

## July 2022

### Annual Golf Tournament at Foxchase

*Christy Carpenter, Director of Adult Day Services*



Our annual fundraising event took place at Foxchase Golf Club in Denver on June 3. This event directly benefits our center and allows us to provide financial assistance to clients who may qualify. This year we raised over 50,000! Thank you to all who support this amazing turnout.

### Client Highlight: Cindy Mylin

Cindy Mylin lives in a home in Salunga with two roommates. She enjoys visiting with her father, Dean. In her spare time she enjoys arts and crafts, Stamping and bowling.

Her favorite foods are lasagna, spaghetti and pizza. Cindy enjoys listening to music. Her favorite songs are "Achy Breaky Heart" and "Amazing Grace" because they remind her of her family. You might be surprised to know that, in her 20's, Cindy won a gold medal for running in the Special Olympics.

Her favorite things she likes about attending Eden West are meeting new people and making new friends.



**Landis**   
Adult Day Services  
*Enriching* Each Day, Together

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

**Closed on Monday, July 4  
for Independence Day.**

### Support Group

#### No Longer Alone Family Support Group

These monthly meetings provide a place for those who have a loved one living with mental illness to learn and share their experiences

**Sunday, July 24  
3:00-5:00 p.m. at  
Lands Homes in the High  
Foundation Auditorium**

Speaker: Dr. Robert Justice,  
Psy.D., Behavioral  
Healthcare Consultants

Topic: "Overcoming Grief".  
Followed by a time of  
sharing.

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

## Thank You!

**John Wanger** for the donation of Goldfish cracker bags to celebrate his birthday and for the donation of card stock.

**Kwan Ying Poon-ye** for the yummy donuts that were enjoyed by all.

**Doug Diem** for the donation of 2 hanging flower pots to brighten up our patio space.

**Irene Boyer** for the delicious cake to celebrate her birthday.

**David Hayward** for the donation of Fig Newtons to the center.

## Welcome

We welcome to the center this month: David Steiner, James Landis, Mary Hollywood, Edith Ritchie, H. Larry Ford, Patrick Ferrara and Ronald Forrey

## Goodbye

We say goodbye to June Burke, Johnny Laboy, Richard Jankus, Lois Jean Peterman, Ken Konlande, and Joe Olivio, they will be missed and we wish them well.

## July Birthdays

July 03 Rita Bleacher  
July 07 Anthony Valeski  
July 08 Doris Burkhart  
July 08 William Pentz  
July 12 Betty Jane Gorman  
July 14 David Russell  
July 16 Sharon Darrenkamp  
July 29 Dale Book

## July Happenings

THE END and.....THE BEGINNING

It HAPPENED for all of us; THE END of our social distancing! Now we will be able to sit beside each other enjoy a cup of coffee or tea, chat and socialize with our friends. We hope to provide you with more choices of things you might enjoy doing. This is the END of assigned seating and the BEGINNING of new days filled with even more laughter and more conversation.

This puzzle on the next page is called Common Endings. We are giving prizes to those who complete the puzzle and return it to us.

In July, there will be “ups” and “downs”. Venture with us down into caves and up to the mountains. We’ll go down to the discovery of the Titanic, and up to an almost failed space mission.

Our programs will take us to Wyoming and New York. We’ll go back into history to the construction of the Panama Canal. And of course, there are the July foods like hotdogs, blueberries, popcorn and honey.

Please bring in a picture of you and your pet. We will return the picture to you the same day. We are going to have some fun matching pets to their owners. We are hoping to have these pictures by July 12.



We look forward to making each day a good day. In July it's our new BEGINNING!



## 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.

*Mosaic Sticker-by-Number Books*

*Game Prizes*

*Sugar Free Candy*

*White Card Stock Small*

*Individually Packaged Treats*

*Markers Trivia Question Books*

*Adult Coloring pages*

*Velvet Coloring pages*

## Staff Highlight: Lisa Henry



Lisa Henry is married to her husband Ron for 36 years. Together they have three sons, one grandson and one dog.

In her spare time she and her husband enjoy traveling, especially to go camping and hiking. They hope to get to see as many National parks as they can in the coming years. It is a goal of theirs to become full-time RV-er's when they retire and maybe do part-time work at the various National Parks they visit.

Lisa smiles the most when she is spending time with her family and friends. Her favorite things about working in Eden West are getting to know everyone and discovering what experiences they have had in their lives.

### Common Endings

Find the word that can end all three words. The first answer is given.

- |                             |           |
|-----------------------------|-----------|
| 1. birth, week, some        | day _____ |
| 2. heart, wind, sun         | _____     |
| 3. coast, body, shin        | _____     |
| 4. fork, chair, face        | _____     |
| 5. like, clock, street      | _____     |
| 6. sleepy, copper, shower   | _____     |
| 7. fair, camp, battle       | _____     |
| 8. make, gear, down         | _____     |
| 9. space, sweat, jump       | _____     |
| 10. loop, pot, sink         | _____     |
| 11. cheese, johnny, fruit   | _____     |
| 12. bull, fog, green        | _____     |
| 13. gum, dew, eaves         | _____     |
| 14. shuffle, switch, paddle | _____     |
| 15. lip, match, slap        | _____     |
| 16. head, hair, broad       | _____     |
| 17. sling, snap, buck       | _____     |
| 18. barber, work, pawn      | _____     |





# TIPS FOR LIVING

## Summer Safety Tips



### **Stay Hydrated**

Drink 8 or more glasses of water per day to stay healthy & hydrated



### **Know the Side Effects of Medications**

Some medications have side effects such as drowsiness or sun sensitivity



### **Stay Cool**

Stay in the A/C, indoors, go swimming, etc.



### **Wear Light, Loose Fitting Clothing**

Wear breathable clothing and light colors that reflect the sun



### **Have Emergency Contacts**

Have a list of people to call in case of emergency



### **Know the Weather Forecast**

Plan your days accordingly depending on the weather

[Help4senior.org](http://Help4senior.org)