

August 2025

Client Highlight: Robert Mort

Robert "Morty" Mort lives with his wife Susan, their Corgi dog named Honey, and their two cats named Whisper and Snow White. He enjoys watching movies and TV and also taking short walks.

Morty's favorite foods are soup, cheese, snacks, and ice cream. He smiles the most whenever he sees dogs and cats. A lesson he has learned over the course of his life is: "Nothing ever stays the same; change is inevitable."

Morty lived in Willow Street for 30 years and worked as an auto mechanic for 40 years. You may be surprised to know that he rode his Harley all over the country on vacations for many years.

His favorite things about attending Adult Day Services are the people here and the ride on the bus.



Sing for the Moment Choir

The Sing for the Moment Choir is a Social Engagement Program that provides an opportunity for people living in the early to mid-stage of Alzheimer's disease and other dementias, along with their care partners, to enjoy music and socialize. The choir fosters joy, friendship, self-esteem, confidence and a strong sense of belonging for participants. To participate, RSVP to sftm@landis.org, or 717-381-3599.

Weekly Wednesday Rehearsals

August 20—October 22, 10:00—11:15 a.m.

West Bethany Chapel at Landis Homes

Preview Concert: Wednesday, October 22, 10:00 a.m.

Final Concert: Sunday, October 26, 2:00 p.m.



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

No Longer Alone Family Support Group

**August 24, 3:00 - 5:00 p.m.
Crossings Meeting Room**

Topic: "Exploring Your
Own System"

Speaker: Sister Marcelina Mikulska,
CSFN, MS, LPC, NCC, Licensed
Professional Counselor,
Anxiety and OCD Center

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.



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!

Bobby Hainley for the donation of puzzles.

Frank Baer for donating small prizes.

Joanne Reiner for the sticker books, box of picture frames, bags, and hangers.

Suzy Lindenmuth for bringing us some puzzles.

Anthony Valeski for donating new socks.

Rita Bleacher for helping us celebrate her birthday by bringing Dunkin' Munchkins.

Bill Pentz for bringing two cakes for us to share.

Sharon Darrenkamp for candy for her birthday treat.

ATTENTION: We do not accept homemade food items 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: **Dorie Ramsdell**

Goodbye

We said goodbye to **Nelson Nafziger, Aurora Stanton, Rick Miller and Christoff Abraham**. They will be missed at the center and we wish them well.

Birthdays

August 12	Linda Price
August 14	Ronald Yost
August 22	Velma Stauffer
August 26	Dorothy Ebersole

August Highlights

"August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms."

– Victoria Erickson

That quote might be true, but there won't be a whole lot of YAWNING going on here at Adult Day Services.

We are going to s-t-r-e-t-c-h ourselves a little, hoping to learn and laugh through some activities that include bowling, flying, potatoes, keeping cool, a little sign language, paint, oh and toilet paper too. Who knew each of those topics could fill up one hour?

In July, we shared about our own pets. In August, we will continue on with learning about some dogs and their roles in our lives. Try the Canine Superstars Quiz on the next page and return it to us. As a reward, we won't give you a doggie treat, just a people treat!

Gentlemen, we need your help! On August 13, we are doing a program called "Dapper Dan." We would like to see pictures of you at your most dapper point in time. Bring in those photos while you were in the service, at your college graduation, at your first job, or on your wedding day. Photos will be returned the same day.



"August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time."

– Sylvia Plath

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.

***We particularly need the items in bold.**

Sticker by Number books	Velvet Coloring pages	Markers
Adult coloring pages	Books with Trivia questions	Puzzle Books

Individual packaged treats Sugar-free candy
(cannot accept outdated items)

Small Game Prizes (ChapSticks, flashlights, hand towels, scarves, socks, and frames)

Canine Superstars Quiz

Can you name these famous dogs? Some are real, some are fictional!

Question	Answer
1 German Shepherd who was an international star in motion pictures in the 20s and early 30s.	:
2 The Rough Collie dog with unshakeable loyalty	:
3 A gift from Nikita Krushchev to a U.S. President John F. Kennedy	:
4 Charlie Brown's dog	:
5 The chihuahua from Legally Blonde (movie)	:
6 Shaggy's famous pet great dane	:
7 Dorothy's faithful companion from Kansas	:
8 This Harry Potter character was able to transform into a big black dog	:
9 The dog from Men In Black (movie)	:
10 The naughty but lovable yellow Labrador Retriever, subject of a book and movie	:
11 The slobbery, droopy-faced St Bernard named after a famous composer	:
12 The scrappy Jack Russell dog from Frasier (tv show)	:
13 The Walt Disney dog with long black ears created in 1930	:
14 The first animal in orbit, a stray dog from Moscow	:
15 His girlfriend was Lady, he was a stray mutt.	:
16 The Great Dane from the Jetsons	:
17 The Dachshund from Toy Story (movie)	:
18 The cartoon dog who helps kids solve mysteries with clues	:

Staff Highlight: Brenda Harnish



Brenda Harnish has been working as Administrative Assistant for Adult Day Services for 1½ years. While usually hidden away in her office, she enjoys interacting with the clients and staff in the center.

Brenda and her husband Dave have two sons, one daughter-in-law and a two-year-old granddaughter. She values the opportunity to babysit her granddaughter a few hours each week and always appreciates time when her family is together. She volunteers several hours a week at Greystone Manor Therapeutic Riding, whose mission is to enhance the lives of individuals with special needs through equine-assisted activities.

Time outdoors is rejuvenating for Brenda (unless the humidity is too high), so you may find her walking in her neighborhood, hiking in the woods, or working in her flower beds. She enjoys cheering for her son and his girlfriend who play on a club Ultimate Frisbee team. In addition, she appreciates the perspective brought to her life by their church and home group.

Brenda is grateful for the opportunity to work behind the scenes at ADS helping to provide support services that benefit both clients and their caregivers. She smiles when she hears laughter coming from the clients participating in activities.

PA CareKit

As part of *Aging Our Way, PA*, the Pennsylvania Department of Aging has created a dynamic, interactive, and comprehensive “caregiver toolkit” to address the key challenges faced by informal, unpaid caregivers. Find practical solutions and resources to support your entire caregiving journey.

Support starts with a simple truth:
You don't have to do this alone.
Thank you for stepping up to care.

Learn more at pa.gov/CareKit or use this QR code.



pa.gov/carekit

Aging
Our Way, PA
A Plan for Lifelong Independence

PDA | Pennsylvania
Department of Aging

5 Stress Relief Tips For Caregivers

Reach Out to Others



Stay in touch with family and friends. Try joining some caregiver support groups.

Be Physically Active



Take out some time for yourself and schedule some physical activity to make the best of your free time.

Sleep Properly



Caregiving becomes easier when you are well-rested. Aim for at least 7-8 hours of sleep.

Accept Changes



Seniors/Elders might have some behavioral changes. Be prepared to adapt to certain changes.

Give Yourself Credit



Remember you're doing a great job. Give yourself enough credit for putting in your best efforts.



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