Blessings to All for a Very Happy New Year!

January 2025 Juther dillage



TABLE OF CONTENTS PAGE	ìΕ
Executive Director - Kim Mendoza	.2
Rent Will Be Pulled January 6th	.2
"Bus"ted—Bus Blurps by Chris Fulvio	.2
Deputy Director - Jessica Parsons	.3
Social Services - Tricia Robinson	.4
Christmas at Longwood Gardens from the Editor	.5
Movie Matinee: "The Forge" starring Cameron Arnett	
Game Day & Coloring Comfort ad	.5
Facilities Director - Kelly Hauer w/Maintenance Charges Chart	.6
AD: Stephen Ministry with Helen Morella	
Desk Supervisor - Kari Ebert	
Pictures: Christmas Luncheon	.8
Pictures: Bayview Terrace Luncheon	.9
Pictures: Christmas Bingo * Staff & Board of Directors	.0
Pictures: LV Karaoke • Bluebirder for a Day (Mark Lewin)	l1
Pictures: LT Karaoke	L 2
Meet n' Greet • Newcomers • "Our Farewells" • Stand By Me (a free program)	L3
ADS: • Massage by Lisa • Health First Medical Care • Exercise Class	
• Bingo & Dominos Schedules • Beauty Salon • <i>No Smoking!</i>	L4
Movie Night: "Reagan" starring Dennis Quaid, Penelope Ann Miller, Jon Voight1	L 5
January Menu1	.6
January Bluebird Schedule — REMINDER (always check for changes!)1	L 7
Luther Towers January Activity Calendar1	8.
Luther Village January Activity Calendar1	.9
Phone Extensions	20

From the Desk of The Executive Director KIM MENDOZA

A new year has made its presence known, 2025 is HERE! Where has the time gone? I am not one for making resolutions, because how many of them are really kept for any period of time? But it is a great time to reflect on the previous year, and think of things you may want to accomplish for the year to come.

INSPECTIONS: As some of you are aware, we recently had 2 more HUD inspections, and we did really well – thanks both to our amazing maintenance staff and your important cooperation. This couldn't happen without you.

FIX IT! I would like to ask that, if you have been notified we are having an inspection, and something breaks or stops working in your apartment, please contact the front desk as soon as possible. This allows us to fix the problem prior to the inspection.

RESERVED PARKING SPOTS – even though they are appropriately marked, sometimes there are people parking where they should not. I fully understand how frustrating this is if it is your spot and someone is in it. What we ask for you to do is call the Security Personnel on duty and they will do their best to research who is parked there and ask them to move.

FOOD & FELLOWSHIP – We had numerous opportunities last month to get together for food and fellowship. Hopefully you had the opportunity to be involved in some of them. Bayview Terrace came and provided a huge Italian feast to residents on the 18th.

COMMITMENTS – There were over 80 people who had signed up for the Bayview event, but only 50 showed up. These events not only take a lot of effort and planning, but the food costs them money. We would ask that you make every effort to attend these functions if you sign up. It would be a shame for them to not return because the participation numbers were not where they should have been.



INFORMATION BOTH CAMPUSES

RENT will be pulled on January 6th.

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.

'Bus'ted – Bus Blurps submitted by Chris Fulvio

As winter approaches and you get on the bus, we all know it's cold, so don't make a fuss.

The winds will howl and the snow will fall, icy conditions will approach us all.

So with that in mind put on your coats and put on your boots... and learn from these conditions, it's better to scoot!!

Oh and don't forget to change your rollator tires to winter treads, because no one wants to fall on their heads!!

From the Desk of The Deputy Director

JESSICA PARSONS

HAPPY NEW YEAR!! I hope you and your loved ones had a wonderful Christmas and Happy New Year.

We are excited for a new year and all that it will bring. I would encourage you to participate in more events this year, if you didn't in the past. We are very fortunate that we have the ability to do events like we do. Unfortunately if events have little to no participation, we will have to cancel them. We don't like to cancel events because some may enjoy them but they do take a lot of planning and resources so please get out this year and be more involved.

HUD Inspections:

Thank you to all of Luther Towers II and Luther Village II residents for your cooperation in the HUD NSPIRE inspections. We did a phenomenal job! That is a direct reflection from our maintenance and custodial staff and YOU! Great job!

ELECTRIC SCOOTERS AND BIKES:

HUD released a memorandum to increase awareness and provide information regarding fire hazards and fire prevention tips for electric scooters and bikes. The growth in popularity is accompanied by an increase in injuries and deaths.

Fires caused by lithium-ion batteries in these devices are one of the three main causes of injuries and deaths; the other two being motor vehicle collisions and user-control issues.



Lunch Meals Reminder:

There is a **2-meal limit per day** in the kitchen. (Luther Village must sign up ahead of time.) This includes congregate and grab-n-go meals.

Please, no bills larger than a \$10 bill. If you have a larger bill and would like to have a credit, the kitchen can complete a card for future meals.



Below are some GUIDELINES to help prevent electric scooter and bike related fires:

- Always be present when charging devices using lithium-ion batteries.
- Only use the charger that came with your device.
- Only use an approved replacement battery pack.
- Follow the manufacturer's instructions for proper charging, and unplug the device when done.
- Never charge while sleeping.
- Never use these devices with a battery pack that has been modified/reworked by unqualified personnel or with re-purposed or used cells.
- Never throw lithium batteries into the trash or general recycling. Instead, take them to your local battery recycler or hazardous waste collection center.

Hello, Everyone!

From the Office of Social Services TRICIA ROBINSON

Welcome to January 2025!

Be sure to check out the calendars in the back of the Newsletter where our events are listed just for you, the resident. If you have any questions about any of the events, please call me at 674-1408 ext 131.

PAINT CLASS! Hosting schedule:

Luther Towers (I) Activity Room January 17th, Friday at 1:30pm

Luther Village Arts & Crafts Room January 15th, Wednesday at 1:30pm

Painting Project: **TOTE BAGS**. *Please sign* up on the bulletin board in your building.

Bulletin Boards: Each building has a bulletin board located conveniently in the Lobby. As the name implies, there will be information posted about upcoming events.

Some events require registration and those will have lines on the bulletin for individuals to register for the event. OR there will be instructions to call someone to register.

It takes a great deal of planning not to mention the costs. If you cannot attend an event for which you have registered, please be considerate and cancel your reservation <u>as soon</u> as possible!

These Events are for YOU and we very much want You to PARTICIPATE.

Prize Bingo – LV Lunch Time:

This event is scheduled for Tuesday, January 7th, & Friday, January 24th in the LV-III Activity Room

Nutrition Class: This class will run for four (4) weeks on every Wednesday beginning on January 29th. It is a 1-hour class beginning at 10:00am. Please sign up on the bulletin board in your building's Lobby.

Learn how to be healthy by planning meals and shopping properly!

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 302-546-3005 ext 131.

Have You Done It?

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 674-1408 ext 131.

BINGOCIZE: Our newest activity will begin a new 20-session-long program on January 7th that will run for the next 10 weeks. We meet twice weekly on Tuesdays & Thursdays at 10:00am. Each session includes several games of bingo mixed with education and exercise!

Lots of Great Bingo Prizes!

At the end of each full 20-session program, participants who have attended 16 or more of the sessions will receive a certificate of completion and a parting gift.

EXERCISE CLASS

Every Monday at 10:15am with Betsy!
Start your week off right!
Get Moving!

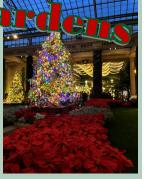
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GAME DAY & COLORING COMFORT **COMBINED!**



Thursday, January 23rd at 1:00pm

hosted by Luther Towers





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!!!



LT I (A)

"THE FORGE" STARRING:

CAMERON ARNETT THURSDAY JANUARY 24

From The Maintenance Manager KELLY HAUER



PEST CONTROL

Luther Towers Apartments

Jan 29...LT-4...4301-4316



Luther Village Apartments

Jan 08...LV-3..2nd,3rd,4th Floors

Jan 15...LV-3..1st Floor...LV-2..Entire Bldg

Jan 22...LV-1..2nd.3rd Floors

Jan 29...LV-1.. 1st Floor

THOUGHT OF THE MONTH

J ourney of a thousand miles

A lways starts somewhere

Nothing will be achieved

Unless you take

A ction. Momentum plus

Repeated efforts will take

You further than expected

KELLY'S REMINDERS:

Now that winter is here and when the weather is bad, there are a few things to remember.

- *Wear warm layers to stay warm.
- *Choose the right shoe shoes and boots need to fit properly and have soles with good traction.
- *Leave early falls are more likely to happen when you are in a rush. Allow yourself plenty of time to get to where you are going.
- *Walk like a penguin! Take short steps and walk as flat footed as possible on icy or slippery ground



Remember, Your Safety is Our #1 Priority

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)

\$ 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

Happy New Year! I hope your holidays brought you joy and peace. Now it's time to cruise on in to 2025. Can you believe it?

I love the feeling of something fresh and new, like being the first one to walk on freshly fallen snow or writing in a brand-new notebook. What about being the first one to scoop out some peanut butter?

The new year can be like that, but sometimes the hype makes us feel pressure to make resolutions, change our direction or write a new story for our life. The thing we forget is that every single day we wake up is a clean slate. We have a new opportunity to try something new, do more of what we love, and let go of habits that don't serve us.

I love love love practicing yoga. One reason is the peace I feel when all I'm thinking of is how to practice a pose. Another reason is my yoga teacher. Her name is Ruby, and she really is a gem. She told me once that **any progress** is **progress**, and that stuck! No matter what advice and demands other people put on us, as long as we are happy with our daily practice of living, that is the progress that matters.

My wish for you this new year is to ignore the pressure to make big resolutions that will be cast aside; instead, enjoy the new page we get to write on every single day.



Quick Reminders:

- If you can't come down to swipe your access card before 2pm, you can call the front desk and we will count that as your stat. If we don't hear from you, we're required to make contact with you. If you don't answer our call, we will come to your apartment to check on you.
- If you have a noise complaint or smell cigarette smoke, we need to investigate and document the occurrence. We can't do that if it's not currently happening. Many residents call well after the fact and we aren't able to confirm it. Let us know when it's in the process of happening.

Here's the last stanza of a poem by HELEN HUNT JACKSON called "NEW YEAR'S MORNING"

that speaks of each day's newness so eloquently.

Always a night from old to new! Night and the healing balm of sleep! Each morn is New Year's morn come true, Morn of a festival to keep.

All nights are sacred nights to make Confession and resolve and prayer; All days are sacred days to wake New gladness in the sunny air.

Only a night from old to new; Only a sleep from night to morn. The new is but the old come true; Each sunrise sees a new year born.

ristmas Luncheon Jessica Balog & Gloria Ford

The "A-TEAM" — Kelly, Lou, George & Mark



Julia Kelly & The Christmas Luncheon



Dolores Anderson & Company



Jean Simek



Labradas & Company



Frank Nardone, Mary W. & Ralph Lord



Sonia Tuma, Merrit Brown & Ellen Conley



Chris Fulvio & Sharon Poisson



Christy & Jack Kamal



Barbara Katz & Clara Robinson



James & Evelyn Woodward



Valorie Jacquet, Loretta Pisapia & Peggy Brown















Staff & Board of Directors



STAFF MEMBERS

l/r John Foxall, Robbie Hannum, Kari Ebert, Tricia Robinson, Becky Beeler. Rageena Collick, Ben Shockley, Dave Pierce, Kelly Hauer, Johnny Boyd, Lew Friday, Michael Welcome, Chris Fulvio, Mark Lewin Corrin Parsons, Kim Mendoza, Jessica Balog, Jessica Parsons, Dan Raube, Danielle Shockley, Danielle Taylor, Jorge Labrada, Sharon Poisson and Rebecca Dill



BOARD OF DIRECTORS

I/r: Jessica Parsons, Hazel Partridge, Gwendolyn Humphrey, Kim Mendoza, Sharon Poisson, Pastor Ann, Kari Ebert, Barbara Impollonia. Front: Rick Murphy, Ron Morella, Katrina Doran LV Karaoke



Danny Cho

Linda McQueen

Pat Wright



Lettie Jackson

Faye White

Barry

Bluebirder for a Day!





Great Turnout for Luther Towers Karaoke!



Abby & Al



Linda Stevenson



ΑI



Jack & Jeannie



Clyde & Jeannie



Gloria Ford



Jack Ostram



Della Bachman



Ella with Grandmother Jeannie

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
JANUARY 11, 2025



LUTHER TOWERS
(I)A 6:00PM
JANUARY 25, 2025

NEWCOMERS Welcome, Neighbor!

LT-1...203...Janet Hope



OUR FAREWELLS

Fairwell, Neighbor



LT-III Mary Simmons LV-II Janice Talley



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

Alcyone at 302-922-0490.

The program is sponsored by the State of Delaware and The United Way.

LISA HARSHBERGER

Luther Towers Building I

Appointments:

546-3005x131 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









Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1 Center Closed New Year Holiday!	2 Fried Fish w/Tartar Sauce Scalloped Potatoes Stewed Tomatoes Dinner Roll / Milk Pudding	3 BBQ Pulled Pork on Bun Baked Beans Coleslaw Milk / Fruit
6 Spaghetti w/Meatballs Mixed Veggies Italian Bread / Milk Pudding	7 Chicken Marsala w/Rice Chef's Blend Wheat Bread / Milk Applesauce	8 Meatloaf w/Gravy Mashed Potatoes Buttered Broccoli Wheat Bread / Milk Brownie	9 Roast Pork w/Gravy Sweet Potatoes Buttered Peas Roll / Milk Cake	1() BBQ Chicken Mexican Corn Potato Salad Roll / Milk Cookies
Chicken Pot Pie Mixed Veggies Biscuit / Milk Fruit	14 Fried Chicken Macaroni & Cheese Collard Greens Cornbread / Milk Sweet Potato Pie MLK Day Celebration	15 Chili w/Red beans Seasoned Rice Peas & Carrots Cornbread / Milk Fruit	16 Sliced Ham w/Mustard Sauce Boiled Potatoes Seasoned Cabbage Wheat Bread / Milk Yogurt	17 Sloppy Joe on Bun Potato Wedges Steamed Broccoli Milk / Fruit
20 Closed Martin Luther King Day	21 Hog Dog on Bun Baked Beans Potato Chips Milk / Pudding	Beef Stroganoff Buttered Noodles Buttered Green Beans Rolls / Milk Fruit	23 Liver & Onions w/Gravy Mashed Potatoes Seasoned Green Beans Wheat Bread / Milk Applesauce	24 Baked Chicken w/Gravy Seasoned Rice Buttered Squash Wheat Bread / Milk Fruit
Meatloaf w/Gravy Mashed Potatoes Buttered Carrots	28 Meatball Sub Potato Wedges Corn & Black Bean Salad	Seafood Salad Broccoli Pasta Salad Roll / Milk	30 Pepper Steak Jasmine Rice Buttered Broccoli	Chicken & Dumplings Buttered Chef's Blend
Applesance	Tropical Fruit	Vanilla Pudding	Mandarin Oranges	Cookies

LUTHER

January 2025 BLUEBIRD Schedule

Saturday

PLEASE NOTE • PICK UP TIMES

Luther Village 8:45am, 9:45am, 10:45am, 11:00am Luther Towers 9:00am, 10:00am, 11:00am, 1:00pm

om
30 MIDDLETOWN FARMERS MARKET
29 Walmart
28 9am, 10am SAFEWAY, FOOD LION 11:00am BYLER'S
27
26

Calendar
Activity
2025
January
THER ERS

0	OWERS J	annar	y 202!	5 Activit	January 2025 Activity Calendar	ar
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			5:30pm/(I)A BINGO	5:45pm/(IV) BINGO	5:30pm/(I)A BINGO	
rC	6 9am/(I)A	7 10am/(I)A BINGOCIZE	8	9 10am/(I)A BINGOCIZE	10	11
	10:15 EXERCISE	10-3pm/ front of LT-1		5:30pm/(I)A MOVIE NIGHT		
12pm/(I)A CHURCH SERVICE	w/BETSY 1pm/(I)A CAUSEY	MOBILE HEALTH UNIT	5:30pm/(I)A BINGO	5:45pm/(IV) BINGO	5:30pm/(I)A BINGO	
12	13	14	15	16 10am/(1)A BINGOCIZE	17	18
	10:15am EXERCISE	10am/(I)A BINGOCIZE		1pm/(I)A KARAOKE DAY	1:30pm/(I)A PAINT CLASS	
12pm/(I)A CHURCH SERVICE	w/BETSY 1pm/(I)A CAUSEY	3pm/Grp I(C) CHERUB	5:30pm/(I)A BINGO	5:45pm/(IV) BINGO	5:30pm/(I)A BINGO	
19	20	21	22	23 10am/(1)A BINGOCIZE	24	25
	10:15 EXERCISE	10am/(I)A BINGOCIZE		1pm/(I)A GAME DAY	1pm/(1)A MOVIE MATINEE	
12pm/(I)A CHURCH SERVICE	w/BETSY 1pm/(I)A CAUSEY	12:15-1pm FOOD BOX	5:30pm/(I)A BINGO	5:45pm/(IV) BINGO	5:30pm/(I)A BINGO	6pm/(I)A MEET-N-GREET
26	27	28 10am/(1)A	29 10am/(1)A NUTRITION CLASS	30	31	1
12pm/(I)A CHURCH SERVICE	10:15 EXERCISE w/BETSY 1pm/(1)A CAUSEY	2pm/(I)A DE HOSPICE Private Reservation	1pm/(1)A BOOK CLUB 5:30pm/(1)A BINGO	BINGOCIZE 5:45pm/(IV) BINGO	5:30pm/(I)A BINGO	

LLAG

2025 Activity Calendar

>	VILLAGE	Jaildary	X 2023		Activity Calendar	ar
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			9:30am/(I)A FOOD STAMP Rep	12-3pm/(III) CERAMICS 2pm/(II)A KING		2pm/(II)A KING
τ.	6 9am/(1)A	7	8 9am/(I)A WELSH	6	10	11
	SENIOR		10am LV Breezeway	12-3pm/(III) CERAMICS		2pm/(II)A KING
11am/(III)A CHURCH	2pm/(II)A KING	1pm/(III)A PRIZE BINGO	MOBILE HEALTH UNIT	2pm/(II)A KING	1pm/(III)A LV KARAOKE	4pm/(I)A MEET-N-GREET
12	13	14	15	16 12-3pm/(III) CERAMICS	17	18
		9am/(I)A DRIVER SAFETY CLASS	1:30pm/(III)A&C PAINT CLASS	5:30pm/(III) MOVIE NIGHT		
11am/(III)A CHURCH	2pm/(II)A KING	call Mel Palmer 302-678-1288	9am/(I)A PARKER	2pm/(II)A KING		2pm/(II)A KING
19	20	21	22	23	24	25
				12-3pm/(III) CERAMICS		
11am/(III)A CHURCH	2pm/(II)A KING	11:30-12pm FOOD BOX		2pm/(II)A KING	1pm/(III)A PRIZE BINGO	2pm/(II)A KING
26	27	28	29	30	31	
				12-3pm/(III) CERAMICS		
11am/(III)A CHURCH	2pm/(II)A KING			2pm/(II)A KING	12:30pm/(III)A LV BOOK CLUB	



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
Front Desk / Security	0



302-674-3780

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