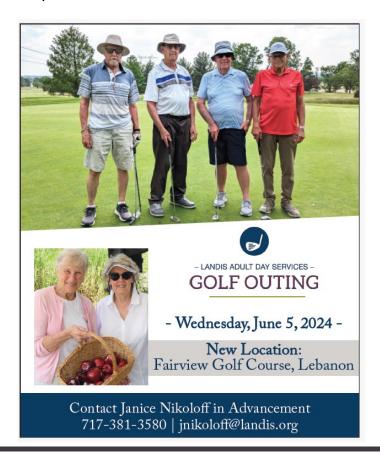
# **April 2024**

# Client Highlight: Mary Hollywood



This month we are featuring Mary Hollywood. Mary lives in Lancaster with her daughter and grandson Gizmo. In her spare time she enjoys taking walks with her grandson and doing crossword puzzles. Mary's favorite foods are pizza, peanuts and drinking hot tea with honey. She smiles the most when she is with her grandchildren and sitting on a beach.

Mary was born in Massachusetts and she is the eldest of her six siblings. She married her high school sweetheart and were together for 48 years. Mary obtained her associate degree in accounting in her 30's and worked in accounting for 20+ years. Mary's favorite things about attending Eden West are all the people, the activities, and field trips.





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.

# 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, April 28 3:00-5:00 p.m. Crossings Meeting Room at Landis Homes

## Speaker & Topic:

Ann Martin & Michele
Werder, Attorneys with
Gibbel, Kraybill & Hess, LLP
"Estate and Special Needs
Planning for Individuals
with Disabilities and
their Families"

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

### Thank You!

**Larrie Kreider** for the donation of salt water taffy.

Hoss Caldwell and Ron Gigl for the donation of puzzles to the center.

**Jackie Black** for the donation of a devotional book.

Bethany McMullen for the donation of peppermint patties to the center to celebrate St. Patrick's Day.

Jean Cunningham for the delicious cupcakes to celebrate her birthday.

#### Welcome

We welcome to the center this month:

Catherine Goncalves, Jack Shounder, Geraldine Jasinski and Art Yost.

## Goodbye

We say goodbye to Albert Franchella, Debbie Moyer, Ruth Ann Keating and Bobby Hainley, they will be missed in the center and we wish them well.

### **Birthdays**

April 14 Jackie Black April 15 Lee Spalin April 18 Karen Baublitz April 18 Elvin Hess

April 18 Grace Shearer

# This Month's Happenings

**Brothers & Sisters**: April 10 is our Siblings Day. Bring in a picture of you and your sibling. We'd love your stories of brothers and sisters being silly, saintly, stupid or outstanding!

On April 11, **Invention Convention** is a time for us to imagine what we would invent if we were able, or tell us about something that you have invented and want to share with us, or an invention which you are happy was invented.

We need your face and your pet's face on our bulletin board. Please send in your pictures. We will make a copy and give it back to you. Tell us about your pet on April 19. Bring a story with your picture and let's talk! It can be a current pet or a pet from your past.

If **April Showers** happen, we will walk through them together "singing in the rain" enjoying sing-alongs, a few country music biographies and musical games.

**Spring Cleaning**: Remember the days of throwing the windows open, grabbing the rags and the Spic & Span and making the house shine? Newspaper and vinegar was all you needed for windows. All your furnishings were scrubbed and cleaned. Perhaps you hit the yard and started weeding the garden and planting. Try the puzzles on page 3 and 4 and see if you can clean up! (Bring in your finished puzzles for a prize).

# Staff Highlight Mindy Hoover

Mindy Hoover lives in Ephrata with her two sons and one daughter. She enjoys spending time with her family around a campfire or relaxing with friends. She says, "My children bring me joy and make me smile as they



accomplish things in their life".

Mindy has worked in Eden West for over 20 years. She enjoys seeing the clients smile and hearing their life journey. Her parents taught her that life isn't always fair but friends make it bearable.



# HOUSEHOLD CHORES LIST WORD SCRAMBLE

KEAM DBE	HWSA SSHEID
WOM HTE LWNA	OD DANLURY
UMUCAV	SAHW EHT CRA
LAREC HTE BTLAE	FLDO NADRLUY
EYPTM RDSEIAWHHS	MTAHC CKSOS
NUDGTIS	ICPK PU YTOS
EWEPS EHT OLOFR	KRAE SLVAEE
SWHA FOORL	BCURS TTLIEO
NCAEL NKEITHC	FFFLU WPILOLS
PMTYE GEGAABR	PINRSG LCANE
SWHA DNWOSIW	GFDEENI ESPT
LCYIGRNEC	OSMAOHP PASCTRE

# **EDEN WEST — 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
Markers
Individual packaged treats

Sugar Free Candy Adult coloring pages 100-300pc Jigsaw puzzles

Velvet Coloring pages Books with Trivia questions Sticker by Number books

# Tips for Living

## **Benefits of Exercise**



## **Improved Sleep Quality**

# Improved Mobility, Flexibility, & Balance

## Improved Bone Density

## **Improved Mental Health**

The physical benefits of exercise are clear and undeniable. It's not only great for our physical health, it's also good for our mental health and self-confidence. In short, exercise is essential for the elderly.

If you're looking to get started with an exercise routine, talk to your doctor and set realistic goals. Find an activity you enjoy and get a partner to help you stay motivated.

Exercise, exercise, exercise!

## Home Furnishings Matchup

Match the words to name the home furnishings!

<u>Questions</u> :	Answers:
Bar	Runner
Book	Console
Bunk	Stool
Cup	Stand
Coffee	Seat
Foot	Board
Garden	Divider
Hat	Bag
High	Frame
Shoe	Chair
Floor	Case
Chaise	Clock
Grandfather	Bench
Table	Rug
Room	Lounge
Bean	Rack
TV	Rest
Picture	Lamp
Throw	Table
Love	Bed