

Newsletter

March Winds Bring April Showers



April 2024



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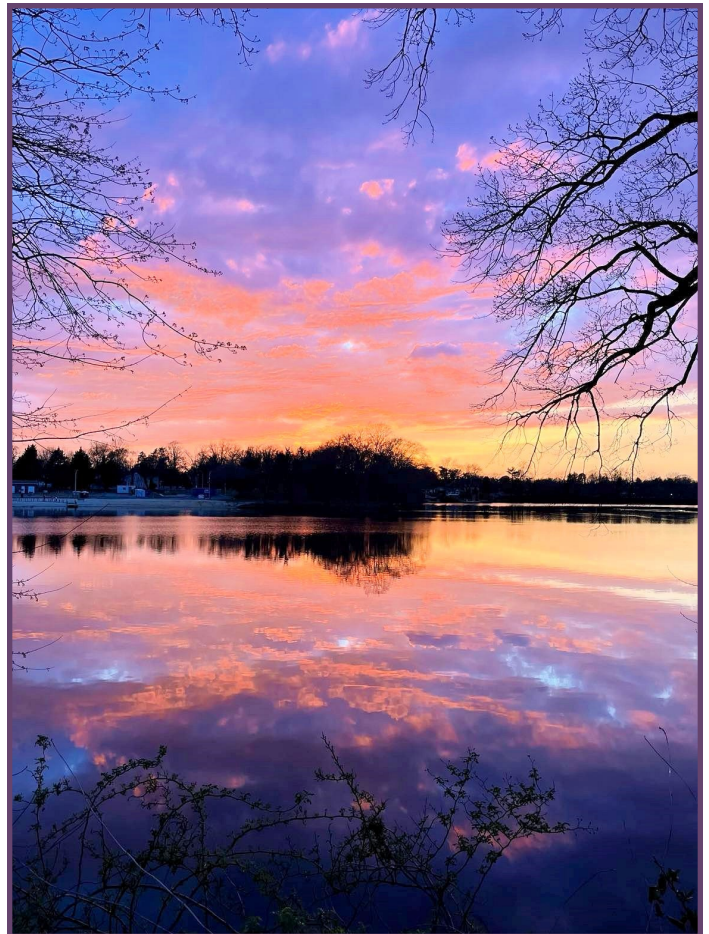
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From the Desk of The Executive Director
KIM MENDOZA



*This stock photo should say it all
but maybe not enough...
Our leader has had surgery
and will be recuperating
at home.*



Sunset on Silver Lake
By Anonymous Resident



**INFORMATION BOTH
CAMPUSES**

**RENT will be pulled on
April 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

Great News! As you may know, we have teamed up with the Modern Maturity Center to serve meals to the residents of **Luther Village** and are on track to open in May 2024. In the coming weeks, there will be some construction in LV3 Activity Room to prepare for this change. This is an exciting amenity being added to the Luther Village campus. This will allow residents to enjoy a hot and nutritious meal.

The Modern Maturity Center's fee, however, is \$6.00. Luther Towers/Village subsidizes \$4.00 so the cost for a resident will be \$2.00 per meal.

We will begin serving 3 days a week. The days are Tuesday, Thursday and Friday to begin the program. Our hope is to serve 5 days a week, but it will depend on **participation**; soooo I encourage you to come and enjoy a hot meal as well as the fellowship with your neighbors.

Physical Assistance: We have had several instances lately where residents have asked staff to pick them up when they have fallen or are in need of help getting into their vehicles, etc. Staff is NOT allowed to assist you in that manner. Our greatest concern is that you could be hurt and require a trained medical professional to assist you.

Accounting: The Board of Directors has authorized the hiring for a new position. We would like to welcome **Becky Beeler** as our new Junior Accountant. Becky comes with years of extensive accounting experience and knowledge. She will be a true asset to the organization and will work closely with Sharon Poisson, Director of Accounting. Becky will take over some resident related functions such as account number changes, problems with rent, etc. Next time you pass the accounting office, stop in and say hello to Becky.

There are three forms that are important to consider having completed regardless of your age. In the past, we have expressed the importance of having a **WILL** in place so that your wishes are in place in the event of your death. Below are the forms suggested by an attorney to have completed:

Power of Attorney – is in effect while you are living. It allows someone to take care of business and financial affairs. You can decide whether it is effective now or only upon your incapacity.

Living Will – is in effect while you are living. It allows someone to take care of medical decisions in the event you are unable to make them for yourself.

WILL – takes effect once you pass away and the other two documents are no longer valid. It determines to whom you would like to leave your personal and real property.

SCSEP: There is a program through the Modern Maturity Center called Senior Community Service Employment Program (SCSEP), which is a community service and work-based job training program for older Americans. SCSEP was founded in 1965 and is the nation's oldest program that supports low-income, unemployed individuals aged 55 and above to find work by matching eligible older adults with part-time training assignments in non-profit or other public organizations. At these training sites, participants build skills and self-confidence, while earning a modest income. If you are interested, you may call this number for an application:

302-734-1200 ext. 159

Jessica P



From the Office of Social Services
TRICIA ROBINSON

Hello, Everyone! 

LOOKING AHEAD to Thursday, May 16th, the Modern Maturity Center will be hosting their **3rd Annual International Festival EXPO**. The Luther Towers Dining Hall will **NOT** be open on this day.

We want to encourage residents to reserve a spot on the Bluebird and go to the Expo for Free Foods on this day!

REMINDER: There is a free program called **Stand by Me** which is 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 the State of Delaware and the United Way. Janet will also be at the Health Fair on April 26th if you want to meet/chat with her then!

For **HEALTH FAIR** information and the **NUTRITION CLASS** information – see the Ads on page 17.

Resident-Hosted ART SHOW Thursday, April 4th in Luther Towers I. See bulletin board in LT-I for times.



The BOOK CLUB

Next Meeting
Wednesday April 24th at 1:00pm
Must Call Tricia to Join Book Club
302-674-1408 x131

GAME DAY & COLORING COMFORT COMBINED!

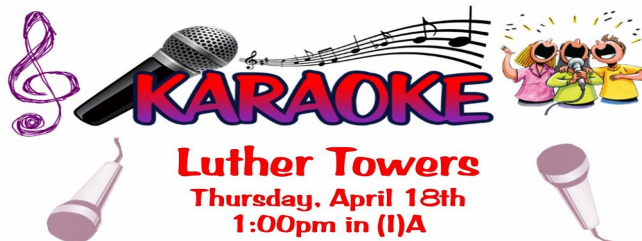
Thursday, April 25th
at 1:00pm

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!



— 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 • April 11th

Luther Village • Thursday • April 18th

5:30pm



“Champions”

Starring Woody Harrelson ~ 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!





Luther Towers Health Fair

Friday, April 26th
10:00am

Luther Towers Bldg I
Activity Room

- ◆ Blood Pressures
- ◆ Free Giveaways
- ◆ Door Prizes
- ◆ Health Information

Attend & Enter
to WIN!
chances for a variety of
GIFT CARDS!

From The Maintenance Manager
KELLY HAUER



PEST CONTROL

Luther Towers Apartments

Apr 3.....LT-4...4301-4316

Luther Village Apartments

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

Apr 10...LV-3.....1st Floor

LV-2 Entire Building

Apr 17...LV-1.....2nd, 3rd Floors

Apr 24...LV-1.....1st floor



THOUGHT OF THE MONTH

HELLO APRIL

A good day isn't always
P erfect. It challenges you to
R elease your potential and
I nspire you to appreciate the
L ittle, amazing things in life.

Kelly

KELLY'S REMINDERS:

I have noticed that when Food Bank comes every month and residents get a **FOOD BOX...** after they empty that box, they are putting the box in the laundry rooms, inside the trash chute rooms on the floor, etc.

If you get a Food Box, please put the Empty Box in the Recycle Dumpster!

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

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

It's April already, and the cherry blossoms are in bloom (my favorite!). Though the temperature is still riding a roller coaster, we've had a few warmer sunny days. This allows us to get outside and enjoy a little fresh air.

One of the things I love about Luther Towers/Luther Village is that each campus has paved paths around the property. These are great places to get a little exercise and enjoy nature.

Did you know that there's a type of meditation sometimes called "mindful walking"? It's really just focusing on your senses while walking outside. It's a great practice when you're sad, low-energy, worried, or angry. Noticing sights, sounds, textures, and smells can give your mind a rest by filling it with observations of your surroundings.

Sometimes our worries take the form of a rapidly spinning wheel. It's exhausting. If you're a spiritual person, you can focus on who created this nature. God really had some imagination and creativity. It honors Him when we take the time to notice what He's given to us. I find that practice settles me down and brings a sense of peace.

As the weather warms up even more, I'll be getting out into nature for a mood booster. I hope you will, too. My yoga teacher has painted on her wall, "Movement is Medicine," and I believe it. Movement helps your mind & body, and it's totally free of charge!

Here's a poem by Marjorie Pickthall that gives me a strong sense of the beauty of creation.

Daisy Time

See, the grass is full of stars,
Fallen in their brightness;
Hearts they have of shining gold,
Rays of shining whiteness.

Buttercups have honeyed hearts,
Bees they love the clover,
But I love the daisies' dance
All the meadow over.

Blow, O blow, you happy winds,
Singing summer's praises,
Up the field and down the field
A-dancing with the daisies.



**It's Cherry Blossom Time
in Washington, D.C.!**

A QUICK REMINDER:

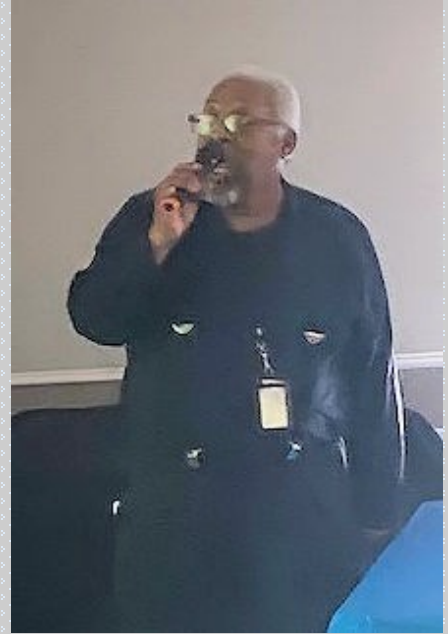
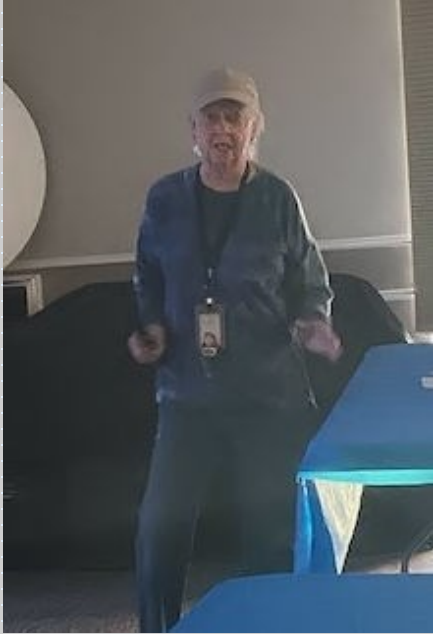
If you hear commotion / noise after quiet hours, please call the security desk so they can address it in the moment. The same applies to when you smell smoke of any kind.

Often, residents tell us the day after they smell cigarette smoke. We have to physically track down the smell and confirm where it originates. We can't make assumptions. The more we can document, the sooner we can address the problem.

Thank you!

Kari

LT Karaoke



LET'S GO TO THE HOP!

FREE NUTRITION WORKSHOP

Flexible, Participant-Centered,
Multi-Class Series

Location: Luther Towers I

Dates: April 5th, 12th, 19th

Time: 10:00am to 11:00am

Any questions, please contact

ALICIA VOGEL
avogel@fbd.org



Lessons Include:

- ♦ Planning balanced tasty meals
- ♦ Developing strategies for eating healthy
- ♦ Learning about food safety and nutrition
- ♦ Strategies for shopping on a budget
- ♦ Fun and interactive activities and demonstrations!



Angels Way

"PROFESSIONALLY PRODUCED ART"

Home Décor ♦ Good Words on...

Angels, Canvas, Wood, Fabric Totes, Spring T-Shirts

ART SALE

to be held on

April 4th — 1:00pm to 4:00pm

Luther Towers (I)A

Profits Support 100%

"Freedom Home Rehabilitation"
in West Virginia

(See samples of "Good Words" on Totes & Canvas pictured in this ad)
Prices Begin at \$10 with some items Priced Higher



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
APRIL 12TH, 2024

LUTHER TOWERS
(I)A 6:00PM
APRIL 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



Luther Towers
Thursday, April 18th
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-1 515	Darwin Pope
LT-1 205	Jean Wilkerson
LT-2 A13	Marie Bayar
LV-2 2108	Louise Santiago
LV-2 2216	Carrie Nixon
LV-3 3401	Brenda McGinnis




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**

**General Merchandise
SALE**

**Wednesday · April 10th, 2024
10am to 2pm
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!**



HEALTH/VENDOR FAIR
FRIDAY APRIL 26
10AM LT 1 (A)
BLOOD PRESSURES,
FREE GIVEAWAYS, DOOR PRIZES,
HEALTH INFO

**ATTEND AND ENTER IN A CHANCE TO WIN A VARIETY OF
GIFT CARDS!**

NUTRITION CLASS

**3-consecutive Friday's beginning
April 5th at 10:00am**

**Check Luther Tower's Calendar
for Dates**

See Tricia to RSVP

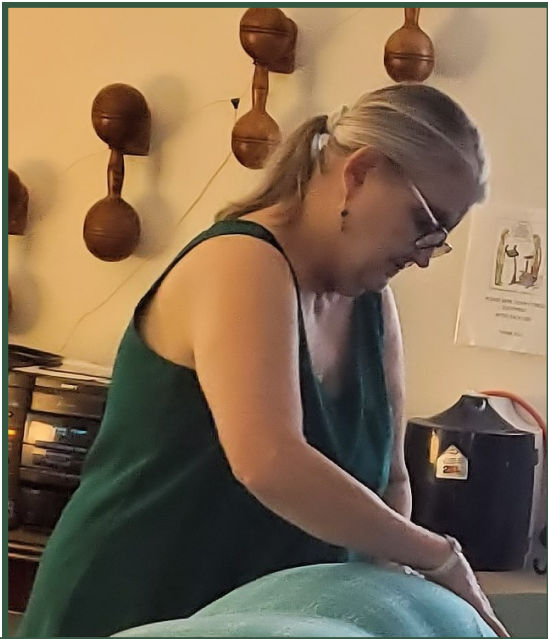
LISA HARSHBERGER

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



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**



NO 
SMOKING
IN OUR BUILDINGS

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

Menu April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Steak w/Gravy Mashed Potatoes Chef's Blend Wheat Bread / Milk Fruit	2 Baked Chicken w/Gravy Wild rice Buttered Carrots Wheat Bread / Milk Pudding	3 Vegetable Soup Tuna Salad on Bun Beet Salad Milk / Fruit	4 Fried Chicken Mac & White Cheese Mixed Greens Roll / Milk Pudding	5 Chili w/Red Beans White Rice Green Beans Cornbread / Milk Fruit
8 Spaghetti & Meat Sauce Peas Breadsticks / Milk Pudding	9 Boneless Pork Chop w/Onion Gravy Mashed Potatoes Yellow Squash w/Tomatoes Wheat Bread / Milk Brownie	10 Navy Bean Soup Turkey & Provolone Cheese on Bun w/Mayo Lettuce & Tomato Milk / Fruit	11 Roast Turkey w/Gravy Herb Dressing Buttered Peas w/Pearl Onions Dinner Roll / Milk Cake BIRTHDAY	12 Baked Cod Scalloped Potatoes Stewed Tomatoes Wheat Bread / Milk Pudding
15 Meatloaf w/Gravy Mashed Potatoes Spinach Wheat Bread / Milk Pudding	16 Chicken Breast w/Cranberry Glaze Buttered Rice / Broccoli Roll / Milk Cookies	17 Taco Chili Salad w/Lettuce & Tomato Sour Cream Nacho Chips / Milk Yogurt	18 Liver & Onions w/Gravy Mashed Potatoes Green Beans Wheat Bread / Milk Mousse	19 Baked Ziti w/Sauce Tossed Salad w/Dressing Italian Bread / Milk Fruit
22 Chicken Pot Pie Buttered Peas & Carrots Dinner Roll / Milk Applesauce	23 Jumbo Chili Dog on Bun (no beans) w/Relish-Ketchup-Mustard Baked Beans Butter Cookies & Milk	24 Chicken Noodle Soup Chicken Salad Sandwich Broccoli Salad Milk / Fruit	25 Fried Fish Scalloped Potatoes Stewed Tomatoes Cornbread / Milk Sherbet	26 Swedish Meatballs Garlic Mashed Potatoes Italian Blend Veggies Milk / Fruit
29 Sliced Ham w/PA Sauce Parslied Potatoes Buttered Cabbage Wheat Bread / Milk Oatmeal Cookies	30 BBQ Chicken Macaroni & Cheese Mixed Greens Cornbread / Milk Tapioca Pudding	1	2	3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Tuesday Pickup Times LV 8:45am, 9:45am LT 9:00am, 10:00am	2 9am, 10am SAFEWAY, TARGET, FOOD LION 11:00am BYLER'S	3 WALMART	4 NEW CASTLE FARMERS MARKET	5	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
7	8 Trip Pickup Times LV 11:00am LT 11:15am	9 9am, 10am SAFEWAY, TARGET, FOOD LION 11am ROSES	10 WALMART	11 CHRISTIANA MALL	12	
14	15	16 9am, 10am SAFEWAY, TARGET, FOOD LION 11:00am BYLER'S	17 WALMART	18 MIDDLETOWN FARMERS MARKET	19	
21	22	23 9am, 10am SAFEWAY, TARGET, FOOD LION 11:00am ROSE'S	24 WALMART	25 REHOBOTH BEACH TRIP RAIN DATE MAY 2ND See Note ↓	26	
28	29	30 9am, 10am SAFEWAY, TARGET, FOOD LION 11:00am BYLER'S	1 1	NOTE: If beach trip is rained out, alternate plan will be to MIDDLETOWN FARMERS MARKET	3	

<div> <div>further TOWERS</div> <div>April 2024 Activity Calendar</div> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 12:00pm-(I)A Church Service	1 9:00am-(I)A Food Stamp Rep 10:15am Morning Stretch w/Betsy 1:00pm-(I)A Causey 5:00pm-(II)A Bingo	2 3:00pm-(I)C Cherub Group	3 5:30pm-(I)A Bingo	4 9:00am-(I)A STARKE ART SHOW 5:45pm-(IV) Bingo	5 10:00am-(I)A NUTRITION CLASS 5:30pm-(I)A Bingo	6 9:00am-(I)A Private Reservation 5:00pm-(II)A Bingo
7 12:00pm-(I)A Church Service	8 10:15am Morning Stretch w/Betsy 1:00pm-(I)A Causey 5:00pm-(II)A Bingo	9 3:00pm-(I)C Cherub Group	10 10:00-12:00pm-(I)A Cleaning Products, Personal Care Products For Sale 5:30pm-(I)A Bingo	11 5:30pm-(I)A MOVIE NIGHT 5:45pm-(IV) Bingo	12 10:00am-(I)A NUTRITION CLASS 5:30pm-(I)A Bingo	13 9:00am-(I)A Private Reservation 1:00-4:00pm-(I)C Methodist Women 5:00pm-(II)A Bingo
14 12:00pm-(I)A Church Service	15 10:15am Morning Stretch w/Betsy 1:00pm-(I)A Causey 5:00pm-(II)A Bingo	16 12:15pm-1:00pm Food Box	17 5:30pm-(I)A Bingo	18 1:00pm-(I)A KARAOKE 5:45pm-(IV) Bingo	19 10:00am-(I)A NUTRITION CLASS 5:30pm-(I)A Bingo	20 9:00am-(I)A Private Reservation 5:00pm-(II)A Bingo
21 12:00pm-(I)A Church Service	22 10:15am Morning Stretch w/Betsy 1:00pm-(I)A Causey 5:00pm-(II)A Bingo	23 2:00-4:00pm-(I)A HOSPICE	24 1:00pm-(I)A BOOK CLUB 5:30pm-(I)A Bingo	25 1:00pm-(I)A GAME DAY 5:45pm-(IV) Bingo	26 10:00-12:00pm-(I)A HEALTH FAIR Vendors Door Prizes 5:30pm-(I)A Bingo	27 6:00pm-(I)A MEET N' GREET 5:00pm-(II)A Bingo
28 12:00pm-(I)A Church Service	29 10:15am Morning Stretch w/Betsy 1:00pm-(I)A Causey 5:00pm-(II)A Bingo	30	1	2	3	4



April 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1  5:30pm-(I)A KING Reserved	2 9:30am-(I)A PRAYER	3 9:30-11:00am-(I)A FOOD STAMP REP	4 12:00-3:00pm-(III) CERAMICS 6:30pm-(I)A KING	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