
June 2023

Client Highlight: Mary Ellen Leaman

Mary Ellen Leaman brings a variety of life experiences to Landis Adult Day Service. There are so many things that she has done Try to follow along!

We begin at what now is the Red Caboose Lodge which Mary Ellen's family called home. A pastor's daughter, she nurtured her faith throughout her life. Stumptown Mennonite Church has been central in the lives of Mary Ellen and her husband Dr. Ivan Leaman. She served the church as a Sunday school teacher, co-editor of the newsletter and editor for the church bulletin. She gave leadership to the congregation's involvement in Love INC (*Love In the Name of Christ*), meeting many needs in the congregation's local community, including transportation needs which many times Mary Ellen provided herself.

When the family was invited to share their skills in Somalia, Mary Ellen proved to be an excellent correspondent as she wrote detailed accounts of their experiences. The recently published book, *Born for a Purpose: A Memoir from the Horn of Africa*, uses that correspondence as its' core content.

Mary Ellen's skills did not stop with the pen or typewriter. All who know her, especially her family, would tell you that she is a wonderful cook. She tended beautiful gardens inside and outside and created over 30 scrapbooks that hold life-long memories.

Mary Ellen and Ivan have three children and three grandsons. It is a great day when they get to see their eight great-grandchildren! She and Ivan can be seen riding around the campus on a one-of-a-kind double-seated electric scooter.



Mary Ellen is a fun addition to Landis Adult Day Service as she brings humor and conversation to those around her. She enjoys the friendship of staff and other clients in Eden West.

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, June 25
from 3:00 - 5:00 p.m.
Crossings Meeting Room
at Landis Homes

Speaker:
"Sharing about Ministry to Persons with Mental Illness",
Josef Berthold, Pastor at West End Mennonite Church; Followed by a time of sharing

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

Thank You!

Jim Loke for the delicious cupcakes to celebrate his birthday.

Doug Diem for the donation of pretzels and cheese to the center.

Larry Bowe for the donation of Chex mix snack bags to the center.

Tim Kauffman and **Tim Yoder** for the donation of briefs to the center.

Helen Diffenderfer for the donation of Lance cracker snack packs to the center.

Welcome

We welcome to the center this month: **Larry Lamberth** and **Nellie Shoff**.

Goodbye

We say goodbye to **Miriam Weaver**, **Rita Cox** and **Irene Boyer** they will be missed in the center and we wish them well.

Condolences

We send our condolences to the family of **James Eby** who passed away in May.

Birthdays

14 Doris Horst
25 Esther Kraybill

June Happenings

June is a month when the tourist season is gearing up, and vacations are happening all around us. See how you do on the "Take a Trip" puzzle below. Complete it and pick up a summer lemonade!

Take a "Trip"

Use the clues to determine words that rhyme with *trip*.

1. Small fragment broken off _____
2. Zero _____
3. Gratuity _____
4. Paper fastener _____
5. Take a small drink of _____
6. Golf club part _____
7. Tango move _____
8. Hop, _____, and a jump _____
9. Plumbing problem _____
10. *Indiana Jones* prop _____
11. Turn a somersault _____
12. Domino dot _____
13. Part of face or pitcher _____
14. Upper leg joint _____
15. Harbor sight _____
16. Clever remark _____
17. Tear apart _____
18. Lose traction _____

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Landis at HOME
Thriving at Home, Together™

LandisAtHome.org/graceful



Downsizing?

June Happenings

We are attempting to add new activities and new programming to our day. We are happy for any ideas or suggestions that you might come



across for variations of Trivia, or new athletic challenges that we can do easily in our center. We will be trying some new challenges in June that will enhance coordination and cognitive sharpness.

We will also be doing a little more traveling and exploring the natural world, and some music of course.

On June 13, let's walk down memory lane a bit with some wedding photos. If you were married, PLEASE BRING IN A PHOTO OF YOUR WEDDING. WE WILL GIVE IT BACK TO YOU THE SAME DAY AFTER WE MAKE A COPY OF IT.....Let's see how many persons we can match to their wedding photo.



June is the best month to remind you that you are enough!

The sun shines for you, birds sing for you, and flowers bloom for you.

So don't forget to smile for you.

God's nature can fill our soul!

Staff Highlight: Diane Geib

This month we are featuring Diane Geib who began at working at Adult Day Services as a program assistant in March. Diane is a retired LPN and worked as a nurse for 48 years in various different settings. She is married, has two sons and six grand-children. She also has a shy pretty kitty named Sophie.

In her spare time, she enjoys jigsaw puzzles, reading, crocheting and bicycling on rail trails. Diane say the best advice her parents gave her was to treat others the way you would want to be treated.

You can always find yogurt in in Diane's Refrigerator. She enjoys cheering on the Philadelphia Eagles and Phillies!

Her favorite things about joining our team in Eden West are interacting with all the clients and helping them with any needs they might have. She also enjoys hearing the client's laughter while playing games. It makes her smile and laugh too, and they just make her day!



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



Communication Land Alzheimer's Disease

DEFINITION

Alzheimer's disease is a type of dementia that causes problems with memory, thinking, and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily functioning.

Source: alz.org



HOW IT MAY IMPACT COMMUNICATION

- Communication can look different day by day and hour by hour
- Communication may be more effective during certain times of the day
- May need more time to process communication
- May lose train of thought
- May forget what was communicated minutes ago
- May have difficulty thinking of the words they want to say
- May communicate more through behaviors and touch rather than words
- May not be able to empathize and see others' perspectives
- Feelings of embarrassment, anxiety, fear, or depression may lead to social withdrawal



THE KEY to achieving effective communication with a person who has Alzheimer's disease is for the listener to intentionally engage in the process and accept the responsibility for it. How an individual is impacted will vary and communication access depends on individual needs, looking different for each person.



STRATEGIES TO SUPPORT COMMUNICATION

- Ask the person directly how to best communicate with them
- Sentences should be direct and short
- Don't assume the individual does/doesn't understand; this may fluctuate
- Tune into their facial expressions, body language, tone, and behaviors to recognize communication attempts and respond accordingly
- Use touch to make a connection
- Use senses such as scents to make connections to people and memories
- Remind the person of your name
- Get their attention by using their name before beginning a communication attempt (if possible, establish eye contact or give a touch cue)
- It's best for one person to speak at a time and avoid speaking above other noise
- Offer choices instead of open-ended questions
- Be aware of your facial expressions, tone, and body language
- Multiple approaches may be helpful - including notes, calendars, pictures, labels, and lists to support communication
- Don't comment on their repetition of phrases or questions

 RA-PWSpecialPopUnit@pa.gov



Pennsylvania's leading source of autism-related resources and information.

877-231-4244

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