



January 2024



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From the Desk of The Executive Director KIM MENDOZA

2024! Wow! Can you believe another year is upon us? Where did last year go? I hope everyone had an amazing Christmas. I do want to thank everyone for the thoughtful Christmas cards, gifts and the ABUNDANCE of baked goods showered on the staff at Christmas time. It is always fun to spend time with friends and family enjoying great food and fellowship.

Looking forward to a brand-new year filled with health and prosperity for everyone.

One of the last projects we did for 2023 was the activity room renovation of Luther Towers II. There is still updated furniture on order and we hope to have the decorations back up in the very near future. Thanks for your patience during the renovation process. (see pics pg 3)

Our outstanding maintenance team painted all the lobbies by the elevators in Luther Towers I. What a difference that made. Love the color. We also completed resurfacing the elevator floors in all of the buildings. I know there was some smell and inconvenience experienced by residents, and we appreciate your understanding. We are hopeful these new floors will hold up well to all the wear and tear they experience. I am sure, as we go into the new year, there will be more projects to do.

Pet Reminder: Just a reminder for individuals who have pets which they allow to walk on a <u>long leash</u> through the buildings (not those in a stroller). You need to keep your pet close to you. This can be either right beside you or directly in front of you, <u>but not with the leash fully extended</u>.

Keeping the dog in front of you will allow you to know what is going on with your pet. Also, keeping them close will keep them from getting hurt (and we have witnessed this) or possibly causing another resident to be hurt by tripping over the leash.

Another concern with pets, there are residents who are either afraid of pets or allergic to

them. When getting on/off the elevators, if you encounter an individual who expresses they are afraid or allergic, please be respectful and give them the necessary space to pass. This could be waiting for the next elevator. This respect goes both ways, however; those who may be afraid or allergic should express their concern in a polite manner to the pet owner.

Deliveries: We have packages delivered around here daily from Amazon and UPS; unfortunately, they do not always make it to their intended destination. Sometimes they are left in the entryways, by the mailboxes, the wrong person's apartment, or even the wrong building! Security does a really good job watching the public areas and, if they see packages, will make sure they get to where they belong.

If you happen to see a package and it is obviously in the wrong place – you can either bring it to the Security desk, or call the desk and they will get it at their earliest convenience. We appreciate the help, and so do the individuals who are expecting that package. Security continues to receive complaints from

Security continues to receive complaints from residents stating they are smelling cigarette smoke and marijuana odors in our apartment buildings. Just a reminder that smoking of marijuana is illegal and could result in termination of your lease. Smoking cigarettes is a violation of your lease and will be dealt with in according to your lease. We have terminated leases in the past for both. Please don't put yourself in this position.

Not that this has anything to do with Luther Towers/Luther Village, but if anyone watches the news you can't help but to see all the issues our country is experiencing. So much discourse and division among different groups of people, not to mention the theft that is rampant in so many big cities. It is really sad to witness the societal decline taking place. We can just pray that things turn around so the United States will continue to be a safe and loving place to raise our families.

From the Desk of The Deputy Director - JESSICA PARSONS

Happy New Year! Hoping 2024 is filled with good health, happiness and peace. The Luther Towers / Luther Village staff celebrated Christmas with dinner, raffles, and employee recognition. We have attached some pictures of our wonderful staff to share with you. We look forward to great things in the New Year.

The staff would like to thank the residents who gave cards, candy and cookies. We appreciate your generosity and kindness this holiday season. However, I would like to remind residents that staff is prohibited from accepting cash tips/gifts from residents. Gift cards \$25 or under are acceptable.

The bulletin boards in each building are a great tool for us to inform you on upcoming activities & sign-up sheets or information we need to pass along. There are also items that are required by HUD (Department of Housing and Urban Development) to be posted and updated when necessary. Please do not remove any items or add to the boards without permission from Tricia Robinson.

We recently had a visitor who tried to obtain access to a building and they were denied entry from the resident. However, another resident was entering the building and the visitor followed behind. We are not asking you to engage with visitors if this happens, but ask that you report to the security desk so they can determine if the individual is authorized.

Luther Towers / Luther Village are non-profit organizations; as such, funds are limited to do big capital expense items, improvements, etc. As some of you may be aware, Kari works on grants for Luther Towers / Luther Village for various things we may need. This can vary from computers, upgrades to security systems, nurse calls, new roof, exercise equipment and much more.

Recently, Kari submitted a grant asking for \$135,000 to renovate some bathrooms to include walk-in showers. We were notified that we were awarded \$100,000 towards the project. This enables us to renovate 9 bathrooms in total.

Luther Towers / Luther Village strives to provide facilities that allow residents to have what they need to age in place. This renovation will greatly enhance livability of the apartments for our seniors. This is a tremendous blessing and I have no doubt the residents will also be blessed.

INFORMATION BOTH CAMPUSES

RENT will be pulled on <u>January 4th</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.

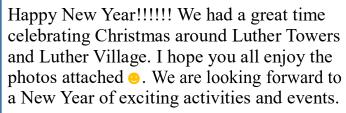
This will avoid Insufficient Funds problems.

Luther Towers II ACTIVITY ROOM RENOVATION

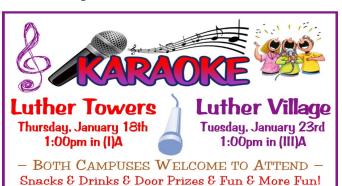


From the Office of Social Services TRICIA ROBINSON

Hello, Everyone!



We had 2 special Bluebird trips in December – one to the Dover Downs Christmas Light show and one to the Calvary Christmas Play – thank you to those of you who participated in those trips!



WILLS FOR SENIORS

Sign Up on Bulletin Board in Your Building

If you are interested in having a Will, Power of Attorney or an 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 302-674-1408 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!



GAME DAY & COLORING COMFORT COMBINED!



Thursday, January 25th at 1:00pm

hosted by Luther Towers



All Must Sign Up on Bulletin Board in Your Building
—Supplies are Provided—

Table Games, Card Games, Snacks & Drinks, Coloring

Both Campuses Welcome to Attend!

MOVIE NIGHT

Luther Towers Thursday January 11th Luther Village Thursday January 18th 5:30pm



"Sound of Freedom"
Starring Jim Caviezel

Come Join Us for a Great Time Sign up on bulletin board in your building

Luther Village Morning Mixer Friday, January 12th, 9am (III-A)

> Come Out and Fellowship with LT/LV Administration → Staff Members.



The BOOK CLUB

Next Meeting

Wednesday January 24th at 1:00pm

Must Call Tricia to Join Book Club
302~674~1408 x131

Words of Wisdom

Be A Team Player!

"The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime."

- Babe Ruth

From The Maintenance Manager KELLY HAUER



PEST CONTROL

Luther Towers Apartments

Jan 24th....LT-4....4301-4316



Luther Village Apartments

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

Jan 10th....LV-3...1st Floor ...LV-2...Entire Bldg

Jan 17th...LV-1...2nd & 3rd Floors

Jan 24th....IV-1...1st Floor

THOUGHT OF THE MONTH

JANUARY

New Month, New Intentions, New Goals, New Love, **New Light & New Beginning**

KELLY'S REMINDERS:

I have noticed that when residents call to report their heater isn't working, most of the time, they have it set on Cool – Or ... it's on Heat but their windows aren't all the way closed and locked.

Please check to make sure your windows are closed and locked and the unit is set on Heat instead of Cool...

Thank you...



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)

Refrigerators:

5.00 Ice cube trays

\$100.00 Crisper Tray Cover

\$ 35.00 Shelf Railing

\$ 11.00 Shelf bracket (each)

\$ 12.00 Burner Knobs

4.00 Drip Pan (each)

\$ 30.00 Broiler Pan

\$ 10.00 Range filter

Electrical Repairs:

\$ 15.00 Bath Light Lens

\$ 15.00 Ceiling Light Globe

\$ 4.00 Receptacle

\$ 1.00 Receptacle 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

Miscellaneous:

\$ 10.00 Access Card

2.00 Lanyard

5.00 Laundry Card

1.00 Light Bulb

\$150.00 Minimum Carpet Repair

STEPHEN MINISTRY is here to help and will

come to your doorstep.



How Can We Help? Going through a Difficult Time? Health Crisis? Loneliness? Alienated from Family?

Everyone goes through difficult times. Having someone to care, to listen, and to share God's love with you can help you get through the confusion, stress, or loneliness you may be experiencing.

If you are interested in speaking with someone who is willing to listen with care, please reach out to ...

Helen Morella

Coordinator for Stephen Ministry Team St. John's Lutheran Church 302~734~7078

From The Desk Supervisor KARI EBERT

Happy New Year to you all! It's so fabulous to be handed a brand-new year to start afresh. It makes me think of how beautiful it is right after a new fallen snow (before anyone steps on it). So pristine and fresh. Did you make any plans or resolutions for the new year? A lot of people have great success in challenging themselves to change old patterns or do something new.

Personally, I try not to make New Year's resolutions because I'm quite good at breaking them (in fact, I'm a champ!). For some reason, even goals don't get very far with me. If I want to change direction or turn over a new leaf, I've found that making an intention and keeping that in my mind works the best for me. I'm an overthinker by nature, and I have to practice "metacognition" (thinking about what you're thinking about) in order to break out of it. I suppose this is what some would call "mindfulness." We all have our own way of doing things.

So, however you approach the new year, whether it be resolutions, goals, intentions, or treating it like just another day, the possibilities are boundless. Each new day has its own new potential. Celebrating the new year just reminds us that God gives us a blank sheet of paper to doodle on every single day. My New Year's wish for you is that you

Christmas Blessings: Resident Patricia Yancy

was so sweet to decorate the LT-I activity room Christmas tree in my favorite colors and pattern: red & black plaid! Here's a picture I'd like to share, and we're so color coordinated! What a lovely surprise!



Thank you, Trish.

continue to do the things you love and consider trying something new. May the new year bring you joy, health, and contentment!

A FEW REMINDERS:

- You must sign in each guest even if they're coming in with you or visiting for a short amount of time. Each desk has a guest log where we can document the name of your guest as well, or they can sign in using the Rise Entry System. This is for safety, security, and emergency situations that may arise.
- Any maintenance concerns are to be reported to the security desks. We document them in a log and contact maintenance for service. If you tell one of the maintenance crew in the hallway, they will refer you back to the desk. Tracking them down is probably going to take longer (they're everywhere taking care of all things), and you'll be back to square one with the reporting procedure.

Here's a lovely snow poem published in 1943. This is like a lullaby to me because the repetition feels as if I'm being rocked back and forth. I hope you enjoy reading it as much as I did.

The Snow is Deep on the Ground

By Kenneth Patchen

The snow is deep on the ground. Always the light falls Softly down on the hair of my belovèd.

This is a good world. The war has failed.

God shall not forget us.

Who made the snow waits where love is.

Only a few go mad.

The sky moves in its whiteness Like the withered hand of an old king. God shall not forget us.

Who made the sky knows of our love.

The snow is beautiful on the ground. And always the lights of heaven glow Softly down on the hair of my belovèd.

Staff Christmas Party



Kim & Mike



Jess P & Shawn



Terrence & Jess B



Sharon & Michael

Mark & Camisha

Staff Christmas Party



Michael & Wife



Dave & Wife



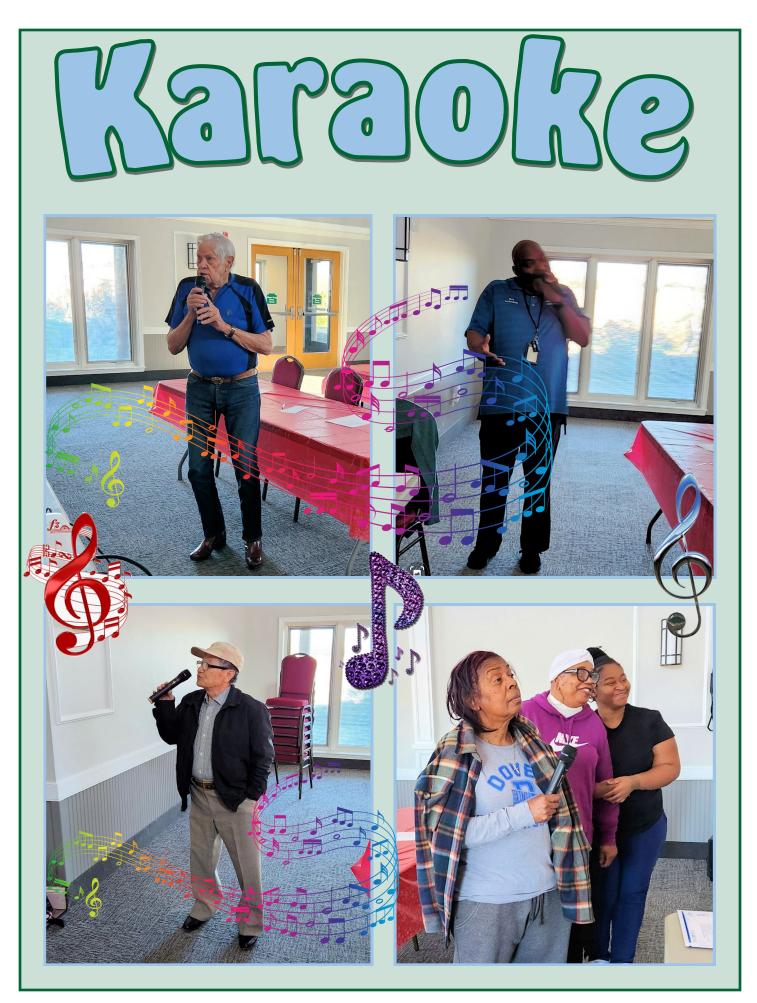
Daniel & Ben



Tom & Hilda



Chris & Daughter



Christmas Karaoke









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Village Christmas Dinner

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 19TH, 2024

LUTHER TOWERS
(I)A 6:00PM
JANUARY 27th, 2024



WELCOME TO ROSEMARY CIRCLE



2nd Saturday of Each Month

1:00 pm • LT I (conf room)

Fellowship, Prayer, Learning

ALL ARE WELCOME

Sponsored by: United Methodist Women



Thursday, January 18th 1:00pm in (I)A

1:00pm in (III)A

LCOME TO ATTEND -

- BOTH CAMPUSES WELCOME TO ATTEND -Snacks & Drinks & Door Prizes & Fun & More Fun! Sign Up on Bulletin Board in Your Building

NEWCOMERS Welcome, Neighbor!

LV3 3411 Carl & Charlescene Hayes





(Annual Enrollment Period)

Annual Open Enrollment for Medicare is In Full Swing!

There are Several Major Changes to the Medicare Advantage Plans

Including <u>Humana will No Longer Be Accepted</u> by Christiana Care starting January 1st, 2024!

Delaware will Welcome Highmark and WellCare to the List of Carriers!

For a Comprehensive Review of All the Changes, Contact me at <u>443-477-7958</u> for an Appointment



Brenda Zimmerman Insurance Producer

99 Wolf Creek Blvd, Suite 1b Dover, DE 19901 direct: 302-213-7029

cell: 443-477-7958

brenda.zimmerman@bankerslife.com

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





Exercise Class "MORNING STRETCH W/BETSY"

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

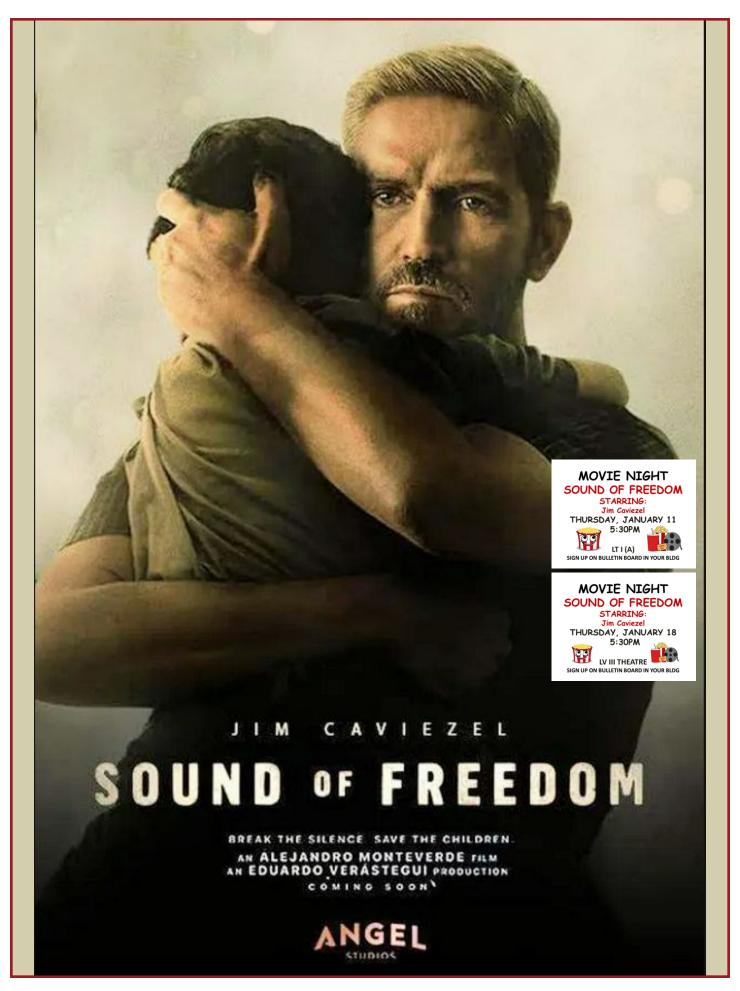
Certified Instructor Betsy Gustafson



BINGO SCHEDULE Luther Towers

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







Menu January 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 CENTER CLOSED NEW YEARS HOLIDAY	2 Spaghetti w/Meat Sauce Chef's Blend Veggies Italian Bread / Milk Pudding	3 Minestrone Soup Chicken Salad on Bun Lettuce & Tomato Milk Fruit	4 Fried Chicken Scalloped Potatoes Collard Greens Cornbread / Milk Pudding	Chili Con Carne Seasoned Rice Peas & Carrots Cornbread / Milk
S Chicken Tetrazzini w/Noodles Buttered Broccoli & Cauliflower Wheat Bread / Milk Pudding	 9 Chicken Marsala w/ Mushroom Gravy Wild Rice Chef's Blend Wheat Bread / Milk Applesauce 	1() Vegetable Soup Tuna Salad on Bun w/Lettuce Beet Salad Milk Fruit	1 Roast Beef w/Gravy Mashed Potatoes Buttered Peas w/Pearl Onions Roll / Milk Cake BIRTHDAY & MLK DAY	BBQ Chicken Potato Wedges Mexican Corn Roll / Milk Cookies
CENTER CLOSED MARTIN LUTHER KING DAY	16 Beef Stroganoff Buttered Noodles Buttered Green Beans Roll / Milk Fruit	17 Minestrone Soup LS Ham & Cheese Sandwich w/Mustard & Mayo Broccoli Salad Milk & Cookies	18 Fried Chicken Macaroni & Cheese Mixed Greens Cornbread / Milk Sherbet NUTRITION CLASS	19 BBQ Pulled Pork on Bun Baked Beans Coleslaw Milk Fruit
Chicken & Dumpling Mixed Veggies Biscuit / Milk Fruit	Fried Fish Sweet Potato Fries Stewed Tomatoes Roll / Milk Brownie	24 Italian Meatballs Spaghetti Buttered Peas Italian Bread / Milk Apple Crisp	25 Liver & Onions w/Gravy Mashed Potatoes Seasoned Green Beans Wheat Bread / Milk	26 Baked Chicken w/Gravy Seasoned Rice Buttered Spinach Wheat Bread / Milk Applesauce
29 Baked Ziti w/Meat Sauce Buttered Peas & Carrots Italian Bread / Milk Fruit	30 Meatloaf w/Gravy Mashed Potatoes Glazed Carrots Wheat Bread / Milk Mandarin Oranges	31 Sliced Ham & Cabbage Boiled Potatoes Wheat Bread / Milk Yogurt		2

January 2024 BLUEBIRD Schedule

Saturday

PLEASE NOTE • PICK UP TIMES Luther Village 8:45am, 9:45am, 10:45am, 12:45pm

	Friday	Luther To	owers 9:00am	, 10:00am, 11	1:00am, 1:00p	
-	Ihursday	4 Pickup Times Noted on the Side	11 MIDDLETOWN FARMERS MARKET	18 Christiana Mall	25 MIDDLETOWN FARMERS MARKET	1 MIDDLETOWN FARMERS MARKET
•	Wednesday	3 Pickup Times Noted on the Side	10 walmart	17 walmart	24 walmart	31 walmart
-	Iuesday	$\begin{array}{c} 2 \\ \text{Trip} \\ \text{Pickup Times} \\ \underline{LV} \ 11:00\text{am} \\ \underline{LT} \ 11:15\text{am} \end{array}$	9 9am, 10am SAFEWAY, TARGET, FOOD LION 11:00am BYLER'S	16 9am, 10am SAFEWAY, TARGET, FOOD LION 11am ROSES	23 9am, 10am SAFEWAY, TARGET, FOOD LION 11:00am BYLER'S	30 OFF HOLIDAY
	Monday	Tuesday Pickup Times LV 8:45am, 9:45am LT 9:00am,10:00am	8	15	22	29
-	Sunday	31	7	14	21	28
		(1)	Pag		CA	C V

OWERS)

January 2024 Activity Calendar

•						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 9:00am (I)A Food Stamp Rep	2	3	4	5	9
	10:15 Morning Stretch w/Betsy			1:00 pm (I)A	9:00am (I)A	9:00am (I)A
	1:00pm (I)A Causey			British Wives	Yard Sale	Private Reserved
	5:00pm (II)A Bingo		5:30pm (I)A Bingo	5:45pm (IV) Bingo	5:30pm (I)A Bingo	5pm (II)A Bingo
7	8	6	10	11	12	13
	10:15 Morning Stretch w/Betsy			5:30pm (I)A		9:00am (I)A Private Reserved
12pm (I)A	1:00pm (I)A Causey	3:00pm (I)C	F.20 (T) A Diam.	Movie Night	E.20. (T) A Diam	Methodist Women
14	1.5	16	17	18	19	Oginia edia) inde
i I	10:15 Morning Stretch w/Betsv		í	4 (5)		
12pm (I)A	1:00pm (I)A Causey			I:UUPIM (I)A KARAOKE		
Church Service	5:00pm (II)A Bingo	Food Box	5:30pm (I)A Bingo	5:45pm (IV) Bingo	5:30pm (I)A Bingo	5pm (II)A Bingo
21	22	23	24	25	26	27
	10:15 Morning Stretch w/Betsy		1.00m (I) A	1:00pm (I)A		A(I) muy
12pm (I)A	1:00pm (I)A Causey		BOOK CLUB	GAME DAY		MEET N' GREET
Church Service	5:00pm (II)A Bingo		5:30pm (I)A Bingo	5:45pm (IV) Bingo	5:30pm (I)A Bingo	5pm (II)A Bingo
28	29	30	31		2	3
	10:15 Morning Stretch w/Betsy					
12pm (I)A	1:00pm (I)A Causey	2:00pm (I)A				
Church Service	5:00pm (II)A Bingo	Private Reserved	5:30pm (I)A Bingo			

UTHER

January 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	9
	2:00pm (II)A King	9:30am (I)A Prayer	9:30am (I)A Food Stamp Rep	10:00am (I)A Bible Study 12-3:00pm (III) Ceramics 2:00pm (II)A King		11:00am (III)A Meet & Greet with Councilman Brian Lewis 2:00pm (II)A King
7	8	6	10	11	12	13
				10:00am (I)A Bible Study 12-3:00pm (III) Ceramics	9:00am (III)A	9:00am (III)A Private Reserved 2:00pm (II)A King 4:00pm (I)A
Ham (III)A Church	2:00pm (II)A King			Z:U0pm (II)A King	MIXEK	INIEEI IN GREEI
14	15	16	17	18 10:00am (I)A Bible Study	19	20
The Cartes	2.57 A VII)	11:30am-12:00pm		5:30pm (III) Theater MOVIE NIGHT		9:00am (III)A Private Reserved
Ham (III)A Church	2:00pm (II)A King	rood Dox		2:00pm (II)A King		2:00pm (II)A King
21	22	23	24	25 10:00am (I)A	26	27
11am (III)A Church	2:00pm (II)A King	1:00pm (III)A KARAOKE		12-3:00pm (III) Ceramics 2:00pm (II)A King		9:00am (III)A Private Reserved 2:00pm (II)A King
28	29	30	31		2	3
11am (III)A Church	2:00pm (II)A King					



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 — 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