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## July 2024

### Client Highlight: Earl Moshier

This month we are featuring Earl Moshier. He and his wife live in Ephrata. They met online and have been married for 19 years. Earl was originally from Hudson Valley, New York and was a lay minister with the United Methodist Church.



Earl has a dog named Chad and he likes people to know that his dog chose him to be his owner and that he did not choose him. In his spare time he enjoys reading, jigsaw puzzles and watching TV. Earl's favorite foods are hot dogs and beans and ginger ale. His favorite things about attending Eden West are being with the people here and using the exercise machine.

An important lesson that he has learned is to trust in God for everything. One of his favorite quotes is "*I can do all things through Christ who strengthens me*", Philippians 4:13.



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

**Adult Day Services will be closed on Thursday, July 4.**

#### **No Longer Alone Family Support Group**

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

**Sunday, July 28**  
**from 3:00 - 5:00 p.m.**  
Crossings Meeting Room  
at Landis Homes

#### **Speaker:**

The guest speaker will be Fried Kiemle sharing on "A Parent's Journey Through Mental Health Advocacy" followed by time of sharing

For information or to receive a monthly meeting reminder, call 717-381-3599 or email [JAlbright@landis.org](mailto:JAlbright@landis.org).



*Pictured: What do you do when it is blazing hot outside? You have an indoor picnic! Residents enjoyed an indoor picnic on June 20.*

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*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.*

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## Thank You!

**Peter Sholly** for the yummy fresh strawberries

**Bethany McMullen** for the donation of flowers

**Ron Gigl** and **Randy Caldwell** for the donation of puzzles

**Jackie Black** for the donation of meadow tea

**Patricia Conon** for word search books, calendars, almanac, reusable bags and a map

**Donald Smith** for the donation of snack bags

**Michael Huffman** for the yummy treat for his birthday

**Jim Furnier** and **Don Chapman** for the wonderful birthday cookies

## Welcome

We welcome to the center this month: **David Dagen**, **Frank Baer**, **Helen Greiner** and **Tom Cummins**

## Goodbye

We say goodbye to **William Shank**, **Edward Henne**, **Geraldine Walp**, **Benjamin Witmer** and **David Steiner**. They will be missed in the center, and we wish them well.

## Birthdays

July 02 Paul Conrad  
July 03 Rita Bleacher  
July 06 Benjamin Clark  
July 07 Anthony Valeski  
July 08 William Pentz  
July 08 Doris Burkhart  
July 16 Robert Mort  
July 16 Sharon Darrenkamp  
July 20 Larry Bowe  
July 29 Dale Book  
July 31 Randy Caldwell  
July 31 Doug Drescher



## Word Scramble

YASND BEEHACS \_\_\_\_\_ SRIKPNLER \_\_\_\_\_

ASSSGULSEN \_\_\_\_\_ YRBAKADC BQB \_\_\_\_\_

THO OGD \_\_\_\_\_ KGOSIERNLN \_\_\_\_\_

LPIF SFOLP \_\_\_\_\_ NADS SCETSLA \_\_\_\_\_

GMIWISNM OPLO \_\_\_\_\_ WLNA WREMO \_\_\_\_\_

SXODABN SYTO \_\_\_\_\_ HAYOLID \_\_\_\_\_

MALDAOEEN \_\_\_\_\_ IRA DIRCEOTINON \_\_\_\_\_

GPIANCM \_\_\_\_\_ YMFIAL NISNROEU \_\_\_\_\_

IBKNII \_\_\_\_\_ HTCICGAN YARS \_\_\_\_\_

HABEC WTLOE \_\_\_\_\_ TABE HET THEA \_\_\_\_\_

NNTUAS NOTLIO \_\_\_\_\_ TSUEAMENM KAPR \_\_\_\_\_

DILEIAFURG \_\_\_\_\_ YLF A TKIE \_\_\_\_\_

## 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*

*Trivia Question Books*

*100-300 piece Jigsaw Puzzles*

*Markers*

*Adult Coloring pages*

*Individually Packaged Treats*

*Sticker by Number Books*

## July Happenings

**“July is hot afternoons and sultry nights and mornings when its joy just to be alive. July is a picnic and a red canoe and a sunburned neck and a softball game and ice tinkling in a tall glass. July is a blind date with summer.”**

— Hal Borland, *Sundial of the Seasons*

We are right in the middle of the year and the summer. We look forward to conversations on the patio and conversations that connect us to each other.

We have two dates in July that we would like you to be especially aware of. On July 19 and July 23, we will have programs at 1:00 p.m. called **“Getting to Know You.”** Because there are a lot of new folks attending ADS, we would like you to share a little bit about YOU with us. It can be in the form of a picture or an item you created, or it can be a story of something you did. This gives us a tiny window into one another's lives.

What else might we learn in July? Well, how about **graham crackers, rabbits, quilts, Disneyland, music, and hotdogs?**

Sounds like a mixed bag? Why? It's July, a month filled with unexpected fun!

## Staff Highlight: Diane Geib



This month we are featuring Diane Geib. She works as a program assistant in the center. Diane is married and together she and her husband have two sons, six grandchildren and a cat named Sophie.

In her spare time she enjoys puzzles, reading, long walks, riding her bike and kayaking. The best advice her parents gave her was to treat others as you would want to be treated. You can always find blueberries in her refrigerator and she cheers for the Phillies, Eagles and Penn State.

Diane is a retired licensed practical nurse and worked as a nurse for 50 years in various medical settings.

She says that working in Eden West is the best job that she has ever had and that it has been very rewarding for her. She loves talking to clients and hearing about their lives also seeing their face light up when playing games or listening to music.





Clients enjoying the beauty of the Landis Homes campus during an afternoon walk



In June, residents were delighted by an “EGGcellant” presentation including live chickens, hard boiled eggs and fun facts about chickens.

## Tips for Living

WHAT TO LOOK FOR	WHAT TO DO
<h3>HEAT EXHAUSTION</h3>	
<ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Cold, pale, and clammy skin</li> <li>• Fast, weak pulse</li> <li>• Nausea or vomiting</li> <li>• Muscle cramps</li> <li>• Tiredness or weakness</li> <li>• Dizziness</li> <li>• Headache</li> <li>• Fainting (passing out)</li> </ul> 	<ul style="list-style-type: none"> <li>• Move to a cool place</li> <li>• Loosen your clothes</li> <li>• Put cool, wet cloths on your body or take a cool bath</li> <li>• Sip water</li> </ul> <p>Get medical help right away if:</p> <ul style="list-style-type: none"> <li>• You are throwing up</li> <li>• Your symptoms get worse</li> <li>• Your symptoms last longer than 1 hour</li> </ul>
<h3>HEAT STROKE</h3>	
<ul style="list-style-type: none"> <li>• High body temperature (103°F or higher)</li> <li>• Hot, red, dry or damp skin</li> <li>• Fast, strong pulse</li> <li>• Headache</li> <li>• Dizziness</li> <li>• Nausea</li> <li>• Confusion</li> <li>• Losing consciousness</li> </ul> 	<ul style="list-style-type: none"> <li>• Call 911 right away, heat stroke is a medical emergency</li> <li>• Move the person to a cooler place</li> <li>• Help lower the person's temperature with cool cloths or a cool bath</li> <li>• Do not give the person anything to drink</li> </ul>



Source: CDC