

March 2023

Client Highlight: Albert Franchella



Albert Franchella lives at a life sharing house in Akron where he has his dog Maddie. He also enjoys his sister's dog Cody when he visits with her. In his spare time, he enjoys bird watching, watching TV and going for walks.

Al's favorite things to eat are cake, chicken, water and coffee. Al is an animal lover, and says that dogs, cows and sheep make him smile the most! You might be surprised to know that Al is an Eagle Scout with Boy Scouts of America.

Al is very outgoing and friendly. He enjoys coming to Eden West because he makes friends and enjoys the games.

Staff Highlight: Melinda Hoover

Melinda Hoover has been a team member with Adult Day Services for the last 20 years. She lives in Ephrata with her three children; two sons and one daughter. In her spare time, Melinda enjoys relaxing at home or with friends around a campfire when she is not operating "Mom's taxi service".



The best advice her parents gave was "life isn't fair, so stay positive". You will always find American cheese in her refrigerator. Melinda enjoys cheering for the Philadelphia Eagles and Phillies. Her children make her smile the most when she sees them make accomplishments and grow.

Her favorite things about working in Eden West are getting to know the clients and being able to see them smile.

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

Program:

Hope Always Video Series"
"Talking to a Loved One" and
"Offering Hope" 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, March 24.

Thank You!

Tim Yoder for the devotionals and craft supplies

John Wanger for the activity books, Mosaic Sticker books and sugar free candies

David Hayward for the markers

Horst Berendt for the delicious cookies to celebrate his birthday

Al Black for the puzzle and coloring books

Jim Gibbel for the yummy candy treats to celebrate his birthday.

Tim Kauffman for the donation of undergarment protection .

Welcome

We welcome to the center this month: **Peggy Getz, Larry Bowe and Lewis Kuhn**

Goodbye

We say goodbye to Frank **Buonomo** and **James Landis**. They will be missed in the center and we wish them well.

We extend our sympathy to the family of **Sarah Joan Thompson** who passed away in February.

Birthdays

08 Dan Bare
18 Marie Reuling
20 Tim Kauffman

March Happenings



Remember the song from the Sound of Music, "*Raindrops on roses and whiskers on kittens....these are a few of my favorite things*"?

We always love to hear a bit from you! On March 6 we are presenting a "Few of My Favorite Things". We really want to know what your favorite things are. Knowing what you enjoy or what you enjoy creating or what you might enjoy collecting is another way to get to know each other.

Bring a picture, story or an actual item that you created. We look forward to learning more about each other in this simple way.



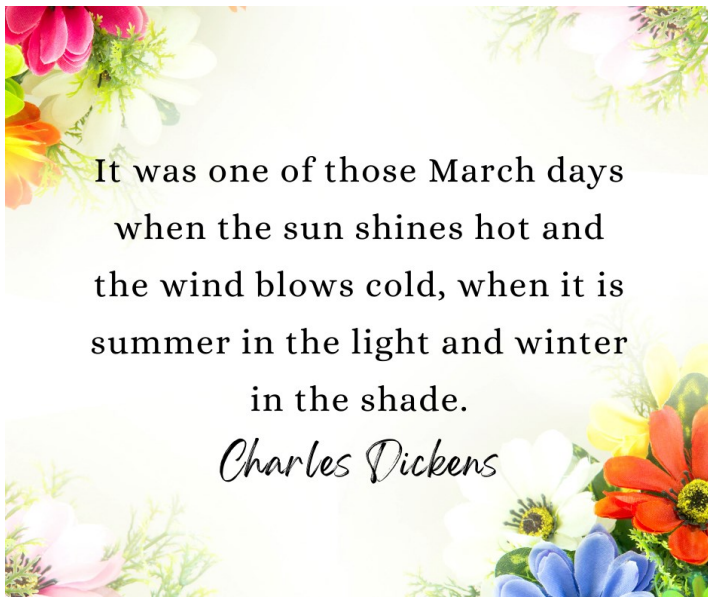
As Spring emerges from a mild winter we will learn how to identify signs of spring with Lisa Sanchez, Lancaster County Naturalist.

We will celebrate other signs of spring like Girl Scouts (cookies might be involved).

Can you separate truth from Blarney? We will give that a go with some fun St. Patrick's Day activities. And we will try a little spring growing of our own.

A JOKE: Why do people wear shamrocks on St. Patrick's day?
Because regular rocks are too heavy!

Wishing you the warmth of March's light and the promise of new life!



Try our Spring Scramble, and we will "spring" for a prize for you!

Scrambled Springtime

Scrambled Springtime

1.	BRNSOI	_____
2.	WFRSLOE	_____
3.	INAR	_____
4.	ESSHINUN	_____
5.	RISPNG	_____
6.	EGNRE	_____
7.	BALSELBA	_____
8.	MYA	_____
9.	RDENGA	_____
10.	BRNOAIW	_____
11.	ORWMS	_____
12.	ABTSRBI	_____
13.	PILRA	_____
14.	ESNT	_____
15.	TLYTEBURF	_____
16.	SSBOLOM	_____

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*



Lancaster Alzheimer's Community Forum

Join us for a listening session on Alzheimer's disease, dementia and memory loss.

Thursday, March 23 | 2 to 4 p.m.

**The S. Dale High Leadership Center | 1861 William Penn Way
Lancaster, PA 17605**

We want to hear from you! We welcome you to learn more about the Association's resources and share your experiences, needs and information to help us get more people connected to the support they need. This is also a time for open discussion and an opportunity to connect with other community members, as well learn how to work together to build solutions that address dementia in the Lancaster area.

Call 800.272.3900 or visit
<https://action.alz.org/mtg/90088652> to register.

In partnership with



ALZHEIMER'S ASSOCIATION®

MyPlate for Older Adults

Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



Remember to Stay Active!

