

March 2025

Client Highlight: Geraldine Jasinski

Geraldine Jasinski was married for 67 years, but is now a widow. She lives with her daughter and son-in-law in Elizabethtown.

Geraldine enjoys Italian food. She is an avid reader and also delights in the company of her three great-granddaughters. An important lesson she has learned over her life is to appreciate the people you have in your life while they are here. One of her favorite quotes is, "Seek and you shall find."



Geraldine's great granddaughters make her smile the most. They are six-year-old Noel, four-year-old Isabella, and two-year-old Hope. Geraldine worked as a legal secretary for 30 years in New York City. She likes traveling to Italy and Hawaii.

One of Geraldine's favorite things about attending Adult Day Services are the people she has met and the staff.



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

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, March 23
3:00—5:00 p.m. by Zoom

CURESZ Foundation
Six-Part Video Series
"Diagnosing
Schizophrenia in 2025"
Followed by a time of sharing.

For information on joining the Zoom meeting or to receive a monthly meeting reminder, call 717-381-3599 or email JAlbright@landis.org by noon on Friday, March 21.

Landis
Communities

Are you or a loved one in the early to middle stages of dementia? If so, sign up to...

SING FOR THE MOMENT

Wednesdays, 10:00-11:15 am,
February 19-April 23, 2025
Concert is Sunday, April 27, 2025

Register: sftm@landis.org | 717-381-3599

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!

Marilyn Lawrence for the donation of sugar-free chocolates and Dunkin' Donut holes.

Ralph Randazzo for the large donation of snacks.

Miguel Uribe for donating Nutri-Grain bars.

Anthony Valeski for the sugar-free candy.

Jim Gibbel for the donation of adult coloring books.

Bill Bair for the donation of goldfish cracker snack packs.

Jackie Black for donating seeds to start plants.

Chuck Wood for donating tea bags.

Joanne Reiner for the donation of adult coloring books and delicious whoopie pies.

Dan Peachey for bringing birthday cookies to help us celebrate your special day.

ATTENTION: Due to the increase in infectious illness in the county, we are no longer accepting homemade food items to be shared at the center with others. If you wish to share a snack, please choose prepackaged goodies.

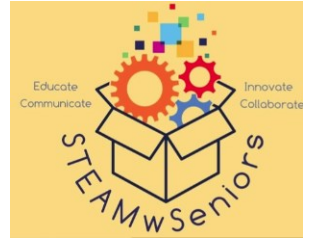
Welcome

We welcome to the center this month:

Clyde Feick, Bill Bair, Bobby Hainley, and Carol Burkholder.

March Happenings

We are excited about adding into our program some STEAM for Seniors (*Science, Technology, Art, Engineering and Math*) from an exciting new organization. These are fun and interesting things you might hear about after we explore these science and technology challenges during the day.



On March 13 we would love to hear about farming background stories from childhood or adulthood. **“You Been Farming Long?”** is your time to share pictures, adventures or articles from your farm experience.



We have found that **Travelogues** hold a lot of interest. If you have traveled and would be willing to share some of your photos and stories, it would give those of us who are armchair travelers some new experiences. Please call Leone Wagner at 717-581-3975 to schedule a time you would be willing to share your travels in the coming months.



You know how those advertising jingles get stuck in your head? Now they can pay off. Complete the list on the next page with the correct answers and receive a special prize.

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.

- Sugar Free Candy
- Velvet Coloring pages
- Books with Trivia questions
- Markers
- Adult coloring pages
- **Sticker by Number books**
- **Individual packaged treats**
- **Puzzle Books**
- **Small Game Prizes (ChapSticks, flashlights, hand towels, scarves, socks, frames)**

Brand Names / Slogans Quiz

Match the slogans on the left with the brands on the right.

Pardon me, do you have any _____

The first lady of fruit

Trust the Midas touch

99 44/100 percent pure it floats

Nothing else stacks up to it

Keep that shower fresh feeling all day

The more you look, the more you like

There's something about an _____ man

The gift that keeps on giving

Strong enough for a man but made for a woman

Clearly, the best looking bandage ever

Catch a cool refreshing silver bullet

The world's biggest toy store

Even when they're wet, they're dry

For 50 years our greatest invention has gone virtually unnoticed

The copper topped battery

More than just a great antacid

The sniffing, sneezing, coughing, aching, stuffy head, so you can rest medicine

Each grain salutes you

Goodness you can taste

Cuckoo for _____

Big bubbles. No troubles.

Hubba Bubba Gum

Cocoa Puffs

Minute Maid OJ

Uncle Ben's

Nyquil

Tum's

Duracell

Scotch Tape

Ultra-Pampers

Toys R Us

Coors Light

Band-Aid

Secret

Hallmark

Aqua Velva

Shower-to-Shower

Rubbermaid

Ivory Soap

Grey Poupon

Chiquita

Midas Muffler

Oil of Olay

Goodbye

We say goodbye to Jim Furnier, Harriet Fairchild, Peter Sholly, Larrie Kreider, and Steve Weaver. They will be missed in the center, and we wish them well. We also remember Bob Werner and Beverly Wonders and extend our sympathies to their families.

Birthdays

March 04	Frank Baer
March 09	Ron Gigl
March 12	Geraldine Jasinski
March 17	Jean Cunningham
March 20	Tim Kauffman
March 21	Junior Thiry
March 21	Earl Moshier
March 27	Joan Pappas

Tips for Living — “Food Connects Us”

Savannah Greiner, RD, LDN



March is National Nutrition Month! This year, the Academy of Nutrition and Dietetics has declared the theme of “Food Connects Us.” Food isn’t just fuel for our bodies, it’s also a cornerstone of cultures, socialization, and relationships! This month, set aside some time to be intentional with your food and connect with those around you. Here are some ideas on how!

- **Host a potluck:** Invite friends/family and ask each person to bring their favorite dish to share. Encourage guests to share why they love the dish and what it means to them.
- **Start a recipe book club:** Gather a group of family or friends and choose a cookbook, then have a get together where everyone brings a dish from the cookbook!
- **Try new restaurants:** We all have our go-to restaurants and favorite orders. This month, try to branch out and try a new restaurant with a cuisine you’ve never tried before.
- **Technology-free meals:** Designate a day of the week where you sit around the table and enjoy a meal technology-free. You’ll be amazed by how connected you feel to those you are enjoying the meal with. Bonus points if you carry this tradition beyond just March!
- **Shop local:** In Lancaster County, we are blessed with farm stands and local agriculture. By shopping local, we can enjoy all that our area has to offer and support our farming community.
- **Prepare meals together:** Making food is half the fun! Encourage everyone to get into the kitchen and help with meal preparation. From washing produce, to dicing ingredients, there’s plenty of tasks that everyone can help with!

Staff Highlight: Rachel Lutz

Rachel Lutz lives in Ephrata with her husband Keith and their granddog Doodles.

In her spare time, she enjoys reading, coloring, and gardening. She cheers for Penn State and Steelers sports teams. Something you will always find in her refrigerator is cheese.

Rachel says that her parents’ best advice was to “be kind to others.” What makes her smile the most is the warm greeting from her dog Doodles when coming home after work. Earlier in her life, Rachel worked with a tour company for 4½ years and had the opportunity to visit 48 different states.



One of Rachel’s favorite things about working in Adult Day Services is the wonderful team and the TLC the team members are able to give to each client to help them enjoy their day. She loves to hear the clients laugh and have a great time.