

# March 2024

# Landis

## Adult Day Services

*Enriching* Each Day, Together

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

*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.*

## This Month's Happenings

The winds of March blow in and push us toward spring. We are already anticipating the joy of new life. This year the ground-hog's prediction seems accurate...or at least we are hoping it is! Early spring, early Easter and early warmth! We are hoping to start up some of our own growing this year. For some of us, feeling that dirt, planting the seeds and tending those tiny plants is kind of therapeutic. If that makes you happy, go ahead and get your hands dirty.

Do you have a crazy hat? Wear it on Friday, March 1.

Could you help us out with a picture of a special woman you learned life lessons from? A mom, a sister, a teacher or a world figure? If you don't have a picture just tell us the story of that woman.

## Client Highlight: Doug Drescher



Doug Drescher lives in Lititz with his wife Melanie. Doug enjoys spending time with friends, watching sports, going to physical therapy, taking walks and doing crossword puzzles. He thinks it is important to stay as active as you can. Doug's favorite foods are Italian foods and chocolate chip cookies.

You might be surprised to know that Doug is a cancer survivor and has previously worked at Service Master, High Foods and Ten Thousand Villages. He has enjoyed traveling and has visited Italy, Canada, Alaska and many of the states. Doug's favorite things about coming to Eden West are meeting people, trivia games and exercise.

### 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

### **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, March 24  
3:00-5:00 p.m. by Zoom**

**Speaker & Topic:**  
Janelle Bitikofer, LCSW,  
Author and Executive  
Director at We Rise  
International,  
"Anxiety & Depression  
among Adolescents  
and Young Adults".

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

## Thank You!

**Doug Diem** for the donation of puzzle books to the center.

**Beverly Wonders** for the yummy birthday cupcakes.

**Larrie Kreider** for the Maple donuts that were enjoyed by all.

**Bobby Hainley** for the large donation of jigsaw puzzles, markers, pencils, crayons, craft supplies and prizes.

**Ron Gigl** for the donation of jig saw puzzles and snacks.

**Michael Huffman** for the donation of puzzles to the center.

**Jackie Black** for making Valentine cards to send to *"Let Your art... Touch a Heart"* through Blue Ridge Cable Company and donation of cookies.

**Don Chapman** for the donation of chocolate chip cookies.

**Tim Yoder** for the donation of calendars and craft supplies to the center.

**Larry Bowe** for the yummy pretzels from Sturgis.

## Welcome

We welcome to the center this month: Mary Jane Crockett and Clara Metzler

## Goodbye

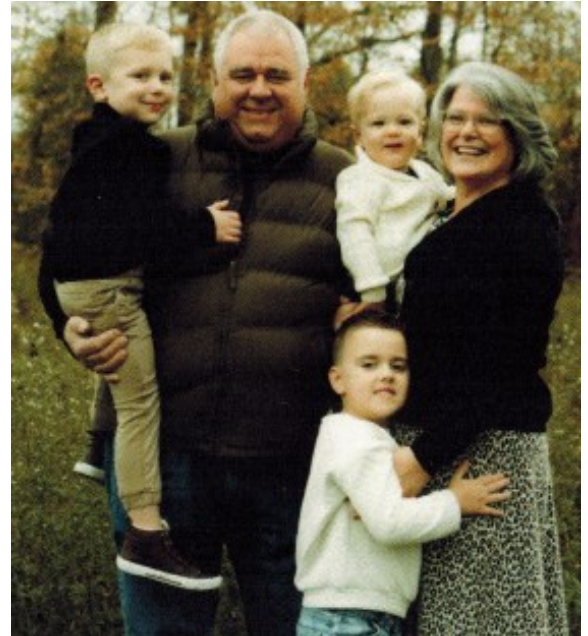
We say goodbye to Thelma Tucker, Bill Gordon, Al Black and Bob Findley, they will be missed in the center and we wish them well.

## Birthdays

09 Ron Gigl  
17 Jean Cunningham  
20 Timothy Kauffman  
21 Earl Moshier

## Staff Highlight: Christine Hurst

Christine Hurst lives in Salunga with her husband and together they have three daughters and three grandchildren. In her spare time she looks forward to making sewing crafts from material that her mother has given her. Her three grandsons are the thing that make her smile the most. She thinks they are the funniest people she knows! You can always find feta cheese in her refrigerator.



Interesting tidbit about Chris: she has rafted on the Colorado River (CO), Snake River (WY), Nenana River (AK) and Pine Creek (PA). Chris's favorite things about working in Eden West are helping our clients have fun and laughing throughout the day.


Are you or your loved one in the early to middle stages of memory loss? If so, sign up to...

## Sing for the Moment

Eight week choir program for those living with memory loss and their care partners.

**Wednesdays, 10:00 - 11:00 am**  
March 13 - May 1, 2024  
Concert is Sunday, May 5, 2:00pm

Landis Homes, West Bethany Chapel  
1001 E. Oregon Rd, Lititz PA 17543

Sing for the Moment choir is a Social Engagement Program that provides an opportunity for people living in the early to mid-stage of Alzheimer's disease and other dementias, along with their care partners, to enjoy music and socialize. The choir fosters joy, friendship, self-esteem, confidence and a strong sense of belonging for participants.

Register: Jonelle Shenk at [jshenk@landis.org](mailto:jshenk@landis.org) or call Joy Albright at 717-381-3599.

*"We had a great time with the choir. The leaders were a real treasure and provided a fun time to sing together. After 8 weeks we were amazed how good we came together to sing. We are anxious to sing again!" Jim & Esther*



# St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!

Word	Clue	Answer
KARCHSOM	Clover-like plant	_____
ODLG	What Leprechauns keep in their pot	_____
REGEN	Colour of envy	_____
ELAPUNCHER	Mischievous elf	_____
IDLERAN	St. Patrick is from here	_____
ELBRYAN	This stone wants a kiss	_____
RHAP	National emblem of Ireland	_____
SEBFLAT	Capital of Northern Island	_____
KANESS	Slender Reptiles	_____
Charm	Third month of the year	_____
TRACKPI	Patron saint of Ireland	_____
SKIWHEY	A popular liquor in Ireland	_____
RICEMILK	Humorous verse	_____
OT TSU	Type of dark beer	_____
BUND IL	Capital of the Irish Republic	_____
GLENN DA	St. Patrick was a missionary here	_____
SINGESNU	A type of bitter stout	_____
RSHII	From Ireland	_____
TAPE	Fuel from boggy land	_____
BAWINOR	Colourful arc in the sky	_____

# Tips for Living

## Did you know what we eat can impact our brain health?



Recent studies on the diet called the Mind Diet have shown what we eat can protect cognitive health. The MIND Diet was first studied at Rush University Medical Center. It stands for **M**editerranean-**D**ash Intervention for **N**eurodegenerative **D**elay (MIND). Studies found that following the MIND Diet even moderately lowered the risk of Alzheimer's Disease.

The MIND Diet combines the Mediterranean Diet and the DASH Diet which both have been shown to reduce inflammation and have cardiovascular benefits. Like the Mediterranean and Dash Diet, it encourages eating plant-based foods, whole grains, lean proteins, and healthy fats. It also suggests avoiding red meats, butter or margarine, cheese, pastries, sweets, and fried or fast food.

What makes the MIND Diet unique is the emphasis on berries and green leafy vegetables. Suggested servings are  $\frac{1}{2}$  cup cooked or 1 cup raw of leafy greens daily and  $\frac{3}{4}$  - 1  $\frac{1}{4}$  cup berries twice a week.

It is important to note that risk factors for developing cognitive impairment have multiple risk factors. In addition to following a nutritious diet, other positive lifestyle factors such as physical activity, social engagement, and mentally stimulating pursuits have all been associated with risk reduction.

Molly Brogan MS, RD, LDN

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## Fun Riddle #15

*It starts with a 'P' and ends with an 'E'*

*It has thousands of letters...*

**To answer this riddle, follow the steps below.  
Once complete, the unmarked words will reveal the an**

- Cross-out 7 cartoon characters
- Tick 6 things of Egyptian origin
- Circle 6 shades of blue
- Underline 9 cuts of meat
- Scribble through 5 pacific islands
- Shade 7 Australian cities

Popeye	Tonga	Denim	Ballarat	Cairo	Goofy
Chop	Indigo	Chuck	Casper	Azure	Perth
Giza	Yogi	Samoa	Brisket	Darwin	Post
Tahiti	Sirloin	Navy	Papyrus	Felix	Cutlet
Sydney	Pharaoh	Launceston	Vanuatu	Royal	Filet
Sylvester	Shank	Mignon	Sphinx	Newcastle	Cobalt
Adelaide	Belly	Simba	Solomon	Office	Ramses