

# Newsletter

Watch for Turning Leaves Soon!



## September 2024



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

As I sit here typing this, the last couple of days have been in the 70s, with early morning temps in the 50s. Fall is quickly approaching, but the warm weather days are not fully gone yet. We are hoping it will be warm (not hot and humid) and sunny for the

**“End-of-Summer BBQ”**

**September 6th.**

This has always been a fun event for those who have attended!



I am sure you are all aware of the reasons we do our daily checks on our residents. We are concerned with the safety of our population besides it being a requirement of HUD.

With that being said, there may be times when you did your stat, or called it in, and someone still stops by to check on you. Please understand that things happen! Sometimes it may be busy at the desk and they forgot to log your information when you called, or overlooked it when transferring it to the listing. Or there could be an error with the card reader and it didn't log when you swiped your access card.

Lastly, sometimes we think we did something and we didn't. There are numerous times when someone thinks they swiped their card and they can be seen on camera walking right past the reader. I said all of this to say, on occasion, we may inconvenience you by coming to your apartment or calling to check on you.

**We do this because your safety and well-being are a priority!**

**Smokers Beware:** Those who smoke should know that there is **NO Smoking** within **50 feet** of any building. This does not just mean the entrance to the building! If you are out on the sidewalk, there are residents whose windows are well within 50 feet. This includes smoking in your vehicles that are parked within this same 50 feet. When Security notices this on camera, they will contact you.

***This is a violation of your lease and will be dealt with accordingly.***

On a side note, there are some who deny when confronted about smoking near the buildings... remember, you are on camera.

*Kim*

Please remember that, if we all do our part and follow the rules and get along with each other,



this will continue to be a **Nice Place to Live!**



Did you forget who to contact about something in your apartment that's broken, out of order, or a question...

Dial the Front Desk!

They are happy to help you get to the right department or person!!



302-674-1408 x0

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

Hello, wonderful residents of Luther Towers and Luther Village. We are getting ready for **our End-of-Summer BBQ on September 6th!** There will be giveaways, dancing and great food. We look forward to seeing everyone coming out and having a great time!

**Vitamin D Deficiency** is a common vitamin deficiency that causes issues with your bones and muscles. It most commonly affects people over the age of 65. You can get vitamin D in a variety of ways, including through the food you eat, nutritional supplements, and outdoors with sun exposure.

Vitamin D plays a crucial role in maintaining the balance of calcium in your blood and bones, and in the building and maintaining bones.

Signs of vitamin D deficiency in adults include:

- ♦ Muscle cramps, muscle weakness, muscle aches
- ♦ Mood changes, like depression
- ♦ Fatigue     ♦ Bone pain

Certain medical conditions can cause vitamin D deficiency such as Cystic fibrosis, Crohn's disease and Celiac disease. These conditions can prevent your intestines from adequately absorbing enough vitamin D through supplements, especially if the condition is untreated. Obesity, kidney disease, liver disease and weight loss surgeries can all cause vitamin D deficiency.

The best way to prevent vitamin D deficiency is to ensure you're getting enough vitamin D in your diet and/or through sun exposure.

However, be careful about being in the sun for too long without sunscreen. Always follow-up with your doctor if you have any questions or concerns.

As I write this article, we are still experiencing problems with our phone numbers as well as our ability to send/receive faxes but we are

hoping to have this matter resolved as soon as possible. We will inform you as soon as all original numbers are restored. We appreciate your patience as we work through this.

As I write this article, we are still experiencing problems with our phone numbers as well as our ability to send/receive faxes, but we are hoping to have this matter resolved as soon as possible. We will inform you as soon as all original numbers are restored. We appreciate your patience as we work through this.

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**What do I do if I test positive for Covid?**

When sick with symptoms, the CDC advises individuals to stay home and isolate until both their overall symptoms have improved and they have been fever-free without using fever-reducing medication for 24 hours. For 5 days after that, it recommends extra precautions such as wearing a mask, improving air circulation, physical distancing and testing. The CDC also recommends taking these precautions if Covid is circulating widely in the community. People who are asymptomatic do not need to stay home but should take those extra precautions.

If people do not have a fever, they should still isolate until their overall symptoms have improved for 24 hours, he said.

---

I am sure most of you have noticed we have been painting and replacing carpet in Luther Towers and Luther Village common areas.

**Please be mindful when taking out your trash for any leaks from trash bags, bumping into walls with objects or wheelchairs/rollators that could cause damage to the freshly painted walls.**

If you see something that needs to be addressed, please say something. We need everyone to work together to keep things nice.

*Your Consideration is Appreciated!*

*Jessica P*



## General Merchandise **SALE**

**Tuesday · September 10th, 2024**  
**10:00am to 1:00pm**  
**Luther Towers Building I(A)**

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

Check Out  
Our  
**DISCOUNTED  
RATES!**

- » Humidifiers
- » Home Decor

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

## **CRAFT SHOW**

**Saturday**  
**November 9th**

**Interested in participating**  
**in a Craft Show?**

**Call Jean Ginn**  
**302-272-8693**

## **YARD SALE**

**Saturday, October 5th**  
**Luther Towers I(A)**



**Call Virginia Metzler**  
**302-264-1341**

*To Reserve a Table*

## INFORMATION BOTH CAMPUSES

**RENT will be pulled on**  
**September 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.



## **MOVIE MATINEE**

**'Matilda'**  
**Danny Davito**

**Friday, Sept 27**  
**1:00PM**



**LT I (A)**



**SIGN UP ON BULLETIN BOARD IN YOUR BLDG**



From the Office of Social Services  
**TRICIA ROBINSON**

Hello, Everyone! 🙋

**SUMMER BBQ** – *Sign Up* with Corrin or Jess B. for **Friday, September 6th 11:00am** – make sure you register for food requirements.

**TRIVIA FOR SENIORS** / Philly Soft Pretzels  
Thursday, September 5th at 1:00pm  
presented by Closed Captions

*There will be a presentation on how to get a free closed caption home phone.*

**HOW TO AVOID BANK FRAUD** – on Friday, September 13th at 1:00pm – M&T Bank representative is coming to help us learn how to Avoid Fraud. Please come out for this informative session!

### **FLU SHOT CLINIC**

**Friday, September 20th at 9:00am**

Hosted by

**Camden Pharmacy**

**BRING YOUR MEDICARE CARD**

FLU  
SHOT

FLU  
SHOT



**Luther Village** **Luther Towers**

**Tuesday, Sept 10th**

**1:00pm in (III)A**  
after lunch

**Thursday, Sept 19th**

**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**

### **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.

### **GAME DAY & COLORING COMFORT COMBINED!**

**Thursday, Thursday 26th**  
**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!**



We send out the pictures that were colored at **Game Day/Coloring Comfort** to residents whom we know are in a short-term rehab stay or nursing home. We could definitely use some more residents to help us color!!!

### **The BOOK CLUB**

Next Meeting

**Wednesday September 25th at 1:00pm**

Must Call Tricia to Join Book Club

**302-674-1408 x131**

#### **MOVIE NIGHT**

**'SWEET GIRL'**

STARRING: JASON MAMOJA

THURSDAY, SEPT 12

5:30PM



LT I (A)

SIGN UP ON BULLETIN BOARD IN YOUR BLDG

#### **MOVIE NIGHT**

**'SWEET GIRL'**

STARRING: JASON MAMOJA

THURSDAY, SEPT 19

5:30PM



LVIII THEATRE

SIGN UP ON BULLETIN BOARD IN YOUR BLDG

#### **MOVIE MATINEE**

**'Matilda'**

Danny Davito

Friday, Sept 27

1:00PM



LT I (A)

SIGN UP ON BULLETIN BOARD IN YOUR BLDG



### **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!**



# A Tribute to Mr. Al Deusa

Mr. Al Deusa has been a resident at Luther Towers for 17 years. He recently turned 99 years young! Mr. Al has been an incredible friend to many at Luther Towers and we are sad that he will be moving to the Milford Veterans Home. The residents from his building put together a lovely going away party for Mr. Deusa.

Mr. Deusa is a Veteran who stormed the beaches of Normandy, France, almost 80 years ago! He is so proud to have served his country and states, “patriotism runs through my veins.” — Tricia

## From Bay to Bay News:

Alexander J. Deusa stormed the beaches of Normandy, France, on June 6, 1944, 80 years ago this past Thursday. Today, nearly 99 years old, he resides at Complete Care at Silver Lake.

Eight decades later, the memories of that day are still vivid.

“Well, we were on big ships... we climbed down the side,” said Mr. Deusa who was born in Marydel, Maryland. “Oh, it was really rough. Then we got into landing crafts and headed for the shore. I happened to be right there when they dropped the gate... and we started running to the shore.”

“You got guys falling around you, wounded or dead. You’re shooting, they’re shooting the enemy, and it’s what you have to do so you keep doing it.”

Tears well up as Mr. Deusa speaks about the death of his buddy on that day. Mr. Deusa was only 18 at the time. He described how, at that age, he felt like he was a full-grown man. But in truth, he was still a boy.

He recalled being on the ground listening to the sound of artillery.

“You’re laying there, and you don’t know if the shells are going to land right next to you or on you or what,” he said.

He eventually looked back at the water. “I waited and there was a whole bunch of our buddies, our men, floating in the waters. They’d been killed by machine gun fire,” Mr. Deusa said.

Even after the invasion, life on the front line affected his psyche. “You see dead people every day, every day, every day. So, after a while, after months of it, you figured, ‘This is my day.’ You just figure ‘I gotta go. All these other people get shot, why not me?’”

Mr. Deusa said that behind the heroism lay the terror of combat. “[The public doesn’t] realize the fear. You know what I mean? You’re killing people, but you know, they’re killing people,” he said.

Mr. Deusa’s patriotism runs through his veins, even saying his last name was as patriotic as it could get: “DE and USA are Delaware and United States!” Mr. DEUSA exclaimed.

Now, 80 years after the D-Day invasion, Mr. Deusa has a sense of pride. “I was proud to serve my country,” he said with resolve.



*“Patriotism runs through my veins.”*



*Mr. Al greeting his buddy, Marley*



*Residents of Building 4 showing their love and support*



From The Maintenance Manager  
**KELLY HAUER**



## PEST CONTROL

### Luther Towers Apartments

Sept 04...LT-1 ... 601-623 ....LT-4 ... 4102-4116  
 Sept 11...LT-1 ... 701-723 ....LT-4 ... 4201-4216  
 Sept 18...LT-1 ... 101-123 ....LT-2.....A01-A18  
 Sept 25...LT-2 ... C01-C18

### Luther Village Apartments

None at This Time



## THOUGHT OF THE MONTH

**September is here...**  
**Marking the transition from**  
**summer to ushering in an energy**  
**that makes us want to savor**  
**every moment of crisp morning**  
**and cozy evenings**



## KELLY'S REMINDERS:

I have noticed ... a lot of residents are dumping their trash  
 down the trash chute before 8:00am and after 8:00pm.

These signs are posted on the trash room doors and clearly state:

**— Please Observe Quiet Time —**

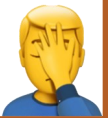
**Please Do Not Use Trash Chute**

**Before 8:00am and After 8:00pm**

Please have some respect for others  
 who live close to the trash chute rooms

Kelly

*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

Happy September! I've decided the word for the month is **mercurial**. Mercurial means "*subject to sudden or unpredictable changes of mood or mind.*" Every day when I wake up, I feel like it's a new season in Delaware. You never know if you need a sweater, a jacket, or shorts.

My daughter says this time of year the seasons are Summer, Fake Fall, Second Summer, then finally Actual Fall. That's the truth! It seems that September changes its mind and mood all the time about what it wants to be. One day it's sunny and 75°, the next it's 55° and so windy even cats and dogs get swept off their feet. Make up your mind, September!

Have you ever met a person like September? Someone you know – and quite possibly love – whose moods are impossible to predict? Or maybe someone who makes a final decision about something one day, then completely changes their mind the next day?

Both of these behaviors can be frustrating and hard to navigate. If you think about it, nothing in nature just "happens." It's usually a cause and effect situation.



*What do you think  
has happened in  
this poet's life  
to bring about  
his change in mood?  
Isn't it interesting  
that nature reflects  
what he's feeling?*

Think of tornados: a thunderstorm happens and warm air hits up against cold air, then they start spinning.

I think people are the same way. There's usually a cause when someone experiences rapid mood changes. Maybe there's an issue in the family that has them on edge; maybe it's a physical malady that keeps them in excruciating pain; maybe they just lost someone dear to them and the grief is overwhelming.

The point is that we never know the sorrow or pain that might be going on in someone's life. Those things can trigger outward behavioral changes. So, when someone suddenly goes from even-keeled to angry (or You do), try to take a minute and ask a simple question: "Is everything alright with you?" It may be the best part of a **mercurial** person's day that you care enough to ask.

Too bad we can't ask September the same thing. I guess I'll just go with Mother Nature's flow and carry a jacket & umbrella wherever we go.

### END OF SUMMER

by Stanley Kunitz

An agitation of the air,  
A perturbation of the light  
Admonished me the unloved year  
Would turn on its hinge that night.

I stood in the disenchanted field  
Amid the stubble and the stones,  
Amazed, while a small worm lisped to me  
The song of my marrow-bones.

Blue poured into summer blue,  
A hawk broke from his cloudless tower,  
The roof of the silo blazed, and I knew  
That part of my life was over.

Already the iron door of the north  
Clangs open: birds, leaves, snows  
Order their populations forth,  
And a cruel wind blows.

## Chef John's Homemade Chicken Stock

Submitted By: Chef John – ALL RIGHTS RESERVED © 2012 Allrecipes.com  
Printed from Allrecipes.com 9/21/2012

- 3 pounds chicken necks and backs (*see notes*)
- 1 large onion, skin on, sliced into 6 segments
- 2 carrots, cut into chunks
- 1 stalk celery, cut into chunks
- 2 cloves garlic, peeled
- 4 sprigs chopped fresh thyme  
(substitute ½ teaspoon dried thyme) (*see note*)
- 1 bay leaf
- 3 quarts cold water



1. Combine chicken, onion, carrots, celery, garlic, thyme and bay leaf in a large stockpot; pour water into pot. Bring to a gentle simmer over medium-low heat, *being careful not to let the mixture come to a boil.*
2. Once simmering, skim off any foam or impurities that accumulate on the surface of the water and reduce the heat to low.
3. Gently simmer mixture on low 12 hours, skimming off any foam as needed.
4. Remove stockpot from heat and let cool for 1 hour.
5. Pour stock through a fine strainer and transfer to food-safe containers.

Servings: 12

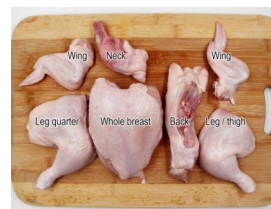
Prep Time: 10 Minutes

Cook Time: 12 Hours 30 Minutes

Ready In: 13 Hours 40 Minutes

### Notes:

- ♦ If all you have are chicken breasts or any other parts (bone-in, skin-on), then simmer those very slowly until just cooked through (160°F).
- ♦ Wings, thighs, legs are the best for flavor!
- ♦ Never “boil” chicken! It gets very tough and chewy!
- ♦ Don’t use boneless/skinless chicken for broth... very little reward.
- ♦ Make Chicken Noodle Soup with this broth; it is excellent!
- ♦ A little bit of dried thyme goes a very long way! *You can add but can’t take away!*



## STAND BY ME ~ A FREE PROGRAM

“Stand By Me” is a program to assist 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.** The program is sponsored by the State of Delaware and The United Way.

# 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**  
**AUGUST 10TH, 2024**

**LUTHER TOWERS**  
**(I)A 6:00PM**  
**AUGUST 31ST, 2024**

## HEAVEN'S GATE



*Fairwell, Neighbor!*

LT-III 1014  
Alberto Burgos-Rosario



## Welcome, Neighbor! NEWCOMERS

LT-1 511 Sharon Thomas



## STAFF APPRECIATION LUNCH COMING IN JANUARY 2025

We are grateful for everything the staff  
at Luther Towers does for us, and  
we will be showing them  
with a lunch  
to honor them in January.  
Be watching your mailbox later this  
month for more information.

—Jeannie Wilson, Coordinator  
for Staff Appreciation Committee

## Jesus Lives!

This is the day the Lord has made,  
And each hour will be blessed  
If you just ask Him for the strength  
To do your very best.

Whatever path you follow,  
He'll be walking by your side,  
To be your source of comfort,  
Your friend and constant guide.

The Lord is understanding,  
His mercy will not fail,  
His love for you is infinite,  
His wisdom will prevail.

Remember this each morning  
And you'll not be afraid  
To face with growing confidence  
The Day The Lord Has Made.



Holy Spirit Adoration Sisters  
CONVENT OF DIVINE LOVE • PHILADELPHIA, PA





## *Free* Healthy Living Workshop

### The Delaware Chronic Disease Self-Management Program

Luther Towers Dover Building 1

430 Kings Highway

Dover, DE 19901

September 4th – October 9th, 2024

Wednesday from 10:00am to 12:30pm

(09/04, 09/11, 09/18, 09/25, 10/02, 10/09)

#### More knowledge about chronic health conditions can:

- Prevent and/or delay health complications
- Deal with frustration, fatigue, pain and isolation
- Learn about appropriate exercise to maintain and improve strength, flexibility and endurance
- Communicate effectively with health professionals and others
- Understand the value of nutrition in your health

Sign up for free classes!



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
Health Promotion and Disease Prevention

Register online at [www.HealthyDelaware.org/SelfManagement](http://www.HealthyDelaware.org/SelfManagement)

For questions or help with registration, call

Self-Management Programs at 302-990-0522 or email us at

DPHSMP@Delaware.gov



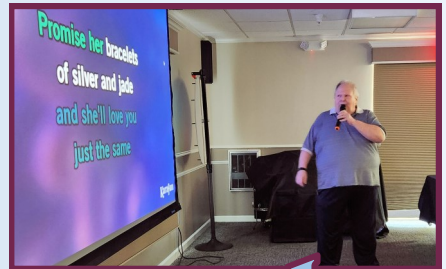
# Food Bank Day



## LV Lunchtime



**We had a great time during lunch at Luther Village while giving out prizes!  
Keep a Lookout for More Events!**



## LT Karaoke





# LV Karaoke





## 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**





JASON MOMOA ISABELA MERCED

# SWEET GIRL

FAMILY FIGHTS AS ONE

NETFLIX PRESENTS AN ASAP ENTERTAINMENT / ON THE ROAM PRODUCTION JASON MOMOA "SWEET GIRL"  
ISABELA MERCED MANUEL GARCIA-RULFO RAZA JAFFREY LEX SCOTT DAVIS MICHAEL RAYMOND-JAMES  
AND AMY BRENNEMAN CASTING BY DENISE CHAMIAN, CSA MUSIC BY STEVEN PRICE COSTUME DESIGNER MICHAEL GROUND  
EDITED BY MIKE MCCUSKER, A.C.E. MATT CHESSE, A.C.E. PRODUCTION DESIGNER ANDREW MENZIES DIRECTOR OF PHOTOGRAPHY BARRY ACKROYD, BSC  
EXECUTIVE PRODUCERS MARK KAMINE MARTIN KISTLER PRODUCED BY JEFF FIERSON, D.O.B. BRAD PEYTON JASON MOMOA  
BRIAN ANDREW MENDOZA WRITTEN BY GREGG HURVITZ & PHILIP EISNER DIRECTED BY BRIAN ANDREW MENDOZA

ASAP

AUG 20 | NETFLIX

R

NETFLIX

## MOVIE NIGHT 'SWEET GIRL'

STARRING: JASON MOMOA  
THURSDAY, SEPT 12  
5:30PM



LT 1 (A)



SIGN UP ON BULLETIN BOARD IN YOUR BLDG

## MOVIE NIGHT 'SWEET GIRL'

STARRING: JASON MOMOA  
THURSDAY, SEPT 19  
5:30PM




LVIII THEATRE



SIGN UP ON BULLETIN BOARD IN YOUR BLDG

# **Menu September 2024**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>Center Closed</b>	<b>3</b> Meatloaf w/Gravy Wild Rice Baby Carrots Wheat Bread / Milk Cookies	<b>4</b> Beef Stroganoff Egg Noodles Veggie Blend Wheat Bread / Milk Pudding	<b>5</b> Fried Chicken Macaroni & Cheese Collard Greens Cornbread / Milk Bread Pudding	<b>6</b> Spaghetti w/Meatballs Mixed Veggies Italian Bread / Milk Applesauce
<b>9</b> Salisbury Steak w/Gravy Mashed Potatoes Seasoned Green Beans Wheat Bread / Milk Fruit	<b>10</b> LS Ham w/Mustard Sauce Red Roasted Potatoes Seasoned Cabbage Wheat Bread / Milk Cookies	<b>11</b> Minestrone Soup Chicken Salad on Bun Lettuce & Tomato Coleslaw / Milk Fruit	<b>12</b> Roast Turkey w/Gravy Herb Stuffing Buttered Peas w/Pearl Onions Dinner Roll / Milk Cake <b>BIRTHDAY DAY</b>	<b>13</b> Swedish Meatballs Egg Noodles Buttered Spinach Wheat Bread / Milk Fruit
<b>16</b> Baked Ziti w/Meat Sauce Buttered Broccoli Wheat Bread / Milk Pudding	<b>17</b> Chicken Marsala Wild Rice Chef's Blend Veggies Wheat Bread / Milk Apricots	<b>18</b> Seafood Salad Lettuce & Tomato Macaroni Salad Roll / Milk	<b>19</b> Fried Fish Au Gratin Potatoes Stewed Tomatoes Dinner Roll / Milk Sherbet <b>NUTRITION CLASS</b>	<b>20</b> Baked Chicken w/Gravy Mashed Potatoes Mixed Veggies Wheat Bread / Milk Applesauce
<b>23</b> Meatball Sub Potato Wedges Peas & Carrots Milk Yogurt	<b>24</b> Spanish Chicken w/Mango Salsa Rice & Red Beans Zucchini & Red Peppers Wheat Bread / Milk Peach Cobbler <b>SPANISH DAY</b>	<b>25</b> Lasagna w/Meat Sauce Italian Mixed Veggies Italian Bread / Milk Tropical Fruit	<b>26</b> Liver & Onions w/Gravy Mashed Potatoes Buttered Green Beans Roll / Milk Pudding	<b>27</b> Jumbo Beef Hot Dog on Bun Onions/Relish/Ketchup/Mustard Baked Beans & Coleslaw Milk Cookies
<b>30</b> Chicken Pot Pie Buttered Broccoli Wheat Bread / Milk Applesauce	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>



# **September 2024 BLUEBIRD Schedule**


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 SAFEWAY FOOD LION Roses 11:00am	4 WALMART	5 MIDDLETOWN FARMERS MARKET	6 Resident BBQ	<b>PLEASE NOTE • PICK UP TIMES</b> <b>Luther Village 8:45am, 9:45am, 10:45am, 12:45pm</b> <b>Luther Towers 9:00am, 10:00am, 11:00am, 1:00pm</b>
8	9	10 SAFEWAY FOOD LION Byler's Trip 11:00am	11 WALMART	12 MIDDLETOWN FARMERS MARKET	13	
15	16	17 Driver: Albert SAFEWAY FOOD LION Byler's Trip 11:00am	18 Driver: Albert WALMART	19 NOT RUNNING TODAY	20	
22	23	24 SAFEWAY FOOD LION Byler's Trip 11:00am	25 WALMART	26 MIDDLETOWN FARMERS MARKET	27	
29	30	1	2	3	4	

## September 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12pm-(I)A Church Service All Day	2  10:15-11:00am "Morning Stretch w/Betsy" 1pm-(I)A Causery 5:00pm-(II)A BINGO	3 10:00am-(I)A General Merchandise Sale 3pm Cherub Group (I)C	4 10:00am-(I)A Chronic Disease Class Week 1 5:30pm-(I)A BINGO	5 1:00pm-(I)A Senior Trivia Philly Soft Pretzels Closed Caption Phone 5:45pm-(IV) BINGO	6 11:00am-(I)A End-of-Summer BBQ 5:30pm-(I)A BINGO	7 9:00am-(I)A Private Reservation 5:00pm-(II)A BINGO
8 12pm-(I)A Church Service All Day	9 10:15-11:00am "Morning Stretch w/Betsy" 1pm-(I)A Causery 5:00pm-(II)A BINGO	10 10:00am-(I)A General Merchandise Sale 3pm Cherub Group (I)C	11 10:00am-(I)A Chronic Disease Class Week 2 5:30pm-(I)A BINGO	12 5:30pm-(I)A MOVIE NIGHT 5:45pm-(IV) BINGO	13 1:00pm-(I)A M&T Presents "How to Protect Against Bank Fraud" 5:30pm-(I)A BINGO	14 9:00am-(I)A Private Reservation 5:00pm-(II)A BINGO
15 12pm-(I)A Church Service All Day	16 10:15-11:00am "Morning Stretch w/Betsy" 1pm-(I)A Causery 5:00pm-(II)A BINGO	17 12:15-1:00pm Food Box	18 10:00am-(I)A Chronic Disease Class Week 3 5:30pm-(I)A BINGO	19 1:00pm-(I)A Karaoke 5:45pm-(IV) BINGO	20 9:00am-(I)A Flu Shot Clinic 5:30pm-(I)A BINGO	21 9:00am-(I)A Private Reservation 5:00pm-(II)A BINGO
22  12pm-(I)A Church Service All Day	23 10:15-11:00am "Morning Stretch w/Betsy" 1pm-(I)A Causery 5:00pm-(II)A BINGO	24 2:00pm-(I)A DE HOSPICE Room Reserved	25 10:00am-(I)A Chronic Disease Class Week 4 1:00pm-(I)A Book Club 5:30pm-(I)A BINGO	26 2:00pm-(I)A Comedy Show & Bingocise Info Sponsored by We Care 1:00pm-(I)A Game Day & Coloring 5:45pm-(IV) BINGO	27 1:00pm-(I)A MOVIE MATINEE 5:30pm-(I)A BINGO	28 6:00pm-(I)A MEET N' GREET 5:00pm-(II)A BINGO
29 12pm-(I)A Church Service All Day	30 10:15-11:00am "Morning Stretch w/Betsy" 1pm-(I)A Causery 5:00pm-(II)A BINGO	1 10:00am-(I)A General Merchandise Sale 3pm Cherub Group (I)C	2 10:00am-(I)A Chronic Disease Class Week 5 5:30pm-(I)A BINGO	3 1:00pm-(I)A Karaoke 5:45pm-(IV) BINGO	4 1:00pm-(I)A MOVIE MATINEE 5:30pm-(I)A BINGO	5 6:00pm-(I)A MEET N' GREET 5:00pm-(II)A BINGO



# September 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  3:00pm-(II)A KING	3	4  9:30am-(I)Parlor <b>SNAP REP</b>	5  12:00-3:00pm-(III) CERAMICS 3:00pm-(II)A KING	6	7  9:00am-(III)A Reserved 3:00pm-(II)A KING
8  11:00am-(III)A Church	9  3:00pm-(II)A KING	10  1:00pm-(III)A <b>KARAOKE</b> After Lunch	11	12  12-3pm-(III) CERAMICS 3:00pm-(II)A KING <b>DURING LUNCH</b> <b>PRIZE TABLE</b> <i>Must Be Dining In</i>	13	14  3:00pm-(II)A KING  4:00pm-(I)A <b>MEET 'N GREET</b>
15  11:00am-(III)A Church	16  3:00pm-(II)A KING	17  11:30am-12:00pm <b>FOOD BOX</b>	18	19  12-3pm-(III) CERAMICS 3:00pm-(II)A KING  5:30pm-(III)A <b>MOVIE NIGHT</b>	20	21  9:00am-(III)A Reserved 3:00pm-(II)A KING
22  11:00am-(III)A Church	23  3:00pm-(II)A KING	24  <b>DURING LUNCH</b> <b>PRIZE TABLE</b> <i>Must Be Dining In</i>	25	26  12:00-3:00pm-(III) CERAMICS 3:00pm-(II)A KING	27	28  9:00am-(III)A Reserved 3:00pm-(II)A KING
29  11:00am-(III)A Church	30  3:00pm-(II)A KING	1	2	3	4	5



# **LUTHER TOWERS** Phone Extensions

**302-674-1408**

<b>Name &amp; Position</b>	<b>Extension #</b>
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>By Appointment Only</i>	
<b>Front Desk / Security.....</b>	<b>0</b>

# **LUTHER VILLAGE** Phone Extensions

**302-674-3780**

<b>Name &amp; Position</b>	<b>Extension #</b>
Luther Village 1 Desk .....	212
Medical Transportation.....	242-6187