
October 2024

Client Highlight: Clara Metzler

Clara Metzler has five children, eight grandchildren and seven great-grandchildren. She lives with her daughter and family in Lititz.



In her spare time, she enjoys watching game shows. Clara's favorite foods are iced tea and subs. She smiles the most when people tell jokes. Clara's favorite things about attending Eden West are the people, the conversations and playing games.



**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.

Fall Puns

*Try these Fall puns by
unscrambling the answers.*



1. Why Did Humpty Dumpty have a great fall?

To make up for his miserable (*remmus*) _____

2. What type of vehicle should you use for a fall hayride?

An (*tumaun*) _____-mobile

3. What happens when winter arrives?

Autumn (*sleave*) _____

4. Why do birds fly south in the fall?

Because it is too far to (*ka/w*) _____

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, October 27
from 3:00 - 5:00 p.m.
Crossings Meeting Room
at Landis Homes**

Speaker:

To be determined.

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

Thank You!

Ron Gigl for the donation of puzzles to the center.

Beverly Wonder for the delicious tomatoes.

Anne Rogers for the yummy cookies to celebrate her birthday.

Tim Yoder for the donation of devotionals and card stock to the center.

Kwan Ying Poon-ye for the wonderful cake to celebrate her birthday.

Jim Hess for the delicious ice cream to celebrate his birthday.

Shirley Matheny for the delicious cookies to celebrate her birthday.

Welcome

We welcome to the center this month: Catherine Miller, Shirley McGarvey, Joanne Reiner, Paula Garman, Nelson Nafziger, Dan Peachey and Steve Weaver.

Goodbye

We say goodbye to Stevie Burkes and Randy "Hoss" Caldwell, they will be missed in the center, and we wish them well.






Birthdays

Oct. 07 Larrie Kreider
Oct. 15 Mary Hollywood
Oct. 27 Janet Martin



FALL 2024 VACCINES

Version: Aug 2024

	What are the options?	Who is eligible?	How well do they work?	When should I get it?
INFLUENZA	 A shot that targets 3 strains of seasonal flu	6 months+	Reduces the risk of going to the doctor by 40-60%	October is ideal, as vaccine protection wanes over a season
COVID-19	 Updated vaccine formula targeting JN.1 or KP.2 - Omicron subvariants Options: Moderna and Pfizer (mRNA) or Novavax (protein)	6 months+	40-60% additional protection against severe disease	Protection against severe disease: Get now Protection against infection: Best to get it right before a wave, which can be challenging to time Recently infected? Wait at least 4-6 months
RSV (OLDER ADULTS)	 3 options: GSK and Pfizer (protein) or Moderna (mRNA)	This is not an annual vaccine. If you didn't get it last year, 60-74 years "may" get it and >75 years "should"	82-86% efficacy against severe disease	Now: no need to juggle timing as protection is durable
RSV (PREGNANCY)	 Pfizer's vaccine called ABRYSVO	Pregnancy (passes to baby for protection in first 6 months of life)	82% efficacy in preventing hospitalization in first 3 months of life. 69% efficacy after 6 months	32 to 36 weeks of pregnancy and only during Sept-January
RSV MONOCLONAL ANTIBODY	 This is not a vaccine (doesn't teach the body to make antibodies) but rather a preventive medication (provides antibodies)	All infants <8 months if mother didn't get RSV vaccine during pregnancy. High-risk infants 8-19 months	Reduces risk of hospitalization by 80-96%	Protection lasts 4-6 months

By: Katelyn Jetelina, MPH PHD. For more information go to Your Local Epidemiologist

COVID-19 VACCINE CLINICS AT LANDIS HOMES

October 22nd 1:30 – 5:00pm Tuesday Warwick Room [FULL]

October 24th 1:30 – 5:00pm Thursday Warwick Room

October 29th 1:30 – 5:00pm Tuesday West Community Room [FULL]

To schedule your COVID-19 vaccine, contact Kathy Bomberger, 717-381-3121 or email kbomberger@landis.org

This is only open to current clients enrolled in Adult Day Services.

JACKETS! COATS! JACKETS!

It's that time of the year again when the air is frisky in the morning and warm and cozy in the afternoon—making us forget we wore a jacket in the morning when we arrived at the Center! Please help the staff to keep the rightful owners with their jackets and coats by attaching a label with your full name inside your jackets and coats.

October Happenings

This month we will continue our adventures into things that are of interest to you.

At our recent Adult Day Service Council meeting, we heard your ideas and suggestions, and we're excited to share some upcoming activities!

Animal Programs: You told us you enjoyed animal programs. In September, Raven Ridge brought us a wonderful program with chickens. In August, we enjoyed visiting with rabbits.

In October, get ready for a special visit from **Edged Feather!** Cryss Stacey will take us on a journey with her falcons and other beautiful birds.



Country Music:

Many of you wanted more country music. We're happy to announce that Matt Wenger, who sounds similar to Hank Williams, Johnny Cash, and Arlo Guthrie, will be performing this autumn!



Fall Crafts: You expressed interest in doing fall crafts. We will have crafting activities available for you each week, and we might even prepare for our Christmas Bazaar!



Grab a glass of apple cider and enjoy this season of leaves and apples and warmth and colorful beauty!

Staff Highlight: Janet Miller

Janet Miller. She lives in Lititz with her husband Doug. They have six wonderful adult children, four daughters and two sons, and one granddaughter who is 16 months old. They also have a cavapoo, Chloe.

In her spare time she enjoys spending time at their cabin in Franklin County, kayaking and taking wildlife photographs.



She and her husband also enjoy taking their Harley out for a spin and spending time with family and friends.

The best advice her parents gave her is that work ethics speak volumes about who you are. Something you can always find in her refrigerator is some kind of fruit. Janet smiles the most when she knows that she has made a difference or when she reaches a personal goal.

You might be interested to know that Janet was a Hunter Education Instructor and Coordinator for five years with the PA Game Commission, an organization that she continues to advocate for.

Janet's favorite part about working in Eden West is helping clients to have the best day they can. She enjoys hearing them chat, share stories, laugh and help each other when they can. They still have so much to offer.

Showcase Your Art

We'd like to showcase your art! Try your hand at pencil colors on this sketch below. Bring it in for a prize and a place on the bulletin board.

Grant DeVolson Wood, an artist who created the piece called "Fall Plowing", was born in rural Iowa in 1891. He was an active painter from an extremely young age. Wood was trained as a craftsman and designer, as well as a painter. He was known for his stylized and humorous scenes of rural people, Iowa cornfields, and mythic subjects from American history.

