
May 2023

Client Highlight: Bill Gordon



This month we are featuring client Bill Gordon.

Bill lives in York with Thelma. Together they have 5 grandchildren that are very active in sports and theater. Their granddaughter Audrey was crowned “Miss York County Teen” this year.

In Bill’s spare time, he enjoys reading, doing word puzzles, singing and cheering on his grandchildren. He feels it is important to be honest and friendly, work hard and love your family. His favorite foods are salmon, cookies, apple pie and coffee.

Bill immigrated from North Ireland in 1961. He graduated from Belfast Institute of Technology and completed a 5-year apprenticeship at Hartland & Wolfe- the largest ship builder in the world. Bill volunteered for 20 years on the John W. Brown Liberty ship in Baltimore. He also rode his bicycle all over Ireland and the USA. His favorite thing about attending Eden West is riding the exercise machine and spending time with friends.

Landis 
Adult Day Services

Enriching Each Day, Together

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

We will be closed on
Monday, May 29 for
Memorial Day.

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, May 21
from 3:00 - 5:00 p.m.
Learning & Wellness
Center at Landis Homes

Program:
“Sharing Family Experience with Mental Illness” by speakers Eileen and Amos Newswanger.

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

Thank You!

John Wanger for the donation of craft supplies, card stock and paint markers.

Irene Boyer for the donation of coloring books and colored pencils.

Anthony Valeski for the donation of puzzle book, lifesavers and colored pencils.

Jim Loke for the donation of tennis balls to the center.

Shirley Matheny for the monetary donation to the center to be used for activities.

Helen Diffenderfer for the delicious cookie cake and chocolate chips cookies to celebrate her 100th birthday.

Elvin Hess for the donation of coloring books to the center and cookies to celebrate his birthday.

Welcome

We welcome to the center Earl Moshier, Patricia Cummings, Elvin Hess and Robert Clift.

Birthdays

May 15 Brian Brandt
May 22 Mary Ellen Leaman
May 24 Robert Clift
May 29 John Wanger
May 31 Irene Boyer

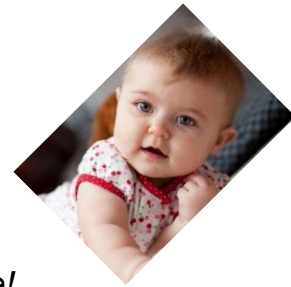
May Happenings

May is one of those in between months sometimes spring, sometimes summer-like, no rhyme or reason. The shorts come out, the sandals are on and we are getting ready for the summer.

May serves as the “link” to summer and we are ready! Try the Find the Link puzzle on the next page to see how good you are at linking two words. We will see if we can find a little prize just made for a May Day!

I'm Glad I'm Me by Jack Prelutsky

*No one looks The way I do.
I have noticed That it's true.
No one walks the way I walk.
No one talks the way I talk.
I am special. I am me.
There's no one else I'd rather be!*



About once a year we want to see you in your littlest form. Do you have a baby picture or a little kid picture that we can photocopy? We would like to make a bulletin board with all our clients faces on it. You can bring the photo in and we'll make a copy and return it to you right away. We'd love to see your baby face smiling down on us!

A few armchair adventures await us this month, to Europe, Nevada and Manhattan plus a little “railroading.” If you have things from any of these destinations that you would like to share check out the calendar for the dates we are “traveling.”

Remember those backyard games that were so much fun? Let's revive some of those for a bit to see if they are still lots of fun!

We love our nurses here at ADS so we will give them our thanks on Nurses Day!

Find the Linking Word

Find the middle word that links the two words. For example:

Spring **ONION** Rings

1. White _____ Walk
2. Day _____ Fast
3. Fore _____ Saw
4. Forrest _____ Cracker
5. Cave _____ Hole
6. Pony _____ End
7. Alarm _____ Tower
8. Double _____ Over
9. Quick _____ Lot
10. Space _____ Way
11. Cat _____ Eye
12. Patch _____ Horse
13. Sports _____ Wash
14. Bob _____ Food
15. Come _____ Yard
16. Play _____ Lash
17. Baby _____ Rock
18. Parent _____ Wink
19. Clothes _____ Wheel
20. Show _____ Line
21. Pin _____ Stairs
22. Sun _____ Hill
23. Back _____ Floor
24. Carry _____ Spice

Staff Highlight: Susan Tuckey

Susan Tuckey works as a program assistant in Adult Day Services.



She likes to be outdoors hiking with family and friends. Susan especially enjoys scenery along water in the woodlands. She looks forward to munching on an apple while hiking. Her favorite foods include watercress fresh from the stream in springtime.

Susan was introduced to Adult Day Services when her mother participated several years ago and greatly appreciated the program.

Now, some of Susan's favorite things about Eden West are working with a helpful, caring team and meeting the clients. They have remarkable stories to share and many really enjoy interacting. It is also fun to observe their enthusiasm and laughter when they join for challenging action games and activities.

Susan looks forward to getting to know everyone better!

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*

Tips for Living

Existing Approaches to Fall Prevention

<p>1</p>  <p>Find a good balance and exercise program</p> <p>Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	<p>2</p>  <p>Talk to your health care provider</p> <p>Ask for an assessment of your risk of falling. Share your history of recent falls.</p>	<p>3</p>  <p>Regularly review your medications with your doctor or pharmacist</p> <p>Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>
<p>4</p>  <p>Get your vision and hearing checked annually and update your eyeglasses</p> <p>Your eyes and ears are key to keeping you on your feet.</p>	<p>5</p>  <p>Keep your home safe</p> <p>Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	<p>6</p>  <p>Talk to your family members</p> <p>Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>

To learn more, visit ncoa.org/FallsPrevention.





– LANDIS ADULT DAY SERVICES –

GOLF OUTING

32nd Annual Event

– Friday, June 2, 2023 –

Registrations, sponsorships, and donations to the Benefit Golf Outing can be made on the Landis Adult Day Services website:

LandisAdultDay.org/golf

Contact Janice Nikoloff in Advancement
717-381-3580 | jnikoloff@landis.org