

Newsletter

March Winds Bring April Showers



March 2024



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From the Desk of The Executive Director

KIM MENDOZA

Can you believe March is here! It's true – as you get older, time seems to fly by. So, what does March have to offer? Well, it starts with St. Patrick's Day and, on the 21st, the first day of spring. With spring coming, I am hoping the temperature will start an upward climb and stay there. Praying snow is behind us and the trees and flowers will start "springing" back to life again!



Also this month, we will be celebrating Good Friday and Easter. For those of us who are Christians, Good Friday and Easter are significant holidays. They represent the selfless sacrifice made on our behalf,

allowing forgiveness of our sins and the ability to spend eternity in heaven.

The health and safety of our residents and staff is one of our primary concerns and duties. That duty requires that we implement rules for the common welfare. One of those rules is:

“The smoking of any substance within the buildings is not permitted on either campus.”

Smoking is only allowed in designated outside areas. It troubles me that, while this rule has been published and stressed numerous times, we still have residents who ignore this very important regulation! It troubles me because, when they fail to follow this important policy, we are forced to take action to protect the remaining residents and staff. That action often results in the necessary termination of the violator's lease.

We have purposely refrained from making our entire campus smoke-free because we believe that is a choice that each individual must make for themselves. We believe our current policy (with designated smoking areas outside the

buildings) is one that protects the individual's right, while providing the necessary protection for the residents who medically cannot tolerate or choose not to smoke.

I implore you to **please** follow this important rule to protect your neighbors so that we are not placed in the very unpleasant position of enforcing it.

We will be looking into the possibility of having smoking cessation classes held for anyone who may be interested in trying to quit smoking.

Please know we are not saying you cannot smoke, just that it cannot be done indoors.

However, if you are wanting to save some money and possibly improve your health, you might want to give quitting a try.

Kim



**INFORMATION BOTH
CAMPUSES**

**RENT will be pulled on
March 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 avoid Insufficient Funds problems.

From the Desk of The Deputy Director – JESSICA PARSONS

I am hopeful the warmer weather is on the horizon because I am ready for spring time!

Garden Box: If you're gearing up for the spring and would like to reserve a garden box this year, please see Corrin Parsons. The boxes are assigned by number for Luther Towers and Luther Village. If you had a box last year, you will need to request a spot for this year. We do not automatically carry your name over to the new season.

Pet Policy: I want to clarify some issues...

1. All visiting pets must be approved prior to being brought on the property. The permission is granted by the Executive or Deputy Director.
2. Pets are **NOT** allowed in common areas to include the activity room, laundry room, parlor, theater room, ceramic room, exercise room, library and offices. Under no circumstances shall a pet of any kind be permitted to any common areas but shall be permitted in the elevators, corridors or entryways of the building.
3. Service/Support animals **ARE** allowed in the common areas.
4. Pets and service animals must be on a leash at all times when outside the owner's unit.
5. The leash must not be extended beyond 36 inches from the owner
6. All dogs and cats over the age of six (6) months old must be spayed or neutered.
7. All pets must receive proper veterinary care, including all appropriate inoculations.
8. The pet owner is responsible for maintaining all areas where his/her pet is housed. Clean, safe and free of parasites, including fleas.
9. Pet owners may not permit their pets to deposit waste on the premises outside the designated areas.
10. Dog owners must immediately pick up and dispose of, in a sanitary manner, all dog waste deposited on the street or grounds.

11. For owners of cats, the pet owner must change the litter box at least twice a week and separate pet waste from litter at least once each day.

12. Pet owners will be required to pay a waste removal charge of \$5.00 per occurrence if a pet owner fails to remove pet waste in accordance with the pet rules.

Visitors: Limited to stay overnight 14 days in a 6-month period. Security keeps record of all overnight guests. You will be informed once a visitor has exceeded their time. The 14 days is on a rolling 6-month period. If you are unsure how the days are calculated, please see the security desk.

As the Deputy Director, a lot of times in management we have to deal with things that we don't like to deal with regarding problems, but ultimately, I want to see all residents have a clean, safe and enjoyable environment to live in. I want all those who desire to participate in events, enjoy the grounds, or just relax in the common areas to feel they can without judgement or ridicule from fellow residents. This isn't always the case.

I want to remind you of the quote **"If you don't have anything nice to say, don't say it at all."** There is no need for negativity. If you're having a bad day, I'm sorry for that; however, misery does NOT love company.

Lastly, it is a violation of your lease to cause, or permit to be caused, disturbances that interfere with the rights, comfort or convenience of other residents. I encourage residents to reach out if you are having any issues or problems so that they may be addressed.

On a good note. I had family pictures done at Christmas time that I would like to share. *(see next page)*





The Parsons Family

Dom (son), Brooklynn (girlfriend), Korey (boyfriend), Corrin (daughter), Milani (granddaughter), Justin (son), Jaiden (grandson), Jessica, Shawn (husband), Jolee (daughter), Kevin (boyfriend), Devyn (granddaughter), Karenn (daughter-in-law), Jaxon (grandson), Johnny (son), Alicia (daughter), Jack (grandson), Zach (son-in-law)

THIS JUST IN!!

**Computer Class to be held for Beginners
on Friday, March 22nd at 10am in
Luther Towers I (A)**



**SIGN UP
ON BULLETING BOARD
IN YOUR BUILDING**

Employee of the Month by Jessica Parsons

BEN SHOCKLEY

This month I would like to highlight...

Ben has worked with Luther Towers since 2021. He's a part of our handy dandy maintenance team. He's married to our Security Agent, Danielle, and together, they live with their spoiled dog, Gimmick.

Ben is a collector of sneakers, baseball caps, and vinyl records. He enjoys Sim Racing (ask him about it!) and playing video games.

You will never catch him without a cup of coffee in hand. Say "bonjour" to him when you see him around.

We appreciate Ben's dedication to the maintenance team and his willingness to help out when needed.



From the Office of Social Services
TRICIA ROBINSON



Hello, Everyone! 🙋

There is a free program called “Stand by Me” — a program that assists senior citizens with managing finances/creating a budget, etc. Participants are assigned their own financial coach. If you have been struggling with managing your finances and are interested in these services, you can call Janet at 302-721-5018. This is a program sponsored by State of Delaware and United Way. Janet will also be at the Health Fair in April if you want to meet/chat with her then!

Looking Ahead: We will have another amazing Health Fair 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 Lunch: Just a reminder we serve lunch Monday through Friday 11:30am to 1:00pm in Luther Towers I dining room. The food is served and provided by Modern Maturity Center staff. Luther Towers subsidizes the price of the meal so residents only pay \$2! You cannot beat that price! A Good Hot Meal every day – we hope that more residents take advantage of the opportunity. Guests are permitted to attend with a current resident.

GAME DAY & COLORING COMFORT COMBINED!
Thursday, March 28th
at 1:00pm
hosted by *Luther Towers*

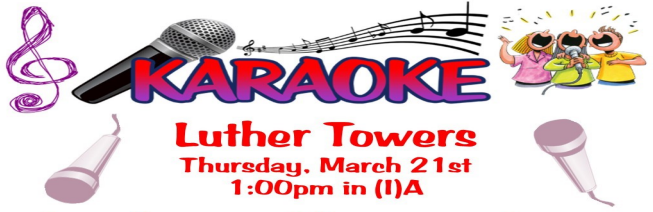
*All Must Sign Up on Bulletin Board in Your Building
—Supplies are Provided—*

**Table Games, Card Games,
Snacks & Drinks, & Coloring!**
Both Campuses Welcome to Attend!



KARAOKE
Luther Towers
Thursday, March 21st
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



MOVIE NIGHT
Luther Towers • Thursday • March 14th
Luther Village • Thursday • March 21st
5:30pm

“The Color Purple”
Starring Tataji Henson ~ NEW Release
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.


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!



Happy St. Patrick's Day!



The BOOK CLUB
Next Meeting
Wednesday March 27th at 1:00pm
Must Call Tricia to Join Book Club
302-674-1408 x131



From The Maintenance Manager
KELLY HAUER



PEST CONTROL

Luther Towers Apartments

Mar 6.....LT-1 ...601-623 ... LT-4 ...4102-4116
 Mar 13.....LT-1 ...701-723 ... LT-4 ...4201-4216
 Mar 20.....LT-1 ...101-110 ... LT-2 ...A01-A18
 Mar 27.....LT-2...C01-C18

Luther Village Apartments
 None at This Time



THOUGHT OF THE MONTH

It was one of those March days
 when the sun shines hot and
 the wind blows cold;
 When it is summer in the light,
 and winter in the shade.

KELLY'S REMINDERS:

I have noticed that residents are bringing
SHOPPING CARTS
 from the local grocery stores and leaving them on our properties.....
 If you use a shopping cart from the local grocery store, please
 return it to the store and not leave it on our property for us to return.
 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)

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

Kelly

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 March! I'm welcoming it in with open arms. As many of you know, the first two months of the year have been very difficult for my family and me. My mother went home to be with the Lord on January 23rd. She had Alzheimer's and contracted COVID, which sped up the Alzheimer's. It was quite a shock because she'd been sent to rehab and was doing quite a bit better.

At the end of last year, my father had a heart attack and was diagnosed with congenital heart failure. Just after I came home from my mother's service, he suffered another heart attack. He's home and doing much better now, but we're all watching him very closely.

Things can happen in a blink of an eye, and I'm trying to make sure he knows how much I love him.

Spring was my mother's favorite season. She had dogwood and cherry trees in her yard, and kept a lovely garden. My father built what he called her "secret garden" which was a beautiful covered bench with a rock pathway where she could sit and watch the songbirds.

Spring is the season of renewal, and though she is gone, she has a new body and is healed. I take comfort in that. I also thank God for all the days, smiles, laughs, and hugs I shared with her. She was my touchstone, and I will never be whole until the day I see her again.

Thank you to everyone who expressed their sympathy. It really means a lot, and brought me comfort. I wish you all a colorful and special spring full of a renewing energy.

May your March be filled with love...and chocolate bunnies!!

This is a picture of my gorgeous mother and me from 2014 when they came to visit Dover. The cherry blossoms downtown near the library were in full bloom and we couldn't have been happier.

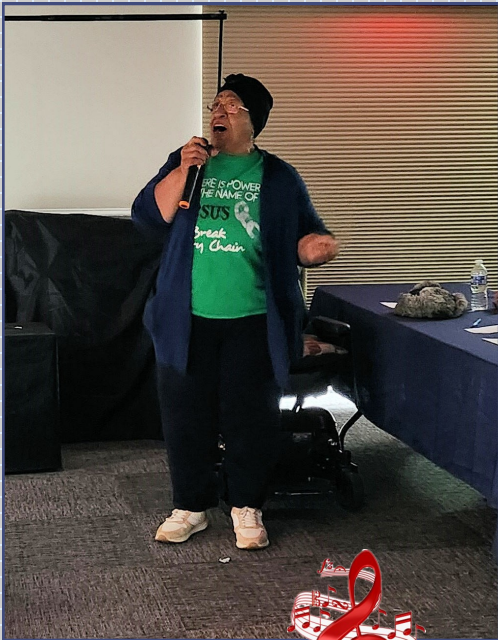


The second picture below is from last year when my daughter and I surprised her with a craft day where we made a fairy garden when we went to Tennessee to visit. We all loved it!

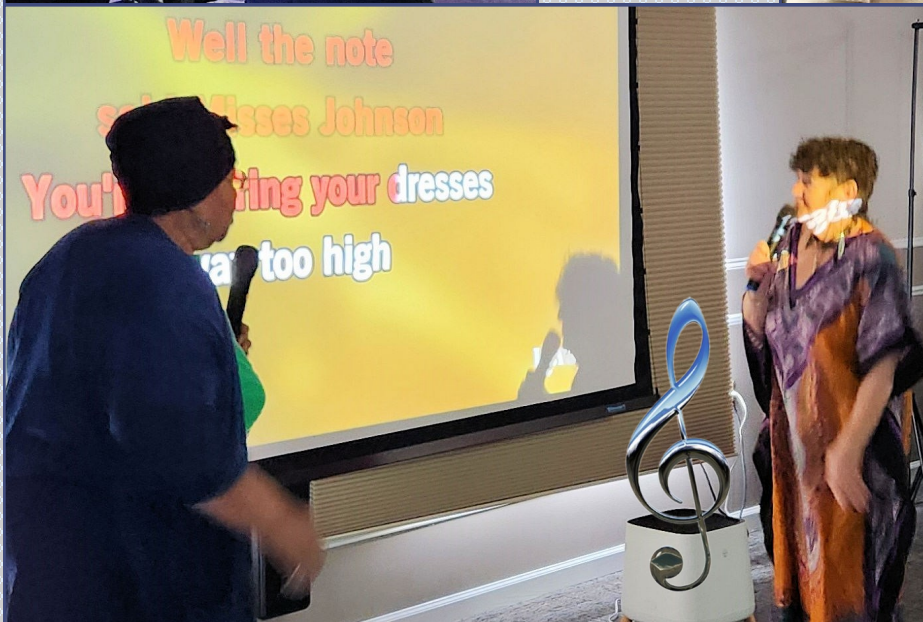
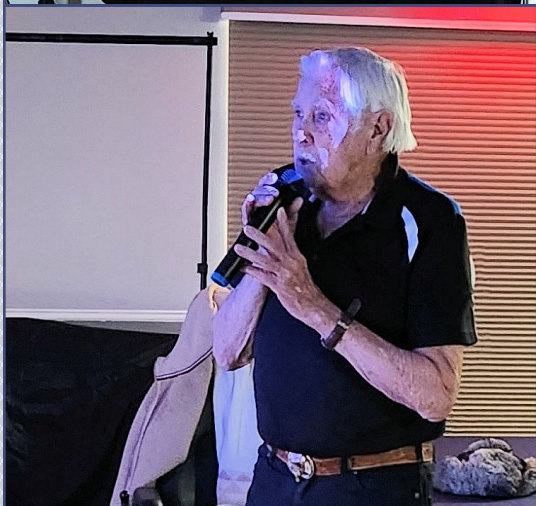
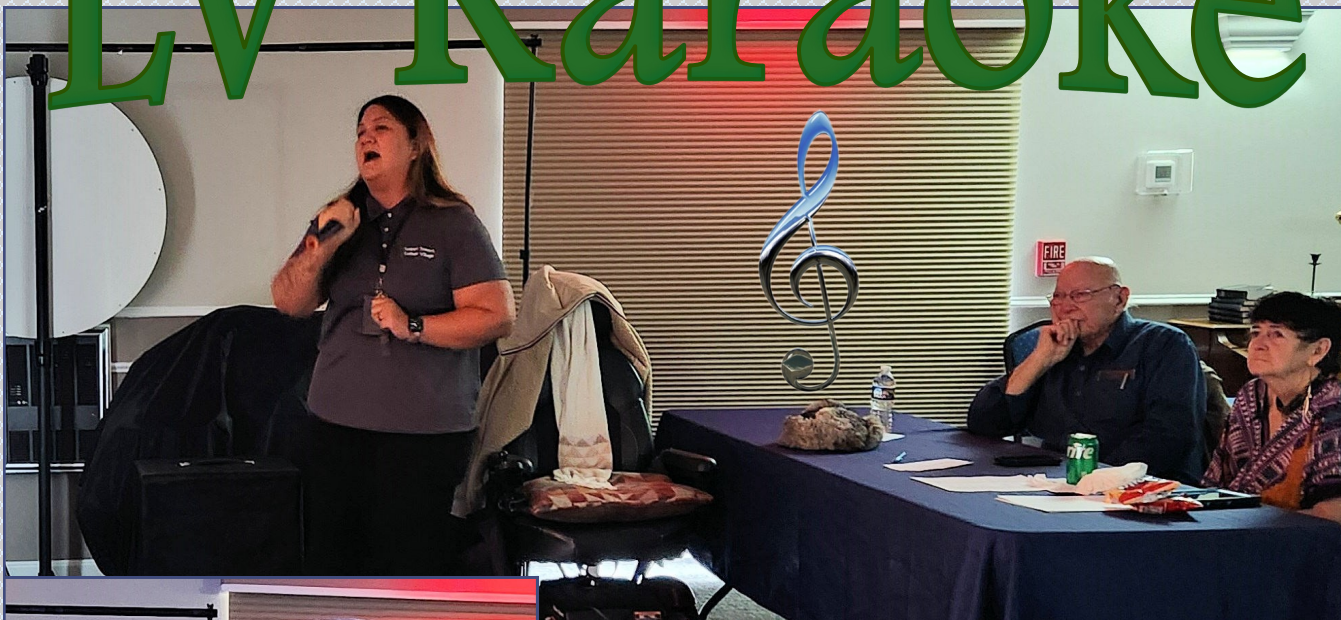


*For Our Mothers...
Memories are
Precious*
Kari

LT Karaoke



LV Karaoke



PAINT CLASS!



PAIN T CLASS!



Morning Mixer



February 24th, 2014



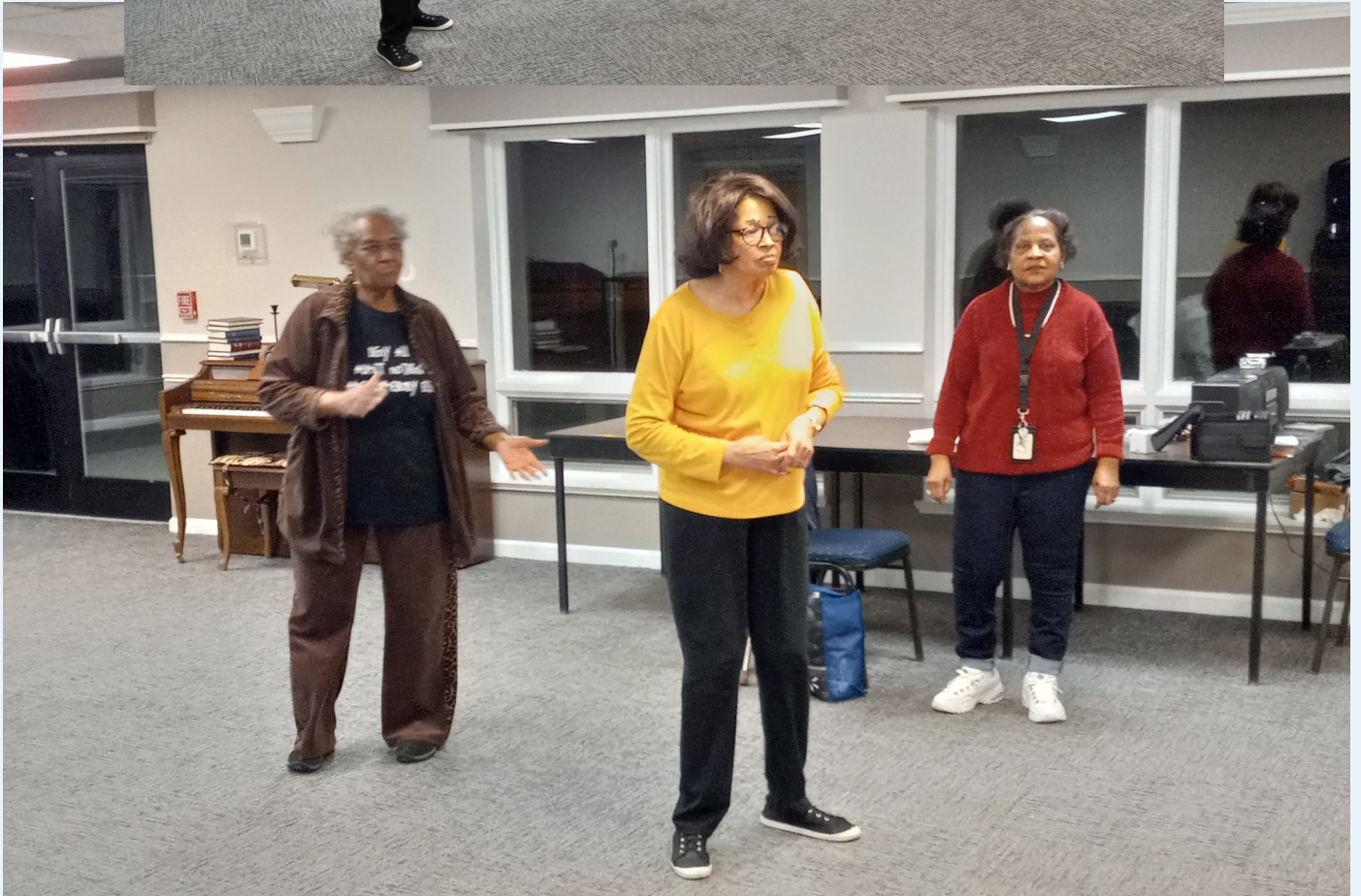
**WORDS
OF
WISDOM**

*“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

Meet n Greet



Meet n Greet



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 9TH, 2024

LUTHER TOWERS
(I)A 6:00PM
MARCH 30TH, 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, March 21st
 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!*

LV-I 1117 Betty Baker-Lee
 LV-I 1206 Annette Smith




BANKERSLIFE®
AEP

(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

HOUSE RULES



**NO SMOKING
OF ANY KIND
INSIDE THE BUILDINGS**

YARD SALE

Saturday, March 9th
Luther Towers I(A)




8:00am to 12:00pm
Luther Towers I
Activity Room

**MARK
YOUR
CALENDAR!**

AT&T INTERNET AIR

Luther Towers I (A)
between 11am & 2pm
on Wednesday, March 13th
and Friday, March 15th



AT&T

AT&T Internet Services
\$35/mo!
No Price Increase
after 12 Months
No Contract • No Hardwiring

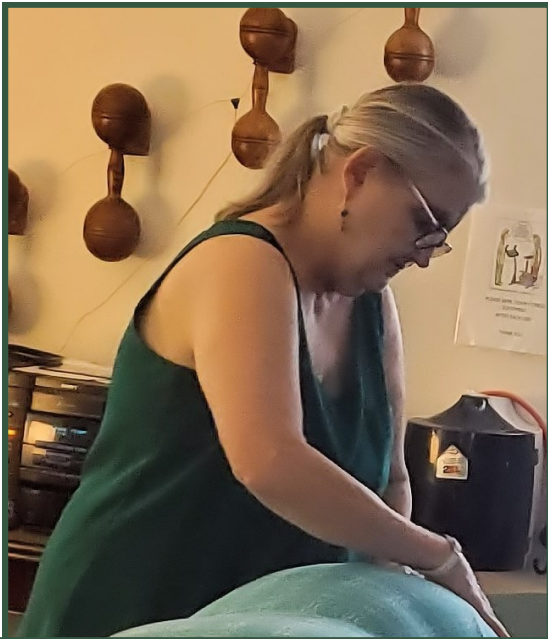
LISA HARSHBERGER

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

TARAJI P. HENSON DANIELLE BROOKS COLMAN DOMINGO COREY HAWKINS H.E.R. BAILEY HALLE PEARL MPASI PHYLICIA AND FANTASIA BARRINO

A BOLD NEW TAKE ON THE BELOVED CLASSIC

THE COLOR PURPLE



MOVIE NIGHT
'THE COLOR PURPLE'
(2024 new one)
STARRING: TARAJI HENSON
THURSDAY, MARCH 14
5:30PM

LT I (A)
SIGN UP ON BULLETIN BOARD IN YOUR BLDG

MOVIE NIGHT
'THE COLOR PURPLE'
(2024 new one)
STARRING: TARAJI HENSON
THURSDAY, MARCH 21
5:30PM

LV III THEATRE
SIGN UP ON BULLETIN BOARD IN YOUR BLDG

Menu March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
26 Chicken Tetrazzini & Noodles Buttered Peas Wheat Bread / Milk Fruit	27 Meatloaf w/Gravy Mashed Potatoes Buttered Broccoli Wheat Bread / Milk Sherbet	28 6 Chicken Noodle Soup w/Veggies Turkey & Cheese on Bun w/Mayo Macaroni Salad Milk / Fruit	29 7 Liver & Onions w/Gravy Mashed Potatoes Green Beans Wheat Bread / Milk Tapioca Pudding	1 Fried Fish Au Gratin Potatoes Buttered Carrots Wheat Bread / Milk Fruit
4 11 Spaghetti & Meat Sauce Mixed Veggies Italian Bread /Milk Pudding	5 12 Boneless Pork Chop w/Gravy Mashed Potatoes Veggie Blend Wheat Bread / Milk Mandarin Oranges	6 13 Fried Chicken Mac & White Cheese Collard Greens Cornbread / Milk Rice Pudding	8 14 Pot Roast w/Gravy Mashed Potatoes Buttered Peas & Carrots Dinner Roll / Milk Cake BIRTHDAY	8 15 Williamsburg Chicken Wild Rice Broccoli Wheat Bread / Milk Fruit
18 Salisbury Steak w/Gravy Mashed Potatoes Chef's Blend Wheat Bread / Milk Cookies	19 Chicken Pot Pie Veggie Blend Biscuit / Milk Applesauce	20 Baked Ziti w/Meat Sauce Italian Mixed Veggies Italian Bread / Milk Fruit	21 HOLIDAY FEAST Sliced Ham w/Cranberry Glaze Mac & Cheese Sweet Potatoes & Glazed Carrots Dinner Roll / Milk Pie	22 Fried Fish Scalloped Potatoes Mexican Corn Roll / Milk Cookies
25 Chicken Marsala Wild Rice Buttered Broccoli Wheat Bread / Milk Fruit	26 Jumbo Chili Beef Hot Dog on Bun Relish / Ketchup / Mustard Baked Beans Oatmeal Cookies	27 BBQ Chicken Potato Salad Seasoned Greens Cornbread / Milk Ice Cream	28 Italian Meatballs & Spaghetti Green Beans Italian Bread / Milk Applesauce	29 GOOD FRIDAY Center Closed

March 2024 BLUEBIRD Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26 Tuesday Pickup Times LV 8:45am, 9:45am LT 9:00am, 10:00am	27	28	29	1	<p>PLEASE NOTE • PICK UP TIMES</p> <p>Luther Village 8:45am, 9:45am, 10:45am, 12:45pm</p> <p>Luther Towers 9:00am, 10:00am, 11:00am, 1:00pm</p>
3	4 Trip Pickup Times LV 11:00am LT 11:15am	5 9am, 10am SAFEWAY, TARGET, FOOD LION 11:00am BYLER'S	6 WALMART	7 Not Running	8 NEW CASTLE FARMERS MARKET	
10	11	12 9am, 10am SAFEWAY, TARGET, FOOD LION 11am ROSES	13 WALMART	14 CHRISTIANA MALL	15	
17	18	19 9am, 10am SAFEWAY, TARGET, FOOD LION 11:00am BYLER'S	20 WALMART	21 MIDDLETOWN FARMERS MARKET	22	
24	25	26 9am, 10am SAFEWAY, TARGET, FOOD LION 11:00am ROSE'S	27 WALMART	28 MIDDLETOWN FARMERS MARKET	29	
31						



March 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
11am Church (III)A	4:00pm Mary King (II)A	9:30am Prayer (I)A	9:30am Food Stamps Rep (I)A	10am Bible Study (I)A 12-3:00pm Ceramics (III) 4pm Mary King (II)A	8	9am Private Reservation (III)A 4pm Mary King (II)A
10	11	12	13	14	15	16
11am Church (III)A 	4:00pm Mary King (II)A			10:00am Bible Study (I)A 12-3:00pm Ceramics (III) 4pm Mary King (II)A		9am Private Reservation (III)A 4pm Mary King (II)A
17	18	19	20	21	22	23
11am Church (III)A	4:00pm Mary King (II)A	11:30am to 12:00 Food Box		10:00am Bible Study (I)A 12-3pm Ceramics (III) 5:30pm (III)A MOVIE NIGHT 4pm Mary King (II)A		9am Private Reservation (III)A 4pm Mary King (II)A
24	25	26	27	28	29	30
11am Church (III)A	4:00pm Mary King (II)A			10:00am Bible Study (I)A 12-3pm Ceramics (III) 4pm Mary King (II)A		9am Private Reservation (III)A 4pm Mary King (II)A
31						
11am Church (III)A 	4:00pm Mary King (II)A					

**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