

**Adult Day Services
will be closed Monday,
January 2, in observance of
the New Year's Holiday.**

January 2023

Client Highlight: Andrew "Al" Black



Al Black lives in Neffsville with his partner Marie and their two cats, Beau and Finn. He has two daughters and six grandchildren. Al had a career as a football coach, coaching at high school, college, semi-pro and NFL Europe levels.

He also taught history and travelled to over 30 countries all over the world. He has written 7 books and published

7 articles in magazines as well as being inducted into various football hall of fames. Additionally, Al owned his own sailboat for over 35 years and would sail from New York to Florida, the Greek Isles and the vast majority of the Caribbean. His favorite foods are spaghetti, diet Pepsi, beer and wine. Al's motto to live by is "Never give up on a good thing". Al is a great addition to the center.

Staff Highlight: Kelly Kile



Kelly Kile joined us in November and has quickly become a part of our team at the center.

She lives in Millersville with her husband, Matt, and their three dogs. Kelly has a background in physical therapy.

In her spare time she enjoys gardening, traveling, crafts, thrift shopping, antiques and sporting events.

The best advice her parents ever gave her was not to carry a balance on your credit card. You can always find fruit in her refrigerator and she cheers for the Philadelphia Flyers and the New York Giants. The thing that makes her smile the most are her three dogs.

Her favorite thing about working in the center getting to know the client's history and bringing a smile to their faces.

No Longer Alone Family Support Group

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

**Sunday, January 22, 2023
from 3:00 - 5:00 p.m.
via Zoom**

Program:

Hope Always Video Series:
"The Problem of Suicide"
and "A Biblical Worldview
of Suicide"

by Dr. Matthew Sleeth, MD;
Author, teacher and former
ER physician

For information on joining the Zoom meeting or to receive a monthly meeting reminder, call 717-381-3599 or email JAlbright@landis.org by noon on Friday, January 20.

Thank You!

All of our clients and caregivers that spoiled us all with many gifts and treats over the holiday season!

Anthony Valeski and **Jim Landis** for the donation of puzzle books.

John Wanger for the donation of snack bags

Fred Ward for the hand-made prizes for the center.

Rita Cox for the donation Milano cookies.

Jim Landis for the puzzle book.

Joel Hiestand for the Pringles chips.

Jim Loke for the donation of tennis balls.

Bill Pentz for the donation of craft supplies

Helen Ament for the candy and craft supplies to the center to celebrate her birthday.

Welcome

We welcome to the center this month: Randy "Hoss" Caldwell.

Birthdays

05 Rita Cox
15 Andrew Black
31 Sharon Eberly
31 Fred Ward

January Happenings

over·com·er ,ō-vər-'kə-mər. *plural* **overcomers.** : a person who **overcomes something** : one who succeeds in dealing with or gaining control of some problem or difficulty

The theme of overcoming is a thread that runs through many of the programs planned for January. Overcoming poverty, overcoming racial injustice, overcoming polio and other diseases, overcoming negativity, overcoming isolation overcoming geographic limitations and even overcoming ice and snow.

We also see you as overcomers as you come in each day. We salute you and are glad you demonstrate your own personal power in dealing with all that comes your way!

So from Harlem and the Globetrotters to Australia, from FDR to MLK, from Smokey Robinson to Jackie Robinson, we will learn how and why they overcame obstacles to lead, change and make life better.

On January 24, we'd like to get to know you a little bit better. Can you answer these questions and help us know you a little bit more? Bring in your answers and we'll have some fun getting to know everyone a little better.

- **What do you remember about the place you grew up?**
- **Which invention from your lifetime are you most amazed by?** What was life like before?
- **What special food or game or activity memories come to mind from your childhood?**
- **What was your favorite song or movie when you were younger?**
- **What was your first job?** How about your favorite? My grandfather worked in a prison for 12 cents an hour!

Thank You!



Thanks to everyone who donated gloves for cold little hands in our community.

We are grateful that we have a sharing community here at Landis Adult Day Services.

You were created to overcome every obstacle, to rise above every challenge. Not just to survive—to thrive!

It's January, and it is cold outside, so you may as well brew a cup of something hot, grab a pencil and give this double whammy puzzle a shot. (I promise it's all there this time.) Thanks for trying the puzzle. As always there are prizes to be had for completing it and bringing it in .

Unscramble Word Search - Animals

Unscramble Word Search - Animals © GoldenCarers.com and write the word on the blanks provided. Then look for the words you made in the puzzle. The words can be found in any direction in the puzzle.

G	R	I	Z	Z	L	Y	F	O	Q	H	B	T	A	K
O	I	A	L	L	I	G	A	T	O	R	A	V	R	R
A	A	R	G	E	H	M	X	R	D	C	H	A	B	A
T	H	R	A	S	Q	J	S	R	I	S	V	N	E	H
V	S	W	I	F	G	E	H	M	I	D	L	L	Z	S
R	M	C	B	Y	F	U	A	F	R	O	G	G	O	D
M	O	U	S	E	U	E	L	A	J	F	T	Q	K	R
A	N	R	E	T	S	M	A	H	E	N	E	N	Z	I
L	K	A	N	G	A	R	O	O	A	W	U	H	W	B
E	E	J	Q	W	U	M	K	H	O	M	V	I	G	G
R	Y	R	E	G	I	T	P	C	P	N	Y	D	L	N
R	E	W	E	H	N	E	L	I	Z	A	R	D	X	I
I	Y	F	T	B	L	O	H	R	A	B	B	I	T	M
U	Z	O	H	E	M	C	K	T	U	R	T	L	E	M
Q	L	O	C	T	O	P	U	S	F	J	R	C	L	U
S	S	K	U	N	K	F	G	O	H	E	G	D	E	H

RIURLSQEI _____

NKOYEM _____

ETGRI _____

ACT _____

EHRSO _____

RALOTLGIA _____

USMEO _____

EGARFIF _____

SFHI _____

GYZIRLZ _____

ITCORSH _____

OFGR _____

ODG _____

HEGED HGO _____

TOHSL _____

TUELRT _____

MAHRETS _____

NUKSK _____

BABRIT _____

LAKOA _____

SOUCTPO _____

ZLIRAD _____

AKARARDV _____

SHUDRMIMBING _____

HIPNCUKPM _____

RAHSK _____

CWO _____

TEPNLAHE _____

OKORNAGA _____

GAOT _____

AZREB _____

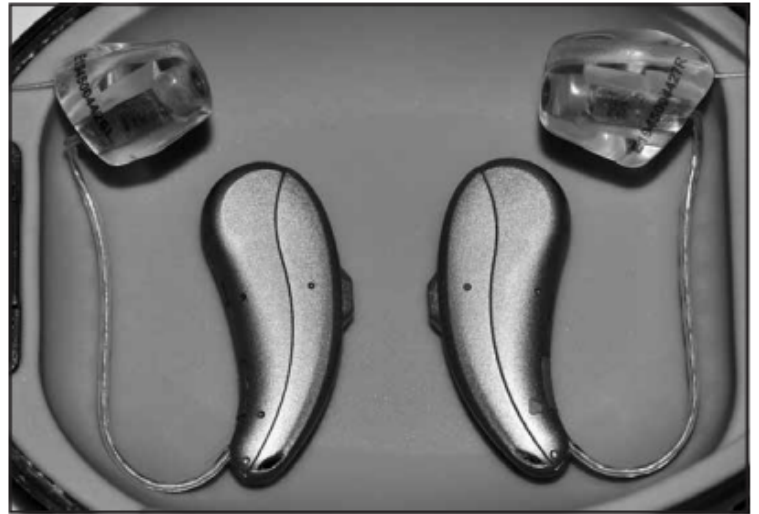
Tips for Living

What are Over-The-Counter (OTC) Hearing Aids?

Over-the-counter (OTC) hearing aids are a new category of hearing aids that consumers can buy directly, without visiting a hearing health professional. These devices are intended to help adults with perceived mild to moderate hearing loss. Like prescription hearing aids, OTC hearing aids make sounds louder so that some adults with difficulty hearing are better able to listen, communicate, and participate fully in daily activities. In addition, OTC hearing aids are regulated as medical devices by the U.S. Food and Drug Administration (FDA).

OTC hearing aids are an alternative to prescription hearing aids, which are currently only available from hearing health professionals, such as audiologists, otolaryngologists (ear, nose, and throat doctors), and hearing aid specialists. The hearing health professional fits you for the hearing aid, adjusts the device based on your hearing loss, and provides other services.

You can buy OTC hearing aids as soon as mid-October 2022 directly in stores and online, where prescription hearing aids are not available. You fit them yourself, and you may be able to control and adjust the devices in ways that users of prescription hearing aids cannot. Some OTC hearing aids might not look like prescription hearing aids at all.



OTC hearing aids are for adults with perceived mild to moderate hearing loss. They are not meant for children or for adults who have more severe hearing loss or significant difficulty hearing. If you have more severe hearing loss, OTC hearing aids might not be able to amplify sounds at high enough levels to help you.

Over-the-Counter (OTC) Hearing Aids | NIDCD (nih.gov)

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*