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# March 2022

## PRISING WORD SCRAMBLE

Unscramble the scrambled words to read a poem especially for March!

*(If you finish it, bring it in for a special spring surprise!)*

**HSHU**, can you **REHA** it?

The rustling in the **SSGAR**

Bringing **UOY** the welcome **WNES**

Winter's day is **TSPA**

Soft can you **LEFE** it?

The warm caressing **ZBEERES**

Telling you the sticky buds

Are bursting on the **STREE**

Look can you see them?

The primrose in the lane

Now you must believe it

**PRSIGN** is here again.

*~May Denny*



## Support Groups

### No Longer Alone Family Support Group

**Sunday, March 27**

3:00-5:00 pm by Zoom.

Speaker: Dr. Kristen Nebel,  
Physician Founder of Peace  
of Mind Geriatric Services,  
and Janice Chivers, RN with  
Amedysis Home Health.

Their presentation on  
"Bringing Healing to Senior  
Care" will be followed by  
a time of sharing. Call  
717-381-3599 or email  
JAlbright@landis.org by  
Friday, March 25 to join the  
meeting.

## 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*



**David Hayward** for the donation of adult coloring books to the center.

**Ken Konlande** for the donation of a floor speedball game to the center.

### **Welcome**

We welcome to the center this month, Joyce Loecher, Jan Grobengieser, Bill Pentz, Bruce Frymyer and Russell Horner

### **Goodbye**

We say goodbye to Liz Funk, she will be missed and we wish her well.

### **Birthday**

March 6 Dennis Richwine  
March 8 Daniel Bare  
March 18 Marie Reuling

## Client Highlight: Sharon Darrenkamp

Sharon Darrenkamp lives in Lancaster with her husband Dave. Together they have 3 sons and 5 grandchildren.

Sharon is an avid ceramic painter and has her own kiln at her home to make beautiful pieces of work. She also

enjoys being outdoors and doing yard work. Her favorite thing to drink is her own homemade Iced Tea with just a little sugar and lemon.



Sharon used to drive a bright red convertible Porsche 914, she says, with a big smile on her face, "It was a blast to drive!". In her past she worked a Life Insurance company before raising her children. Sharon's favorite things about coming to Eden West are meeting new and interesting people, the informative programs and it keeps her active.

## Staff Highlight: Jenny Kendig



This month we are featuring Jenny Kendig. Jenny has just recently joined our team as our new nurse manger. She has experience working in long term care and enjoys learning about people's life experiences and sharing memories.

Jenny has a 9-year-old son, Jackson, and a rambunctious cat named Roger. In her spare time, she enjoys outdoor adventures, exploring new places and experimenting with new recipes in the kitchen. You can always find pickles in her refrigerator and she cheers for the Kansas City Chiefs football team. Jenny served 4 years in the US Navy onboard Destroyer DDG 81 Winston S. Churchill, stationed in Norfolk, Virginia. Please join me in welcoming her to our team!

# March Happenings



**Discovery** is on tap for March as we expand our experience and knowledge about agriculture, apples, sheep, dogs and flowers. If any of you have expertise in any of these areas please let us know.

For March 15 bring in some of those **Pet Pictures** and let's tell some stories about pets hold on our hearts!



March 17 is the day for celebrating **Ireland**. All of you with Irish heritage we'd like to hear about it. Share just a note about your family and what Ireland means to you. If you have visited Ireland, let's see those Travel Pictures! If you think about it wear **green!**



March 25 we are experimenting with **waffles**. If you have a special waffle recipe let's see what Chris can do with it. What do you like on your waffle?



## *Trees*

*By Joyce Kilmer - 1886-1918*

I think that I shall never see  
A poem lovely as a tree.  
A tree whose hungry mouth  
    is pressed  
Against the sweet earth's  
    flowing breast;  
A tree that looks at God all day,  
And lifts her leafy arms to pray;  
A tree that may in  
    summer wear  
A nest of robins in her hair;  
Upon whose bosom  
    snow has lain;  
Who intimately lives with rain.  
Poems are made by  
    fools like me,  
But only God can make a tree.

# TIPS FOR LIVING



## Take Time for Your Health

Prioritizing the basics of what our body craves can support our health and well-being to keep thriving instead of just surviving. Here are a few ideas to consider:

**Take time for enough sleep.** It's well-known that the body needs 7-8 hours of sleep every night to function optimally. Adding stress to a body that's already tired only makes situations more difficult to manage.

**Take time to try something new.** Play a new card game or board game. Take a new route to work. Order or cook a new cuisine. Trying new things can create new neuropathways in our brain, strengthening our mental function and develop new ways for our brain to think and process information.

**Take time to get moving.** Exercise promotes healthy endorphins helping us feel more positive and happier, if it's activity you enjoy. If you loathe online workouts, try taking a walk outside or taking the stairs instead of the elevator.

**Take time to connect.** Relationships are so important to feel supported and comforted with those we enjoy spending time.

## Dietitian's Dish

By: Unidine Dietitians Group



**Take time to be kind to yourself.** Your mental and physical health can benefit from kindness. Thinking more positively through activities such as meditation can improve your outlook on situations and can lift your spirits. Being kind to our physical health means choosing more mood boosting foods to help combat feelings of anxiety and depression, such as food with high antioxidants, fiber, omega-3 fatty acids, and Vitamin D.