

Newsletter

Happy Valentines Day! What's the Groundhog going to see?!!



February 2024



TABLE OF CONTENTS

PAGE

Executive Director – Kim Mendoza.....	2
Rent Will Be Pulled February 5th.....	3
Deputy Director – Jessica Parsons.....	3
Social Services – Tricia Robinson	4
Facilities Director – Kelly Hauer w/Maintenance Charges Chart	5
AD: Stephen Ministry with Helen Morella.....	5
Pictures: LT Karaoke	6
Pictures: LV Karaoke	7
Pictures: Morning Mixer & Book Club	8
Pictures: Game Day & Tom Flowers' Retirement.....	9
Meet n' Greet • Methodist Women • Karaoke Day Ad	10
AD: Bankers Life Flyer & General Merchandise Sale & Yard Sale	11
ADS: • Massage by Lisa • Health First Medical Care • Exercise Class • Bingo & Dominos Schedules • Beauty Salon	12
Movie Night: "The Burial" starring Jamie Foxx & Tommy Lee Jones.....	13
February Menu.....	14
February Bluebird Schedule <i>(always check for changes!)</i>	15
Luther Towers February Activity Calendar	16
Luther Village February Activity Calendar	17
Phone Extensions.....	18

From the Desk of The Executive Director
KIM MENDOZA

Safety First: Well we have experienced a couple of bouts with Old Man Winter so far already. Luther Towers / Luther Village maintenance staff appreciate your patience and understanding as they work diligently to clear the sidewalks and parking lots to allow for safe passage for all.

Please note that you will be notified as quickly as possible of cancellations or changes to schedules.

There are still a couple of winter months ahead of us, so continue to ensure you are prepared with medications and other needed supplies on hand in the event we are unable to run the transportation for you.

Grocery Carts: Just a reminder that grocery carts are provided to residents for use on the campus. **Please do not take them off campus.** If you are walking across the street to go shopping, there are utility carts you can purchase from Walmart or Amazon for this purpose.

Recertification: Please remember to come and sign your annual recertification paperwork with Corrin. This is the paperwork you receive (after you have met with her) that tells you what your rent for the upcoming year will be. It is important that this paperwork be completed in a timely manner. If you are unable to come to her, just give a call and she can make arrangements to meet you and get your signature.

Rules: A subject I would rather not talk about... people who are continuing to smoke in their apartments! In case you were not aware, whether it is cigarettes or marijuana (and yes, we have had both) both of these will result in termination of your lease. Since we instituted the no smoking policy, there have been residents whose leases have been terminated. In the last year there have been 6 terminations for smoking. Please do not put yourself in this situation.

Participation: I am sure you are aware that there are many different activities that are put on for the residents in which to participate; including Health Fairs, Painting activities, Movie Nights, Book Club, Exercise class, Karaoke, Game Days, Morning Mixer and certain meals through-out the year.

These events not only cost money, but also take the time and effort of staff members. We look forward to doing these activities for our residents. But what is frustrating is to set activities up and have minimal participation for the event.

This has been an issue in the past at Luther Village; some activities are no longer conducted over there due to lack of participation. Most recently Karaoke.

If there is some reason why this may be happening and possibly something that can be done to remedy the situation, please share your thoughts with myself, Tricia Robinson or another staff member. We would love to see everyone participate!



Thank you

The staff and I would like to thank Jeannie Wilson, Phyllis Tarburton, Kelly Daniels, and Carol Loeffler for serving us lunch and gifts – and for all those who pitched in to make this possible. We definitely appreciate you guys!

Wishing Everyone A Very Happy Valentine's Day



one of the best things about this day for me is the chocolate... what can I say

From the Desk of The Deputy Director – JESSICA PARSONS

February is one of those months where you don't know if snow or ice is imminent. When we hear a snow storm is coming our way, everyone runs to the store to get essentials. Those items are important as well as having ample medications on hand.

Here are some tips to make sure you are staying safe when walking around in snowy/icy conditions:

- ◆ Walk slowly and carefully, wear slip resistant foot wear* or snow boots
- ◆ Use special care when getting in and out of vehicles — use the vehicle for support if you need to do so
- ◆ Watch for slippery floors when you enter any building*
- ◆ Try to avoid carrying items or walking with your hands in your pockets; this can reduce your ability to catch yourself if you lose your balance.
- ◆ Watch out for black ice
- ◆ Tap your foot on potentially slick areas to see if the areas are slippery
- ◆ Avoid uneven surfaces if possible; avoid steps or curbs with ice on them
- ◆ Report any untreated surfaces to Maintenance/Security — help us keep you safe
- ◆ Remember –

“Ice and Snow Means Take it Slow!”

Older adults lose body heat faster than when they were young. Those aging changes in their bodies now makes it harder for them to be aware of getting cold. A big chill can turn into a dangerous problem before an older person knows what's happening. Doctors call this serious problem “hypothermia.”

Try to stay indoors during wet and icy conditions as much as possible. Please be patient as maintenance works tirelessly to salt and clear the sidewalks/pathways.

****Sneakers are like wearing ice skates on tile floors and on ice of any sort!***

Reminders:

- If you have an update to your emergency contact information, please see Corrin or Tricia. It is important to update this information if anything changes.
- The contact person(s) you list are the only authorized individuals we will give access to your apartment in case of an emergency or becoming incapacitated, etc.
- Please do not leave personal belongings or perishable food in the common areas. Non-perishable items may be left in the activity room / laundry room (LT1) for no more than 24 hours. After this time, the items will be disposed of by staff.

♥ happy ♥
Valentine's
♥ day ♥

INFORMATION BOTH CAMPUSES

**RENT will be pulled on
February 5th.**

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.

From the Office of Social Services
TRICIA ROBINSON



Hello, Everyone! 🙋

Read carefully: This is for residents who are currently paying their Medicare Part B premium. The income limits have been raised for the Medicaid program that covers paying the Part B premium. Right now Medicare Part B is anywhere from \$170-\$184/month. If your income is under \$1,640/month you qualify to have Medicaid pay your Part B premium.

This doesn't mean you will have "Medicaid." You only have the program that pays the premium. Many of you are currently enrolled in this program, but if you have any questions or feel you now qualify and want to apply, please reach out to me and I can check for you.

Tom Flowers, our medical van driver, has been with us 5 years and has now decided to retire. We hosted a luncheon to honor Tom and his service to Luther Towers/Village. He is going to be greatly missed! We wish him and his wife Hilda the best in his retirement!

Looking Ahead: We will have another amazing **Health Fair** on Friday, April 26th. We will also have a 3-week **Nutrition Class** the first 3 Friday's in April. You must RSVP ahead of time to participate. I will put out more information on this very soon.

*Luther Towers (I)A Morning Mixer
Friday, February 9th, 9am*

*Come Out and Fellowship with
LT / LV Administration & Staff Members.*

GAME DAY & COLORING COMFORT COMBINED!
Thursday, February 29th
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!



Painting Class


LV Arts & Crafts Room
Friday ~ February 9th at 1:00pm

LT-I Activity Room
Friday ~ February 16th at 1:00pm



MOVIE NIGHT
Luther Towers • Thursday • February 8th
Luther Village • Thursday • February 22nd
5:30pm


"The Burial"
Starring Jamie Foxx & Tommy Lee Jones
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 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.



The BOOK CLUB
Next Meeting
Wednesday February 28th at 1:00pm
Must Call Tricia to Join Book Club
302-674-1408 x131

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 Towers Apartments

Feb 7thLT-1...201-223 LT-2 ...B01-B18
 Feb 14th ...LT-1...301-323 LT-3 ...1001-1018
 Feb 21st....LT-1...401-423 LT-3 ...2001-2018
 Feb 28th ...LT-1...501-523 LT-3 ...3001-3018

Luther Village Apartments

None at This Time



THOUGHT OF THE MONTH

For February, I want to challenge you to practice more kindness, more love, more understanding toward others and toward yourself. Spread some extra warmth and light during this final month of winter.

KELLY'S REMINDERS:

I have noticed that when residents are walking their pets, they are not cleaning up after them. This has been seen inside and outside the buildings. If your pet has an accident inside the building, please clean it up, or let someone know to help you clean it up. Outside the building, there are doggie bags for residents to use to clean up after your pet. Please be considerate of others who are walking inside or outside the buildings.

Thank you...



Kelly

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)

Ranges:

- \$ 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

LT Karaoke



LV Karaoke



Morning Mixer



The BOOK CLUB



Game Day



Retirement

Congratulations to

TOM FLOWERS

on his well-deserved retirement!



TOM
Flowers



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

FEBRUARY 10TH, 2024

LUTHER TOWERS

(I)A 6:00PM

FEBRUARY 10TH, 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



Luther Towers
Thursday, February 22nd
1:00pm in (I)A

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

NEWCOMERS *Welcome, Neighbor!*

LT-3 1011 Harry Popa
LT-3 3004 Richard H. Baker
LV-2 2206 Barbara Reynolds





(Annual Enrollment Period)

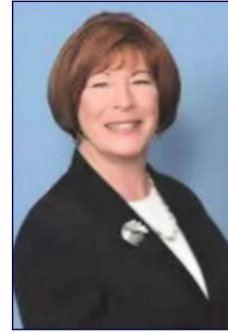
Annual Open Enrollment for Medicare is In Full Swing

There are Several Major Changes to the Medicare Advantage Plans

Including Humana will No Longer Be Accepted 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 **443-477-7958** 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

General Merchandise **SALE**

February 6, 2024 · 10am to 3pm
Luther Towers Building I(?)

- » Personal Care
- » Hair Brushes
- » Socks
- » Toilet Paper
- » Paper Towels
- » Cleaning Products
- » Laundry Products
- » Humidifiers
- » Home Decor



SO MUCH MORE!
Please Visit Our Sale and
See for Yourself!

YARD SALE

Saturday, March 9th
Luther Towers I(A)



Call Barbara Hahn
302-342-9603

To Reserve a Table

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



DOMINOS

LUTHER VILLAGE

EXCLUSIVELY

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

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



Exercise Class

“MORNING STRETCH W/BETSY”

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

Hosted by:

**Certified Instructor
Betsy Gustafson**



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

ACADEMY AWARD® WINNER
TOMMY LEE JONES

ACADEMY AWARD® WINNER
JAMIE FOXX

NEVER SETTLE



THE BURIAL

IN SELECT THEATERS OCTOBER 6



OCTOBER 13
New Movie

MOVIE NIGHT
'THE BURIAL'

STARRING:
JAMIE FOXX, TOMMY LEE JONES
THURSDAY, FEBRUARY 8
5:30PM



LT I (A)

SIGN UP ON BULLETIN BOARD IN YOUR BLDG

MOVIE NIGHT
'THE BURIAL'

STARRING:
JAMIE FOXX, TOMMY LEE JONES
THURSDAY, FEBRUARY 22
5:30PM



LV III THEATRE

SIGN UP ON BULLETIN BOARD IN YOUR BLDG






Monday	Tuesday	Wednesday	Thursday	Friday
29 Baked Ziti w/Meat Sauce Chef's Blend Italian Bread / Milk Pudding	30 Baked Pork Chops Mashed Potatoes Buttered Peas Wheat Bread / Milk Fruit	31 Fried Chicken Mac & Cheese Collard Greens Cornbread / Milk Ice Cream	1 Meatloaf w/Gravy Mashed Potatoes Broccoli & Cauliflower Wheat Bread / Milk Cookies	2 Baked Chicken w/Gravy Yellow Rice Buttered Spinach Wheat Bread / Milk Fruit
5 Chicken & Dumplings Buttered Carrots Biscuit / Milk Pudding	6 Beef Stroganoff Buttered Noodles Seasoned Zucchini Wheat Bread / Milk Applesauce	7 Baked Salmon w/Lemon Butter Sauce White Rice & Oriental Blend Roll / Milk Mousse ASH WEDNESDAY	8 Roast Turkey w/Gravy Herb Dressing Buttered Peas w/Pearl Onions Roll / Milk Cake Birthday/Valentine Day	9 Italian Meatballs Spaghetti Green Beans Italian Bread / Milk Fruit
12 CENTER CLOSED PRESIDENTS DAY	13 Salisbury Steak w/Gravy Mashed Potatoes Vegetable Medley Wheat Bread / Milk Fruit	14 LS Ham & Cabbage Boiled Potatoes Wheat Bread / Milk Pudding	15 Liver & Onions w/Gravy Mashed Potatoes Green Beans Wheat Bread / Milk Fruit	16 Fried Fish Mac & Cheese Stewed Tomatoes Wheat Bread / Milk Yogurt
19 Chicken Tetrazzini w/Noodles Mixed Veggies Wheat Bread / Milk Applesauce	20 BBQ Chicken Potato Wedges Mexican Corn Roll / Milk Sherbet	21 Navy Bean Soup Tuna Salad on Bun Lettuce & Tomato Milk Fruit	22 Fried Chicken Mac & Cheese Mixed Greens Cornbread / Milk Ice Cream Nutrition Class	23 BBQ Pulled Pork on Bun Potato Wedges Coleslaw Milk Fruit
26	27	28	29	






February 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Tuesday Pickup Times LV 8:45am, 9:45am LT 9:00am, 10:00am	30	31	1 MIDDLETOWN FARMERS MARKET		PLEASE NOTE • PICK UP TIMES Luther Village 8:45am, 9:45am, 10:45am, 12:45pm Luther Towers 9:00am, 10:00am, 11:00am, 1:00pm
4	5 Trip Pickup Times LV 11:00am LT 11:15am	6 9am, 10am SAFEWAY, TARGET, FOOD LION 11:00am BYLER'S	7 WALMART	8 Christiana Mall		
11	12	13 9am, 10am SAFEWAY, TARGET, FOOD LION 11am ROSES	14 WALMART	15 MIDDLETOWN FARMERS MARKET		
18	19	20 9am, 10am SAFEWAY, TARGET, FOOD LION 11:00am BYLER'S	21 WALMART	22 MIDDLETOWN FARMERS MARKET		
25	26	27 9am, 10am SAFEWAY, TARGET, FOOD LION 11am ROSES	28 WALMART	29 MIDDLETOWN FARMERS MARKET		

February 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 12pm Church Service (I)A	29 9am Food Stamp Rep (I)A 10:15 Morning Stretch w/Betsy 1:00 Causey (I)A 5:00pm Bingo (II)A	30 3pm Cherub Group (I)A 12:15pm-1:00pm Food Box	31 1pm British Wives (I)A 5:45pm Bingo (IV)	1 5:30pm Bingo (I)A	2  9:00am Morning Mixer (I)A 5:30pm Bingo (I)A	3 9:00am Private Reservation (III)A 5:00pm Bingo (II)A
4 12pm Church Service (I)A	5 10:15 Morning Stretch w/Betsy 1:00 Causey (I)A 5:00pm Bingo (II)A	6 3pm Cherub Group (I)A	7 5:30pm Bingo (I)A	8 5:30pm MOVIE NIGHT (I)A 5:45pm Bingo (IV)	9 9:00am Morning Mixer (I)A 5:30pm Bingo (I)A	10 1:00-4:00pm Methodist Women (I)C 6:00pm (I)A MEET N' GREET 5:00pm Bingo (II)A
11 12pm Church Service (I)A	12 10:15 Morning Stretch w/Betsy 1:00 Causey (I)A 5:00pm Bingo (II)A	13 3pm Cherub Group (I)A	14  5:30pm Bingo (I)A	15 5:30pm Bingo (I)A	16 1:00pm (I)A Paint Class 5:30pm Bingo (I)A	17 6:00pm (I)A Church Concert 5:00pm Bingo (II)A
18 12pm Church Service (I)A	19  10:15 Morning Stretch w/Betsy 1:00 Causey (I)A 5:00pm Bingo (II)A	20 12:15pm-1:00pm Food Box	21 5:30pm Bingo (I)A	22 1:00pm (I)A KARAOKE 5:45pm Bingo (IV)	23 ALL DAY PRIVATE RESERVATION (I)A No Bingo (I)A	24 ALL DAY PRIVATE RESERVATION (I)A 5:00pm Bingo (II)A
25 12pm Church Service (I)A	26 10:15 Morning Stretch w/Betsy 1:00 Causey (I)A 5:00pm Bingo (II)A	27 12:15pm-1:00pm Food Box	28 1:00pm Book Club (I)A 5:30pm Bingo (I)A	29 1:00pm Game Day/Adult Coloring (I)A 5:45pm Bingo (IV)	1 No Bingo (I)A	2 5:00pm Bingo (II)A

LUTHER VILLAGE February 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 9:00am(I)A PRIVATE RESERVATION 11:00am Church (III)A	29	30	31	1  10am Bible Study (I)A 12-3pm Ceramics (III) 4:00pm King (II)A	2 9:00am (III)A PRIVATE RESERVATION	3 9:00am (III)A PRIVATE RESERVATION 4:00pm King (II)A
4 9:00am(I)A PRIVATE RESERVATION 11:00am Church (III)A	5 4:00pm King (II)A	6 9-3pm Driver Safety Class (I)A Call Mel Palmer 302-678-1288	7 9:30-11:00am Food Stamp Rep (I)A	8 10:00am Bible Study (I)A 12-3pm Ceramics (III) 4:00pm King (II)A	9 1:00pm Paint Class (III) Arts & Crafts Room	10 9:00am (III)A PRIVATE RESERVATION 4pm (I)A Meet N' Greet 4:00pm King (II)A
11 2:00pm(I)A PRIVATE RESERVATION 11:00am Church (III)A	12 4:00pm King (II)A	13	14 	15 10:00am Bible Study (I)A 12-3pm Ceramics (III) 4:00pm King (II)A	16	17 9am(III)A PRIVATE RESERVATION 4:00pm King (II)A
18 11:00am Church (III)A	19 4:00pm King (II)A 	20 11:30am-12:00pm Food Box	21	22 10:00am Bible Study (I)A 12-3pm Ceramics (III) 5:30pm (III)A MOVIE NIGHT 4:00pm King (II)A	23	24 9:00am(III)A PRIVATE RESERVATION 4:00pm King (II)A
25 11:00am Church (III)A	26 4:00pm King (II)A	27	28	29 10:00am Bible Study (I)A 12-3pm Ceramics (III) 4:00pm King (II)A	1	2

**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
<i>Wednesday / Thursday / Friday — 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