September 2022

National Adult Day Services Week

We are celebrating! The third week of September is National Adult Day Services Week. We are going to celebrate all week long with a few special things thrown in here and there just for the fun of it!

We are so grateful for the relationships that we have made with all of you. We are grateful for a caring staff, and that together day after day there is laughter, kidding, accomplishment and entertainment.



See what you can discover in the word search on page 3 some of the things that happen at Landis Adult Day Services.

Grab a pencil and enjoy some puzzling!



It is exciting to announce that monthly field trips have resumed for clients!

Due to only being able to have a group of up to 12 clients go on a scheduled field trip, we will rotate clients that we give the opportunity to go on trips.

If there is particular upcoming trip that you want to be on the bus for, please reach out to Christy.



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

Closed Monday, September 5 for Labor 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, September 25 3:00-5:00 p.m. at Via Zoom

Topic: Planning followed by a time of sharing.

For information on joining the Zoom meeting call 717-381-3599 or email mail JAlbright@landis.org by noon, Friday, Sept. 16.

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.

Thank You!

John Wanger for the donation of snack bags,paper and pens to the center

Tim Yoder for the large donation of craft supplies to the center

David Hayward for the donation of chip snack bags to the center

Joyce Loercher for the delicious ice cream treat to celebrate her birthday

Helen Diffenderfer for the donation of cookie snack bags to the center.

Kwan Ying Poon-Yee for the yummy donuts

David Steiner, Jody Klopp and **Doug Diem** for the delicious cupcakes to celebrate their birthdays.

Frank Martin for the donation of candy to the center to celebrate his birthday.

Welcome

We welcome to the center this month **Anne Rogers**.

Goodbye

We say goodbye to Jeanette
Walker, Roza Csoboth and
Linda Martin, they will be
missed and we wish them well

September Birthdays

- 01 Lois Jean Harbold
- 04 Tim Yoder
- 08 Anne Rogers
- 09 Don Groff
- 10 Jim Hess
- 14 Linda Gaston
- 16 Kwan Ying Poon-yee
- 17 Shirley Matheny
- 27 Joseph O'hara

Client Highlight: Patrick Ferrara

Patrick Ferrara lives in Ephrata with his wife Phyllis. Together they have three sons. He enjoys spending time with his children and grandchildren. He made his living as a financial advisor.

In his spare time, he likes to do woodworking projects and developing plans, tips and



techniques for projects. Pat's favorite quote is "Whoops" and his favorite foods are shrimp and chocolate wine. Pat has traveled to Australia visiting Brisbane and Cairns. The thing he enjoys the most about attending Eden West are the friends that he has made here.

Staff Highlight: Amanda Brubaker

Amanda Brubaker works as a program assistant in the center. She is married and just celebrated her fourth wedding anniversary in May. In her spare time, she enjoys being outdoors and spending time with friends. You can always find almond milk in her refrigerator. She smiles the most when she spends time with her nieces.



nephews and friends. Amanda and her husband are traveling to Italy for a 3-month stay to help with a church plant in Sicily. Her favorite things about working in Eden West are the relationships she has with the clients and her co-workers.

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 Sticker by Number books Individually Packaged Treats Markers Adult Coloring pages Velvet Coloring pages

September Highlights

Leone Wagner, Activity Coordinator

This month we will begin some reminiscing from several different areas: Old Farm Tractors, School, Football and Cooking. And of course, we intend to welcome Fall well!



On September 1, we'd like to know what appliance in your house you think would be the hardest to live without.



On September 7, if you have a farm background and can bring information about the tractor or the way that you farmed and tell us about it we would love to hear from you

On September 20, can you bring a picture of you during the time you were in school? Bring some of those school memories along with you just for laughs.

ADS Celebration Word Search

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Learning Exercise Relationships Snack Eating Discussions Music Cooking Laughing Puzzles Challenges Friendship Educational Games	Ν	Ν	E	Р	P	E	S	Ε	М	Α	G	S	F	Α
	Α	1	L	Α	F	Α	М	C	W	S	D	P	F	1
	C	K	Α	W	U	R	Ν	Н	S	K	K	1	L	S
	K	0	T	K	S	Ν	Н	Α	Ν	V	S	Н	Α	U
	Q	0	1	T	P	1	C	L	0	М	L	S	N	J
	E	C	0	P	В	Ν	G	L	1	Q	Н	D	0	J
	X	E	N	U	R	G	Ν	E	S	M	S	N	1	K
	E	C	S	Z	K	S	1	N	S	В	W	E	Т	D
	R	1	Н	Z	D	C	Н	G	U	1	P	I	Α	J
	C	S	1	L	D	W	G	E	C	E	Q	R	C	U
	-1	U	P	E	X	C	U	S	S	X	М	F	U	В
	S	М	S	S	Y	C	Α	F	1	1	C	C	D	0
	Ε	Ε	В	Ν	Q	L	L	S	D	Α	Α	J	Ε	J

TIPS FOR LIVING

Calcium

Contributors: Sarah Klemm, RDN, CD, LDN Published April 29, 2022 Reviewed April 2022

Calcium is perhaps the most well-known and essential nutrient when it comes to bone health. Building strong bones is like building a healthy balance in your "calcium bank account." Bones are living tissue and constantly in a state of turnover, making calcium deposits and withdrawals daily.

Bones don't come with a lifetime guarantee. They need continuous maintenance or they can weaken and break. If your daily intake of calcium is low, your body will take calcium from your bones to keep blood calcium at normal levels.

To meet calcium needs and reap the benefits of a lifetime of healthy bones:

- Consume three servings of dairy or calcium-fortified soy versions, such as low-fat or fat-free milk, soymilk or yogurt, every day
- Choose leafy green vegetables, calcium-fortified tofu, canned sardines and salmon with soft bones for additional calcium sources
- When selecting 100% fruit juices and ready-to-eat cereals, choose ones fortified with calcium.
- Follow an overall healthy eating plan using MyPlate as a guide (www.myplate.gov).
- Be physically active with weight-bearing activities such as running, dancing or weight training.

Focus on Food First

Registered dietitian nutritionists (RDNs) recommend food as the primary source of vitamins, minerals and other nutrients, such as calcium. When shopping, read the Nutrition Facts Label and select foods that contain 10% or more of the Daily Value for calcium. Foods that

are naturally high or fortified with calcium may be labeled as "calcium-rich" or "excellent source of calcium."

Looking for a quick way to boost your calcium intake? Try these easy tips:

- Drink an 8-ounce glass of low-fat milk or a calcium-fortified beverage, like soymilk, with your meals. Fat-free and low-fat milk have a similar amount of calcium as whole milk.
- Make oatmeal with milk or a calcium-fortified beverage instead of water
- Eat 1 cup of low-fat or fat-free yogurt with fruit for breakfast or a snack.
- Top a baked potato with steamed broccoli and shredded low-fat or fat-free cheese. For additional calcium, substitute plain Greek yogurt for sour cream.
- Add calcium-rich greens (like collard greens, turnip greens or kale) to meals.
- Enjoy ½ cup cooked soybeans or 5 dried figs for a snack.
- Make a breakfast shake by blending milk or a calcium-fortified beverage with fruit and a green, like spinach.
- Enjoy calcium-fortified tofu as a plant-based protein option. Other plant-based choices that provide protein and calcium include soybeans, almond butter and tempeh.

How Well is Calcium Absorbed?

Calcium is absorbed best if your intake of calcium-rich foods is spread out during the day. An RDN can help you choose foods or a combination of foods and a supplement to meet your individual calcium needs, while keeping in mind calcium intake should not exceed 2,500 milligrams per day for adults between ages 19 and 50. This amount is reduced to 2,000 milligrams per day for adults over 51.

More Tips for Bone Health

While choosing calcium-rich foods and participating in weight bearing activities are key to bone health, there are a few other tips to keep in mind:

- Avoid smoking and excessive alcohol intake.
- Ask your physician if you need a bone density test based on your risk factors for osteoporosis or if you are a
 woman over 50.
- If you need a calcium supplement, choose one that also contains vitamin D, which will aid in calcium's absorption.
- If you're not sure if your eating habits are meeting your nutritional needs, consider seeing an RDN for individual guidance and recommendations.



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