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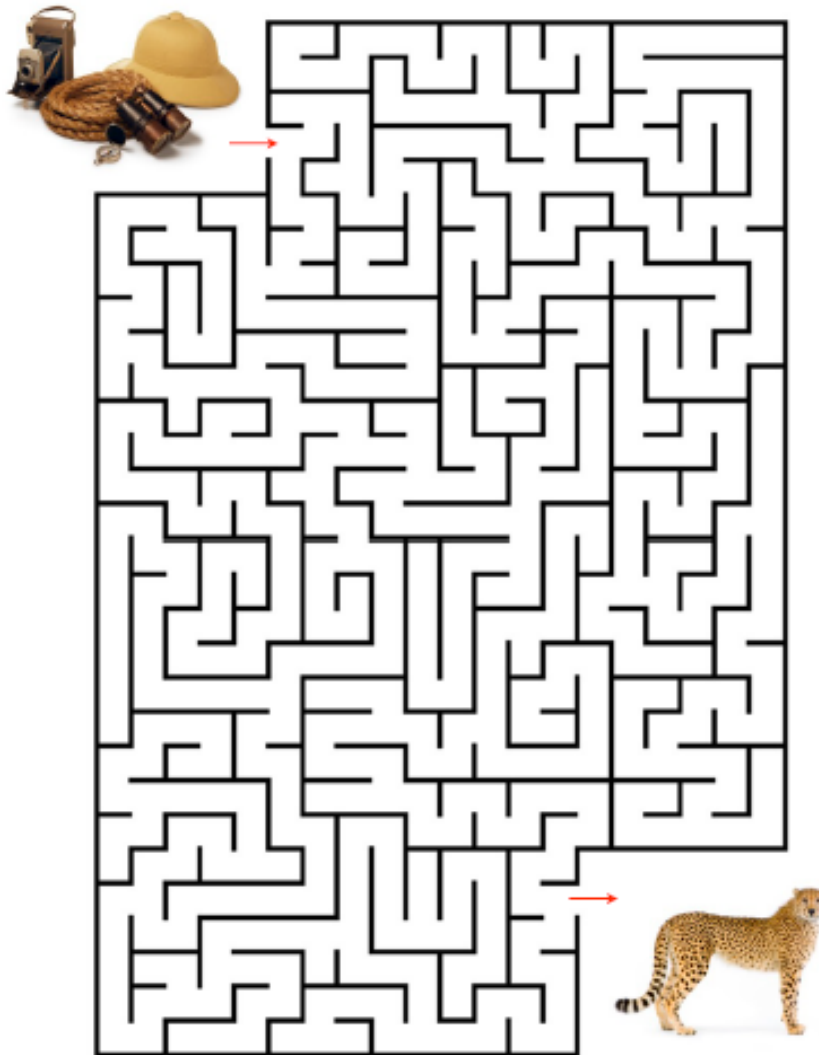
# February 2022



Sometimes our monthly exploring goes down one path. This month we are going to come to five points and go all those different directions: **Athletic Competition, Presidents, Human Hearts, Nature and Food.**

Try the maze just for the fun of it. If you complete it we have a prize for you — Valentine candy hearts, of course!

## A-Mazing Safari



## 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](mailto:ccarpenter@landis.org) to be added to the mailing list.

### No Longer Alone Family Support Group

Sunday, February 27  
3:00-5:00 pm by Zoom.  
Speaker: Dr. John Shand, Psychiatrist at Wellspan Ephrata.

His presentation on *“Abuse and Its Effect upon Mental Health”* will be followed by a time of sharing Call 717-381-3599 or email [JAlbright@landis.org](mailto:JAlbright@landis.org) by Friday, February 25 to join the meeting.

## THE BIG THANK YOU

**Liz Funk** for donation of pretzel packages for prizes.

**Shirley Matheny** for the yummy cookies.

**Helen Ament** for the cupcakes and chocolates to celebrate her birthday

**John Wanger** for the wonderful cookies and gifts.

**Ken Konlande** for the donation of candy treats.

**Frank Martin** for the donation of puzzle books to the center.

**Miriam Weaver** for the small snack prizes for the center.

**Lois Harbold** for the donation of twistable colored pencils, puzzle books and books.

**Gus Rineer** for the donation of snack prizes and cookies.

**Sharon Darrenkamp** for the donation of sugar free candy.

**Jim Hess** for the donation of a puzzle books.

**Joel Hiestand** for the donation snack pack prizes.

## Client Highlight: Lois Jean Peterman

Lois Jean Peterman lives in Manheim with her daughter, son-in-law and their dog Lassie.

Lois Jean and her husband lived their life on the farm raising their three daughters. She says running a dairy farm is full-time work!

In her spare time, she enjoys keeping busy making crafts, taking walks in the meadows on the farm and playing the piano. Her favorite food is pizza. She has traveled to the holy lands of Israel.

Lois Jean's favorite things about coming to Eden West are the socialization, making friends, the creativity and doing things that she has never done before!



## Staff Highlight: Becky Bollinger

This month we are featuring Becky Bollinger. It saddens us to share that after 20 years with Adult Day Services, Becky she has decided it is time for a career change. Becky has been a positive, patient presence in the center and her tender heart will be missed by all of us! We wish her all the best as she moves into a new phase of her life!



It's February and hearts are appearing everywhere! The Heart Association asks us to keep our hearts healthier by doing this and that. We will learn all about what those those things are here at Landis ADS.



The winter still stretches ahead of us and we wonder if we can keep from those feelings of despair that winter can bring. Sometimes children's literature gives us vivid illustration of what we are feeling and what we need. The following story by children's author A.A. Milne is a beautiful example of what we all can do for ourselves or for someone else.

It occurred to Pooh and Piglet that they hadn't heard from Eeyore for several days, so they put on their hats and coats and trotted across the Hundred Acre Wood to Eeyore's stick house. Inside the house was Eeyore. "Hello Eeyore," said Pooh. "Hello Pooh, Hello Piglet," said Eeyore in a glum sounding voice.



"We just thought we'd check in on you," said Piglet. We hadn't heard from you, and so we wanted to know if you were okay."

Eeyore was silent for a moment, "Am I okay?" he asked, eventually. "Well, I don't know, to be honest. Are any of us really okay? That's what I ask myself. All I can tell you, Pooh and Piglet, is that right now, I feel really rather Sad, and Alone and Not Much Fun to Be Around At All. Which is why I haven't bothered you. Because you wouldn't want to waste your

time hanging out with someone who is Sad, and Alone, and Not Much Fun To Be Around At All, would you now."

Pooh looked at Piglet, and Piglet looked at Pooh, and they both sat down, one on either side of Eeyore in his stick house.

Eeyore looked at them in surprise. "What are you doing?" "We're sitting here with you," said Pooh, "because we are your friends. And true friends don't care if someone is feeling Sad or Alone or Not Much Fun To Be Around At All. True friends are there for you anyway. And so here we are."

"Oh," said Eeyore "Oh." And the three of them sat there in silence and Pooh and Piglet said nothing at all. And somehow, almost imperceptibly, Eeyore started to feel a very tiny little bit better. Because Pooh ad Piglet were There. No more; no less.

### **Welcome**

We welcome to the center  
**David Brian, Wayne Bell**  
and **Richard Jankus.**

### **Goodbye**

We say goodbye to  
**Betty Verastique**, she will be  
missed and we wish her the best.

We send our condolences to the  
family of **Tom Mentzer**  
who has passed away.

### **Birthday**

Feb. 08 James Gibbel

Feb. 09 Alejandro LaLuz- Rivera

Feb. 18 Roza Csoboth



# TIPS FOR LIVING

**HEALTH TIPS FOR OLDER ADULTS**

**HEART DISEASE** is the **#1 CONDITION** in older adults

Most older adults have **SEVERAL CHRONIC CONDITIONS**

**STAYING HEALTHY**

- Know your blood pressure
- Be active every day. Don't let getting older stop you!
- Connect with others
- Bring a list of all your medications and review it at every health visit
- After a setback, physical therapy or cardiac rehab can help you get moving again
- Ask for help if you are depressed, lonely or have trouble with daily tasks
- Set your care goals & share them with your loved ones

**PLAN FOR THE FUTURE**

- Talk about your end-of-life wishes
- Plan for when you may not be able to care for yourself or others

Go to [CardioSmart.org/OlderAdults](http://CardioSmart.org/OlderAdults) to learn more about caring for older adults with heart disease.

## 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*