
September 2024

Client Highlight: Jim Gibbel



Jim Gibbel lives with his wife, Elaine, at Brethren Village in Lititz. Together they have two sons, one daughter and five grandchildren.

Faith is the basis for his life that has been nurtured and lived out in his home congregation, Lititz Church of the Brethren. For at least 60 years Jim attended COB Annual Conferences, and worked with church, peace and international organizations to live out his faith. Jim lived in Ecuador for two years serving with Brethren Volunteer Service, and there he learned to speak Spanish and gained an appreciation for other cultures. He dedicated 55 years to Gibbel Insurance Agency and retired in 2017.

Jim has visited 65 countries and all 50 U.S. states and most Canadian Provinces. Jim's favorite foods are ice cream and his wife's good cooking. He enjoys reading the local newspaper and relaxing on his patio. Jim's favorite things about coming to Eden West are meeting other people and the kind, helpful and fun staff.

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

**CLOSED ON MONDAY,
SEPTEMBER 2 FOR LABOR DAY**

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, September 22
from 3:00 - 5:00 p.m.**
*Crossings Meeting Room
at Landis Homes*

Speaker:

Sarah Hurst, CPPP, Program Director of Tempo Clubhouse and program participants.

"Temple Clubhouse Programs and Services and Stories of Recovery"

For information or to receive a monthly meeting reminder, call 717-381-3599 or email JAlbright@landis.org.

AUTUMN FIRES

Robert Louis Stevenson

In the other gardens, and all up in the vale,
From the autumn bonfires,
see the smoke trail!

Pleasant summer over,
and all the summer flowers,
The red fire blazes, the grey smoke towers.

Sing a song of seasons!
Something bright in all!
Flowers in the summer, Fires in the fall!



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.

Thank You!

Beverly Wonders for the donation of jewelry to the Christmas Bazaar.

Dale Book for the delicious cake to celebrate his birthday.

Doug Drescher for the yummy cupcakes to celebrate his birthday.

Bethany McMullen for the donation of a puzzle to the center.

Anthony Valeski for the donation of sugar free candies to the center.

Jack Shouder for the donation of variety snack bags to the center

Welcome

We welcome to the center this month: **Barbara Fortney** and **Esther Linville**.

Goodbye

We say goodbye to **Donald Groff**. He will be missed in the center, and we wish him well.

Birthdays

Sept. 02 Doug Pfautz
Sept. 04 Tim Yoder
Sept. 08 Anne Rogers
Sept. 10 James Hess
Sept. 11 William Livingston
Sept. 14 Linda Gaston
Sept. 16 Kwan Ying Poon-ye
Sept. 17 Patricia Conlon
Sept. 17 Shirley Matheny
Sept. 27 Joseph O'hara

Fall Arrivest September 22!

We are moving toward a different season that brings warm blankets, football games, falling leaves and lots of pumpkin spice! So when we get to that special day in September, we officially move from summer to fall. Try this fall word search and earn a Fall prize if it is completed.

Word Search

FALL WORD SEARCH



G	G	A	C	N	S	P	E	E	P	E	R	H	E
R	T	T	U	R	K	E	Y	F	U	N	C	A	G
C	H	R	K	T	A	C	X	O	A	W	O	Y	N
N	A	I	A	J	U	N	A	I	B	L	O	R	C
S	N	C	X	K	K	M	B	N	B	Q	L	I	O
T	K	K	R	G	E	Y	N	E	D	R	Z	D	Z
U	S	O	D	U	C	E	C	Y	R	Y	D	E	Y
F	G	R	C	P	N	H	V	O	C	R	E	D	O
F	I	T	R	O	U	C	A	D	S	S	Y	L	R
I	V	R	I	W	L	M	H	N	E	T	K	D	A
N	I	E	S	T	H	F	P	V	G	L	U	R	N
G	N	A	P	P	L	E	A	K	F	E	P	M	G
P	G	T	P	F	G	E	F	C	I	D	E	R	E
G	P	H	A	L	L	O	W	E	E	N	O	U	A

Turkey	Stuffing	Cranberry	Orange
Red	Rake	Cool	Cider
Costume	Crunch	Change	Leaves
Cozy	Fall	Autumn	Peeper
Crisp	Apple	Pumpkin	Hayride
Thanksgiving	Halloween	Trick Or Treat	Candy

Fall Word Search

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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

Markers
Adult Coloring pages
Individually Packaged Treats
Sticker by Number Books

September Happenings

Everybody knows September means back to school. We are thinking it would be fun to see some of those fabulous school photos you had taken.

Please bring a picture of you that was taken during your school days. We will make a copy and hand it back to you. Our bulletin board will be filled with us during our school years.



We are also going to talk about school memories. Can you write down your answers to these questions and bring them along with you?

- What was the most embarrassing thing that happened to you in school?
- Who was your best friend?
- What was your favorite subject?
- What mischief did you get in to?

While we are on the topic of school, remember that alphabet in the front of your classroom? See what you can do with the alphabet puzzle on the back page. A school lunchbox treat is your reward for getting all the way from A-Z.

Celebrate Adult Day Services Week with us from September 16 to the 20! We are looking forward to an animal program with Raven Ridge, a Special Cooking Demo and a Staff Client Challenge with Minute to Win it Games. Start now to train for these important games if you want a chance to beat Christy!



We are so appreciative of both staff and clients and this is the week to show our gratitude for everyone!

Staff Highlight: Jenn Master



Jenn Master works as a program assistant in the center. She has been married for 33 years to her husband George. Together they have three grown children and two grandchildren.

In her spare time, she enjoys reading, gardening, and spending time with her grandchildren. The best advice her parents gave her was that life is short, do what brings you joy and brings joy to others.

You can always find cheese in her refrigerator, and she always cheers for the underdog.

You would be interested to know that Jenn's background is in banking and finance but was eager to endeavor a new path by coming to work in the center. She loves everything about working in Eden West! The clients are all wonderful and the staff are phenomenal! She feels her co-workers put their heart and soul into the work to serve others. It is a great team environment.

ALPHABET QUIZ A-Z

Question

- 1 A foreigner or someone who comes from another planet (A)
- 2 A place where you can deposit money (B)
- 3 A family pet who might chase birds and mice (C)
- 4 A large animal that lives in a cave and breathes fire (D)
- 5 When something finishes it comes to this (E)
- 6 The last day of the working week (F)
- 7 Opposite of rough (G)
- 8 You need this to pump blood around your body (H)
- 9 A piece of land surrounded by the sea (I)
- 10 Trousers usually made of denim (J)
- 11 You use this to boil water in the kitchen to make a cup of tea (K)
- 12 A machine to carry people up and down floors (L)
- 13 Pork, beef, chicken and ham are all types of this (M)
- 14 Opposite of day (N)
- 15 The first number (O)
- 16 Something that you open on your birthday (P)_
- 17 A white colored food commonly eaten in Asia (R)
- 18 You stand in this when you wait in line at a super market (Q)
- 19 The name of woolly animals who love to eat grass (S)
- 20 Someone who repairs clothes (T)
- 21 Opposite of happy (U)
- 22 A city in Italy that is famous for its canals (V)
- 23 Opposite of dry (W)
- 24 Another name for a photocopy (X)
- 25 Something you say to agree with people (Y)
- 26 A line with sharp turns back and forth (Z)

Tips for Living



Did you know that over half of the human body is made up of water?

Water is essential for many body functions including carrying nutrients throughout the body and regulating body temperature. That is why it's so important to stay hydrated, especially when temperatures are high in the summer!

Here are some hydration tips to keep in mind:

- Choose water over sugar-sweetened beverages like juice or soda.
- Try fruit-infused water for some extra flavor! Just add your favorite fruit to a glass of ice-cold water. Some yummy combinations are strawberry and lemons, mint and lime, or orange and blackberries!
- Choose fruit and veggies as a snack as they have a high water content! Watermelon or cucumbers, anyone?
- Extra hot outside? Choose a hydrating cold treat like a smoothie or 100% fruit ice pop!

So, how much water do we need? Everyone is different, and there are many factors that impact our fluid needs such as climate and physical activity level. Check with your doctor or a Registered Dietitian to figure out your exact needs!

In the meantime, an important rule of thumb is to stay ahead of your hydration. If you're feeling thirsty, that's a sign you're likely already dehydrated! Carry a water bottle to sip throughout the day and enjoy water with your meals and snacks to ensure you're staying on top of your hydration!

Savannah Greiner, RD, LDN