

# May 2024

## Staff Highlight: Brenda Harnish

Brenda Harnish was recently hired as our Administrative Assistant. Brenda has been married to her husband Dave for 36 years. Together they have two sons. Her oldest son is married and they have blessed them with a granddaughter who is 10 months old. In her spare time she enjoys working in her flower garden, taking walks and hikes, biking, spending time with her family and playing the piano.



Brenda enjoys cheering on the Phillies and you can always find romaine lettuce in her refrigerator. She enjoys vacationing in National Parks and just this year she added Acadia National Park and Everglades National Park to her list of parks that she has visited. Brenda is looking forward to supporting the clients and caregivers with our services that allow them to stay in their homes.



— 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](mailto:jnikoloff@landis.org)

# Landis

## Adult Day Services

*Enriching* Each Day, Together

**1001 East Oregon Road  
Lititz, PA 17543  
[LandisAdultDay.org](http://LandisAdultDay.org)  
717-581-3975**

**We will be closed Monday,  
May 27 for Memorial Day Holiday**

*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*

### **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, May 19**

3:00-5:00 p.m.

Crossings Meeting Room  
at Landis Homes

#### **Speaker & Topic:**

Kristin Colto, RN of Integrated Home Health Services, and Kevin Carbaugh of Foundation Medicine.

*“How DNA plays a role in response to MEDS!”*

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

## Thank You!

**Jackie Black** for the donation of small prizes to the center.

**Bethany McMullen** for the donation of tissues to the center.

**Larry Bowe** for the donation of coloring posters.

**Tim Yoder** for the yummy loaves of cinnamon raisin bread that was enjoyed by all.

## Welcome

We welcome to the center this month: **Miguel Uribe, Gwen Bigler and Donald Smith.**

## Goodbye

We say goodbye to **Jeffery Brooks, Debra Wenger, Patrick Brigham, Mary Jane Crocket and Elvin Hess,** they will be missed in the center and we wish them well.

## Birthdays

May 03 Miguel Uribe  
May 05 Clara Metzler

# This Month's Happenings

We are pleased to bring you quite a variety of programs in May. We think it "may" make for a good time along with beautiful weather we "may" have and time to spend on the patio!

There are special music guests, stories from a retired policeman, stories about adoption, a chance to thank the nurses that serve us (May 13). And "may" we end this terrific month with a health talk and some homemade ice cream?

## It Only Takes a Moment

In the morning as folks gather over coffee or tea there is time for all of us to be together, to listen and to hear, to be present for each other. The following piece talks about the difference that MAY make in our lives and the lives of others. Every day we see evidence of this in the lives of clients and staff as they take a moment for others. Fill in the missing words to see how you make a difference in the moment.

It only takes a moment  
to reach out to be a f \_\_\_\_\_,

but to the one who needs you  
the memory never e \_\_\_\_\_

A simple act of kindness  
to a person you don't k \_\_\_\_\_

may plant a s \_\_\_\_\_ of friendship  
that for them will always grow.

We sometimes lose perspective  
of the difference we can m \_\_\_\_\_,

when we care more about our giving  
and care less of what we t \_\_\_\_\_.

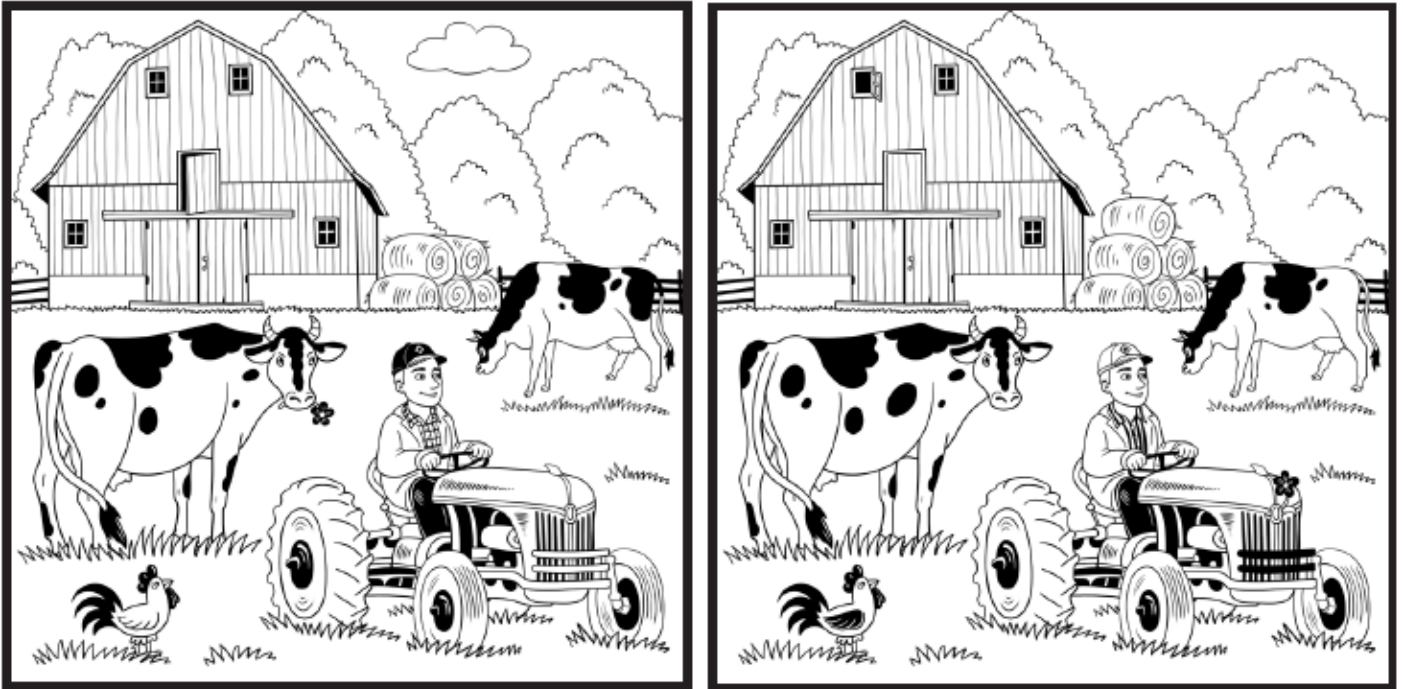
So remember that your actions  
may help c \_\_\_\_\_ a life someday.

Always think about the person  
that you meet along the w \_\_\_\_\_.

For it only takes a moment to reach out to be a friend,  
but to the one who needs you the memory never ends.

*(Energize.com)*

## Spot the Differences 10 to find!



### Client Highlight: Ron Gigl

Ron Gigl is a Lancaster county native, married to Jan for 48 years. He has one stepson and three step-grandaughters. He and his wife currently reside at Brethren Village.

In his spare time, he enjoys jigsaw puzzles, playing golf and visiting with people. Ron feels it is important to be honest, help others and to be a good neighbor. His favorite foods are spaghetti, hot dogs and cabbage.

Ron feels he was put on this earth to make people laugh and he smiles the most when he is successful in his work and helping others. Ron is an accomplished craftsman and had repaired the older machines for Meisse's Candy for 10 years. His pay? Candy!

He is a graduate of Lancaster Catholic High, was enlisted in the Navy for four years and worked as an Industrial Arts Teacher at Conestoga Valley for 35 years. Ron and his wife enjoyed 12 years traveling to Florida in the winters and camping along New Jersey and Maryland seashores, and did lots of fishing!

Ron's favorite thing about coming to Eden West is helping others, the staff and the variety of activities.



# Tips for Living

## OLDER ADULT FALL PREVENTION: DATA AND FACTS



### FALLS ARE SERIOUS AND COSTLY!

- 1 out of 5 falls causes a serious injury such as broken bones or a head injury
- Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or a hip fractures
- More than 95% of hip fractures are caused by falling, usually by falling sideways



### WHAT TO DO TO PREVENT FALLS?

- Talk to your doctor to evaluate your risk for falling
- Do strength and balance exercises
- Make your home safer
  - Get rid of things you could trip over
  - Add grab bars inside and outside your tub
  - Use non-slip mats in the bathtub and shower floors



**34,000**

Falls among adults 65 and older caused over 34,000 deaths in 2019, making it the leading cause of injury death for that group

**3 MILLION**

In 2019, the emergency department recorded million visits for older adult falls

**\$50 BILLION**

In 2015, older adult falls cost \$50 billion in medical costs annually, with 3/4 paid by Medicare and Medicaid

Source: <https://www.cdc.gov/falls/index.html>

## **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