



December 2021

Message from the Director

Christy Carpenter, Director

As another year draws to an end I find myself being very THANKFUL!

I would like to thank you all for your patience and participation at Eden West. It has been a trying year as we continue dealing with the COVID-19 pandemic and doing our best to keep clients safe and well. We are very grateful that we are able to keep our doors for the majority of this year. We look forward to and hope for a brighter, stronger future in 2022.

Thank you for sharing the stories of your lives. Thank you for laughing and having fun together. Thank you for your patience with screening for COVID-19. Thank you for wearing masks and social distancing while at the center. Thank you for your understanding that we are all in this together!

From all of us to all of you we wish you the Happiest of Holidays!

Support Groups

Memory Loss Support Group

If you would like to receive the monthly newsletter, with helpful info about supporting someone with memory loss, send an email to ccarpenter@landis.org to be added to the mailing list.

No Longer Alone Family Support Group

No Meeting in December

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

Markers

Individually packaged treats

Sugar Free Candy

Adult coloring pages

Velvet coloring pages

White Card Stock

Books with Trivia questions

Thank You!

Rhoda Oberholtzer for the donation of tasty snack bags.

Tim Yoder for the donation of Christmas craft supplies.

Alejandro LaLuz- Rivera for the delicious snack featuring a dessert from Puerto Rico.

Lois Harbold for the donation of markers.

Gus Rineer for the donation of card stock.

Joel Hiestand for the yummy honey buns to celebrate his birthday.

Betty Verastequi for the donation of candy prizes.

David Hayward for the delicious Milano cookies to celebrate his birthday.

Welcome

This month we welcome to the center:

James Wilson, Alvin Nolt, Mary Jane Sprecher and Doris Kreider.

Client Highlight: Karen Baublitz



Karen Baublitz lives in Manheim. She has a son and a grand-daughter, Peyton. In her spare time she enjoys playing games, watching TV and being with her family. She and her husband enjoyed their trips to the Baltimore Aquarium and New York City to see the Broadway show *The Lion King*.

Her favorite foods are pizza and salad. Karen always has a smile on her face. She tries to keep a good attitude and is easy to get along with. Her favorite things about coming to Adult Day Services are the people and the activities.

Staff Highlight: Suly Torres

Suly Torres is new to our team and works as a program assistant. She has four children: two girls Jhaiyde and Tatiana, and two boys Ezra and Noah. Together they have a pet turtle named Franklynn.



Suly enjoys spending time with her family and feels you should treat others how you want to be treated. You can always find milk and yogurt in her refrigerator. She is fluent in Spanish. She has an associate's degree as a medical assistant, and also did an internship at Lancaster General Hospital in the phlebotomy department. Her favorite thing about working in Adult Day Services is spending time with the clients.

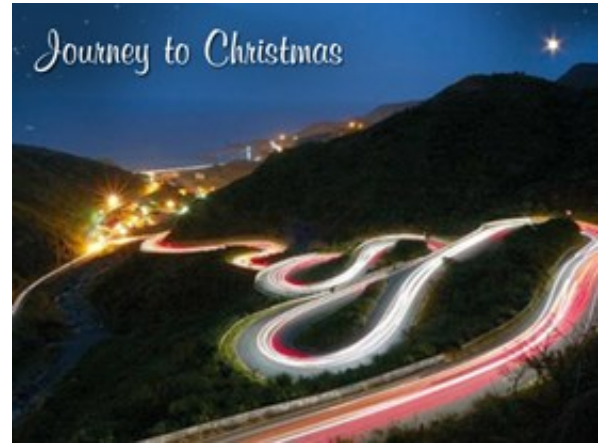
Journey to Christmas

Our collective journey into the Christmas season is so varied. As we anticipate the holidays:

- * Some of us feel the pressure of preparations and having too much to do.
- * Some of us feel joy when we hear the melodies of Christmas.
- * Some of us just take in all the holiday movies we can and our mood rises.
- * Some of us are warmed by Christmas Choral concerts and messages of hope and peace.

All of us are on the journey because it is Christmas/Holiday Time !

If you would like to discover what it is that we will be journeying into here at Adult Day Services this season, try to unscramble the words below and join us on our journey. Bring in your answers for a little Christmas treat!



DCARS _____
ROCLA _____
ESOKOCI _____
SUSJE HBTIR _____
TGFIS _____
CMSIU _____
EERTS _____

Mini Service Project: "SOUP CAN TREE"

Help us build a tree with soup cans. Bring in a can of soup. Our local food bank has needs year round. After Christmas we will donate our collected soup to the local food bank.



A Christmas Wish

We hope for you the joy that comes from knowing God's gift of love.

May all of us find a way to share this gift with those who share our life journey!

— Eden West Adult Day Service Staff

TIPS FOR LIVING

Holiday Safety



Keep your tree hydrated! Check the tree stand water level every other day.



Beware of overloaded electrical outlets and extension cords which are major fire hazards.



Common holiday plants (poinsettias, holly berries, mistletoe or pine needles) can make your pets sick.



Don't leave burning candles unattended.



Burning wrapping paper in the fire place can cause flash fires.



Check smoke alarms to ensure they are working.



Stay in the kitchen when you are frying, boiling, grilling or broiling food to prevent a fire.



Keep a cell phone and portable charger with you at all times while traveling in case of emergency.



Keep extra cold weather gear, food, water, warm clothing, a flashlight, an ice scraper, blankets and medications in your vehicle in case of emergency.