

# October 2023

## Jackets & Coats



It's that time of the year again when the air is frisky in the morning and warm and cozy in the afternoon, making us forget we wore a jacket in the morning when we arrived at the center!

Please help the staff to keep the rightful owners with their jackets and coats by **attaching a label with your full name** inside your jackets and coats.

**Landis**   
Adult Day Services  
*Enriching* Each Day, Together

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

## Client Highlight: Joel Hiestand



This month we are featuring Joel Hiestand. He lives with his wife, Carole, in Ephrata. Together they are expecting their first great grandson any day now. In his spare time he enjoys reading about trains and classic cars, going out to eat and watching football and Nascar races. Joel's favorite foods are waffles, seafood and Pepsi.

You might be interested to know that Joel had 2 million safe driving miles while employed as a tractor-trailer driver. He also used to play saxophone in a combo while in high school. Joel's favorite thing about coming to Eden West is having fun with the staff.

### 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	Markers
Adult Coloring pages	Trivia questions books
Individual packaged treats	100-300 piece Jigsaw puzzles

### **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, October 22  
from 3:00 - 5:00 p.m.**  
*Crossings Meeting Room*

**Topic:**  
**"Sharing About Bipolar  
Disorder and Family  
Experience"**  
Followed by a time of sharing

For information  
call 717-381-3599 or  
email [JAlbright@landis.org](mailto:JAlbright@landis.org)

*Landis Adult Day Services is funded, in part, under an Agreement with money allocated by the Pennsylvania Department of Aging and the Lancaster County Commissioners, through the Lancaster County Office of Aging.*

## Thank You!

**Doug Diem** for the yummy cookies to celebrate his birthday.

**Beverly Wonders** for the donation of games and puzzle books to the center.

**David Hess** for the donation of cracker snack packs to the center.

**Geraldine Walp** for the donation of a blanket, craft supplies and prizes to the center.

**Joel Hiestand** for the donation of snack packs to the center.

**Sharon Darrenkamp** for the large donation of sugar-free candy to the center.

**Brian Brandt** for the large donation of puzzle books to the center.

## Goodbye

We say goodbye to **Patricia Cummings**, she will be missed in the center and we wish her well.

## Birthdays

Oct. 07 Larrie Kreider  
Oct. 15 Mary Hollywood  
Oct. 22 Stevie Burkes  
Oct. 28 Benjamin Witmer  
Oct. 31 David Hess

# October Happenings

There are many people who get excited about the air getting colder, the leaves changing and the ability to buy pumpkin spice everything. Here at Adult Day Services, we also are aware of the changes. We can embrace the changes that happen because we reflect on what's good about those changes.



There are so many conversations in the center that assure us that just like the changing leaves we all have been through life changes and life experiences that we can share with one another. We all feel like we have come through the seasons of life, but here we are in our new colors sharing our stories and our lives with one another. So, bring on autumn...we are up for the changes!

From Bandstand Music to Folk music, to music with universal flair we've got the changing music scene covered. From A.A.Milne to Sunday Funnies to writings of Eleanor Roosevelt, we have the changes in communications as part of our October schedule. From the habits of squirrels to the fabulous pumpkins all around us, and the fall tradition of apple butter, we will have a chance to change our minds about what we thought we knew.

On October 31 we are looking for maybe how YOU might have changed! Bring in any stories about mischief for our presentation at the end of the month. What kind of mischief did you get into? We'd love to hear and we will tell you some of ours too.

Did you know that we packed 12 school kits for children in need? We worked together to first learn about the need and then worked together to pack what was needed: four notebooks, four pencils, sharpener, ruler and colored pencils, and an eraser. Somewhere in the world, 12 children will have a chance to learn and go to school.

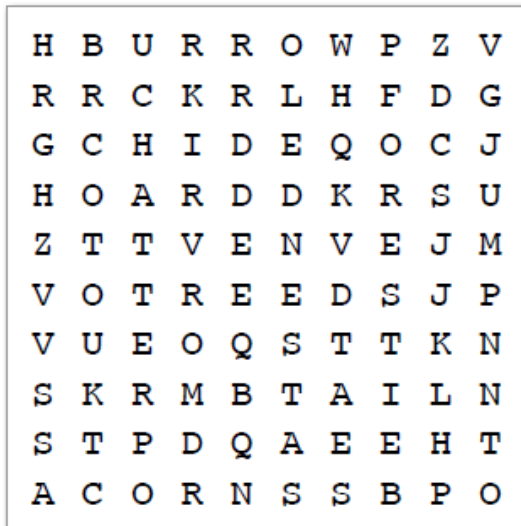
## Staff Highlight: Lisa Henry

Lisa Henry is married to her husband Ron for 37 years. Together they have three sons, two daughters-in-law and one grandson. In her spare time, she enjoys camping, hiking and visiting new places. Lisa is smiling the most when she is with her family and friends and playing with her grandson, Ethan. Lisa and her husband look forward to retiring and going in an RV-full time; their goal is visit as many national parks as they can. Her favorite thing about working in Eden West is sitting and chatting with the clients and finding out what their lives have been like.



## Sassy Squirrel

The words listed below can be found vertically and horizontally.



Try one of these puzzles, and see if you can solve them.

If you accomplish that goal, we will CHANGE your finished puzzles into a PRIZE! Happy Fall Y'ALL!

ACORNS  
BURROW  
CHATTER  
FOREST  
HIDE



HOARD  
JUMP  
NEST  
TAIL  
TREE

## Finding Mischief and Mayhem

See how many times you can find the words *mischief* and *mayhem* in the puzzle. Search vertically, horizontally, diagonally, forward, and backward.



How many times did you find each word?

*mischief* \_\_\_\_\_ *mayhem* \_\_\_\_\_

# DEPRESSION

LATE IN LIFE

## Depression in Americans 65+

**20%** of suicides per year are people 65+



About 1 in 15 people 65+ suffer from depression



Only 10% of those 65+ get help for depression

## Risk Factors for Late Life Depression

- Family history of major depressive disorder
- Certain medicines or combination of medicines
- Damage to body image (amputation, cancer surgery, heart attack)
- Fear of death
- Socially isolated or live alone
- Other illness
- Previously attempted suicide
- Chronic or severe pain
- History of depression
- Recent loss of a loved one
- Substance abuse

### At increased risk if you're:

- Female
- Lacking a supportive social network
- Single, unmarried, divorced or widowed
- Experience stressful life events
- Have had a stroke, hypertension, atrial fibrillation, diabetes, cancer, dementia or chronic pain

**AGE IN PLACE**  
Keep Building Your Best Life

## Symptoms of Late Life Depression

- Persistent sadness (lasting two weeks or more)
- Feeling lethargic or slowed down
- Constant worry over money or health
- Crying frequently
- Feelings of worthlessness or helplessness
- Weight changes
- Pacing and fidgeting
- Problems sleeping
- Difficulty concentrating
- Physical symptoms such as pain or gastrointestinal problems.
- Withdrawal from regular social activities.



Percentage of times you should contact a health care provider if you believe your loved one is depressed:

**100%**