

February 2024

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

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

**Sunday, February 25
3:00-5:00 p.m. by Zoom**

Speaker & Topic:

John Lehman, Executive Director of Crossroads Ministries, *“Correlation with Mental Health & Addiction from a Faith-based Counseling Perspective* followed by a time of sharing.

For information
call 717-381-3599 or
email JAlbright@landis.org

Staff Highlight: Leone Wagner



Leone Wagner is the activity director for Adult Day Services. Leone and her husband Mark have lived in Lititz for over 35 years. They have two adult children living on either side of the United States, one in Lancaster and one in Oregon. She also has a very naughty but cute cat named Simon, who believes that Leone and Mark are his “staff”.

Leone enjoys reading books and walks in the woods. Sometimes she gives into the urge to paint with watercolor. Her parents

believed that sharing with others was a very important thing to do. She remembers her dad saying: “We can give this to someone who might need it more than we need it.”

Leone is really enjoying good celery found only at Yoder’s in New Holland, so her refrigerator is stocked with celery each week. Spending time with her grandchildren makes her smile the most, and also wish she were younger to be able to catch up with them!

Leone says that Adult Day Services is a wonderful place to work because of the rich lives that are shared in any given day. It is a place where you realize how big the world is and how wide other people’s experiences are. Leone enjoys laughing and Adult Day Services is a good place to do that too!

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
Sticker-by-Number books	

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!

Tim Kauffman for the donation of hats and prizes

Bethany McMullen for the donation of puzzles and books

Albert Franchella for the donation of sugar free cookies to the center

Ron Gigl, Hoss Caldwell and Michael Huffman for the donation of jigsaw puzzles

Anthony Valeski for the donation of trivia games

Welcome

We welcome to the center this month: **Patrick Brigham, Marolyn Bosis, Gregory Steffy** and **Debbie Moyer**

Goodbye

We say goodbye to **Kelly Gradwell, Marie Reuling, Lester Siegrist** and **Joel Hiestand**, they will be missed in the center and we wish them well.

Birthdays

Feb. 02 William Shank

Feb. 05 Ruth Baker

Feb. 08 James Gibbel

February Happenings

Remember those conversation hearts? All those sweet words printed on candy hearts? We are borrowing some of those words for inspiration for our February activities.



Our February activities will be full of **conversations** about lots of things, including some stories you may have never heard .



SWEET—Check out our cooking experience and Valentine social



KISS— We will learn about the history of the famous Hershey kiss



TRUE LOVE — We will experience true love through songs by Matt Wenger, Name that Tune Love songs and Lisa's special collection of sing-along love songs)

We want to know your **favorite love song** is. Write it on your completed puzzle sheet, turn it in and get a Valentine heart prize!

Love never gives up. Love cares more for others than for self. Love doesn't want what it doesn't have.... I Corinthians 13 (The Message)

The joy of giving and experiencing love is something all people have the right to experience! May this month find you feeling the love of others and giving love in the best way you are able.

Client Highlight: Tim Kauffman

Tim Kauffman and his wife Connie live in Manheim and together have raised three daughters and have four grandchildren. In his spare time, Tim enjoys watching antique shows and history programs on TV. Tim's favorite foods are diet sodas and Italian food, and especially going to Olive Garden.



One of Tim's favorite quotes is "*Just because you can, doesn't mean that you should.*" The antics of his grandchildren make him smile the most. Tim was an electrician for 50 years, and he used that experience in mission work in Guatemala and Scotland. You might also be interested to know that Tim used to sing professionally.

Tim's favorite thing about coming to Eden West is the friends that he has made at the center.

Jumbled Words Quiz

Jumbled words with clues provided to find the answers.

1 OPTTAO

A kind of vegetable

2 OBETLT

Drinks container

3 TCRODO

Hospital worker

4 CROTCUALAL

Adding machine

5 RMINOTO

Computer Screen

6 LAPEN

Air transport

7 GMOAN

A kind of fruit

8 LSOACMOSR

A place of study

9 ROTPOIN

A single helping

10 EPHARCUS

Buy something

11 SMEAT

Soften with water vapour

12 SINTEC

Small animal with six legs

13 KAENL

Where the foot joins the leg

14 ONICME

Money that is earned from work

15 HEPENW

A son of your brother or sister

16 BLOYOGI

The study of living organisms

17 SRPAHPIE

Blue gemstone

18 HRCTEOSRA

Instrumental group

19 AEAVALCHN

Large mass of snow sliding fast

20 HSNBAUD

A woman's partner in marriage





10 TIPS FOR FAMILY CAREGIVERS



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1



Be open to new technologies that can help you care for your loved one.

2



Watch out for signs of depression and don't delay getting professional help when you need it.

3



Caregiving is hard work so take respite breaks often.

4

7



Organize medical information so it's up to date and easy to find.

6



Make sure legal documents are in order.

5



Give yourself credit for doing the best you can in one of the toughest jobs there is!

8

9

10



CaregiverAction.org