

Luther owers

December 2024



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From the Desk of The Executive Director KIM MENDOZA

It is hard to believe that November is already gone, the staff of Luther Towers / Luther Village always enjoy the opportunity we have to provide holiday meals to our residents. This year's Thanksgiving feast was a success, as always. We have 308 residents at the Luther Towers campus (served 133); Luther Village has 165 residents with (50 served). It is always a great time to see so many come out and enjoy good food and the fellowship of their neighbors.

Just a reminder, we will also be doing the Christmas feast for the residents at both campuses. We are hoping that the numbers will increase for those getting Christmas meals. Watch out for sign up information and we look forward to seeing you there.

Our maintenance personnel are preparing for inspections that will take place on December 11th for Luther Towers 2 and Luther Village 2. Residents have already been notified of the inspections; we just ask that you help us by following any recommendations/suggestions given to you by Kelly when conducting your initial inspection. This will ensure we do well and they will not have to come back to reinspect for 3 years.

They will NOT be going to every apartment; however, we will not know which ones they choose until they arrive to start the inspection. Thanks for your assistance!

In a previous newsletter, I mentioned the difficulties we are having with persons making deliveries to residents, whether it is UPS, FedEx, Amazon or food/grocery delivery. If you have been expecting one, you are well aware they are being left all over the place. Outside of our buildings, just inside the entry doors, even in a completely different building. Security does their best to identify and deliver appropriately, but occasionally other residents may see the package, or food delivery and

believe that they were left there for anyone to take.

So, I would like to ask 2 things: First, if you want to leave something out "Free" for other residents to help themselves – please label it as such. Secondly, if you notice something sitting out that is not marked free – *please do not take it*. You can contact Security and they can attempt to determine where the item belongs.

On occasion we have visitors – or even other residents – who may not be following established procedures. Sometimes *it is our nature* to want to help them out and inform them of the proper procedures. Since not everyone is receptive to how we may convey seemingly harmless well-intentioned information, which in turn causes bigger problems, we ask that you contact the individual at the Security office and they can address the issue.

Thanks for understanding and helping us keep the peace.

Christmas season is upon us, and this can be such a busy time of year with so much to get done. Please take some time to relax, enjoy the activities that are being put on here on both campuses and in the local community. Wishing each and everyone of you a very

Merry Thristmas

and a Blessed and Healthy

New Year!





From the Desk of The Deputy Director JESSICA PARSONS

I hope everyone had a wonderful Thanksgiving. We enjoyed providing the Thanksgiving Feast for all the residents. We will be providing a Christmas Feast at each site on December 19th at 11:30am. A few changes that will take place:

- Any guest will need to pre-pay by the signup deadline.
- You will be allowed to have your meal togo. However, we do encourage you to eat-in and enjoy fellowship with your neighbors.
- If you receive Meals on Wheels, you can either get your meal delivered <u>or</u> attend the Feast but you are not allowed to do both.

Please remember to call and sign-up once notices go out. We had several residents who wanted to eat but didn't sign-up. We also had several sign-up but never showed. If you have signed up but aren't able to attend, please let us know.

Inclement Weather: Winter is almost here and with it comes increased risks for hazards and accidents. Ice and snow will make going outside more problematic and no matter how much we work to clear the hazards, only warmer temperatures will completely eliminate the problem. The staff works hard to insure ice and snow are removed from the walkways and parking areas when it occurs.

Staff or Management will be proactive in canceling events and transportation when we determine the risk is too great. We are required to follow the state regulations for driving in emergency weather and you should not drive when a restriction is announced.

If a storm is forecast that will affect our Bluebird schedule, attempts will be made to find an alternate day before or after the storm as a makeup day.

You should always plan to have enough medicine and food to get through a storm.

Your safety is our top priority! Snow removal is always a problem in parking lots when filled

with cars, making snow removal difficult. We will keep the areas clear where cars are not parked and plow all of the roadways, allowing emergency personnel access to our buildings. The walkways will be cleared in front of the doors first, and the other sidewalks when time permits. You should plan to remain in your residence as much as possible and resist driving until roads are safe to travel.

I ask you to please remain away from the snow removal equipment and personnel as they work.

Please be patient during a weather event as our roads and campuses are usually cleared before the city and state are able to clear public roads.

<u>Health Note</u>: As we age, our muscle mass tends to decrease due to a decline in physical activity, poor hydration and protein intake. Below are some tips to help keep you strong:

- Use your legs. Take small walks or get involved in the exercise classes provided.
- Pack in some proteins. We need more protein to help maintain our muscle mass and even to increase it.
- Drink Up. Adequate hydration helps transport nutrients to muscle cells and also supports function and recovery.
- Workout. A fitness routine that involves cardio exercise, stretching and resistance training promotes overall health and longevity.

With the weather changing you can always take short walks in the hallways. I would encourage you to create an exercise regimen that fits you, whether it be daily or every other day. Little changes can make a big difference.



From the Office of Social Services TRICIA ROBINSON

Hello, Everyone!

The Book Clubs are open to ALL residents. We distribute books once per month and get together to discuss how we feel about the book. We have a wide range of topics that include mystery, murder, true-crime, romance, autobiography, etc. Call Tricia to Join the Book Club at 302-674-1408 x131.

Bingocize is a 20-session long new program that runs for 10 weeks and meets twice a week. Each session includes several games of bingo mixed with education and exercise! We are having a great time and have lots of great bingo prizes! At the end of the 20 sessions, participants will receive a certificate of completion and a parting gift.

Timbella Recital will be held on Saturday, December 7th at 2:00pm. School aged children will perform a concert for our seniors. After the concert, the children are interested in staying and doing a craft with the attendees. Please make every effort to come out and support the children!!

'Bus'ted – Bus Blurps

Instead of going to see the Christmas lights this year, I will be putting lights around all the passengers individually and you will walk around the bus.



INFORMATION BOTH CAMPUSES

RENT will be pulled on December 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.

Just Do It! WILLS FOR SENIORS

If you are interested in having a WILL, or POWER OF ATTORNEY, or 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.

Have You Done It?

Luther Towers Movie Marathon!

◆ The marathon will begin at 10:00am on Wednesday, December 11th. There will be a "Christmas Theme" for all who want to participate! Wear your Christmas colors! Favorite ugly sweater, cute sweater, festive sweater! Make it a sweatshirt or Christmas-y top. Have fun with this!

CHRISTMAS MOVIE MARATHON

Wednesday, Dec 11 starts 10a.m.

10a.m. White Christmas 12:30p.m. A Christmas Story 2:15p.m. How the Grinch Stole Christmas

4p.m. Home Alone 5:45p.m. A Madea Christmas



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!











IMPORTANT NOTICE CHANGES IN 2025

Starting January 2025

BAYHEALTH will NO LONGER TAKE

TO CHANGE PLANS:

Humana Medicare or Cigna Healthspring

CALL ANITA AT 302-319-4296
OR BRENDA AT 302-213-7029

STAFF APPRECIATION LUNCH COMING IN JANUARY 2025

There will be a
Committee Meeting
for the Staff Appreciation Luncheon on
Tuesday, December 10th, 1:00pm
Activity Room of Building 1

If you are interested in helping with setting up, serving, cleaning up, or just curious, please join us.

It will be the last day
we are accepting donations.
Seek out one of our committee members
below and donate whatever you can.

Bonnie #1006 Bldg 3 Carol # 519 Bldg 1 Jack #4309 Bldg 4

Jeannie # 316 Bldg 1

Any Amount is Welcome and Appreciated

We are looking forward to showing the Staff how thankful we are for all they do!

—Jeannie Wilson, Coordinator for Staff Appreciation Committee

GAME DAY & COLORING COMFORT COMBINED!



Thursday, December 26th at 1:00pm







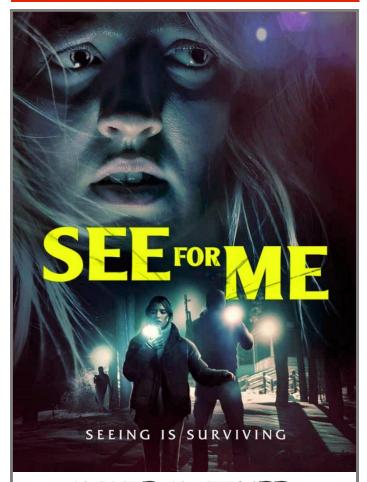
Table Games, Card Games, Snacks & Drinks, & Coloring!

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!!!



MOVIE MATINEE

'SEE FOR ME'

FRIDAY, DECEMBER 20 1:00PM



LT I (A)

SIGN UP ON BULLETIN BOARD IN YOUR BLDG

From The Maintenance Manager KELLY HAUER



PEST CONTROL

Luther Towers Apartments

Dec 04...LT-1... 601-623....LT-4.... 4102-4116 Dec 11...LT-1... 701-723....LT-4.... 4201-4216 Dec 18...LT-1... 101-110....LT-2.... A01-A18

LT-2.... C01-C18





KELLY'S REMINDERS: NO! NO! NO!

I have noticed... Residents are using soap powder in the washing machines PLEASE DO NOT DO THIS! Soap Powders DO NOT DISSOLVE!

& Makes a Huge MESS of the Machine...

— The Dispenser Tray is ONLY for LIQUID Detergents, Fabric Softeners, and Bleach — & PODS go INSIDE the DRUM WITH the Clothes

We cannot stress enough the importance of this message.



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

\$ 50.00 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

Wow! Another year is coming to a close. They seem to speed up as time goes by, but it's nice to stop and reflect on the blessings and the challenges as we slide into the new year.

Personally, it's been a rough year for me with my mother passing in January and my father's health concerns, but I've been blessed to have such a supportive community and family unit.

I'm looking forward to a visit this month from my Dad who is well enough to travel now. That's a huge blessing! Though it will be hard, I'm also looking forward to finding a way to honor my mom in January as we hit the oneyear anniversary of losing her. We shared the creative spirit, so I'm sure it will be along those lines.

As Security Supervisor, it's been an amazing year with a few challenges sprinkled throughout. I'm just thrilled with our current security staff roster. The care they take in addressing and documenting concerns makes my job easier, but, more importantly, helps keep our residents' lives & property safe. Many times, something small that they notice is a key to something bigger that helps identify issues before they become worse.

I love hearing from residents who take the time to give a shout-out to a staff member who has made a meaningful difference in their lives. The only challenges in that area have

been when a staff member leaves and we have to fill the position!

I hope that – though your year may have been challenging or you've suffered personal losses – that you can look back and see the blessings as well. The darkness in our lives is never completely without light. Just remember that even the smallest candle can lead us through the darkest night. It's my wish for you that you are able to recognize those moments and allow them to multiply.

Here's to a new year full of light and love.

Merry Christmas, Happy Holidays,

and Happy New Year!

Here's a funny little poem to give you a chuckle about the new year by Ogden Nash.

Good Riddance, But Now What?

By Ogden Nash

Come, children, gather round my knee; Something is about to be.

Tonight's December thirty-first, Something is about to burst.

The clock is crouching, dark and small, Like a time bomb in the hall.

Hark! It's midnight, children dear. Duck! Here comes another year.



LT Thanksgiving























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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
DECEMBER 14TH, 2024



LUTHER TOWERS
(I)A 6:00PM
DECEMBER 28TH, 2024

NEWCOMERS Welcome, Neighbor!

LT-1 723 David Clark LV-3 3306 Dan Raube



OUR FAREWELLS

Fairwell, Neighbor



Cynthia Johnson Robert Billups Michael Wright



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.

LISA HARSHBERGER

Luther Towers Building I

Appointments:

674-1408 x131 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





Exercise Class
"MORNING STRETCH
W/BETSY"

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

Hosted by:

Certified Instructor
Betsy Gustafson





BINGO SCHEDULE Luther Towers

Mondays 5:00pm (II)A
Wednesdays 5:30pm (IV)
Thursdays 5:45pm (IV)
Fridays 5:30pm (I)A
Saturdays 5:00pm (II)A







Menu December 2024



				1
Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dog on Bun W/ Relish Potato Wedges Milk Applesauce	3 Chicken & Dumplings Veggie Blend Roll / Milk Pudding	4 Cream of Cauliflower Soup w/ Crackers Turkey & Swiss Cheese Sandwich w/Mayo Macaroni Salad Milk / Fruit	Fried Chicken Mac & Cheese Mixed Greens Cornbread /Milk	6 BBQ Pulled Pork on Bun Baked Beans Coleslaw Milk / Fruit
Baked Ziti w/ Meat Sauce Buttered Chef's Blend Italian Bread / Milk Cookies	10 Jerk Chicken Rice & Black Beans Fried Cabbage Cornbread / Milk Pineapple Mousse KWANZA CELEBRATION	Beef Stew w/Potatoes & Veggies Steamed Broccoli Biscuit / Milk Fruit	12 BIRTHDAY DAY / HANUKKAH CELEBRATION Roast Beef w/Gravy Roasted Potatoes Baby Carrots / Rolls Milk / Cake	13 Chicken Marsala w/Gravy Wild Rice Buttered Carrots Wheat Bread / Milk Fruit
5paghetti w/ Meat Sauce Chef's Blend Veggies Italian Bread / Milk Cookies	17 Fried Fish Scalloped Potatoes Stewed Tomatoes Roll / Milk Ice Cream	18 Vegetable Soup w/ Crackers Tuna Salad on Bun Baked Potato Chips Milk / Fruit	19 CHRISTMAS HOLIDAY FEAST Roast Turkey with/Gravy Cranberry Sauce / Herb Dressing Candied Sweet Potatoes Green Beans w/Bacon Roll / Milk Sweet Potato Pie / Apple Pie	2() Meatloaf w/Gravy Mashed Potatoes Harvard Beets Bread / Milk Fruit
23 Italian Meatball Sub French Fries Milk Applesauce / Fruit	24 BBQ Chicken Mexican corn Buttered Peas Roll / Milk Cookies	25 Center Closed Christmas Holiday	26 Salisbury Steak w/Gravy Mashed Potatoes Buttered Peas Wheat Bread / Milk Pudding	27 LS Ham w/ Mustard Sauce Parslied Potatoes Seasoned Cabbage Wheat Bread / Milk Pudding
Chicken Tetrazzini Buttered Green Beans Wheat Bread / Milk Fruit	31 Boneless Pork Chop w/Gravy Mashed Potatoes Sauerkraut Wheat Bread / Milk Tropical Fruit		2	3

OWERS OWERS

December 2024 BLUEBIRD Schedule



Saturday		NOTE • PIC			
Friday		illage 8:45am owers 9:00am		_	
Thursday	5 MIDDLETOWN FARMERS MARKET 6pm Christmas Lights Dover Downs	12 Christiana Mall	19 CHRISTMAS LUNCHEON	26 Walmart	2
Wednesday	4 walmart	11 WALMART	18 WALMART	25 HOLIDAY	
Tuesday	3 9am, 10am SAFEWAY, FOOD LION 11am ROSES	10 9am, 10am SAFEWAY, FOOD LION 11:00am BYLER'S	17 9am, 10am SAFEWAY, FOOD LION 11am BYLER'S	24 HOLIDAY	31 9am, 10am SAFEWAY, FOOD LION 11:00am BYLER'S
Monday	2	6	16	23	30
Sunday	1	∞	15	22	29

UTHER

December 2024 Activity Calendar

•					1	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 Food Stamp Rep	3	4	5 10am-(I)A BINGOCIZE	9	7
	Stretch w/Betsy			5:45pm-(IV) BINGO	9am-(I)A	9am Private RSVD
12pm-(I)A Church Service All Day	1pm-(I)A RSVD Causey 5pm-(II)A BINGO	10am-(I)A BINGOCIZE		6pm Dover Downs Christmas Lights Trip	5:30pm-(I)A BINGO	Zpm-(I)A TIMBELLA RECITAL 5pm-(II)A BINGO
8	6	10	11	12 , , ,	13	14
Ę	10:15-11am-(I)A Stretch w/Betsy	10am-(I)A BINGOCISE	10am MOVIE MARATHON	IVam-(I)A BINGOCISE 1pm-(I)A		
12pm-(1)A Church Service All Day	RSVD Causey 5pm-(II)A BINGO	3pm-(I)C Cherub Group	NO BINGO	Karaoke 5:45pm-(IV) BINGO	Karaoke 5:45pm-(IV) BINGO 5:30pm-(I)A BINGO	9am Private RSVD 5pm-(II) A BINGO
15	16	17	18	19	20	21
	10:15-11am-(I)A Stretch w/Betsy	10am-(I)A	11:30am-(I)A Bayview Terrace	Luther Towers Christmas	1pm-(I)A MOVIE	
12pm-(I)A Church Service	1pm-(I)A RSVD Causey	12:15-1pm	Christmas Luncheon sign up on bulletin board	Luncheon	MATINEE	9am Private RSVD
All Day	5pm-(II)A BINGO	FOOD BOX	5:30pm-(I)A BINGO	5:45pm-(IV) BINGO	5:30pm-(I)A BINGO 5:45pm-(IV) BINGO 5:30pm-(I)A BINGO	5pm Bingo (II)A
22	23 10:15-11am-(I)A	24	25	26 10am-(I)A	27	28 9am Private RSVD
£	Stretch w/Betsy	Christmas	Christmas	BINGOCISE 1pm-(I)A		6pm-(I)A
12pm-(1)A Church Service	1pm-(1)A RSVD Causey	Eve	Day	Game Day/Coloring		MEET N' GREET
All Day	5pm-(II)A BINGO		5:30pm-(I)A BINGO	5:45pm-(IV) BINGO	5:30pm-(I)A BINGO 5:45pm-(IV) BINGO 5:30pm-(I)A BINGO	5pm-(II)A BINGO
29	30	31		2	3	4
	10:15-11am-(I)A Stretch w/Betsy	10am-(I)A BINGOCISE				
12pm-(I)A Church Service	1pm-(I)A RSVD Causey	1pm-(I)A RSVD Causey				
All Day	5pm-(II)A BINGO	DOON CLUB				

FUTHE

December 2024 Activity Calendar

VILLAGE	AGE			LOLT ACIIVILY CAIEIIUAI	ony cale	Idal
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 10am-(I)A Bible Study	9	7
				12-3pm-(III) Ceramics 5pm-(II)A KING		
11am-(III)A Church	5pm-(II)A KING		9:30-11am-(I)A Food Stamp Rep	6pm Christmas Lights Trip		9am-(II)A KING
8	6	10	11	12	13	14
				10am-(I)A Bible Study		9am-(II)A KING
11am-(III)A Church	5pm-(II)A KING	1:00pm-(III)A Karaoke		12-3pm-(III) Ceramics 5pm-(II)A KING	1pm-(III)A PRIZE BINGO	4pm-(I)A MEET N'GREET
15	16	17	18	19 10am-(I)A Bible Study	20	21
				12-3pm-(III) Ceramics 5pm-(II)A KING		
11am-(III)A Church	5pm-(II)A KING	11:30am-12pm Food Box		5:30pm-III Theater MOVIE NIGHT		9am-(II)A KING
22	23	24	25	26	27	28
		CHRISTMAS	MERRYCHRICINAS	10am-(I)A Bible Study		
11am-(III)A Church	5pm-(II)A KING	EVE	5000	12-3pm-(III) Ceramics 5pm-(II)A KING	12:30pm-(III)A Book Club	9am-(II)A KING
29	30 ** appy *		2	3	4	2
11am-(III)A Church	5pm-(II)A KING					



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 By Appointment Only	129
Front Desk / Security	0



302-674-3780

Name & Position	Extension #
Luther Village 1 Desk	212
Medical Transportation	242-6187