

# October 2025

## Client Highlight: Sheila Thomas



This month we are introducing Sheila Thomas. Sheila has one daughter and two sons who are all married and have blessed her with fifteen grandchildren and three great-grandchildren. Her grandkids are what make her smile the most.

Sheila likes to garden and to crochet blankets and scarves. She also loves thrift store shopping. Her favorite food is banana pudding.

Over the years, Sheila was employed in a variety of jobs including in a foundry, in the nursing field, and as a service worker. She has always lived in Lancaster County, but you may be surprised to know that her son was married in St. Lucia.

One of Sheila's favorite things about attending Adult Day Services is participating in the group exercise times.

### JACKETS! COATS! JACKETS!



As we head into autumn when the air is chilly in the morning but warmer in the afternoon, it's easy to forget the jacket you were wearing when you arrived at the center!

Please help the staff to keep jackets and coats with their rightful owners by attaching a label with your full name inside your jackets and coats. Thank you!

# Landis

## Adult Day Services

*Enriching* Each Day, Together

1001 East Oregon Road  
Lititz, PA 17543



Landis   
Adult Day Services

**Now Accepting Additional Days!**

We currently have openings and invite you to add extra days to your schedule. As a valued client, this is the fastest way to increase your participation with us.

*Don't miss this opportunity!*

AdultDayServices@landis.org | 717-297-7624

## No Longer Alone Family Support Group

**October 26, 3:00 - 5:00 p.m.**  
**Crossings 2nd Floor Meeting Room**

**Speaker:** *Esther Martin, NLA FSG member, and Amy Stoltzfus, MS in Mental Health Counseling.*

**Topic:** *"Life Experiences with Family Member with Mental Illness"*

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!

**Bobby Hainley and Michael Huffman** for donating puzzles for our enjoyment.

**Kwan Ying Poon-Yee** for bringing us donuts and macaroons.

**Tim Yoder** for providing some activity books and devotional magazines.

**Tim Kauffman and Karen Baublitz** for donating incontinence products.

**Jeannie Ebersole** for bringing in cupcakes.

**Ken Byerly** for the donation of granola bars.

**Anne Rogers** for bringing us cookies.

*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:** Jean Detweiler, Don Eisenberger, Lorraine Wagner, Marlene Herman, and Grace Sherer.

## Goodbye

**During the past month, we said goodbye** to Paul Bucher and Shirley Matheny. They will be missed in the center and we wish them well.

## Birthdays

Oct. 01 Lorraine Wagner  
Oct. 02 Tessie McAlvage  
Oct. 03 Dottie Witmer  
Oct. 15 Mary Hollywood

## October Highlights:



We feel the cooler air and we see all the colors that fall at our feet from the trees. These leaves that give up their beauty to cover the ground are a natural carpet of God's creation. Each day we have a chance to see God's beauty in the relationships that are part of sitting around a table and playing a game or sitting beside someone and solving a puzzle. Singing familiar songs together and clapping for a strike bowled with the Xbox, these are the "leaves" that color our world at Adult Day Services and make for a warm, cozy autumn.

We are so very grateful for the staff at Adult Day Services who each use their skills and talents to present at least one program a month that is of interest to them and we hope to you. As we plan the programs, we try to keep in mind your interests. If you have an idea of something you would like to see presented, please tell us and we will work it in!

We have plans for some autumn experiences in October and intentions to keep the "cozy" and the beauty coming. We could use a bit of bulletin board decoration, so if you have time to color the leaf picture on the next page, please do so and bring it in to add a bit of fall to the center and to gain a prize for yourself.

## 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](http://pa.gov/CareKit) or use this QR code.



[pa.gov/carekit](http://pa.gov/carekit)

*Aging*  
**Our Way PA**  
A Plan for Lifelong Independence

**PDA** | Pennsylvania  
Department of Aging



# FIND THE HIDDEN OBJECTS

Can you find all 10?





# BENEFITS OF SOCIAL CONNECTION



**Higher Self-esteem**  
Positivity leads to increased in self-efficacy, confidence, and interpersonal connectedness

**Decreased Risk of CVD**

Lower rates of anxiety, depression, and loneliness can decrease risk of developing coronary heart disease



**Stronger Immunity**

Higher psychological well-being = lower risk of metabolic dysfunction



**Better Social, Emotional and Physical Well-being**

Social support and connections are critical for overall health



**Increased Longevity**

Promotion of well-being is relevant to increased quality of life and function

Source: <https://www.jacc.org/doi/10.1016/j.jacc.2018.07.042>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6125010/>

## Staff Highlight: Nicole Martin

Nicole Martin and her husband Dan have two sons, Joseph and John, who are currently in college. She cheers for Notre Dame sports teams – Go Irish! Nicole values time traveling with her family. In her spare time, she also enjoys working outside in the yard, jogging, working out, and reading. If you were to peak into her refrigerator, you would always find fruit and dark chocolate.

The best advice Nicole received from her parents was to be grateful. She focuses on encountering God in all things and this makes her smile the most. Nicole is certified in Spiritual Direction, with a Masters in Pastoral Theology. In addition to working at ADS, she teaches in an online program through a monastery in Colorado.

Having the opportunity to work in ADS is like a slice of heaven for Nicole. Her main goal is to create an atmosphere for the clients and staff to have a great day. A highlight for her is welcoming individuals by name and with a smile as they approach the door. Nicole says, “When we celebrate that an individual has blessed us by their presence, not for what they can do or how much they know but celebrate their belovedness, I believe we encounter the Divine.” She has never worked with a more beautiful group of co-workers. Each and every team member has such profound gifts and a servant heart.



## 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 benefits.

- **Sticker by Number books**
- Velvet Coloring pages
- Markers
- Adult coloring pages
- Books with Trivia questions
- Puzzle Books
- **Individual packaged treats** (*cannot accept outdated items*)
- Sugar free candy
- **Small Game Prizes: (scarves, Chapsticks, flashlights, hand towels, socks, frames)**