
November 2022

November Happenings

During November, we are going to get comfortable and do a bit of armchair traveling, from Montana to Oklahoma to the “Tar heel” state then all the way to New England. If you have any great pictures you wish to share we sure would love that.



We have really enjoyed the book club at the center on Wednesday. It’s amazing how captivating Mark Twain’s storytelling and Doug Garrett’s reading can be!



A little cowboy wisdom and a little common sense (can we find some?)

We are going to cook up some things in November. Speaking of cooking see what you can do with the scramble “What’s for Supper” inside.

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
Velvet Coloring pages
Trivia Question Books*

*Markers
Adult Coloring pages
Individually Packaged Treats
Sticker by Number Books*

Landis 
Adult Day Services
Enriching Each Day, Together

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

Closed on November 24.

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, November 20
3:00-5:00 p.m.
Crossings Meeting Room
at Landis Homes**

Topic: An inspirational message will be shared by Donna Fisher; writer, speaker and founding member of NLA FSG

For info or to receive a monthly meeting reminder, call 717-381-3599 or email JAlbright@landis.org.

Thank You!

Rita Cox for the Pepperidge Farms gold fish crackers snack bags.

John Wanger for the calendars and puzzle books, and a very large donation of craft supplies

Helen Ament for the donation of magazines.

Helen Diffenderfer for the delicious cake to celebrate her 99 ½ birthday.

Welcome

We welcome to the center this month: Sharon Eberly and Debra Wenger.

Goodbye

We say goodbye to Dawn Beaston. She be missed and we wish her well.

Birthdays

01 Ronald Forrey
05 David Hayward
09 Joel Hiestand
18 James Wilson
21 Miriam Weaver
26 Russell Horner

Client Highlight: Irene Boyer

Irene Boyer lives in Lititz with her daughter Jackie. Irene has three daughters and three sons-in-laws. She has six grandchildren and three great grandchildren with two on the way. Her favorite things to eat are popcorn and ice cream. In the past, she used to work in the sales department at Boscov's. Irene's favorite things about attending Eden West are the food, the people and the staff.



Staff Highlight: Rosanne Burkholder



Rosanne Burkholder is our administrative assistant for the center. She is married to her husband Larry and together they have four children. In her spare time, she enjoys reading and being creative. You will always find milk and cheese in her refrigerator. Rosanne cheers on Penn State and the Philadelphia Phillies. She loves to eat out with family and friends. Interesting fact about Rosanne: for a year, she lived in the bush in northwestern Ontario, many miles beyond the nearest road and only accessible by plane. Her favorite thing about working in Adult Day Services is the positive and happy atmosphere and all the smiles she sees.



JACKETS! COATS! JACKETS!

It's that time of the year again when the air is frisky in the morning and warm and cozy in the afternoon—making us forget we wore a jacket in the morning when we arrived at the Center! Please help the staff to keep the rightful owners with their jackets and coats by attaching a label with your full name inside your jackets and coats.

How to Be Happy

A special opportunity to experience gratitude occurs every year as we celebrate Thanksgiving, but opportunities abound year round to experience gratitude with simple reflections on our minutes, hours and days.

It's a factgratitude increases our happiness.
Make November a time to get a little happier!



If it's hard to find those moments of gratitude, try inserting some of these reflections into your conversations this month and see if "sprinkles" of gratitude might happen.

- Write down three things you are thankful for today.
- Who are you thankful for from your childhood?
- What teacher are you most thankful for?
- What woman in your life are you thankful for?
- What man in your life are you thankful for?
- What tradition are you most thankful for?
- What foods are you thankful for?
- What activity are you thankful for?
- What simple pleasure are you thankful for?
- What art (book, television, movie, etc.) are you thankful for?
- What have you created that you are thankful for?
- What friend are you thankful for?
- What hard times are you thankful for? Why?
- What relationships are you thankful for?
- Describe a pet you are thankful for.
- What is something you have learned that you are thankful for?
- What holidays are you most thankful for?
- What about nature are you most thankful for?
- What about your country or nation are you most thankful for?
- What (or who) are you thankful for that makes you laugh?
- What act of kindness has impacted you recently?
- What about your health are you most thankful for?
- Write down all your family members that you love and are thankful for.
- Write down all your friends who you have loved and are thankful for.



Wishing you and your loved ones a month filled with appreciation for one another and thanks for what we do have.

TIPS FOR LIVING

Tips for Protecting Your Loved Ones From Scams

from retireguide.com



Set up a **separate bank account** with limited funds.



Shred all **receipts** that contain card numbers.



Set all **social media** settings to **private** (where applicable).



Involve a few people to **verify checks & balances**.



Hire **caregivers** through a **licensed company**.



Earn their trust so they can rely on you for advice.

WHAT'S FOR SUPPER? WORD SCRAMBLE



HFSI & SCPHI _____

DMAEHS PSOETOAT _____

VRIEL & NNOOSI _____

FDERI NHICCEK _____

ITPTSAGE & SMLEALATB _____

NNWOTO UPSO _____

ZAPZI _____

NHCEKIC & SWAFELF _____

LMAATEOF _____

RONC NO ETH BOC _____

KTESA & MPIHSR _____

RLEOTBS _____

CIRE PLFIA _____

IRALOIV _____

NRFCEH NONOI OUPS _____

NYOEH CGIALR GINWS _____

CBANO CRHEGESEREUB _____

HFEC LDAAS _____

UNREEB WHACDIHNS _____

XIDEM BVSEEAALTG _____

NYEOH DZEGAL AMH _____

KTYUER NRNIDE _____

KCNICEH RAECOCTIA _____

LCILHI SODG _____