

# June 2025

## Client Highlight: Bobby Hainley



Bobby Hainley enjoys interacting with the other clients and the staff here at Adult Day Services. His wife is no longer living and he has no children, so this place to socialize and connect with others is valued.

Bobby used to be a cook in the Army stationed in Arizona. He then worked at Bollman Hat Company for 35 years. In the past, Bobby liked fishing and he used to walk a lot, often a couple miles at a time. Since he is no longer able to do these things, he now enjoys putting puzzles together.

Over the years, Bobby learned the importance of getting along with other people and always being nice and kind. When asked what makes him smile the most, he listed: people, food, baseball, basketball and Landis Adult Day Care. He takes pleasure in eating any kind of fish and drinking Coke Zero.

Bobby's favorite quote originated with Benjamin Franklin: *"Early to bed and early to rise makes a man healthy, wealthy, and wise."*

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



— 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](mailto:jnikoloff@landis.org)

## No Longer Alone Family Support Group

**June 22, 3:00 - 5:00 p.m.**  
**Crossings Meeting Room**

**Topic:** "Introduction to Peerstar of PA: Programs and Accessing Services"  
**Speaker:** Kelly Anne Smith, BS, CADC, CPSS;  
Regional Director of Peerstar

The monthly meetings provide a place for those who have a loved one living with mental illness to learn and share their experiences. To receive a monthly meeting reminder, call 717-381-3599, or email [JAlbright@landis.org](mailto:JAlbright@landis.org).

## Thank You!

**Ron Gigl** for donating puzzle books.

**Bobby Hainley** for bringing us some new puzzles.

**Frank Baer** for the Bingo prizes.

**Anthony Valeski** for the donation of peanut butter crackers.

**Ralph Randazzo** for bringing us chips and cake.

**Larry Bowe** for the donation of Bugles corn snacks.

**Velma Stauffer** for donating many snack bags.

**Margaret Mark** for bringing us Tastykake Krimpets.

**Dottie Witmer** for the French cakes.

**ATTENTION: We do not accept homemade food items to be shared with others at the center. If you wish to share a snack, please choose prepackaged goodies.**

## Welcome

We welcome to the center this month:  
**Aurora Stanton.**

## Goodbye

We said goodbye to **Barbara Fortney, Jim Gibbel, Marilyn Lawrence, and Grace Shearer.** They will be missed at the center and we wish them well. We also remember **Doug Diem** and extend our sympathy to his family.

## Birthdays

June 06	Michael Huffman
June 08	Greg Steffy
June 09	Judy Hixon
June 16	Shirley McGarvey
June 27	Roger Atkinson

## Find the Hidden Animals

Find the animals hidden in these sentences. It isn't easy, but it's fun when you find them. Get some of them right and a cozy little creature is yours!

Find the hidden animals in this quiz!

*She enjoyed **a pear** --- Answer: Ape*

### Question

- 1 The robed man tackled her and the amulet went flying
- 2 The company was fined for dumping toxic waste into the river
- 3 The camellia is a beautiful flower
- 4 Wolfeite is a mineral that consists of basic iron phosphate
- 5 The bad germs were so small that no one took notice
- 6 Batman and Superman are good friends.
- 7 Something is beeping very loudly in the kitchen
- 8 Part of the brain that stores mental maps is called the hippocampus
- 9 A stone was digging into my heel
- 10 The party will be a very good exciting event
- 11 The explorer entered the damp igloo
- 12 Despite his promises, he never showed up
- 13 The sunset over the ocean was pretty
- 14 A rabbit taught me Hebrew
- 15 He hits nails with precision
- 16 We must do this again soon
- 17 The sea lion swam gracefully
- 18 I love her ring
- 19 That mosquito is such a pest

# June Happenings

This month will offer lots of experiences for the outdoor person, the adventurous person, the athletic person, and the plain old "let's just have some fun" person. Here we go!

On June 6, we will focus on **Little League Memories**. Do you have trophies or pictures of yourself at bat or on the field? Did you ever coach a baseball team? Bring photos and memories to share.

On June 13, please be part of our **"Remembering Dad"** day. We would love pictures of you and your dad or you as a dad with your children. We will try to guess who is in the picture as we collect them on the bulletin board. Bring your pictures in anytime in June. We will return the picture to you right away after making a photocopy. Also on June 13, if you are a father, can you tell us the things you tried to teach your children or show us things you and your sons or daughters accomplished together? If you are remembering your own father, can you share advice he gave that took you through life or a skill you know because of him?



On June 17, we are doing a special presentation of **"Nature Photography."** Can you dig out that amazing photo you took out in nature and bring it in for us all to enjoy? Your photos will be returned the same day.

Thank you for making Nurses Day a special day. Your thoughtful notes were encouraging and appreciated!

*"Colors are the smiles of nature." - Hunt*

## Staff Highlight: Christine Hurst

Christine Hurst's family recently visited The Adventure Aquarium in New Jersey. Besides seeing lots of fish there, they saw hippos, sharks, and turtles as well. Pictured here with Chris and her husband are their three grandsons (ages 7, 5, and 2½ years old) who bring her many smiles!

Chris enjoys growing flowers and vegetables in the spring and summer seasons. When it comes to food in her refrigerator, eggs and Feta cheese can always be found there. Remembering some of her parents' best advice, she recalls, "When you have numerous tasks to do, start with the hardest one first."

Chris enjoys giving people a helping hand and being able to chat and laugh with those she rubs shoulders with at Adult Day Services.





# 6 Tips for Senior Sun Safety

Summer weather is great for relaxing with family and friends. Being outside for pool parties, barbecues, and beach trips are what make summertime so much fun.

Too much outdoor time, however, can lead to problems like sunburn and dehydration in elderly populations who are especially at risk for these hot-weather woes. But by taking a few precautions, problems like sunburn and dehydration in the elderly can be avoided and seniors will be able to get the most out of long summer days.



### **Wear the right clothing.**

The best summertime clothing for seniors is lightweight and made out of a breathable fabric such as cotton. Shirts should be long-sleeved, and seniors should wear wide-brimmed hats to protect from the sun.



### **Apply sunscreen early and often.**

Sunscreen takes time to work, so don't wait until you're poolside. Try to apply sunscreen about an hour before you head outside, and reapply every two hours. Look for a broad-spectrum sunscreen that protects against both UVA and UVB radiation.



### **Drink plenty of fluids.**

Seniors are less likely to feel thirsty, and dehydration can come on quickly and be dangerous. Try to drink between 6 and 8 glasses of water a day, and increase your intake if you're doing any kind of physical activity, or if the weather is particularly hot.



### **Stay indoors at the hottest hours.**

The sun is most intense during the middle of the day. If you're a tennis player or gardener, it's best to keep these activities to the early morning or evening, when the weather is cooler. Try to stay indoors when the sun is at its peak.



**WARNING:** Knowing the signs of heat stroke can save a senior's life. A flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and lack of sweating despite the heat are signs that immediate action should be taken. Drinking water, a cool ice pack to the back of the neck, and removal of the sun is a must at the earliest signs of these symptoms.



### **Wear eye protection.**

Seniors have very sensitive eyes. Wearing sunglasses can help reduce the cumulative damage that causes eye problems such as cataracts and age-related macular degeneration in seniors. Wrap-around styles that protect from both UVA and UVB radiation are best.



### **Check your medications.**

Some medications can cause increased sensitivity to the sun. Look over your medications, and talk to your doctor about any concerns or questions you have.

