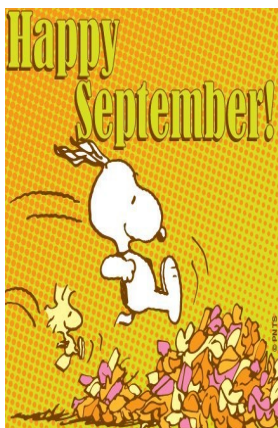


September 2023

This Month's Happenings



Ah, the coolness of a September breeze! A September day is a reminder of summer soon gone and winter not yet here. September is a place to just be; to not wish for what is past and not fear what might be ahead. It's a place we like to be in, enjoying the moment! This month offers us some additional opportunities to enjoy some education, some entertainment and some fun.

Weather plays a huge part in our lives.

Remember walking to school and wondering what you should throw on before you went out the door? Did you wear galoshes to school, or a slicker or a peacoat in the fall? Try the movie and song weather trivia challenge on page 3.

Other questions we will have a crack at this month. ...When we wonder we can learn.

- Have you ever heard of an AIR RACE?
- Do you know any scary lighthouse stories?
- How would you celebrate Adult Day Services Week?
- How do you work on balance?
- What is Chris cooking in September?
- Is spinach all they say it is?
- Are there fewer monarch butterflies this year than last year?
- What invention would you have a hard time doing without?
- What's the best One-Hit Wonder ever?

Answers to these questions are part of our September plans.

Are you good at Word Searches? Try the Back to School Word Search on page 2. If you are successful, show us the finished Word Search and win a prize!

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
Velvet Coloring pages
Adult Coloring pages
Individual packaged treats
Sticker-by-Number books

Sugar Free Candy
Markers
Trivia questions books
100-300 piece Jigsaw puzzles

Landis 
Adult Day Services
Enriching Each Day, Together

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

Closed for the
Labor Day Holiday
Monday, September 4

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, September 24
from 3:00 - 5:00 p.m.
Crossings Meeting Room**

**Topic:
"An Overview of Services
at Lancaster Behavioral
Health Hospital"**
Followed by a time of sharing

For information
call 717-381-3599 or
email 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!

Geraldine Walp for the perfume samples donated to the center.

Dan Bare for the cookies that were enjoyed by all on his last day here at the center with us.

Doug Diem for the lovely hanging flower arrangement to brightens up our patio.

Tim Kauffman for the donation of notebook paper packets.

Al Black for the donation of snack bags of chips to the center

Brian Brandt for the donation of sugar free candy

Joyce Loercher for the ice cream treat to celebrate her birthday.

Jody Klopp and **Dan Odenwelder** for the delicious cookies to celebrate their birthdays

Welcome

We welcome to the center this month: **David Keilly**

Goodbye

We say goodbye to **Dan Bare** and **John Wanger**, they will be missed in the center and we wish them well.

Condolences

We send our condolences to the family of **David Hayward** who passed away in August.

Birthdays

03 Tim Yoder
04 Kelly Gradwell
08 Anne Rogers
09 Don Groff
10 James Hess
11 William Livingston
14 Linda Gaston
15 Patricia Cummings
16 Kwan Ying Poon-ye
17 Shirley Matheny
18 Lewis Kuhn
27 Joseph O'Hara
29 Geraldine Walp

Word Search

BACK TO SCHOOL - (COPY)



M D X P O S M T T R B F T S
F S L L P U U Y E U A W L C
T X D A R B L E A K C F A H
U R L Y I T T D C I K P D O
D E U G N R I I H C P T D O
I D N R C A P S E K A E I L
V R C O I C L M R T C X T B
I O H U P T I I E H K T I U
S V B N A I C S C E N B O S
I E O D L O A S E C G O N X
O R X E P N T A S A A O H Q
N E I S E E I L S N J K O T
F F H K G E O G R A P H Y Y
F A I Y D Z N T H E R M O S

Backpack

School Bus

Red Rover

Playground

Subtraction

Desk

Geography

Thermos

Kick The Can

Principal

Addition

Lunchbox

Teacher

Dismissal

Recess

Multiplication

Division

Textbook

Client Highlight: Larry Ford



Larry Ford has two children: Lisa, who lives in Wilmington DE, and Daniel, who lives in Lititz (just 12 houses away from Larry). He also has a dog named Gracie.

Larry was raised in Richmond, Virginia, went to Virginia Tech and worked on farms in Virginia, Maryland and Delaware. Larry also loved working on a ranch in New Mexico. He had his CDL license and enjoyed cross-country driving. He feels it is important to do things the right way and

enjoys reading the Bible. Larry's favorite foods are strawberry pie and ice cream. He enjoys spending time outside and watching his dog. Larry's favorite thing about coming to Eden West are the people, the food and the field trips.

Weather in Film & Song Quiz

1. Which song from the Musical "*Oklahoma*" speaks about "a bright golden haze on the meadow"?
2. What type of weather keeps falling on my head?
3. What sort of Christmas did Bing Crosby sing about?
4. What weather words did Eliza Doolittle have to practice saying in the musical "*My Fair Lady*"?
5. When will we meet again, though we don't know where or when?
6. What weather condition took Dorothy to the Land of Oz?
7. In the film "*The Sound of Music*", what was one of Maria's favorite things?
8. In the film "*Mary Poppins*" when the wind changed direction, what enabled Jan and Michael Banks and their parents to do together?
9. What was the name of the 1996 American film about tornado watchers?
10. Who starred in the Musical "*Singing in the Rain*"?
11. In the song "*You are My Sunshine*", when do you make me happy?
12. When Louis Armstrong sang "*What a Wonderful World*", what color skies did he see?
13. Who was the star of "*The Wizard of Oz*" who sang "*Somewhere Over the Rainbow*"?
14. Which song spoke about "dashing through the snow on a one-horse open sleigh"?
15. In the film "*Little Women*" under what weather protector was Jo proposed to by the Professor?



Staff Highlight: Jenny Kendig



This month we are featuring Jenny Kendig. She is our nurse manager and lives in Lititz with her son and 2 cats. She was born and raised in Southwest Missouri. Jenny served in the USA Navy on a destroyer stationed in Norfolk, Virginia, and is currently pursuing an online degree.

Jenny's parents taught her that if you are going to do something, do it to the best of your ability or do not do it at all. You will always find cheese in her refrigerator, and her son's cheesy dad jokes make her laugh the most.

In her spare time she enjoys going on walks, reading, hiking and trying new things. Jenny's favorite things about working in Eden West are all the unique and different personalities, making the clients smile and how no one day is the same as the next!



Fall 2023 Term at Pathways Institute for Lifelong Learning®



Pathways Institute for Lifelong Learning is a partner of Landis Communities, and exists to deepen the intellectual and spiritual growth of adults 55+ in an ever-changing world. Join their community of lifelong learners by taking part in one or more of their 30+ learning opportunities this fall semester, including:

- ***Looking for Love in All the Wrong Places***
- ***"Rap's Rap" - Life and Times of Rap Dixon, Negro League Outfielder***
- ***Riveting Courtroom Dramas*** with Roger Godin
- ***A Life on the Golden Stage: A Short History of Opera***
- ***1925 Scopes Trial: Fundamentalists, Modernists, and All***
- ***"Rightsizing": Customizing your Lifestyle to Align With Your Values and Living Space***

Fall 2023 catalogs, which provide an overview of all courses, are available in the Pathways Institute Office in Crossings at Landis Homes and online at ThePathwaysInstitute.org. To register for the Fall 2023 Term, visit ThePathwaysInstitute.org, call our office at 717.581.3577, or email us at inquiry@thepathwaysinstitute.org.



Tips for Living: Fruit

Hilary Burkholder, RD, LDN
Clinical Nutrition Manager, Landis Homes

Fruit is a great food group to have in your diet regularly. Aim for at least 2 servings per day. Fruit contains water, natural sugars, vitamins, minerals, and fiber- all things our body needs.



Frozen fruit provides the most nutrients to us because the vitamins, minerals, and water are flash frozen very shortly after harvested. Fresh fruit is also a great option, but when fruit arrives in the store, there is a short shelf life before it becomes rotten. You will want to consume it quickly before the fruit is too ripe and lacking nutrients.

Some fruit in season at this time would be blackberries, blueberries, cherries, grapes, peaches, plums, raspberries and watermelon. Utilize smoothies, fruit salad, and fruit infused water to get fruit in without thinking!