

May 2025

Client Highlight: Esther Linville

Esther Linville lives with her husband James. They have a son James Jr., married to Barbara, along with a daughter Tara. Esther's grandson and his wife live in Oklahoma and have an 11-month old daughter who brings much joy to Esther and always brings a smile to her face.



Esther married her high school sweetheart when he was transitioning between military bases. They eloped and ran away to Omaha, Nebraska. They were not permitted to get a marriage license because they were under 21 years of age, so their parents had to send notarized letters of permission before they could marry. In 2001, they renewed their wedding vows in Hawaii. They will celebrate 61 years of marriage this May.

When Esther was raising her children, she cared for a very large garden. This allowed her to freeze and can vegetables for the winter for her family. During the early 1980s, their family spent many memorable hours boating on the Chesapeake Bay.

Esther's jokes that her favorite vegetable is french fries! While she was pregnant she couldn't eat them, but you can be sure she made up for it after the children were born! Esther also thoroughly enjoys ice cream, but she will never eat any seafood. Starting in 2002, Esther traveled annually to the Eastern European country of Romania where she served at an orphanage and a boys-only vocational school. She made many friends and now loves Romanian food. Esther loves the people and the social contacts at Landis Adult Day Services.

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
Packaged Treats	Puzzle Books	
Small Game Prizes	ChapStick, flashlights, hand towels, scarves, socks, frames	



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

Adult Day Services will be closed
Monday, May 26 for Memorial 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, May 18
3:00—5:00 p.m.
Crossings 2nd Floor
Meeting Room**

Topic: *"Identifying the Best Treatments for Various Types of Mental Illness"*
will be followed by a time of sharing.

Speaker: Dr. Melanie Baer, PsyD, Psychologist, Clinical Specialist from WellSpan Philhaven

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

Thank You!

Marilyn Lawrence for the donation of activity books.

Tim Yoder for the word search and devotional books.

Sheila Thomas for the donation of votive candles.

Tim Kauffman for bringing birthday treats to help celebrate his special day.

Miguel Uribe for the Tastykakes.

Virginia Plack for the delicious chocolates.

Bobby Hainley for treating us to ice cream to celebrate his birthday.

Ralph Randazzo for the donation of markers and Chapstick.

Robert Mort "Morty" for the donation of crayons.

ATTENTION: *We do not accept home-made 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:
Min Lee, Greg Steffy and Tessie McAlvage

Goodbye

We say goodbye to **Jackie Black** and **Linda Gaston**. They will be missed at the center and we wish them well.

Birthdays

May 02 **Ralph Randazzo**

May 03 **Miguel Uribe**

May Happenings

During the month of May, we **celebrate our nurses**. On May 12, we are going to pause a moment and thank them. Christy and Jenny are our nurses, and we are all familiar with their kind care and expertise, along with their attention to details that keep us running smoothly. Janet and Chris are our Med Techs (Medical Technicians). They make sure all days are covered with medical assistance to help us get the medications we have been prescribed. Don't tell them since it's a surprise, but if you would like to thank them by bringing in a card for each of them, we will add the cards to their gift baskets. Thank you, and remember to keep it a secret!

We have several special music events in May. We are thankful for presentations from **Manheim Township High School students**. They thrilled us at Christmas and are returning to present another program. Also, **Alice Lauver** and **Matt Wenger** will bring their unique music styles to Landis Adult Day Services in May.

May 20 is **Senior Day**, and we are celebrating YOU! We would like to throw a spotlight on an accomplishment that you had in your life. Tell us about it! There is lots to celebrate about our lives so let's share it with one another. Even though the calendar doesn't agree... we think of May as the end of spring and the beginning of summer. Try the puzzle on the next page with the same letters at the beginning and the end. Complete it and turn it in for something you can turn on and use all summer long.

Microtransit Feasibility Study

South Central Transit Authority (SCTA) is initiating a Microtransit Feasibility Study to guide the implementation of a vision and plan for access, growth, and future transportation options for residents and visitors of the county.



Microtransit is a shared transportation service that uses technology to offer flexible, on-demand transportation options. It's a middle ground between traditional public transit and ride-hailing services. Microtransit has the potential to complement existing and planned fixed-route services operated by Red Rose Transit Authority (RRTA) and the shared-ride service provided by Red Rose Access. **The survey is available in English and Spanish through most of May. Use this QR code above to complete the survey.**

Begins and Ends with Same Letters

Choose the two-letter sequence that begins and ends each word.

Example: phonograph

1. ____ QUIR ____
2. ____ ARNAB ____
3. ____ AS ____
4. ____ IGINAT ____
5. ____ REWI ____
6. ____ MBL ____
7. ____ YLI ____
8. ____ RMINA ____
9. ____ RI ____
10. ____ LIGHT ____

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Staff Highlight: Leone Wagner



Leone Wagner, along with her rescued cat Simon, live in Lititz. Regarding her cat, Leone says, “If anyone is a cat whisperer, Simon could use some whispering!”

Leone thoroughly enjoys long walks or hikes and reading. She also loves the joy young children express. And while Leone does not cheer for any professional sports teams, you will find her cheering for any sport teams on which her grandsons are playing.

If you peek into Leone’s refrigerator, apples can always be found there. When thinking about the best advice that her parents gave her, she remembers, “Be generous. It doesn’t hurt you and it might help them.”

Leone feels it is truly a privilege to have met so many people at Adult Day Services. From the people here, she has learned perseverance and patience, along with many, many other things from the broad variety of experiences clients bring every day. She now has stories, jokes, and inspiration that she otherwise would not have had. So, her favorite thing about working at ADS is the people - - - wonderful people!

Become a Dementia Friend – Join Us May 30!

Teffie Landmann, Director of Dementia-Friendly Experience

You're invited to a **Dementia Friends Information Session** on Friday, May 30, 1:00–2:00 p.m. in the High Foundation Auditorium at Landis Homes. This interactive session is part of a global movement to change the way we think, act, and talk about dementia. This session, led by Teffie Landmann will help you:



- Understand what dementia is and what it's like to live with it
- Learn five key messages about dementia
- Discover practical tips for better communication
- Choose one small action you can take to help build a more dementia-friendly community

Whether you're a client or family member, this is a meaningful opportunity to grow in empathy, knowledge, and support for those living with dementia. Let's work together to make Landis Communities a place of understanding and compassion—for everyone.

RSVP to slandmann@landis.org or 717-581-3822*. We look forward to seeing you there!

FACT SHEET

Feet and Footwear for Older Adults

Footcare and safe shoes can prevent falls

Falls are the leading cause of injury for older adults (ages 65 and older) and can have serious consequences, like limited mobility and loss of independence. Routine care for feet and proper supportive footwear can reduce your risk of falls.

What foot problems are associated with falls?

Foot related risk factors that increase fall risk:

- Increased foot pain
- Reduced flexibility in ankle joint
- Reduced calf muscle strength (the muscle that helps you rise on the balls of your feet)
- Reduced sensation resulting from neuropathy (nerve damage)
- Presence of a bunion (hallux valgus deformity) or toe deformities

What makes a shoe safe?



Footwear Tips

Health Tips

- Your healthcare provider or podiatrist can check your feet and determine if there are issues that increase your risk of falling. Podiatrists diagnose and treat foot conditions.
- Ask your healthcare provider to check your feet once a year.
- See a podiatrist if you have foot problems, such as toe or foot deformities or foot pain.
- Work with a physical therapist to learn exercises to increase strength and flexibility of foot and ankle.

Safety Tips

- Always wear properly fitted shoes inside and outside your home.
- Wear sturdy shoes with low heels, traction, and strong arch and heel support.

Working with your healthcare provider or podiatrist to address foot problems and using appropriate footwear can reduce your risk of falling.



– LANDIS ADULT DAY SERVICES – GOLF OUTING

Wednesday, June 4, 2025
Fairview Golf Course
Lebanon, PA



Contact Jan Nikoloff in Advancement
717.381.3580 | jnikoloff@landis.org



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