



JULY 2025



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From the Desk of The Executive Director KIM MENDOZA



Well, the year is now officially half over and we are stepping into the month of July. For those who enjoy the 4th of July fireworks – both campuses have a great vantage point to see them without having to fight the crowds downtown. Although there is lots to do in downtown Dover during the celebration. If you are able, it is walking distance.....so you wouldn't need to try and find a parking spot. Either way, I hope you enjoy the 4th of July celebration!

I have a short list of some information that I wanted to share with all:

For residents that own dogs – please remember you are required to clean up behind your pet. We are constantly receiving complaints stating pet owners are not cleaning up and leaving the mess for others to pick up, or even worse, to step in. Luther Towers/Luther Village has supplied an area on each campus with bags and a trash can for disposal. Therefore, there is no reason for you not to be following the rules. There is also the option for those who violate the rules to be charged is staff has to clean up after.

Along the same line, let's address feeding the geese and ducks. I put an article in the newsletter a few years back giving reasons why it is NOT good for us to feed the any of the wildlife.

They were not created to eat processed human food, when doing so it has the potential to cause them significant health problems. Let's do our part to keep them healthy!!! Not to mention any uneaten food can attract other rodents and pests that none of us want hanging around.

Security – everyone is aware that we have numerous cameras around the campus, and staff does there best to monitor them to keep residents and their property safe on both campuses. However, there is the occasional incident where something happens – usually at night. And although the incident may have been caught on camera, the video is not always good enough for police to identify the perpetrator. So please do your part to keep yourself, your property and others on the property safe.

Rent clarification, almost all of our residents have their rent paid monthly using the EFT as required in the lease everyone signed. We allow a grace period of the first business day after the 3rd before it will be pulled from your account. However, the leases state that rent is due on the first of the month. So for the few who are not signed up for EFT remember "Rent is due on the first of every month".

Door tags – we ask that when residents leave their apartments that they display the door tags outside the apartment hanging on the door knob. This does NOT mean that when we are checking stats and you have your tag out that no one will enter your apartment. Please note – if you have not swiped your card and end up on the list to be called and you do not answer the phone, staff will come to your apartment and knock. If they knock and you do not answer they will come in and check. There have been residents that hung their away tag out while they were still in the apartment. They had medical emergencies and were not able to notify anyone. Had the tag not been on the door – we would have gone in to check. Since then, procedures have changed to ensure ALL residents are accounted for Page 2 on a daily basis.

From the Desk of The Deputy Director JESSICA PARSONS

Happy July 4th! The temperatures have climbed quickly this week, so please take extra care. Extreme heat can cause heat-related illness-especially for older adults. Here are a few tips:

- 1. Hydrate Often Drink water throughout the day, even if you don't feel thirsty. Avoid alcohol and caffeine, which can dehydrate you
- **2. Dress for the Weather** Wear loose, light-colored clothing and a wide-brimmed hat when outdoors. Dark colors absorb heat!
- **3. Stay Indoors During Peak Heat** Try to stay inside between 10 a.m. and 4 p.m.
- **4. Use Fans Wisely** Fans can help, but they're not enough on extremely hot days. Combine them with cool showers or damp washcloths on your neck and wrists.
- **5. Know the Signs of Heat Illness** Watch for dizziness, nausea, headache, rapid heartbeat, or confusion. If you or someone else shows these signs, seek medical help immediately.
- **6. Check on Neighbors** A quick call or knock on the door can make all the difference. Let's look out for one another!



Just for fun, here are some historic moments in July:

July 1, 1916 – *Battle of the Somme begins*. The British Army suffers its worst day in history, with nearly 20,000 soldiers lost on the first day of this World War I battle.

July 2, 1644 – *Battle of Marston Moor*. English Parliamentary forces defeat Royalists in one of the largest battles of the English Civil War.

July 3, 1996 – *The Stone of Scone returns to Scotland.* After 700 years, this ancient symbol of Scottish royalty is returned from Westminster Abbey.

July 4, 1776 – *Declaration of Independence adopted.* The U.S. officially declares independence from Britain, marking the birth of a nation.

July 8, 1822 – *Poet Percy Bysshe Shelley passes away.* A key figure in English Romanticism, his legacy lives on through his poetry.

July 20, 1969 – *Moon landing.* Neil Armstrong becomes the first human to walk on the moon, uttering the iconic words: "That's one small step for man...".

July 31, 1790 – *First U.S. patent issued.* Samuel Hopkins receives a patent for a method of making potash, used in fertilizer—marking the start of American innovation.

On July 10, 2025 at 11:30am, Luther Village residents are invited to join the staff as we honor Johnny Boyd with love, laughter and community. Please come and share some light refreshments. We also have a little surprise to present. A sign-up sheet will be available so we can properly prepare. We look forward to seeing you all there.

Please make sure you are receiving permission to post anything on the message boards in the buildings and/or putting information in the tenant inner mailboxes. Please contact Trica Robinson for approval or if you have any questions.

From the Office of Social Services TRICIA ROBINSON

Hello, Everyone!



LUTHER TOWERS ANNUAL FRIDAY, JULY 11TH 09:00 AM-

Italian Ice Truck, Vendors, Prizes, Giveaways! All residents are welcome!

Thank you for your patience.

"HEALTHY HEART" with Anita Brumley

Come Out to Color!

Friday, July 18th at 1:00pm (I)A

Both Campuses are Welcome

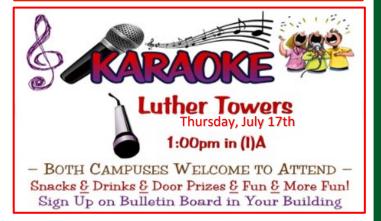
LV Prize Bingo- LV-III Activity Room Fridays July 18th and July 25th• 1:00pm

Game Day & Coloring Comfort **COMBINED!**



July 31st at lpm





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.

Luther Towers:

Wednesday, July 30th at 1:00pm (I)A Call Tricia to Join the Book Club at 674-1408 ext 131.

Winner Winner Chicken Dinner! Ms. Della liked the book club book! For anyone that comes to book club, vou know how big of a deal this is ©

If you get a chance, read Frozen River by Ariel Lawhon.



WILLS FOR SENIORS

If you are interested in having prepared a WILL, or POWER OF ATTORNEY, or ADVANCED HEALTHCARE DIRECTIVE, Please Call Me

> to schedule an appointment with Jacki Chacona from Delaware Volunteer Legal Services. clients! We are ready to take more

Call 302-546-3005 ext 131.

Have You Done It?

It's Easy!



Vending Machines



"In Reach" is now responsible for stocking the soda and snack machines.

If you experience an issue with a machine, call the number on the machine: 1-866-796-8363

Provide the machine's I.D.# and your information.
They will take care of your refund.

EXERCISE CLASS

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





MOVIE NIGHTS

The movie showing in July will be

"Gladiator II"

starring Denzel Washington

Luther Towers:

Thursday, July 10th, 5:30pm

Luther Village:

Thursday, July 17th, 5:30pm

Come Join Us for A Great

Time!
Sign Up on Bulletin Board in Your
Building

Rent to be pulled July 7th

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.

Luther Towers HEALTH FAIR

Friday, July 11th 9:00am to 12:00pm Luther Towers Bldg I Activity Room



- Health Information ♦
 - **Blood Pressures** ♦
 - Free Giveaways
 - Door Prizes •

Attend & Enter to WIN
Chances for a Variety of
GIFT CARDS!



It

Many Vendors & Prizes! Italian Ice Truck!

BINGOCIZE

Meeting Twice Weekly on

Tuesdays & Thursdays at 10:00am.

LT-I Activity Room

Lots of Great Bingo Prizes!

Each session includes several games of bingo mixed with education and exercise! At the end of *each full 20-session program*, participants who have attended 16 or more sessions will receive a certificate of completion and a parting gift.

From the Desk of Kari Ebert

Happy July! It's pretty wild that we're halfway through 2025. How is that possible? July makes me think of our beautiful diverse country and all the different people who make it up. We are all connected through the thread of family, community, culture, and purpose. I've always equated America with a colorful quilt: each square in itself is beautiful, but when all the squares are pieced together it becomes an amazing work of art. Did you know that pioneer women made sure to include one imperfect square in their quilts to give glory to God who is the only one that's perfect? When you look around at your neighbors, your family members, and even the staff of Luther Towers/ Luther Village, don't forget to see us all as an artful quilt. There might be some imperfections, but that's just part of the beauty of being human.

Here's a fun little poem by Shel Silverstein that will make you realize how quickly time flies!

Here Come by Shel Silverstein

Here comes summer,
Here comes summer,
Chirping robin, budding rose.
Here comes summer,
Here comes summer,
Gentle showers, summer clothes.
Here comes summer,
Here comes summer,
Whoosh--shiver--there it goes.

Bus'Ted- Bus Blurps submitted by Chris Fulvio

As July 4th fastly approaches and our independence from England rings true, it reminds me of the tea that didn't brew.

We rebelled against taxes on a drink some hold dear and started a fight with swords and a sneer.

So as the 2 bag limit is now to be followed on the bus, just remember not to put up a fuss.

This rule was in place long before I started but must now be adhered too, so that I don't have to tax some of you.

I really do know that a lot of you depend on me and I like what I do, so please bend the knee with only two then I don't have to deal with tripping over YOU!

Pare 5

General Merchandise **SALE**

July 2, 2025 · 10am to 1pm LutherTowersBuilding 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!

From The Maintenance Manager KELLY HAUER



PEST CONTROL

Luther Towers Apartments July 23..... LT4.... 4301-4316



Luther Village Apartments

July 2.. LV-3....2nd, 3rd and 4th floors July 9 .. LV-3....1st floor, LV-2... all floors July 16 ..LV-1....2nd & 3rd floor July 23 ..LV-1....1st floor



Kelly's Reminders:

I have been getting complaints that residents are not cleaning up after their pet when walking outside. There are available doggy waste bags for residents to use to dispose of waste. Please be considerate of other residents and clean up after your pet.

Please, as always <u>call the Front Desk for Maintenance Issues</u> – this way it is put into the maintenance log and will be taken care of !



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 June 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









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Luther Towers Karaoke Fun





LUTHER VILLAGE GOSPEL

CONCERT

June 13, 2025











LUTHER VILLAGE GOSPEL



LUTHER VILLAGE GOSPEL CONCERT



June 13, 2025







A Special "Farewell"

A special thank you to the residents who organized coffee and donuts as a "Goodbye, (but we'll see you later)

Lew!"









A Special "Farewell" continued..

A special shout out to the residents of the Luther Village "Meet and Greet" crew for honoring our very own Ms. Lettie with a specially made t-shirt. We'll miss you!



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 4:00 PM July 12, 2025



(I)A 6:00 PM July 26, 2025

NEWCOMERS Welcome, Neighbor!

LT-1... 705..... Barbara Daniels

LT-2... C10..... Marivel Rivera

LV-3... 3312 ... Walter Toney

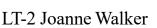


OUR FAREWELLS

Farewell, Neighbor



LT-2 Debbie Melvin





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 King at 302-922-0490

LUTHER TOWERS:

By Appointment

LUTHER VILLAGE:

By Appointment

Sponsored by

State of Delaware & 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 TAMAIONG 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 (I)AThursdays 5:45pm (IV) Fridays 5:30pm (I)A Saturdays 5:00pm (II)A





GLADIATOR



MENU 2025



Friday	4 Independence Day Center Closed	11 Jumbo Beef Hot Dog Ketchup/Relish Baked Beans Coleslaw Milk Fruit	Swedish Meatballs Egg Noodles Buttered Peas Wheat Bread/Milk Fruit	25 Baked Chicken w/ Gravy Yellow Rice Oriental Blend Wheat Bread/Milk Applesauce	
Thursday	3 Cheeseburger Sidewinder Fries Coleslaw Milk, Butter Cookies	1O BIRTHDAY DAY Roast Turkey w/Gravy Mashed Potatoes Peas w/ Pearl Onions Roll/Milk Cake	17 Fried Chicken Macaroni & Cheese Mixed Greens Corn Bread/Milk Bread Pudding	Sliced Ham w/ Mustard Sauce. Boiled Red Potatoes Seasoned Cabbage Wheat Bread/Milk Cookies	31 Open Faced Turkey Sandwich Mashed Potatoes w Gravy Buttered Broccoli Roll/Milk Pudding
Wednesday	2 Fried Fish Au Gratin Potatoes Stewed Tomatoes Corn Bread/Milk Lemon Pudding	 Chicken Ceasar Salad w/ Dressing (Romaine Lettuce, Tomato) Dinner Roll/ Milk Vanilla Pudding 	Tuna Salad on Bun Lettuce & Tomato Macaroni Salad Roll/Milk Fruit	Chef Salad w/ HC Egg/Turkey & Cheese w/ Dressing (Lettuce, Tomato & Grated Carrots) Dinner Roll/ Milk Mandarin Oranges	3O Fried Cod Fish Sidewinder Fries Coleslaw Biscuit/Milk Vanilla Mousse
Tuesday	1 Chicken Parmesan Spaghetti Buttered Peas & Carrots Italian Bread/Milk Yogurt	8 BBQ Pulled Pork on Bun Potato Wedges Buttered Broccoli Milk Applesauce	15 Liver & Onions Mashed Potatoes w/Gravy Green Beans Roll/Milk Brownie	22 Boneless Pork Chop w/Gravy Mashed Potatoes Buttered Carrots Roll/Milk Yogurt	29 Chili w/ Red Beans Rice Chef's Blend Wheat Bread/Milk Tropical Fruit
Monday		7 Meat Loaf w/Gravy Mashed Potatoes Seasoned Green Beans Wheat Bread/Milk Fruit	14 Spaghetti w/ Meat Sauce Chef's Blend Italian Bread/Milk Fruit	27 Beef A Roni Casserole Oriental Mixed vegetables Italian Bread/ Milk Fruit	28 Chicken Tetrazzini w/Noodles Buttered Broccoli Roll/Milk Peaches





Friday	4	11	78	25	
Thursday	3 MIDDLETOWN FARMERS MARKET	10 CHRISTIANA MALL	17 MIDDLETOWN FARMERS MARKET	24 REHOBOTH BEACH	31 MIDDLETOWN FARMERS MARKET
Wednesday	2 WALMART	9 WALMART	16 WALMART	23 WALMART	30 WALMART
Tuesday	1 9am, 10am-SAFEWAY, FOOD LION 11AM ROSES	8 9am, 10am-SAFEWAY, FOOD LION 11AM BYLERS	15 9am, 10am-SAFEWAY, FOOD LION 11AM BYLERS	22 9am, 10am-SAFEWAY, FOOD LION 11AM BYLERS	29 9am, 10am-SAFEWAY, FOOD LION 11AM BYLERS
Monday		7	4	21	28

OWERS

JULY 2025

CTIVITY CALENDAR

SATURDAY	2		FAIR 12		a (1)A		26 6PM MEET N' GREET (I)A			
Friday	4	530pm Bingo (I)A	11 10AM-12 PM HEALTH FAIR	530pm Bingo (I)A	18 1PM Coloring w Anita (I)A	530pm Bingo (I)A	25	530pm Bingo (I)A		
Thursday	3 10am Bingocize (I)A	545pm Bingo (IV)	10 10am Bingocize (I)A 530PM MOVIE NIGHT (I)A	545pm Bingo (IV)	17 10am Bingocize (1)A	1PM KARAOKE (I)A 545pm Bingo (IV)	24 10am Bingocize (I)A	545pm Bingo (IV)	31 10am Bingocize (I)A 1pm GAME DAY (I)A	
Wednesday Thursday	2	530pm Bingo (I)A	6	530pm Bingo (I)A	91	530pm Bingo (I)A	23	530pm Bingo (I)A	30 1 PM BOOK CLUB (I)A	530pm Bingo (I)A
Tuesday	7 10am Bingocize (I).A		8 10am Bingocize (I)A 3pm Cherub Grp (I)C		75 10am Bingocize (1)A	1215-1pm F00D B0X	22 10am Bingocize (1)A		29 10am Bingocize (I)A	
MONDAY			7 930am SNAP (1)A 1015am Exercise(1)A	1pm Causey (I)A	14 1015am Exercise(I)A	1pm Causey (I)A	27 1015am Exercise(I)A	1pm Causey (I)A	28 1015am Exercise(I)A	1pm Causev (DA
SUNDAY			6 12 PM CHURCH SERVICE (I)A 12 PM STEPHEN MINISTRY CONF ROOM	4 PM NIGHT CHURCH SERVICE (I)A	ICE (I)A NISTRY	CONF ROOM 4 PM NIGHT CHURCH SERVICE (1)A	2O 12 PM CHURCH SERVICE (I)A 12 PM STEPHEN MINISTRY CONF ROOM	4 PM NIGHT CHURCH SERVICE (I)A	27 12 PM CHURCH SERVICE (1)A 12 PM STEPHEN MINISTRY CONF ROOM	4 PM NIGHT CHURCH SERVICE

JULY 2025

CALENDAR

SATURDAY	5 9AM PRIVATE RESERVATION (III)A 2DM KING/MAIOR (III)A	12 9am private reservation (III)a 2pm king/major (II)a 4pm meet n' greet (I)a	19 9am private reservation (III)a 2pm King/Major (II)a	26 9am private reservations (1)a & (III)a 2Pm king/major (11)a	
Friday	4		18 1PM LV PRIZE BINGO (III)A	25 1PM LV PRIZE BINGO (III)A	
Thursday	3 12PM-3PM CERAMICS (III)	10 12PM-3PM CERAMICS (III) 2PM KING/MAJOR (II)A	17 12PM-3PM CERAMICS (III) 2PM KING/MAJOR (II)A 530 MOVIE NIGHT (III)A	24 12PM-3PM CERAMICS (III) 2PM KING/MAJOR (II)A	31 12PM-3PM CERAMICS (III) 2PM KING/MAJOR (II)A
Wednesday	2 930 SNAP REP (1)PARLOR	6	16	23	30
Tuesday	-	80	15 11:30pm-12pm Food Box	22	56
SUNDAY MONDAY		7 2PM KING/MAJOR (II)A	14 2PM KING/MAJOR (II)A	21 2PM KING/MAJOR (II)A	28 2Pm king/major (II)a
SUNDAY		6 11am Church (III)A 3pm Evening Church	13 11am Church (III)A 3pm Evening Church	20 11am Church (III)A 3pm Evening Church	27 11am Church (III)A 3pm Evening Church



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
Mark Lewin, System Administrator	124
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