impaired – she will be discussing the program.

**Computer Skills:** Friday, March 10th at 10:00am in Luther Towers Building I Activity Room – We will have our first Computer Class 101 – hosted by our own Mark Lewin! Mark will review very BASIC computer skills: How to turn the computer on; What is a keyboard, mouse, internet, etc.... Please sign up on the bulletin board in your building if you plan to attend. Residents from both Luther Towers and Luther Village are welcome to attend!

**Seminar:** Friday, March 24th at 1:00pm in Luther Towers Building I Activity Room – we will have a seminar on "How to Prevent Identity Theft."

# **PLANNED ACTIVITIES**

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

Ladies Only: Tuesday March 28th at 11:00am in Luther Towers Building I Activity Room – Network Connect will host a Tea Party / Spa Day with light lunch for *Ladies Only*.

MUST SIGN UP ON BULLETIN BOARD - limited spaces available -

Movie Night will be at Luther Towers Thursday, March 9th and Luther Village Thursday, March 16th at 5:30pm. The March movie will be "<u>La La Land</u>" starring Ryan Gosling and Emma Stone. Come join us for a great time! Sign up on 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! 674-1408 ext 131

**EXERCISE CLASS** 

Don't forget! Every Monday at 10:15am with Betsy! It is a great way to start your week off and get yourself moving!



### From The Maintenance Manager KELLY HAUER



# **PEST CONTROL** Luther Village Apartments

None at This Time



### **Luther Towers Apartments**

Mar 1....LT-1 .. 601-623 .....LT-4 . 4102-4116 Mar 8....LT-1 .. 701-723 .....LT-4 . 4201-4216 Mar 15..LT-1 .. 101-110 .....LT-2 . A01-A18 Mar 22...LT-2 .. C01-C18

## **THOUGHT FOR THE MONTH** "Hello, March! Let Spring Begin!"

#### **STANDARD MAINTENANCE CHARGES**

Bathroom:
\$ 6.00 Medicine Cabinet Shelf
\$ 5.00 Soap Dish
\$ 29.00 Toilet Seat
\$ 75.00 Shower Curtain w/hooks
(for walk-in shower only)
<b>Refrigerators:</b>
\$ 5.00 Ice cube trays
\$100.00 Crisper Tray Cover
\$ 35.00 Shelf Railing
\$ 11.00 Shelf bracket (each)
Ranges:
\$ 12.00 Burner Knobs
\$ 4.00 Drip Pan (each)
\$ 30.00 Broiler Pan
\$ 10.00 Range filter
Electrical Repairs:
\$ 15.00Bath Light Lens
\$ 15.00 Ceiling Light Globe
\$ 4.00Receptacle
\$ 1.00Receptacle Cover
\$ 4.00 Switch
\$ 4.00 Switch Cover
\$ 40.00 Cord Mate Necklace
Windows:
\$ 40.00 Replacement Screen
\$ 75.00 Storm Window
\$ 80.00 Slim Shade Blinds
\$ 15.00 Slim Shade Operator (screen mount)
\$ 20.00 Slim Shade Operator (window mount)
\$ 10.00 Curtain Rod
Locks:
\$ 5.00 Replacement Key
\$ 10.00 Dead Bolt Latch
\$ 50.00 Lock Change
<u>Miscellaneous</u> :
\$ 10.00 Access Card
\$ 2.00 Lanyard
\$ 5.00 Laundry Card
\$ 3.00 Light Bulb
\$150.00 Minimum Carpet Repair



I have been getting complaints about residents using more than two (2) washers and/or dryers to do their laundry. Please be courteous of other residents who want to use the machines.

Individuals should always leave one (1) washer and one (1) dryer available to someone coming in to do their laundry,



**Delaware Department of Health and** Social Services (DHSS) 5d · 🕤

Emergency food benefits for households receiving SNAP will end in March due to a recent change in federal law passed in the Consolidated Appropriations Act of 2023. This means households will receive their final emergency food benefit at the end of this month. Beginning March 1, 2023, households will receive their regular monthly benefit amount on the normal issuance date and will no longer receive additional emergency food benefits on their EBT cards at the end of each month.

"We are so thankful that we were able to offer these emergency benefits to the many Delawareans who have experienced economic struggles and health challenges during the COVID-19 pandemic," said Delaware Department of Health and Social Services Secretary Molly Magarik. "We know this change likely will cause a hardship for many individuals and families, so we want to ensure that those individuals who relied on these additional funds each month are aware of the community resources that may be available to them." DHSS encourages Delawareans in need of food assistance to contact Delaware 2-1-1 to find the nearest food closet or pantry or visit the Food Bank of Delaware's website at fbd.org. Also, coaches from the StandByMe program can help those impacted by the change plan their budgets to prepare for the loss of the emergency benefits: https://standbymede.org/

### From The Desk Supervisor - KARI EBERT

February, for the most part, was pretty mild which leaves me wondering what March will bring. I myself am ready for fragrant flowers, lush green grass, and blooming trees. Mother Nature, however, may have other plans.

Whether we can enjoy strolling outside or finding activities indoors, just the mere promise of Spring improves my mood. Speaking of improving mood, did you know that having a hobby can do that, too?

I love hearing about the different hobbies that residents enjoy. We have people who knit, paint, love completing crossword puzzles, pilot video flight simulators, journal, play instruments, design clothes, and make jewelry. The list goes on!

There are also residents who love walking & hiking, taking a bike ride, gardening, and who enjoy working out. Still others read, study languages, follow NASA and space travel advances, and love a good trivia game. I myself like anything creative. In my spare time, I enjoy writing, reading, sewing, upcycling objects into jewelry & decor, and making collages. There's always about 5 different projects at different stages on my desk/craft area. Did I mention I love Scrabble and word games? Well, I do.

Hobbies are not just busy work or time fillers. They have been proven to reduce stress, anxiety, and depression in people of all ages. They also promote improved brain function, memory retention, and even guard against dementia later in life.

I'm always encouraged to see so many people participating in the various activities that Tricia coordinates as well as small groups that spontaneously get together to play cards, etc. There's always something to try out, and it's a fun way to boost your mood and activate your mind. So, go get your hobby on!



### **Quick Reminders:**

- Laundry Please remember that if you're using Tide Pods (or any other pods) to do laundry, they <u>must</u> be put into the tub *itself* before placing your clothing in. They are *not* supposed to go in the <u>drawer</u> where <u>liquid</u> soap goes. The desk has had a few complaints of residents needing to clean out a goopy mess from the drawers after someone else placed pods there. Yuk!
- Information We've had a lot of requests for residents' personal information from other residents, friends, and family members lately. People are often very shocked to find that we can't give out phone numbers, apartment numbers, or health related information to them. This is for safety and security as well as individual discretion. Please be understanding and make your family & friends aware that it's simply not in our power to furnish them with your personal information. That information is solely your choice.

"Try new hobbies. Develop new interests. Pursue new experiences. When you expand your interests, you increase your opportunities for happiness." —*Richelle E. Goodrich (author)* 

# LT Paint Class















# LV Paint Class













March Winds Bring April Showers

At the Movies in the Luther Village Theater







# Morning Stretch with Betsy

Every Monday Morning at 10:15 a.m. Luther Towers Building I (A)





Hosted by: Betsy Gustafson Certified Instructor









# 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 **MARCH 11TH, 2023**

# LUTHER TOWERS (I)A 6:00PM **MARCH 25TH, 2023**

WESLEY UNITED

# **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



**Building | Activity Room** 

March 16th 1:00pm

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

# **NEWCOMERS**

LV-1 1114 Michael Wright LT-1 623 Christy Kamal LT-2 C13 Carole Allaband

LT-3 2009 Julia Kelly

Welcome, Neighbor!



LISA HARSHBERGER Luther Towers Building I <u>Appointments</u>: 674-1408x131 Tricia Just \$20 for 30-Minute Session



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PROVIDING A WIDE RANGE<br/>OF SERVICES<br/>•Primary Care•Mental Health Consult/<br/>Mental Health Counseling<br/>•Annual Wellness Exam•Medication Management/<br/>Pharmacy Consultation<br/>•Audiology/Optometry<br/>Assessments<br/>•Podiatry



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

s 5:30pm	(I)
5:45pm	(IV
5:30pm	(I)A
5:00pm	(II)
	5:45pm 5:30pm

(II)A (I)A (IV) (I)A (II)A GE

LUTHER VILLAGE Wednesdays 10:00am (I)A

Thursdays 6:30pm (I)A

## DOMINOS LUTHER VILLAGE Exclusively

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

SPECIAL! SPECIAL! SPECIAL! New Clients Only

APPOINTMENTS AVAILABLE WED/THURS/FRI TO MAKE APPOINTMENT CALL 302-674-1405 x129 LUTHER TOWERS/LUTHER VILLAGE RIDING TOGETHER ALL 3 DAYS BLUEBIRD SCHEDULE <u>RSVP TO LT SECURITY DESK</u> 674-1408 EXT 0

# **TUESDAY:**



# SAFEWAY, TARGET, FOOD LION

LUTHER VILLAGE BE READY FOR PICK UP 8:45a.m., 9:45a.m.,

10:45a.m., 11:45a.m., etc.

LUTHER TOWERS BE READY FOR PICK UP ON THE HOUR 9a.m., 10a.m.,

11a.m., 1p.m., etc

**11AM TRIP WILL BE TO BYLERS!** 

WEDNESDAY:

## WALMART – alternate Camden/Dover

LUTHER VILLAGE BE READY FOR PICK UP 845a.m., 945a.m., 10:45a.m. (2 hour trip 11AM HOUR) LUTHER TOWERS BE READY FOR PICK UP AT 9a.m., 10a.m., 11a.m. (2 hour trip 11AM HOUR)

# THURSDAY (every): MIDDLETOWN FARMERS MARKET

LUTHER VILLAGE BE READY FOR PICK UP 8:45a.m. LUTHER TOWERS BE READY FOR PICK UP ON THE HOUR 9a.m. THIRD (3<sup>rd</sup>) THURSDAY- CHRISTIANA MALL LV BE READY FOR PICK-UP 8:45a.m., LT BE READY FOR PICK UP 9a.m.

#### .

#### HERE'S TO THE FOOLS WHO DREAM.

MOVIE NIGHT La La Land MUSICAL STARING: RYAN GOSLING, EMMA STONE THURSDAY, MARCH 9 5:30PM LT I (A) SIGN UP ON BULLETIN BOARD IN YOUR BLDG

> MOVIE NIGHT La La Land MUSICAL STARRING: RYAN GOSLING, EMMA STONE THURSDAY, MARCH 16 5:30PM VI III THEATRE SIGN UP ON BULLETIN BOARD IN YOUR BLDG

RYAN GOSLING EMMA STONE

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OWERS	Men	u March 2023	h 2023	<b>H</b> UTHER ILLAGE
Monday	Tuesday	Wednesday	Thursday	Friday
27	28	1 BBQ Pulled Pork on Bun Baked Beans Macaroni Salad Milk Fruit	2 Ham w/Cranberry Sauce Mac & Cheese Green Beans Dinner Roll / Milk Ice Cream	3 Fried Shrimp Potato Wedges Coleslaw Wheat Bread/Milk Pudding
6 Chicken Tetrazzini & Noodles Buttered Peas Wheat Bread / Milk Pudding	7 Pork Chop w/Onion Gravy Mashed Potatoes Yellow Squash w/Tomatoes Wheat Bread / Milk Brownie	8 Navy Bean Soup Turkey & Cheese on Bun w/ Mayo, Lettuce & Tomato Milk Fruit	<ul> <li>9 Pot Roast w/Gravy Boiled Potatoes Buttered Carrots Dinner Roll / Milk Cake</li> <li>BIRTHDAY</li> </ul>	10 Baked Chicken w/Gravy Yellow Rice Broccoli Wheat Bread/Milk Fruit
13 Meatloaf w/Gravy Mashed Potatoes Chef's Blend Veggies Wheat Bread/Milk Pudding	14 Chicken Parmesan Spaghetti Green Beans Italian Bread/Milk Cookies	15 Minestrone Soup Chicken Salad on Bun Coleslaw Fruit Milk	16 Fried Chicken Mac & White Cheese Mixed Greens Cornbread / Milk Mousse	17 Beef-a-Roni Casserole Tossed Salad Italian Bread/Milk Fruit
20 Spaghetti & Meat Sauce Mixed Veggies Breadsticks/Milk Pudding	21 Chicken Pot Pie Buttered Green Beans Dinner Roll / Milk Applesauce	22 Taco Chili Salad w/Lettuce & Tomato Sour Cream Milk Fruit	23 Pepper Steak Jasmine rice Peas & Carrots Roll / Milk Bread Pudding	24 Delaware Baked Chicken Garlic Potatoes Harvard Beets Whole Wheat Bread/Milk Peaches
27 Chicken & Dumplings Green Beans Biscuit / Milk Fruit	28 Hot Dog on Bun Baked Beans Coleslaw Oatmeal Cookies	29 BBQ Chicken Potato Salad Seasoned Greens Cornbread/Milk Applesauce	30 Liver & Onions w/Gravy Mashed Potatoes Green Beans Wheat Bread / Milk Fruit	31 Baked Cod Mac & Cheese Stewed Tomatoes Wheat Bread/Milk Pudding

	UTHER	March 2023 Activity Calendar	2023	Activity	Calenda	5
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28		5	3	4
			5:30pm Bingo (I)A	1pm British Wives (I)A 5:45pm Bingo (IV)	5:30pm Bingo (I)A	5:00pm Bingo (II)A
ß	6 9am Food Stamp Rep (I)A	7	8 1pm-4pm	9 5:30pm	10 1:00pm KARAOKE TIME	11
12pm Church Service (I)A	10:15 Morning Stretch w/Betsy 5pm Bingo (II)A	3pm Cherub Group (I)C	Methôdist Women (I)C 5:30pm Bingo (IV)	MOVIE NIGHT (I)A 5:45pm Bingo (IV)	Light Snack, Fun Door Prize (I)A 5:30pm Bingo (I)A	5:00pm Bingo (II)A
12	13	14	15 1:00pm	16 1:00pm	17	18
12pm Church Service (I)A	10:15 Morning Stretch w/Betsy 5pm Bingo (II)A	12:15 to 1:00pm Food Box	Clear Captions Senior Trivia Prizes (I)A 5:30pm Bingo (I)A	KARAOKE (I)A 5:45pm Bingo (IV)	5:30pm Bingo (I)A	1pm Private Reservation (I)A 5:00pm Bingo (II)A
19	20 SPOINC	21	22	23	24	25
12pm Church Service (I)A	Stretch w/Betsy 1:00pm BOOK CLUB MEET 5pm Bingo (II)A		5:30pm Bingo (I)A	5:45pm Bingo (IV)	5:30pm Bingo (I)A	6:00pm MEET N' GREET (I)A 5:00pm Bingo (II)A
26	27	28	29	30	31	
12pm Church Service (I)A	10:15 Morning Stretch w/Betsy 5pm Bingo (II)A	11:00am Network Connect Tea Party w/ Snacks (I)A	5:30pm Bingo (I)A	5:45pm Bingo (IV)	5:30pm Bingo (I)A	

		March	March 2023 Activity Calendar	Activity	/ Calenda	L
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1 9:30am Food Stamps Rep (I)A 10am Bingo (I)A	2 10am Bible Study (I)A 12-3pm Ceramics (III) 5:00pm Bingo (I)A	3	4 9am Private Reservation (III)A
5 11am Church (III)A	6 5:30pm Dominoes (I)A	7 9:30am Prayer (I)A	8 9am-12pm Senior Companion (III)A 10am Bingo (I)A	9 10am Bible Study (I)A 12-3pm Ceramics (III) 5:00pm Bingo (I)A	10	11 9am Private Reservation (III)A 4pm MEET N' GREET LV(I)A
12	13 5:30pm Dominoes (I)A	14 9-1pm Driver Safety Class (I)A	15 10:00am Bingo (I)A 6:00pm Bingo (I)A	16 10am Bible Study (I)A 12-3pm Ceramics (III) 5:30pm (III)A MOVIE NIGHT 5:00pm Bingo (I)A	17	18 9am Private Reservation (III)A
19 11am Church (III)A	20 Second 5:30pm Dominoes (I)A	21 11:30 to 12:00 Food Box	22 10am Bingo (I)A	23 10am Bible Study (I)A 12-3pm Ceramics (III) 5:00pm Bingo (I)A	24 9am Private Reservation (III)A	25 9am Private Reservation (III)A
26 11am Church (III)A	27 5:30pm Dominoes (I)A	28	29 10am Bingo (I)A	30 10am Bible Study (I)A 12-3pm Ceramics (III) 5:00pm Bingo (I)A	31	

# **LUTHER** OWERS Phone Extensions



### Name & Position

### Extension #

Kim Mendoza, Executive Director	112
Jessica Parsons, Deputy Director	130
Tricia Robinson, Social Services	
Jessica Balog, Admissions	
Corrin Parsons, Administrative Coordinator	
Sharon Poisson, Accounting	132
Kari Ebert, Desk Supervisor	0
Kelly Hauer, Facilities Director	111
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