

# November 2023

## Staff Highlight: Grace Wenger

Grace Wenger and her husband Clyde have been married 39 years. Together they have six children and 21 grandchildren. In her spare time, she likes to read and do puzzles, but especially enjoys helping out with all of her grandchildren.

She finds that she smiles the most when playing with her grandchildren because they say the funniest things. The best advice her parents ever gave her was to remember that "this too shall pass." Grace also loves to travel to different cultures and learn from them.

Her favorite things about working Eden West is that, for a day, the clients can enjoy a different environment, to see their smiles and know that they are cared for.



## Jackets and 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.

### 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       |
| Individually packaged treats | 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

Eden West will be closed on November 23 to celebrate the Thanksgiving holiday.

### No Longer Alone Family Support Group

These monthly meetings provide a place for those who have a loved one living with mental illness to learn and share their experiences.

**Sunday, November 19**  
**from 3:00 - 5:00 p.m.**  
*Crossings Meeting Room*

Speaker: Tom Horst,  
Licensed Marriage and  
Family Therapist

**Topic: "Supporting  
Families and Persons  
Experiencing Mental  
Health Challenges"**

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!

**Jim Wilson** for the donation of markers to the center.

**William Gordon** for the donation of snack crackers to the center.

**Timothy Kauffman** for the donation of the 9/11 memorial book.

**Geraldine Walp** for the yummy cookies to celebrate her birthday and the donation of nail polishes to the center.

**Ronald Gigl and Brian Brandt** for the puzzle donations to the center.

### Welcome

We welcome to the center this month: Robert Findley, Edward Henne, Lester Siegrist, Thomas Keech and Patricia Conlon.

### Goodbye

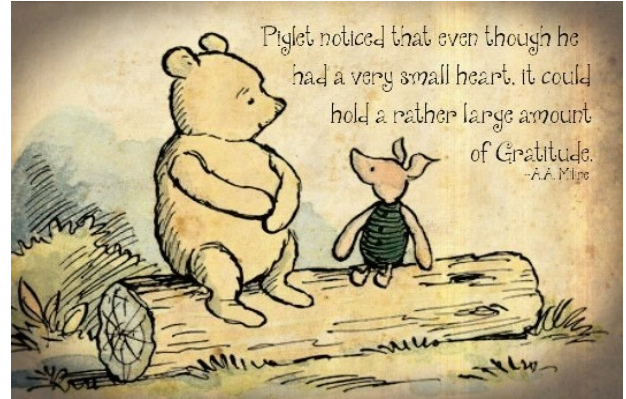
We say goodbye to Joyce Loercher, Mary Ellen Leaman, Ronald Forrey and David Hess. They will be missed in the center, and we wish them well.

### Birthdays

Nov. 08 Bethany McMullen  
Nov. 09 Joel Hiestand  
Nov. 18 James Wilson

## A Season of Thankfulness

John F. Kennedy said that "We must stop and find the time to THANK the people who make a difference in our lives." Good advice for a November Newsletter and great advice for everyday living.



We are so thankful for the many ways that you make a difference in our day-to-day happenings at Eden West. The list of things we are thankful for is long and the joy is great; donations of books, art supplies and snacks for prizes; offers of help and volunteering for the book club, Uno and Bingo; expressions of generosity day-to-day; words of kindness. We are thankful for so much! It takes all of us to make a good day.

## November Happenings

On November 7 it is "Times we Treasure" Tuesday. Can you bring in a picture and a story of a special time that was unique, wonderful or very special to you? We'd like to talk about some of those special times. The photo will be returned to you the same day.

November will bring to us some music opportunities, some food experiences and some down-home games we loved.

Get ready for another month of some good times. Thanks for all you do to make Landis Adult Day Services a place we all want to be!



Anagram writing has gone out of style, but let's give it a try! Take each letter of THANK YOU and choose one thing you are thankful for which starts with each letter. We'd like to acknowledge some of that gratitude. Bring it in to ADS and win a prize!

T \_\_\_\_\_ H \_\_\_\_\_ A \_\_\_\_\_ N \_\_\_\_\_ K \_\_\_\_\_  
Y \_\_\_\_\_ O \_\_\_\_\_ U \_\_\_\_\_ !

# Mixed-Up Thanksgiving Feast

Unscramble the letters to reveal words associated with a Thanksgiving feast.



1. NFUTFIGS \_\_\_\_\_
2. SUSBCTII \_\_\_\_\_
3. ESSULRBS UORSSPT \_\_\_\_\_
4. ESOSARCLE \_\_\_\_\_
5. RCROBEDAN \_\_\_\_\_
6. ANRRBYCRE UASCE \_\_\_\_\_
7. ERNEG NBASE \_\_\_\_\_
8. DMSHAE OTSOEATP \_\_\_\_\_
9. AEMCETNMI IEP \_\_\_\_\_
10. SUQHSA \_\_\_\_\_
11. SIEBTLG \_\_\_\_\_
12. KUNMIPP EIP \_\_\_\_\_
13. LLSRO \_\_\_\_\_
14. EETSW OPASEOTT \_\_\_\_\_
15. AOLRCDL ESGENR \_\_\_\_\_
16. UYTKER \_\_\_\_\_
17. CDMAREE RONC \_\_\_\_\_
18. ADSLA \_\_\_\_\_

## Client Highlight: Donald Groff

Donald Groff lives in Lititz with his wife Shirley. Together they have five children and five grandchildren.

In his spare time, he enjoys watching old westerns on TV and farming videos. Don's favorite foods are hamburgers, French fries and spaghetti.

Don had a career working on a dairy farm and with Kreider's farms making ice cream. The thing that makes him smile the most is his wife.

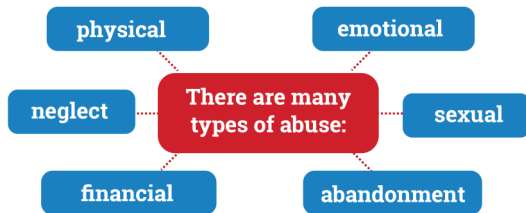
Don enjoys the staff at Eden West and enjoys making everyone laugh.



# Tips for Living

## SPOTTING THE SIGNS OF ELDER ABUSE

Abuse can happen to any older person, by a loved one, a hired caregiver, or a stranger. Abuse can happen at home, at a relative's home, or in an eldercare facility.



Watch for these signs of abuse:



- ▶ Seems **depressed, confused, or withdrawn**



- ▶ **Isolated** from friends and family



- ▶ Has **unexplained bruises, burns, or scars**



- ▶ Appears **dirty, underfed, dehydrated, over- or undermedicated**, or not receiving needed care for medical problems



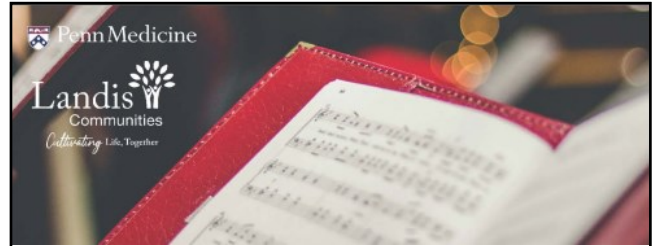
- ▶ Has **bed sores** or other preventable conditions



- ▶ Recent **changes in banking or spending** patterns

**Talk with the older adult and then contact** the local Adult Protective Services, Long-Term Care Ombudsman, or the police.

Visit <https://www.nia.nih.gov/health/topics/elder-abuse> to learn more about elder abuse and how to get help.



## Sing for the Moment!

### CONCERT

Sunday, November 12

2:00 pm

West Bethany Chapel  
at Landis Homes

*The Sing for the Moment Choir provides an opportunity to people in the early to middle stages of memory loss, as well as their care partners to enjoy music and socialize with other people living with Alzheimer's and dementia. The choir has been rehearsing for the past eight weeks and welcomes everyone to enjoy their concert!*

Reserve the date for our annual

## CHRISTMAS BAZAAR

Friday, December 15

8:30 a.m.—2:30 p.m.

Westview Community Room

All proceeds support Adult Day Services



This is a **GREAT OPPORTUNITY** to find some creative and inexpensive gifts for your family and friends.