

May 2022

Staff Highlight: Leone Wagner

Leone Wagner, activity coordinator for the center, lives in Lititz with her husband Mark. One of her joys is in the summer when the whole family gathers. Her daughter and her family from Oregon, and her son and his family from Lancaster enjoy time together.

Leone and Mark love doing excursions with their 5 grandchildren. She enjoys walking and listening to audible books and anything that includes the outdoors. You might be surprised to know that walnuts are a must for her snacking.

Leone has worked at Landis Adult Day Service for over 15 years. One of the reasons that the years have added up here at Landis is the rich interactions she enjoys here. It is like getting to learn, talk and laugh with a vast cross section of the community. What makes a day especially good at work is when the room is filled with laughter and conversation!

May Happenings

Leone Wagner, Activity Coordinator

It's here! The month with so many colors popping through the ground busting out of the trees, streaming through the sky! Are you good at spotting them? See if you can find the colors hidden in the sentences on the quiz on page 3. Bring the finished puzzle in for a May treat

Also, fill in the blanks on page 2 to discover some of our May plans. They are as colorful and varied as the month of May itself!



Landis 
Adult Day Services
Enriching Each Day, Together

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

The ADS Center will be closed on Memorial Day, Monday, May 30.

Support Group

No Longer Alone Family Support Group

Sunday, May 22
3:00-5:00 p.m. at Lands
Homes in the High
Foundation Auditorium

Speaker: Charles Hurst,
Graduate of the Mental
Health Court and After-Care
Program.

Topic: "Sharing His Life
& Faith Journey" will be
followed by a time of sharing.

*Please follow all COVID-19
protocols in place at the time of
the meeting.*

Thank You!

Helen Diffenderfer

for the donation of snack bags and for the yummy cookies to celebrate her birthday

John Wanger

for the donation of treats and craft supplies to the center

June Burke

for the Keebler snacks

Helen Ament

for the donation of magazines

Brian Brandt

for the Jigsaw puzzles.

Frank Martin

for the Rice Krispy treats

Rita Cox

for the Pepperidge Farm treats

Welcome

Janette Walker,
Johnny Laboy,
Joesph Olivio,
Irene Boyer and
Davide Russell

May Birthdays

08 Kenneth
Konlande
15 Brian Brandt
28 Fred Brubaker
29 John Wanger

Client Highlight: Bruce Frymyer

Bruce Frymyer lives in Ephrata with his wife Betsy. Together they have 3 children and 6 grandchildren. Bruce worked as a lineman for PP&L for 40 years. He and his wife have traveled all around the United States and most of Europe. His favorite foods to eat are ham, pork and beer. In his spare time he enjoys watching sports on TV, he is an avid Philly fan and loves all Philadelphia sports! Bruce's favorite thing about coming to Eden West is how good the staff treat the people here!



May Happenings Continued

Q: Why were the little s_____ upset?

A: Because their parents were in a jam!

We are going to do a bit of exploring virtual strawberry fields and the fruit.



Q: How do rabbits like to t_____? A: By Hareplane!

We are going to do a little exploring of the USA. What's your favorite city? What do you know about Amtrak? How about South Carolina? It's all about TRAVEL!

Q: How long does it take a n_____ to change a light bulb?

A: About 15 seconds tops to change it and 20 minutes to document it; how, when, where, why, and what serial number it had.

We are celebrating our exceptional nurses on May 12! Their care and expertise is exceptional! We will be giving them and the clients some challenges. We will find out who does it better; nurses, clients or other staff. It's bound to be challenging!

Q: When should you take a chocolate c_____ cookie to the doctor?

A: When it feels crummy!

Do you have a great chocolate C_____ recipe? We have a bunch but if you have one that tops them all, we want to try it on May 16 .

Has anyone's gardening s_____ improved during the quarantine?



Mine did! I planted myself on the couch in August and have grown significantly since! Speaking of skills, maybe you have or had a skill that you can share with us. Tell us what your special skill is and maybe you can teach it to us too. It's just to have a little fun and learn a little. Bring a picture or the skill along on May 26 and we will share some information!

Wrapping up May will be some **Golden Oldies**. What's your favorite song? What are your golden oldies?

Find the Hidden Colors in These Sentences Quiz

Find the hidden colours in this quiz!

We'll go in Jim's car. Let's leave at six o'clock. --- Answer: Scarlet

Questions

1	He let out a loud yell, owing to the injuries he received when he fell	_____
2	Showing envy or anger is considered wrong	_____
3	Her left eyebrow never fades, because it is a tattoo	_____
4	The money is for Edward	_____
5	I'm a gent and a ladies man	_____
6	Dressed in colorful costumes, the children were clapping and singing old folk songs	_____
7	Crusoe was marooned on an island for years	_____
8	An open gate always welcomes visitors	_____
9	The lamb lacked the strength to fight the wolf	_____
10	Don't drop ink on your shirt!	_____
11	Do you agree never to tell anyone?	_____
12	The cop persuaded him not to create a disturbance	_____
13	Pauli lacked the required documents to travel	_____
14	The new law hit everybody's pocketbook pretty hard	_____
15	After weeks of waiting, the militia quashed the rebellion	_____
16	You shouldn't sell this fossil very cheaply; it is a rare specimen	_____
17	"I want to win!" called Anna, vying for one of the colorful ribbons arranged on the judges' table	_____
18	The icy antarctic is home to the most penguins	_____
19	A big, old, hungry dog arrived at our door every morning	_____
20	A Brazilian student, Paulo, lives around the corner from us	_____

TIPS FOR LIVING

FIVE TIPS FOR A LIFETIME OF HEALTHY VISION

AMERICAN OPTOMETRIC ASSOCIATION (AOA)
OFFERS SIGHT-SAVING TIPS

Every waking minute, your eyes are working hard to see the world around us. According to AOA's annual American Eye-Q® survey, 40 percent of Americans worry about losing their eyesight over their ability to walk or hear.

It's Easy to Incorporate Steps into Your
Daily Routine to Protect Your Vision!



1

SCHEDULE YEARLY COMPREHENSIVE EXAMS

Seeing a doctor of optometry regularly will help keep you on the path to healthy eyes.



PROTECT AGAINST UV RAYS

No matter the season, it's important to wear sunglasses.

2

3

GIVE YOUR EYES A BREAK FROM DIGITAL DEVICE USE

Practice the 20/20/20 rule: every 20 minutes, take a 20 second break and look at something 20 feet away.



EAT YOUR GREENS!

Eat five servings of fruits and vegetables each day—particularly the leafy green variety.

4

5

PRACTICE SAFE WEAR & CARE OF CONTACT LENSES

Follow your optometrist's recommendations for use and wear – keep them clean!



American Optometric Association

AOA.ORG

To learn more about eye and vision health, or to find a nearby doctor of optometry, please visit www.aoa.org. To find out how AOA members donate their services to help Americans save their sight through its charitable programs, visit www.aoafoundation.org.

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