

January 2022

Here we go! 2022 is at our front door!

Here at Landis Adult Day Services we will invite the new year in, hoping that there are good things that this year holds for all of us. Some of our reason for how we feel about the year will be our attitude toward the things we cannot change and our gratitude for the good things ahead. We will take it one month at a time. January of course starts us off!

January 21 we'd love to hear about your hobby (even if you don't do it any more). Bring pictures of what you love to do; anything from fishing to knitting, from hockey to woodworking...tell us about it!

Here's a riddle: What do sleep, bird brains, Wheel of Fortune, Elvis and soup have in common? Could it be "The birds fell asleep in the wheel and Elvis sang for his soup"? Probably not. We will dive into all of those topics in January and so much more! Marshmallows and Cheese will also make a guest appearance .

Grab a pen and a cup of hot chocolate. We know that you know a lot, so figure out what goes in the squares on the Winter Wonderland crossword inside, and we will figure out a prize for your trouble.



Landis 
Adult Day Services
Enriching Each Day, Together

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

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

January 23, 2022
3:00-5:00 via Zoom
*Topic: Innovations in
Treatments for Persons
with Mental Illness*
Contact Joy Albright at
717-381-3599 or email
JAlbright@landis.org by
Friday, January 21.

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.



Adult Day Services would like to send a special shout out to all of those who have made donations to the center throughout the year.

December was a very plentiful month for these donations!

We APPRECIATE it!

Frank Buonomo and Doris Burkhardt for the monetary donation to the center.

Betty Verastequi for the donation of clementines

Jim Hess for the donation of pretzel snack bags

Miriam Weaver for the wonderful cupcakes to celebrate her birthday.

Brian Brandt for the donation of a jigsaw puzzle

Tim Yoder for the donation of care supplies

Jim Wilson and David Hayward for the donation of card stock

Lois Harbold for the donation of granola snack bars

Frank Martin for the donation of snack bags

Client Highlight: Linda Price

Linda Price lives in Salunga. She is very close with her mother, brother and sister. In her spare time she enjoys coloring, making paintings, crafts and making bracelets. Her favorite foods to eat is seafood.

Linda is always happy and has smile on her face. She loves giving gifts to her mother, going out to eat. In the past, she enjoyed bowling. Linda's favorite thing about attending Adult Day Services is being around her friends!



Staff Highlight: Patti Nanopoulus



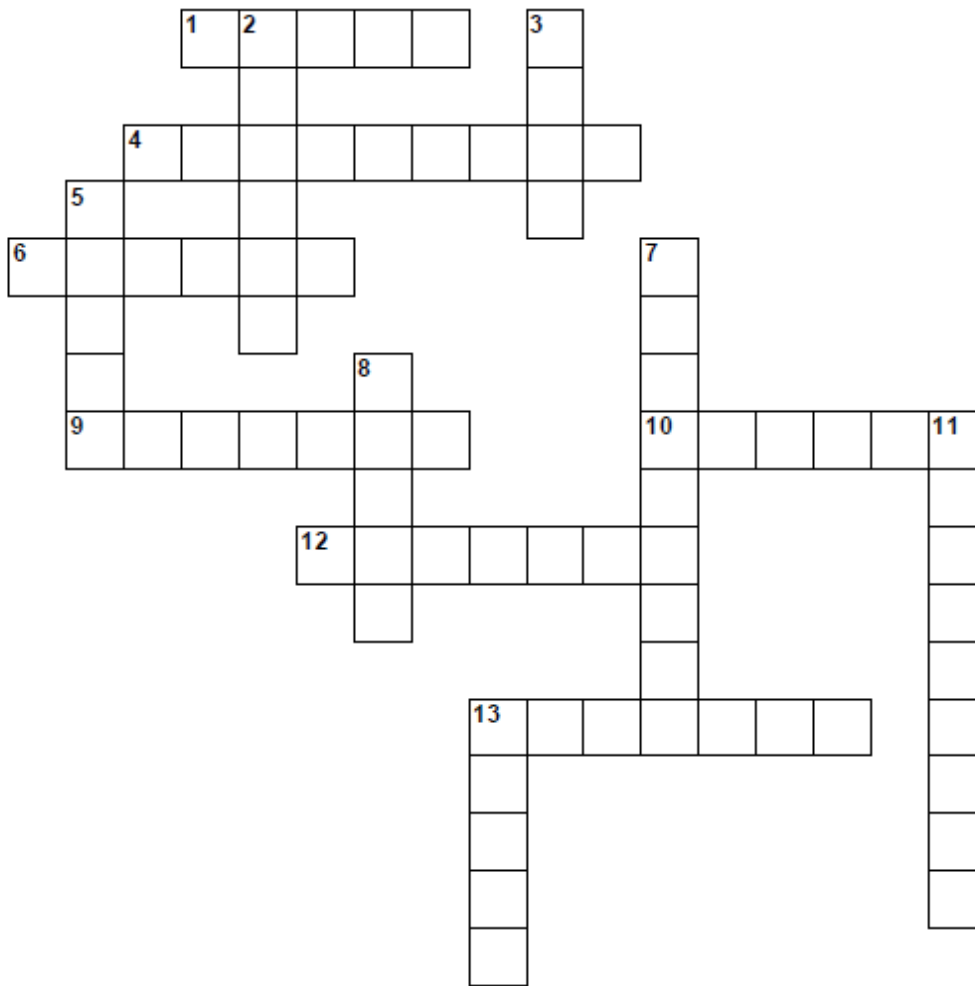
Patti Nanopoulos is new to our team! She is married to her husband, Stephen, and together they have two daughters, one son, five grandchildren and a dog named Violet.

In her spare time she loves to knit, crochet and garden. She hopes one day to complete master gardening classes. Patti feels you should treat people the way you would want to be treated.

You can always find fresh fruit in her refrigerator and she enjoys cheering on the Eagles. Interesting tidbit: Patti has an identical twin sister.

Patti joins us with much experience in providing services to older adults and we look forward to her contributions. She has been enjoying working in Eden West, especially the games and making people smile.

Winter Wonderland



Across

- 1 - Eskimo's house (5)
- 4 - A type of winter storm (9)
- 6 - A game played on ice (6)
- 9 - A person made of snow (7)
- 10 - If you are lucky you may see these in the Northern Sky (6)
- 12 - Tuxedo with feathers (7)
- 13 - A place of exile for Russians (7)

Down

- 2 - Keeps your hands warm in winter (6)
- 3 - The word 'mountain' in German (4)
- 5 - Winter footwear (5)
- 7 - A large mass of snow that slides down a mountain (9)
- 8 - Where bears hibernate (5)
- 11 - A single piece of snow (9)
- 13 - A neck warmer (5)

GoldenCarers.com

Welcome

This month we welcome to the center: June Burke, Fred Brubaker and Doris Horst

Goodbye

This month we say goodbye to: Spring Sine, Barbara Longenecker, Sidney Knowles, Mary Heisey and Kenneth Bucher.

They will be missed and we wish them the best of luck.

Birthday

January 4
Augustus Rineer

January 5
Rita Cox

TIPS FOR LIVING

RESOLUTION CALENDAR

Take a systematic approach to improving your diet and lifestyle with a year-long resolution calendar. Instead of resolving to “eat better and lose weight,” set one resolution for each month throughout the year. This can improve the chance that your resolutions are kept and that they actually turn into new and healthy habits.



January

Start with a plan that is gradual, high in fiber, and high in nutrients.



February

Reduce your intake of saturated fat. Choose low-fat or nonfat dairy options.



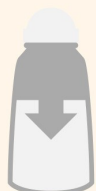
March

Celebrate Nutrition Month! Choose fruits and veggies over candies, cakes, and fried foods.



April

Fill half your plate with fruits and vegetables at each meal.



May

Limit your intake of sodium. Choose “low salt” or “no salt added” versions of foods such as crackers, nuts, canned vegetables, soups, and soy sauce.



June

Celebrate Fruit and Vegetable Month with extra fruits and vegetables.



July

Try to exercise for at least 2.5 hours every week; start slowly, and gradually increase your distance or intensity.



August

Pack a brown-bag lunch, making sure your lunch is healthful and balanced. For tips, check out www.choosemyplate.gov



September

Eat less saturated fat, cholesterol, and trans fat. Instead, work on increasing your fiber intake.



October

Eat at least one meatless meal each week. Plan menus that include pasta dishes, bean dishes, whole grain breads, and a variety of fruits and vegetables.



November

As the holiday season approaches, begin practicing low-fat cooking techniques. Modify your favorite recipes in order to lower the fat and calorie content.



December

The holiday season is upon you. Try to maintain your weight by sticking to a consistent exercise schedule and limiting high calorie foods.

As you look back over this year, you will have now developed at least 12 new habits to improve your health for many years to come.