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## October 2022

### Symbria Rehab

Christy Carpenter, Director of Landis Adult Day Services

The Symbria Rehab team is one of the services that is offered at Landis Adult Day Services. They are experienced and compassionate therapists who are passionate about helping older adults extend their independence and thrive in their homes and communities.

Together they specialize in:

- ☐ vestibular rehab, balance, and fall prevention
- ☐ urinary incontinence
- ☐ pain management
- ☐ orthopedics
- ☐ neurological conditions
- ☐ wheelchair positioning
- ☐ cognitive therapy
- ☐ dysphagia management

Their pre-hab program prepares people for upcoming orthopedic procedures to help speed their recovery after surgery. They have an office in the Outpatient Clinic in the Residential Living area at Landis Homes.

If you have interest in using Rehab services through Landis Homes please contact Christy Carpenter, director of Landis ADS at 717-581-3975 or email: [ccarpenter@landis.org](mailto:ccarpenter@landis.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  
Trivia Question Books  
Velvet Coloring pages

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](http://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, October 23  
3:00-5:00 p.m. at Lands  
Homes in the High  
Foundation Auditorium**

**Topic:**  
**A Look at Mental Health  
in the Bible”**  
A Focus on the Family  
video interview with  
Dr. Matthew Stanford, PhD:

For info or to receive a monthly meeting reminder, call 717-381-3599 or email [JAlbright@landis.org](mailto:JAlbright@landis.org).

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*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.*

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## Thank You!

**Brian Brandt** for the donation of sugar-free candy

**Helen Diffenderfer** for the donation of cookie snack packs.

**Kwan Yong Poon-yee** for the delicious cake to celebrate her birthday

**Ethel Leed** for the yummy cakes to wish her farewell

**John Wanger** for the variety of treats and cardstock

## Welcome

We welcome to the center this month Stevie Burkes and Fred Ward.

## Goodbye

We say goodbye to Wayne Bell, Bruce Frymyer and Ethel Leed, they will be missed and we wish them well.

## Birthdays

07 Larrie Kreider  
09 James Landis  
15 Mary Hollywood  
22 Stevie Burkes  
28 Frank Buonomo  
28 Benjamin Witmer  
31 David Hess  
x

## Client Highlight: David Steiner

David Steiner is married to his high school sweetheart and they will soon be celebrating their 28<sup>th</sup> wedding anniversary. They live in York and together they have 3 children and 3 grandchildren. David is a lover of baseball, especially the Pittsburgh Pirates. It always makes him smile when they play a winning game.



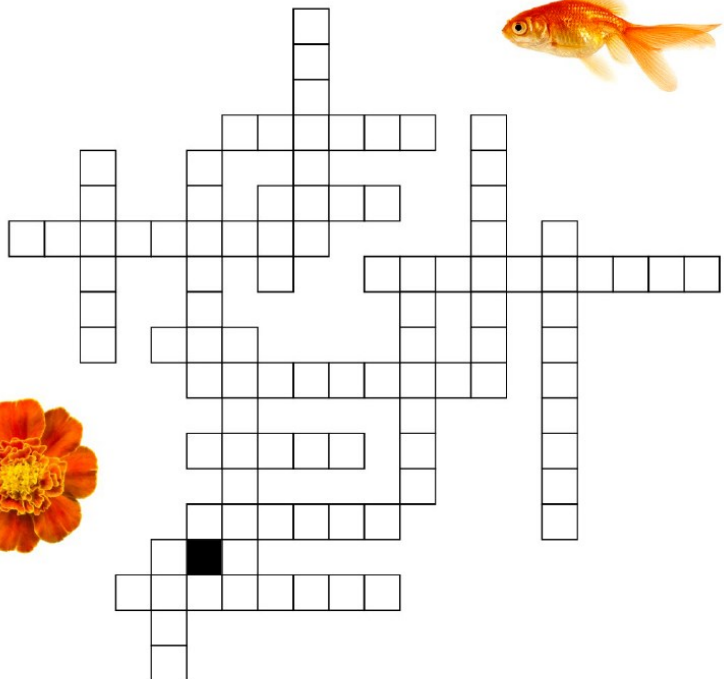
His favorite foods are apple strudel and chocolate milk. Dave cared so much about raising funds for their youth group that he even wore a woman's bathing suit, yellow cap and a duckbill to a duck regatta to raise money to their youth fellowship. In his work, he traveled to Europe, Canada and England. David has many interesting quotes and life lessons, such as "Patience is a virtue", "A happy wife makes a happy life", and "Eat the elephant one bite at a time" He is very insightful!

When asked what his favorite thing was about attending Eden West, with a smirk on his face as he channeled an announcer of a daytime soap he said: "Like the sand pouring in an hour glass, there are new 'dramas' everyday". Dave and his humor are what add spice to our days too!

## Things That Are Orange

Fit the list of words into the puzzle.

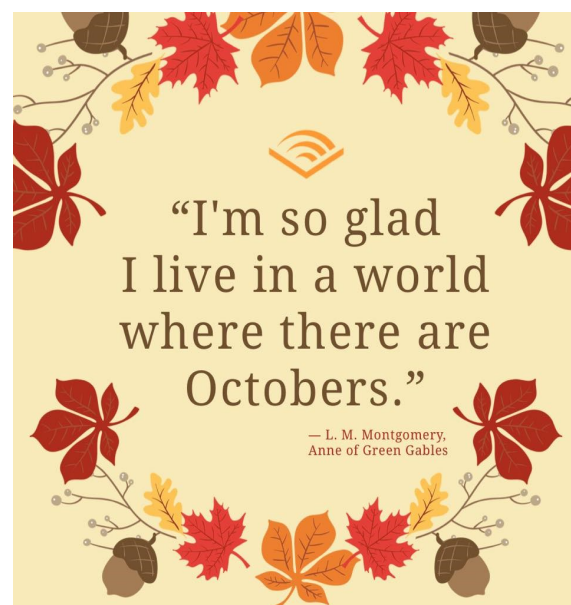
FOX  
YAM  
FIRE  
YOLK  
TIGER  
CARROT  
PAPAYA  
ROUGHY  
APRICOT  
KUMQUAT  
PUMPKIN  
GOLDFISH  
MARIGOLD  
SUNSTONE  
CLOWN FISH  
PERSIMMON  
TANGERINE  
CANTALOUPE



# October Happenings

Ah, the Fall! The season that sends us out to experience the colors and inside to cuddle against the cold with a warm drink. This past summer I reread *Anne of Green Gables* thinking it might be fun to share the story here. I love the honesty by which Anne experiences the natural world expressing in detail the colors and textures of the flowers and the landscape and the feeling of the outdoors!

Just like Anne, I appreciate all the sights and sounds that the month offer to us! I hope that we can share in some of them right here at Landis Adult Day service.



ANIRY_____	SOSEAN_____
GANREO_____	EAKDR_____
SEEBMTRPE_____	SLQEIURR_____
OCREBOT_____	AHNNICGG_____
RLLCOUOF_____	QSUASH_____
RCAON_____	OWLELY_____
UTNMAU_____	CRNO_____
KTYAACSH_____	PAELP_____
OEBREVMN_____	ELALHONW_____
AEFL_____	UNPIPMK_____
STHAERV_____	INGINHVSATKG_____
PERAS_____	UCENSHTST_____

During the first week of October we are going to enjoy some flavors and sights from around the world. If you have any goodies from Germany or Italy, or anywhere around the world that you want to share with us during that first week, bring them in with you.

On October 20 we would love to share some funny stories. Maybe you have a picture or just the story written out to share. We hope to laugh and share lots of stories on this day.

On October 25th if you have a special stuffed animal, bring them along. We will make sure they get back home. Or bring a picture of your favorite stuffed animal or doll. Maybe you just have a story about it that's great too.

As the evening comes quicker and the moon goes orange take time to breathe deeply and enjoy the change that's in the air.

*We don't promise any pumpkin spice but there is prize in it if you can solve the word scramble!*

## TIPS FOR LIVING

# TIPS TO PREVENT FALLS FOR SENIORS

### MAKE HOME MODIFICATIONS

Consider making modifications to your home to lower the risk of falling. Some changes include:

- Installing handrails in bathrooms and bedrooms
- Reducing clutter and ensuring there are no loose wires on the ground
- Ensuring furniture and surfaces are of the right height
- Use anti-slip flooring and rugs



One study found that participants were 37% less likely to experience a second fall after home modifications

### EXERCISE

Engage in lower body exercises that improve leg strength and balance. Some examples include:

- Marches
- Chair leg raises
- Alternating lunges
- Sit-to-stands
- Slow toe touches



### USE MOBILITY ASSISTIVE DEVICES

If you have a high risk of falling, consider getting an assistive device like a cane, walker or a wheelchair.



### REVIEW MEDICATIONS



Some medications can have side effects that include fatigue or dizziness. This can increase your risk of falling. Consult your doctor if you experience these side effects from your medications.

### TAKE SUPPLEMENTS

Studies have shown that Vitamin D and calcium promote bone strength and density. Taking these supplements may reduce the risk of bone fractures in case of a fall.



## Staff Highlight: Meghann Drumheller



Meghann Drumheller is a new addition to our team in the center and works as a program assistant. She has been married to her husband Tucker for 6 years. They have a dog named Sophie, a 9-year old JackChi. (Jack Russell/ Chihuahua mix) She loves to spend time with her family and friends!

You will always find Chick-fil-A sauce, milk and homemade strawberry jam in her fridge. She shares, "My parents instilled a good work ethic into me all my life and my dad always told me that I should never take a job for the money. If I want something, I have to work for it".

: When it comes to sports, she cheers for the underdogs! She enjoys singing, and will randomly burst into song.

So far, she has enjoyed being a help and an encouragement in the center, to the clients and to her co-team members.

Brought to you by:

