

## February 2023

### Client Highlight: Jim Hess

There is lots to tell about Jim Hess, and if you want to read his story in more detail, his wife, Helen Hess, has written a book about their life together. It is heartwarming and inspirational.

Jim and Helen are approaching their 70<sup>th</sup> wedding anniversary. They have one son and three daughters, 13 grandchildren and 35 great grandchildren. Jim enjoyed both volleyball and tennis in the past. The competitive spirit in him kept him going so long his leg cramps are the only thing that made him quit. Jim believes that one should use his gifts and abilities well and he doesn't complain about changes that limit those abilities.

Jim's favorite food is his wife's homemade bread. A quote that Jim wrote and lived by is "The difficult can be done right away. The impossible takes a little longer." Jim's smile can be seen when grandchildren and children walk into the room. A once-in-a-lifetime experience happened when extended family members traveled to Switzerland and Jim was able to preach a short sermon from the same pulpit used by Menno Simons, an early leader in the Mennonite faith.

Jim enjoys the variety of activities at ADS and he says that the kindness and patience mixed into his day is great, but the his day is topped off with the afternoon snack and a nice cold glass of chocolate milk!



### Touch a Heart

Thanks to the ladies of Landis Adult Day Services who created Valentine's cards for the "Touch a Heart" program sponsored by Blue Ridge Cable. We were able to donate 16 cards who can use a little love.

The ladies made their own designs with food coloring and shaving cream, which gives a beautiful tie dye effect. Blue Ridge's initiative to share messages of love, joy, and hope in the communities they serve.



Landis   
Adult Day Services

*Enriching* Each Day, Together

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

#### 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, February 26, 2023**  
**from 3:00 - 5:00 p.m.**  
**via Zoom**

#### Program:

Janelle Bitikofer, MSW,  
LCSW, author and Director  
at We Rise International  
which present "Sharing the  
LEAP Approach"

For information on joining the  
Zoom meeting or to receive a  
monthly meeting reminder,  
call 717-381-3599 or  
email [JAlbright@landis.org](mailto:JAlbright@landis.org)  
by noon  
on Friday, February 24.

## Thank You!

Thank you to **Tim Yoder** for the donation of calendars and craft supplies.

Thank you to **Helen Diffenderfer** for the donation of a quilted lap blanket to the center.

## Welcome

We welcome to the center this month: **James Eby, Grace Schearer, Jeff Brooks, Horst Berendt, Esther Kraybill and Joseph Devine**

## Goodbye

We say goodbye to **James Landis**, he will be missed in the center and we wish him well.


We extend our sympathy to the family of **Fredrick Ward** who passed away in January.

## Birthdays

02 Horst Berendt  
08 James Gibbel

## February Happenings



Hearts are everywhere on shelves in the store. We so much! In this month filled with love we are going to explore some of the things people **love**. 

We will have a special guest musician on February 24 who will sing some of the songs we **love**.

We will explore why people gather in February because of their love for rodents!

We will explore the things that your very own heart **loves**.

**Love** can be found in the life and times of Tennessee Ernie Ford.

Some people **love** green and yellow tractors.

We will explore the **love** that two Presidents had for the people they served.

We will try some tongue twisters this month. Want to get a jump on that? Try this one!



**February finds few folks finding flocks of flamingos.**

Well, if that was a little tough, try finding these words that start with the letter F in the quiz on the next page. *(There is a valentine heart for those who complete the puzzle.)*

**A loving heart is the truest wisdom.**

**— Charles Dickens**



## Staff Highlight: Chris Hurst



Christine Hurst lives in Salunga with her husband. Together they have three daughters, two sons-in-law and three grandsons.

In her spare time, she likes to relax with a good book or movie. She recently got a new sewing machine and plans to do more sewing. Her parents taught her that when you have a hard task to do, start with the most difficult part. You can always find bacon and eggs in her refrigerator.

Christine smiles the most when she is watching her grandsons. She and her husband own a cabin in Potter County where they enjoy all kinds of wild life; from turtles to salamanders to deer and bear.

Christine enjoys getting to know ADS clients and being able to help them have an enjoyable day!

## Healthy Heart Living

Did you know that heart disease is a leading cause of death in the United States for both men and women? However, you can do a lot to protect your heart's health and feel your best!



### Understand Your Risks

Your risk of heart disease is higher if you:

- ☐ Have high blood pressure
- ☐ Have high blood cholesterol
- ☐ Are overweight or obese
- ☐ Have prediabetes or diabetes
- ☐ Smoke
- ☐ Do not get regular physical activity
- ☐ Have a family history of early heart disease
- ☐ Have a history of preeclampsia
- ☐ Have unhealthy eating behaviors
- ☐ Are a woman age 55 or older or a man age 45 or older



### Heart Healthy Habits



Information was adapted from the National Institutes of Health. To learn more, visit: [bit.ly/HealthyHeartMonth2021](http://bit.ly/HealthyHeartMonth2021).



## 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*

## HELP SHAPE THE FUTURE OF RRTA TRANSIT SERVICES



**COME AND GIVE  
YOUR INPUT ON RRTA'S  
EXISTING SERVICES AND  
FUTURE GOALS!**

The South Central Transit Authority (SCTA) is updating their Transit Development Plan (TDP) to guide the future of RRTA's bus and paratransit services.

### **PUBLIC MEETING OPTIONS**

(Same info. will be given at both meetings)

#### **IN PERSON**

**Thursday,  
January 26, 2023  
5:30 PM - 7:00 PM**

**Holiday Inn Lancaster  
Imperial Suite  
26 East Chestnut Street  
Lancaster, PA 17602**

#### **VIRTUALLY**

**Thursday,  
February 2, 2023  
5:30 PM - 7:00 PM**

#### **Via Zoom**

Meeting URL: <https://tinyurl.com/TDP23RRTA>  
Meeting ID: 945 5396 3073  
Passcode: sctaTDP'23

## **Words Starting with F** (All answers start with the letter "f")

1. Current popular style \_\_\_\_\_
2. Proven thing \_\_\_\_\_
3. Rural property \_\_\_\_\_
4. Building where things are made \_\_\_\_\_
5. Counterfeit object \_\_\_\_\_
6. Dragon's breath \_\_\_\_\_
7. High body temperature \_\_\_\_\_
8. Parents & their children \_\_\_\_\_
9. Fix securely \_\_\_\_\_
10. Pink wading bird \_\_\_\_\_
11. Car manufacturer \_\_\_\_\_
12. Champagne's country \_\_\_\_\_
13. Pause uncertainly \_\_\_\_\_
14. Animals of a region \_\_\_\_\_
15. Food cooler \_\_\_\_\_
16. Green leaves of a plant \_\_\_\_\_
17. Prediction about how something will develop \_\_\_\_\_
18. A month of the year \_\_\_\_\_
19. Someone from another country \_\_\_\_\_
20. A scale of temperature \_\_\_\_\_