

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.



— LANDIS ADULT DAY SERVICES —
GOLF OUTING

- Wednesday, June 5, 2024 -

New Location:
Fairview Golf Course, Lebanon

Contact Janice Nikoloff in Advancement
717-381-3580 | jnikoloff@landis.org

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.

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 Shouder, 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 for the Elderly



IMPROVED MUSCLE MASS:

Exercise makes microscopic tears in muscles, which grow back stronger.



IMPROVED CARDIOVASCULAR HEALTH:

Exercise increases blood flow, which reduces plaque build up.



IMPROVED BRAIN FUNCTION:

Exercise increases the delivery of oxygen and nutrients to the brain.



IMPROVED IMMUNE SYSTEM:

Exercise helps improve the function of infection-fighting cells.



AUSTRALIAWIDE
FIRST AID

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!

Questions:

Bar
Book
Bunk
Cup
Coffee
Foot
Garden
Hat
High
Shoe
Floor
Chaise
Grandfather
Table
Room
Bean
TV
Picture
Throw
Love

Answers:

Runner
Console
Stool
Stand
Seat
Board
Divider
Bag
Frame
Chair
Case
Clock
Bench
Rug
Lounge
Rack
Rest
Lamp
Table
Bed