

April 2022

Landis 
Adult Day Services
Enriching Each Day, Together



– LANDIS ADULT DAY SERVICES –
GOLF OUTING

31st Annual Event
- Friday, June 3, 2022 -
Foxchase Golf Club
Stevens, PA

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Registrations, sponsorships, and donations to the Benefit Golf Outing can be made on the Landis Adult Day Services website: LandisAdultDay.org/Golf

Not a golfer? Consider being a volunteer!

For more information, contact Janice Nikoloff, Advancement Events Coordinator, at jnikoloff@landis.org or call 717.381.3580.

1001 East Oregon Road
Lititz, PA 17543
LandisAdultDay.org
717-581-3975

The ADS Center will be closed on Good Friday, April 15.

Support Group

No Longer Alone Family Support Group

Sunday, April 24

3:00-5:00 pm by Zoom.

Speaker: Lois Byler, pastor, Inspirational speaker and former NLAM board member.

Her presentation on "My Story and Ministry to Others" will be followed by a time of sharing.

Call 717-381-3599 or email JAlbright@landis.org by Friday, April 22 to join the meeting.

More Free COVID-19 Test Kits available to order

Every home in the U.S. is now eligible to receive two free sets of at-home COVID-19 test kits. Homes that have already ordered one set of kits can now order a second set. The kits include four rapid antigen tests, commonly referred to as over-the-counter (OTC) tests. While less accurate than PCR tests, which have to be tested in a lab, OTC tests can be taken anywhere, don't require a lab drop-off, and give results within 30 minutes. Orders of the free kits are limited to two sets per residential address. People who have not yet ordered a kit to their address are eligible to order two kits, and people who have previously ordered one kit can now order a second kit. The kits are delivered via the U.S. Postal Service. Visit covidtests.gov to learn more and place orders.

EDEN WEST – WISH LIST

Are you looking for an alternative to bringing a food treat to celebrate a special occasion with the center? Consider a donation of any of these items!

We will still celebrate their special day and every one will benefit.

Small Game Prizes

Sugar Free Candy

White Card Stock

Markers

Adult Coloring pages

Books with Trivia Questions

Individually Packaged Treats

Velvet Coloring pages

Landis Adult Day Services is funded, in part, under an Agreement with money allocated by the Pennsylvania Department of Aging and the Lancaster County Commissioners, through the Lancaster County Office of Aging.

Thank You!

June Burke for the donation of coloring books and paper.

Marie Reuling for the snack treats to celebrate her 96th birthday.

John Wanger for the large donation of word games, markers, candy, paper and art projects.

Mary Sprecher for the donation of art supplies.

Dan Bare for the delicious eclairs to celebrate his birthday.

Joel Hiestand for the donation of snack bags.

David Hayward for the donation of pencils.

Kwan Ying Poon-ye for the wonderful doughnuts to celebrate St. Patrick's Day.

Welcome

We welcome to the center this month: Cindy Mylin and Michael Kolenda.

Goodbye

We say goodbye to Dawn Wallin, she will be missed and we wish her well.

Birthday

April 04 June Burke
April 14 Helen Diffenderfer
April 14 Ruth Robbins
April 18 Karen Baublitz
April 22 Lois Jean Peterman

Client Highlight: Shirley Matheny

Shirley Matheny lives in Marietta with her brother, George.

She enjoys coloring pictures, watching game shows and the Food Network. Her favorite foods are turkey, broccoli and iced tea. Her favorite movie, *Home Alone*, always gives her a good laugh.



You might be surprised to know that she had bright red curly hair when she was younger. Shirley also enjoys going to the beach, the Philadelphia Phillies and taking in a game at the Lancaster Barnstormers.

Her favorite things about attending Eden West are the people, playing games and the good food.

Staff Highlight: Christy Carpenter



Christy Carpenter is the Director of Adult Day Services. She lives in Reamstown with her husband Michael and their cat, Jimmy. They have 3 children and 4 grandchildren.

Christy enjoys spending time with her family when she is not at work, and traveling throughout PA with friends.

Her favorite thing about working in Eden West is meeting so many new people, learning about their lives and providing them with a GOOD DAY!

April Happenings

Leone Wagner, Activity Coordinator

April seems to lighten our spirits with the hope of a warmer season, and this year, with the hope of fewer restrictions. But until then we will enjoy the season with a myriad of planned activities for our days together.



Of course we will do a little FOOLING AROUND. If you managed to pull off a great April Fools Day, joke we want to hear about it! One of my best was serving Brown "E"s. Everyone thought they were getting a delicious treat (brownies) but all they got was an "E" cut out of brown paper!

Perhaps we will do a little "Singing in the Rain". Beyond that we hope to GROW a lot and attend to the earth just a bit!

On April 12 we would love to see pictures of you and your siblings. We will return the photos to you the same day. You will have a chance to share some sibling memories. If you have some fun memories, write them down and keep them with the picture. Can you believe how many children slept in one bedroom when we were growing up?

One final note...We are so appreciative of the generous way you have supported Landis Adult Day Services each month! Your gifts of the things on our wishlist helps make the program sail along with variety and a sprinkle of fun!

Single Letter Quiz

The answer to each of the following questions is a single letter of the alphabet.

1. This letter rhymes with "hay" and is the letter you would use to tell someone if they got a perfect test score. C F D A
 2. What letter sounds like an insect that makes something sweet? L B Z K
 3. What letter also sounds like a place where there is a lot of water? V U C I
 4. What letter sounds like something a person could say if they were happy about something? T U G H
 5. What letter sounds like what you see with? F X S I
 6. What letter sounds like a word you probably say if you were surprised? M O H L
 7. What letter sounds like a word for something you could drink? N W T L
 8. It's not me, it's _____ S U V E
 9. What letter can be used to mark the spot? P I X O
 10. What letter sounds like a word you may use in a questions? F D Y S
-

TIPS FOR LIVING

CONSEQUENCES of High Blood Pressure

TARGET: **BP**



High blood pressure is often the first domino in a chain or “**domino effect**” leading to devastating consequences, like:



STROKE

HBP can cause blood vessels in the brain to burst or clog more easily.



VISION LOSS

HBP can strain the vessels in the eyes.



HEART FAILURE

HBP can cause the heart to enlarge and fail to supply blood to the body.

HEART ATTACK

HBP damages arteries that can become blocked.



KIDNEY DISEASE/ FAILURE

HBP can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.



SEXUAL DYSFUNCTION

This can be erectile dysfunction in men or lower libido in women.

A simple **blood pressure check** is the first step to preventing the “domino effect.”

Learn more at heart.org/hbp.