### UTHER OWERS

# October 2024 TABLE OF CONTENTS

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October! Chilly Nights, Sunny Days!

UTHER ILLAGE PAGE

Executive Director – Kim Mendoza
Deputy Director – Jessica Parsons
Rent Will Be Pulled October 4th
ADS: Important Notice regarding Insurances • Craft Show
Flu Shots • LT Temporary Phone Number • Staff Appreciation Plan4
Movie Matinee: "The Boogeyman" starring Sophie Thatcher
Social Services – Tricia Robinson
Pictures: Annual BBQ
Pictures: LT Karaoke
Pictures: LV Karaoke
Pictures: Senior Trivia • Exercise w/Betsy • Beach Excursion
Meet n' Greet • "The Pearly Gates" • Newcomers •
"Being Different" Pictures 11
Facilities Director – Kelly Hauer w/Maintenance Charges Chart12
AD: Stephen Ministry with Helen Morella12
AD: Health Living Workshop DE Diabetes Self-Management
ADS: • Massage by Lisa • Health First Medical Care • Exercise Class
Bingo & Dominos Schedules · Beauty Salon · <i>No Smoking!</i> 14
Movie Night: "Twisters" starring Glenn Powell
October Menu
October Bluebird Schedule — REMINDER (always check for changes!)
Luther Towers October Activity Calendar
Luther Village October Activity Calendar
Phone Extensions20

# From the Desk of The Executive Director KIM MENDOZA

I recently attended a Town Hall meeting with the Mayor, the Chief of Police, and some of the Council Members. The meeting was mostly comprised of business members and also a few individuals from the community in attendance. The main topics addressed were vagrancy, the homeless situation, and crime in the area.

As for the individuals with signs whom we see all over asking for donations, etc., unless the individuals are trespassing on your property or become violent or aggressive, the police will not intervene. It was stated the majority of society does not want to add insult to injury to someone who is obviously already down on their luck.

As far as the homeless population, the same scenarios apply. The police indicated there are over 40 encampments in the area. When the police have interactions with them, they are attempts to get them to agencies that may be able to provide help. However, not everyone is receptive to assistance.

There are also numerous individuals who are frequenting local businesses and will be found either outside the premises or will be in the public restrooms and have overdosed. This is a horrible situation for both the business owners, others who may witness it, and the individuals involved. Again, police and medical will offer to get them to an agency to provide assistance; but, if unwilling, medical attention/services cannot be forced on them.

The last topic addressed was crime; some business owners present talked about the increased crime at their business – usually theft of some type. The main point stressed was to call the police – ALWAYS! Do not put yourself in harms way. Police officers are trained to respond to all types of situations. They impressed to both residents and business owners some of the things they can do.

• Make sure you lock your doors to vehicles and houses. This will keep your property safer than if there was easy access

- Surveillance greatly assists the police in being able to identify what happened and, hopefully, identify the perpetrator
- Ensure areas are well-lit; they mentioned criminals typically like to move under the cloak of darkness

This was a very informative meeting – passing along the restrictions/guidelines they have to work with. Additionally, they are looking at ways to improve these concerns.

The last bit of information they passed on is that you need to reach out to your representatives with your concerns. They cannot address issues of which they are not aware – and the more complaints received about the same items helps to address priorities of their constituents.

So, with all that being said, security is something we all need to take seriously. Staff does our best to ensure the safety/security of our buildings and the residents inside them. We do, however, need your assistance by ensuring if you exit any door (besides the front entry to your building) to make sure the door is securely locked behind you. We do not need people who may be looking for easy access to the building to be granted such by leaving the building unsecure.

On this note... just this past weekend, security spotted an individual pulling on car doors to see if they could gain access. So always lock your doors!

I will close with this quote I recently heard that I thought was interesting:

"You can't choose who talks to you, but you can choose who you listen to."



# From the Desk of The Deputy Director JESSICA PARSONS

Happy Fall, Ya'll! The weather is already turning somewhat cool, so take advantage and get outside before we are all in our coats & boots!

#### Luther Village Meals:

Last month the Modern Maturity Center spoke to the residents of Luther Village regarding participation in the lunch program. The participation needs to be increased on the eat-in side for the program to succeed and continue. We have seen an increase in numbers but mostly on the grab-n-go side. While it's nice to see the increase, the grab-n-go numbers will not sustain the program. Over the last 6 weeks the average number of participants a day for eatin is 11 and for grab-n-go is 24. As you can see, the average for eat-in will not allow the program to continue after January.

The Modern Maturity Center will reevaluate in January to see if our numbers have increased. I am encouraging you and your neighbors to make lunch dates or bring in a family member to join you (guests are subject to pay the full cost). If you want to take advantage of the grab-n-go, then maybe eat-in first then take one to go. We would hate to see the program shut down when there are people who truly enjoy this amenity. Where else can you get a full meal for \$2? I don't think anywhere.

In October, we will be doing prize bingo for the eat-in only participants at the Village. Look out for the dates! We surveyed residents of prizes you would like to see and we listened! We are looking forward to having a great time with you.

#### **Luther Towers Crosswalk:**

The City of Dover installed a crosswalk that leads to the Lidl grocery store across the street from Luther Towers property. This was installed to help aid in the safety of our residents crossing the street.

Over the years we've had several accidents involving our residents in this area. Recently, we have noticed that residents aren't pushing the button to activate the lights which warn vehicles that pedestrians are walking across the street. Please ensure you are pushing the button and continue to look both ways for vehicles before crossing.

#### **Pathways:**

Please make sure you are courteous to others and provide clear pathways when residents/ guests are entering or exiting the elevator, laundry rooms, entrances, etc. Congregating in areas that block pathways could cause undue burden on emergency personnel, contractors and residents.

### Pullcords:

We've had a couple instances where residents are pulling their pullcords to make sure they work. When a pullcord is pulled. it immediately summons an ambulance, and security has to determine if it's a real emergency or a false alarm — hopefully before the ambulance arrives on site.

If you are unsure your pullcord is working properly or want it tested, you may contact Kelly, the Facilities Director, and he can perform the test appropriately. Please do not attempt to do this on your own, as it would cause an undue burden on the security staff and emergency personnel.



### INFORMATION BOTH CAMPUSES RENT will be pulled on October 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.

### IMPORTANT NOTICE CHANGES IN 2025

Starting January BAYHEALTH will NO LONGER TAKE Humana Medicare or Cigna Healthspring

> TO CHANGE PLANS: CALL ANITA AT 302-319-4296 OR BRENDA AT 302-213-7029

Anita will be here October 16th & Brenda can come at any time!



# November 9th

Interested in participating in a Craft Show?

Call Jean Ginn 302-272-8693

### FLU SHOTS AVAILABLE



**Mobile Health Unit** 



LT = Tues. Oct 1st - 10am-3pm

LV = Thurs. Oct 3rd - 10am-3pm

BRING YOUR MEDICARE CARD

### 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



Luther Towers Phone # <u>TEMPORARY CHANGE</u>

### 302-546-3005

This Number Will Be In Use Until Further Notice

- All Extensions Remain the Same -

### Thank You for Your Patience



#### Hello, Everyone! 🩋

### From the Office of Social Services TRICIA ROBINSON

Be sure to view the Activities Calendars on pages 18 & 19 for Luther Towers & Luther Village respectively.

Stephen Ministry will be at Luther Towers on October 11th with a Support Dog. Snacks & Coffee served. Check the calendar for time and location.

An important session with M&T Bank is on the calendar for October 4th. The discussion will be on "How to Avoid Scams & Bank Fraud."

A new program is being introduced this month: **BINGOCIZE**! Bingo & Exercise are combined for lots of fun! Begins Tuesday, October 1st Check the calendar on page 18.

Christiana Care: "Let's Talk About Meds" – A session on how to manage your meds properly. There will be "giveaways." See calendar for October 3rd.

Also on the calendar for October 16th is a session with Anita Rumley. The topic is "Are you using your benefits" Medicate Education. It is time for Open Enrollment. Anita will be available for anyone who needs to switch out of Humana or Cigna Healthspring.





The BOOK CLUB Next Meetings LV Tuesday October 29th at 12:00pm LT Wednesday October 23rd at 1:00pm <u>Must Call Tricia to Join Book Club</u> 302-546-3005 x131















# **Beach Excursion**



# **MEET & GREET** Join Us! ajoy Meeting &

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 OCTOBER 12TH, 2024

# LUTHER TOWERS (I)A 6:00PM OCTOBER 26TH, 2024

# Welcome, Neighbor! NEWCOMERS

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LT-1 322 Soodalal Freeman LT-1 410 Donald Mascarenas LT-4 4301 Shirley Price LV-3 3405 Jerome Barnett &

- Latina McNeil-Booker
- LV-3 3203 Laura Moaney

THE PEARLY GATES

Fairwell, Neighbor!



LT-I 216 Beulah Bell



- Being Different is Not An Issue It's How We Get Along & Gain From Those Differences That Makes The World Go Round







### From The Maintenance Manager KELLY HAUER



**PEST CONTROL** 

Luther Towers Apartments Oct 23 ..... LT-4... 4301-4316

Luther VillageApartments

Oct 02.... LV-3... 2nd, 3rd, 4th Floors Oct 09....LV-3...1st Floor...LV-2..Entire Bldg Oct 16....LV-1... 2nd & 3rd Floors

Oct 23.... LV-1... 1st Floor

### THOUGHT OF THE MONTH

"October is a reminder to be thankful for the beauty around us.

### **Kelly's Reminders:**

It's that time of year again when the weather starts changing and it gets a little cooler out.

When changing from A/C to Heat, please open your windows for a few minutes to let the heater smell burn off. That way you will not set off your smoke detector.

Also, I have noticed that residents are putting old furniture in the dumpsters and not into the bulk trash area. If you are not sure where the bulk trash areas are located, here are the locations:

> LUTHER TOWERS • NORTH END OF BUILDING #3 LUTHER VILLAGE • NORTH END OF BUILDING #1



# STANDARD MAINTENANCE CHARGES

- 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
- \$ 50.00 Cord Mate Necklace

#### \$ 40.00 Replacement Screen \$ 75.00 Storm Window

Windows:

- \$ 80.00 Slim Shade Blinds \$ 15.00 Slim Shade Operator (screen mount)
- \$ 20.00 Slim Shade Operator (window mount)

Thank you.

- \$ 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



## Free Healthy Living Workshop The Delaware **DIABETES** Self-Management Program

### SHOW UP ON 10/9 TO REGISTER FOR DIABETES CLASS

Luther Towers Dover Building 1 430 Kings Highway, Dover, DE 19901 October 23rd – November 27th, 2024 Wednesday from 10:00am to 12:30pm (10/23, 10/30, 11/06, 11/13, 11/20, 11/27)

### 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 <u>www.HealthyDelaware.org/SelfManagement</u> For questions or help with registration, call Self-Management Programs at 302-990-0522 or email us at DPHSMP@Delaware.gov LISA HARSHBERGER Luther Towers Building I <u>Appointments</u>: 546-3005x131 Tricia Just \$20 for 30-Minute Session





Exercise Class "MORNING STRETCH W/BETSY" Every Monday Morning at 10:15am in Luther Towers I(A) Hosted by: Certified Instructor Betsy Gustafson



HEALTH FIRST MEDICAL CARE QUALITY COMPREHENSIVE CARE AT HOME

PROVIDING A WIDE RANGE<br/>OF SERVICESN•Primary Care•Primary Care•Mental Health Consult/<br/>Mental Health Counseling<br/>•Annual Wellness Exam•Medication Management/<br/>Pharmacy Consultation<br/>•Audiology/Optometry<br/>Assessments<br/>•Podiatry



Affordable Health Care Solutions in the Comfort of Your Home



BINGO SCHEDULE Luther Towers

Mondays 5:00pm Wednesdays 5:30pm Thursdays 5:45pm Fridays 5:30pm Saturdays 5:00pm



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







UTHER OWERS	Menu		October 2024	<b>H</b> UTHER ILLAGE
Monday	Tuesday	Wednesday	Thursday	Friday
30	1 Meatloaf w/Gravy Mashed Potatoes Seasoned Green Beans Wheat Bread / Milk Fruit	<ul> <li>Chili w/Red Beans</li> <li>Over Rice</li> <li>Mixed Squash</li> <li>Cornbread / Milk</li> <li>Yogurt</li> <li>ROSH HASHANAH BEGINS</li> </ul>	<ul> <li>Baked Salmon</li> <li>W/Lemon Herb Sauce</li> <li>Boiled Potatoes</li> <li>Buttered Peas &amp; Carrots</li> <li>Challah Bread / Milk</li> <li>Tropical Fruit</li> </ul>	4 Boneless Chicken Breast w/Mango Salsa Buttered Rice Veggie Blend Wheat Bread / Milk Tapioca Pudding
7 Spaghetti w/Meat Sauce Mixed Veggies Italian Bread / Milk Applesauce	8 Chicken Marsala Buttered Rice Chef's Blend Wheat Bread / Milk Fruit	g Cream of Cauliflower Soup Chicken Salad on Bun Lettuce & Tomato Macaroni Salad / Milk Fruit	<ul> <li>1() Roast Beef w/Gravy Mashed Potatoes Buttered Peas w/Pearl Onion Dinner Rolls / Milk Cake</li> <li>BIRTHDAY DAY</li> </ul>	11 Swedish Meatballs Egg Noodles Buttered Spinach Wheat Bread / milk Fruit YOM KIPPUR BEGINS
14 Columbus Day Holiday Center Closed	15 Meatball Sub Potato Wedges Succotash Milk Butter Cookies	16 LS Ham Sweet Potatoes Seasoned Veggie Blend Wheat Bread / Milk Tropical Fruit	17 Fried Chicken Macaroni & Cheese Mixed Greens Cornbread / Milk Apple Crisp	18 Sloppy Joe on Bun Mexican Corn Milk Pudding
21 Chicken Tetrazzini Peas & Carrots Wheat Bread / Milk Applesauce	22 German Sauerbraten Sauerkraut Red Potatoes Roll / Milk German Chocolate Cake OCTOBERFEST	23 Navy Bean Soup Turkey & Cheese on Bun w/Mayo, Lettuce & Tomato Milk Butter Cookies	24 Liver & Onions w/Gravy 25 Mashed Potatoes Buttered Green Beans Roll / Milk Bread Pudding NUTRITION CLASS	25 Williamsburg Chicken Buttered Rice Glazed Carrots Wheat Bread / Milk Fruit
28 Chicken Pot Pie Buttered Broccoli Wheat Bread / Milk Fruit	29 Boneless Pork Chop w/Gravy Mashed Potatoes Buttered Kale Wheat Bread / Milk Applesauce	30 Braised Beef Tips w/Gravy Noodles Mixed Veggies Wheat Bread / Milk Pudding	31 Fried Fish Scalloped Potatoes Stewed Tomatoes Roll / Milk Tropical Fruit	1

#### **UTHER** Saturday **PLEASE NOTE • PICK UP TIMES** Luther Village 8:45am, 9:45am, 11:00am; Thursday 8:45am Luther Towers 9:00am, 10:00am, 11:15am; Thursday 9:00am October 2024 BLUEBIRD Schedule Friday 1825 11 4 3 MIDDLETOWN MIDDLETOWN MIDDLETOWN CHRISTIANA REHOBOTH FARMERS MARKET Thursday FARMERS FARMERS MARKET MARKET MALL BEACH 1017 24 31 3 Wednesday WALMART WALMART WALMART WALMART WALMART 1623 30 2 6 **11:00 BYLER'S 11:00 BYLER'S 11:00 BYLER'S 11:00 BYLER'S 11:00 ROSES** FOOD LION FOOD LION FOOD LION FOOD LION FOOD LION Tuesday SAFEWAY SAFEWAY SAFEWAY SAFEWAY SAFEWAY 15 22 29 8 -Monday 30 1428 21 2 **UTHER** OWERS Sunday 29 13 20 27 9

+	HUTHER OWERS	ctobei	r 2024	Activit	October 2024 Activity Calendar	ar
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 10am-3pm FLU SHOTS Mobile Health Unit 10:00am-(I)A Bingocize	2 10:00am-(I)A Chronic Disease Class-Week 5 5:30pm-(I)A Bingo	3 10:00am-(I)A Bingocize 1:00pm-(I)A Christiana Care "How to Manage Meds" 5:45pm-(IV) Bingo	<ul> <li>4 1:00pm-(I)A M&amp;T "How to Avoid Bank Fraud" Snack Provided &amp; Door Prize</li> <li>5:30pm-(I)A Bingo</li> </ul>	5 9:00am-(I)A Yard Sale 5:00pm-(II)A Bingo
6 12:00pm-(I)A Church Service All Day	7 9am-(I)A Food Stamp Rep 10:15-11am "Morning Stretch w/Betsy" 1:00pm-(I)A CAUSEY 5:00pm-(II)A Bingo	8 10:00am-(I)A Bingocize 3pm Cherub Group (I)C	9 10:00am (I)A Enrollment Diabetes Class 5:30pm-(I)A Bingo	10 10:00am-(I)A Bingocize 5:30pm-(I)A MOVIE NIGHT 5:45pm-(IV) Bingo	11 1:00pm-(I)A Stephen Ministry Support Dog Snacks/Coffee 5:30pm-(I)A Bingo	12 9:00am-(I)A RESERVED 5:00pm-(II)A Bingo
13 12:00pm-(I)A Church Service All Day	14 10:15-11am "Morning Stretch w/Betsy" 1:00pm-(I)A CAUSEY 5:00pm-(II)A Bingo	15 10:00am-(I)A Bingocize 12:15-1:00pm Food Box	16 1:00pm-(1)A "Are You Using All Your Benefits" Anita Rumley MEDICARE OPEN ENROLLMENT 5:30pm-(1)A Bingo	17 10:00am-(I)A Bingocize 1:00pm-(I)A KARAOKE 5:45pm-(IV) Bingo	18 1:00pm-(I)A MOVIE MATINEE 5:30pm-(I)A Bingo	19 9:00am-(I)A RESERVED 5:00pm-(II)A Bingo
20 12:00pm-(I)A Church Service All Day	21 10:15-11am "Morning Stretch w/Betsy" 1:00pm-(I)A CAUSEY 5:00pm-(II)A Bingo	22 10:00am-(I)A Bingocize	23 1:00pm-(I)A Book Club 5:30pm-(I)A Bingo	24 10:00am-(I)A Bingocize 1:00pm-(I)A Game Day & Coloring Comfort 5:45pm-(IV) Bingo	25 5:30pm-(I)A Bingo	26 6:00pm-(I)A MEET N' GREET 5:00pm-(II)A Bingo
27 12:00pm-(I)A Church Service All Day	28 10:15-11am "Morning Stretch w/Betsy" 1:00pm-(I)A CAUSEY 5:00pm-(II)A Bingo	29 10:00am-(I)A Bingocize 2:00-4:00pm-(I)A DE Hospice	30 10:00am-(I)A Diabetes Class Week 1 5:30pm-(I)A Bingo	31 10:00am-(I)A Bingocize 5:45pm-(IV) Bingo		2

*		Octobe	er 202	ber 2024 Activity Calendar	ty Calenc	dar
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2 9:30-11:00am-(I)A Food Stamp Rep	3 10am-3pm FLU SHOTS Mobile Health Unit 12:00-3:00pm-(III) Ceramics 5:00-(III A KING	4	5 9:00am Reserved 5:00-UD A KING
6	7	8	6	10 12:00pm-(III)A Prize Bingo	11	12 9:00am Reserved
11am-(III)A Church	5:30-(II)A KING	1:00pm-(III)A KARAOKE		12:00-3:00pm-(III) Ceramics 5:00-(II)A KING		4:00pm-(I)A MEET 'N GREET 5:00-(II)A KING
13	14	15	16	17	18	19
11am-(III)A Church	5:30-(II)A KING	11:30am-12pm Food Box		12-3pm-(III) Ceramics 5:30pm-(III)A MOVIE NIGHT 5:00-(II)A KING		9:00am Reserved 5:00-(II)A KING
20	21	22	23	24	25	26
11am-(III)A Church	5:30-(II)A KING	9:00am-(I)A AARP Driver Safety Class		12:00-3:00pm-(III) Ceramics 5:00-(II)A KING	12:00pm-(III)A Prize Bingo	9:00am Reserved 5:00-(II)A KING
27	28	29	30	31	1	2
11am-(III)A Church	5:30-(II)A KING	12:00pm-LV(III)A Book Club		12:00-3:00pm-(III) Ceramics 5:00-(II)A KING		

### **LUTHER** OWERS Phone Extensions



### 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 By Appointment Only	129
Front Desk / Security	0



# 302-674-3780

Extension #

### Name & Position

Luther Village 1 Desk	212
Medical Transportation	242-6187