
August 2022

Message from the Director

Christy Carpenter, Director

I wanted to take the time to thank all of our clients, caregivers and staff for continuing to be so diligent and cautious when it comes to COVID-19. We are into our second month with masks being optional for clients and no longer social distancing from each other while at the center. It is because of this cautiousness that we have not had any new exposures to this point.

COVID remains in the county! Symptoms remain rather mild at this time; from a slight sore throat to even just a cough, fever does not appear to be a major indication of illness at this time. We cannot let our guard down!

I commend you for keeping clients home even if they have no symptoms but when someone in the household does or has tested positive. I appreciate your open and honest communication with me when you suspect that there might be something going on and then being tested! I appreciate your understanding that the things we do are to keep the center as safe as possible and to be able to continue to provide services!

It is because of all these things that our doors remain open and we can serve more clients! I am sure the challenges of COVID are not completely behind us yet but if we continue to work together, we will get through it together!

Landis 
Adult Day Services
Enriching Each Day, Together

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

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, August 28
3:00-5:00 p.m. at
Lands Homes in the High
Foundation Auditorium**

Speaker: Sylvia Horst, FSG
Member and student of
Marital & Family Therapy

Topic: *"Sharing Her Story
& Call to Serve Others to
Become Mentally Healthy",*
followed by a time of sharing.

Thank You!

John Wanger for the donation of Cheese Curls and books

Jim Wilson for the donation of Milano cookies

Doris Burkhardt for the donation of chip snack bags to celebrate her birthday

Anthony Valeski for the delicious cupcakes to celebrate his birthday.

Bill Pentz for the yummy watermelon to celebrate his birthday.

Sharon Darrenkamp for the wonderful candy to celebrate her birthday

Helen Diffenderfer for the donation of Wise snack bags

Irene Boyer for the salt water taffy that has been enjoyed by all.

Welcome

We welcome to the center this month Al Black, Joe O'hara, Ethel Leed, Davis Hess, Donald Pheil and Albert Franchella

Goodbye

We say goodbye to Gus Rineer, he will be missed and we wish him well. We send our condolences to the family of Mary Sprecher who passed away in June.

August Birthdays

Aug. 01 Edith Richie
Aug. 08 Dawn Beaston
Aug. 12 Linda Price
Aug. 13 Joyce Loercher
Aug. 19 Jody Klopp
Aug. 20 Peter Sholly
Aug. 22 David Steiner
Aug. 23 Doug Diem
Aug. 24 Frank Martin

Client Highlight

Joyce Loercher lives in Lititz with her daughter, Lauren, son-in-law, Dean and granddaughter, Piper. She has two additional daughters and a total of seven grandchildren and two great-grandbabies. In her spare time, Joyce enjoys sewing, baking and singing. Her favorite food is ice cream and it makes her smile the most when she knows

that her children are happy. Joyce worked as nurse's aide for Moravian Manor for 25 years. You might be surprised to know that she was a baton twirler in her younger years and was a head majorette. Joyce feels it is important to lead with kindness and generosity and to do unto others as you would have done unto you. Her favorite thing about attending the Adult Day Services is meeting new people.



Staff Highlight: Brandi Geib

Brandi Geib is a new addition to our team in Adult Day Services, serving as a Program Assistant. Brandi and her husband Kody have been together for 10 years and have been married for the last 5 years. In her spare time she enjoys trying different techniques with make-up, Face Timing with her niece and nephew and watching movies with her husband. The best advice her parents ever gave her was that it doesn't cost anything to be a good person. You can always find Dr. Pepper in her refrigerator. Brandi's favorite thing about working in the center are seeing the clients smile when they reach a goal and trying new things.



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.

Trivia Question Books
Small Game Prizes
Sugar Free Candy
White Card Stock

Individually Packaged Treats
Markers
Adult Coloring pages
Velvet Coloring pages

August Highlights

Leone Wagner



Tonight as my grandchildren from the state of Oregon ran around the backyard catching fireflies, it occurred to me that there is so much of simple living that we miss. In these

hot summer days there is still fun to be had.

Helen Keller wrote, "Keep your face to the sunshine and you will never see the shadows. In an attempt to keep that sunshine bright whether we are inside or outside, we are filling August with lots of things. And we could use your help!

Bragging Rights and **Vacation Memories** are days we would love to hear from you. Check the calendar and bring in a photo or some information about why you are proud of those kids of yours or maybe bring in some special photo of memories of vacations you enjoyed!




SHARE YOUR VACATION PHOTOS



We will check out **Hawaii** as they celebrate statehood.

Enjoy some days with special music and end the month with the classic Rodgers & Hammerstien movie "**State Fair**".

August, we turn our eyes to the warmth and light of your sun and the joy of fireflies in a jar.



SUMMER Word Scramble

YASND BEEHACS _____	SRIKPNLER _____
ASSSGULSEN _____	YRBAKADC BQB _____
THO OGD _____	KGOSIERNLN _____
LPIF SFOLP _____	NADS SCETSLA _____
GMIWISNM OPLO _____	WLNA WREMO _____
SXODABN SYTO _____	HAYOLID _____
MALDAOEEN _____	IRA DIRCEOTINON _____
GPIANCM _____	YMFIAL NISNROEU _____
IBKNII _____	HTCICGAN YARS _____
HABEC WTLOE _____	TABE HET THEA _____
NNTUAS NOTLIO _____	TSUEAMENM KAPR _____
DILEIAFURG _____	YLF A TKIE _____



TIPS FOR LIVING

Watch Baseball and Work Out



Kill two birds with one stone by getting some exercise in as you watch your favorite team playing baseball. No one will accuse you of being a couch potato! As you watch the players, maybe you'll come up with some new moves, too. You can do the following exercise while seated. Try them for one inning or periodically throughout the game.

Pitcher Throws a Ball

Reach your arms up overhead so your palms touch, and then stretch the arms out to the sides and bring them back down. Repeat until the next pitch.

Pitcher Throws a Strike

Bend your elbows and lift your arms so your knuckles face out and your arms are raised slightly above your hips. Stretch your arms straight out in front, keeping them at about hip height with the palms facing in and knuckles

facing out. Bend the arms back up and repeat until the next pitch.

Batter Walks

Bring your right leg in front, tap your heel on the floor, then tap your toe on the floor, tap your heel on the floor again, and bring the right leg back. Bring the left leg in front, tap your heel, tap your toe, tap your heel, and bring the left foot back.

Batter Hits a Home Run

Reach both hands to your shoulders, tap your shoulders, and then lift your arms straight up overhead. Tap your shoulders again, and then reach your arms down toward your toes. Repeat the series several times.

Time Out or Delay

Bring your arms out to the sides and make 10 small clockwise circles followed by 10 small counterclockwise circles.

Commercial Break

Stretch your right leg with your heel on the floor, toe up. Reach your right arm toward your right toes. Bring the right leg back and switch to the left leg.

New Pitcher Enters Game

Reach your arms straight with your palms facing up. Reach your arms up toward the ceiling, keeping your palms facing up. Turn your palms to face down as you bring your arms back down to your side.

Seventh-Inning Stretch

Take me out to the ball game, Take me out with the crowd.

Pretend you're pitching a baseball, switching from the right arm to the left a few times.

Buy me some peanuts and Cracker Jack, I don't care if I never get back.

Mime swinging a bat, first from the right side and then from the left side. Turn your head and upperbody with your arms when you switch sides.

Let me root, root, root for the home team,

Lift your right arm and make clockwise circles overhead.

If they don't win, it's a shame.

Lift your left arm and make clockwise circles overhead.

For it's one, two, three strikes you're out,

Reach both arms up overhead as you sing "one" and then bend forward at the waist and bring your arms toward your shins or toes as you sing "two." Reach your arms back up as you sing "three" and then relax them at your sides.

At the old ball game.
