

January 2026

Client Highlight: Min Lee

Min Lee has enjoyed meeting new friends at Landis Adult Day Services. She appreciates the staff and likes the games we play here too.

Min is a widow. She has two daughters and a son. In addition, she is blessed to have nine grandchildren. Min enjoys reading the Bible and spending time with her family. She also likes going out with her friends and having visitors.

An important lesson she has learned is to be grateful for what she has. One of her favorite quotes is *"Live as if you were to die tomorrow. Learn as if you were to live forever."* – Gandhi.

Min enjoys trying new foods, but Korean food is her favorite. When asked what makes her smile the most, Min said that pictures of her husband make her smile and make her heart happy. She thinks you may be surprised to know that she lived near Erie, Pennsylvania, and used to love snow. However, she doesn't like the cold or snow anymore. Min really enjoys gardening and cooking. She walks daily and likes being outside.



Landis Adult Day Services

Enriching Each Day, Together

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



ADS will be closed on
New Year's Day, January 1.

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

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- **Individual packaged treats** (*cannot accept outdated items*)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)

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!

Frank Baer for the cards, calendars, and small prizes.

Bobby Hainley for donating a puzzle.

Maury Hartz for the puzzle books.

Ken Byerly for bringing us Little Debbie snacks.

Tim Kauffman for the candy canes, monetary donation, briefs, and Bazaar glassware.

Doris Sauder for donating picture frames.

Pat Conlon for the donation of calendars.

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: Basil Scrivens, Bob Riddle, Dolores Haubner, and Jerry Long.

Goodbye

During the past month, we said goodbye to Linda Price and Jean Detweiler. They will be missed in the center and we wish them well.

Birthdays

Jan. 03 Kathleen Smith
Jan. 04 Sheila Thomas
Jan. 17 Virginia Plack
Jan. 21 Carol Burkholder
Jan. 24 Min Lee
Jan. 31 Jerry Shaeffer

January Highlights:

We begin again . . . a new year, but you already know that.

As we get older the inspiration to write New Year's resolutions is tempered by the reality that we often don't keep them. Maybe we can approach the new year with some wisdom from Roy Bennett:

"Life is a series of new beginnings; embrace each one with courage."

In 2026, we wish you courage for the journey. We also wish for you the joy that we experience here at Landis Adult Day Services which includes the joy of newly formed friendships, the joy of new activities tried and mastered, the joy of exploring new places on field trips, along with the excitement of speakers sharing their knowledge, talents, and skills with us.

This season has brought new faces to Landis Adult Day Services Services, and we know those new beginnings can require courage. As our health changes, more courage is needed.

But new beginnings have some wonderful benefits, and we want to bring those to you each day in this new year. So, here is to the new year and all the new beginnings.

In January, we will be mixing it up with music from Motown to country. We will remember some of those who left the world better: Ben Franklin and Danny Thomas. We will share some laughs with some classic TV and then there is nature, always nature.

Welcome to 2026! We are in this together as we experience a new beginning!



JACKETS! COATS!

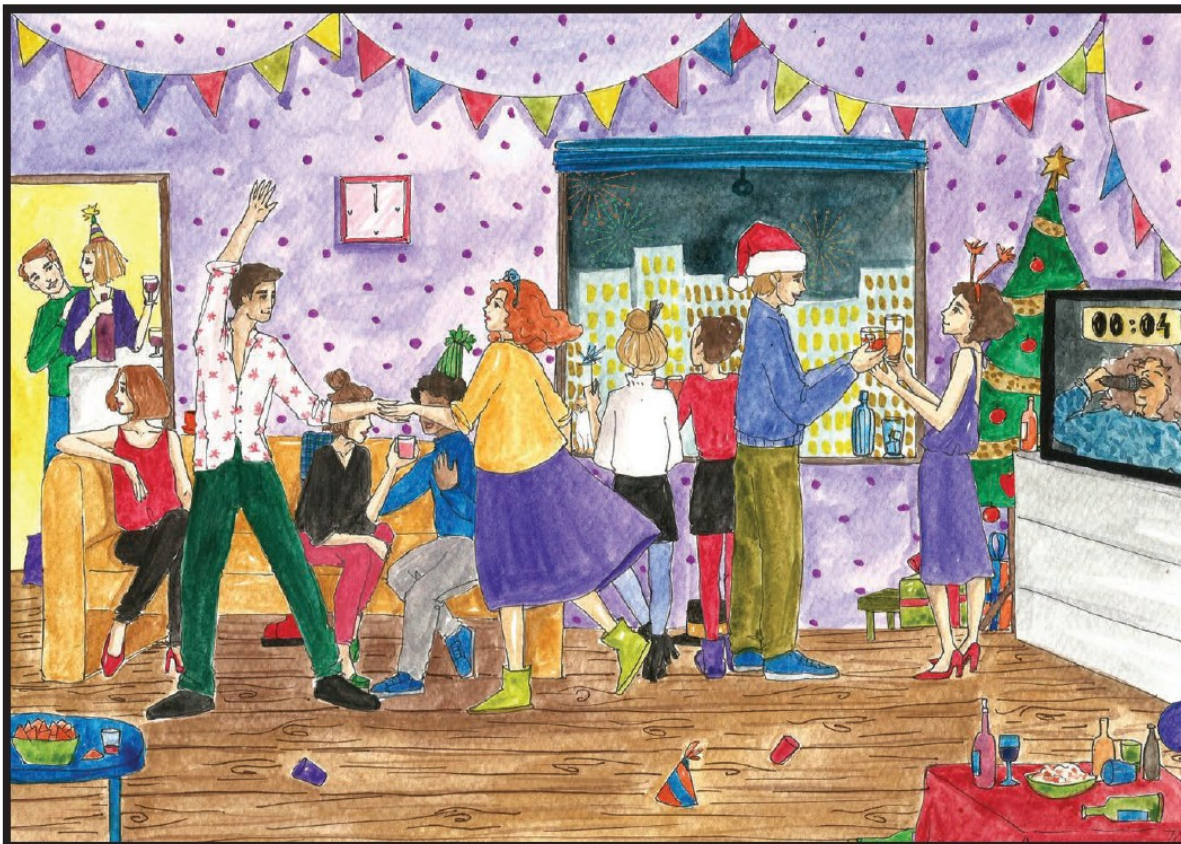
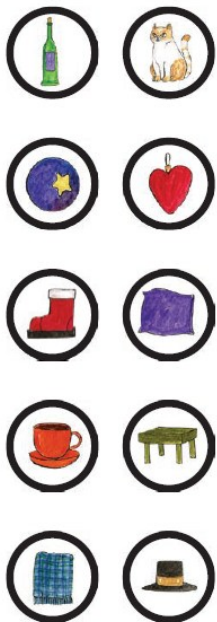


As the weather turns colder and you choose to wear your heavier coats, remember that the staff needs your help to keep them with their rightful owners.

Please attach a label with your full name inside your coats. Thank you!

FIND THE HIDDEN OBJECTS

Can you find all 10?



9-Letter Word Puzzle #1

Try to make as many words as you can using the letters in the grid. Words must all contain the middle letter "T". There is at least one 9-letter word possible!

G	L	N
E	T	A
M	E	N

Staff Highlight: Jenn Zoccolo

Jenn enjoys working with the fun group of ladies on staff at Landis Adult Day Services as well as interacting and engaging with the clients through the daily activities.

Jenn has been married for 29 years to her husband Joe, who was from Queens, NY. They have two sons and one daughter and a dog named Barkley. In her spare time, Jenn enjoys spending time with her family, traveling, and watching her daughter play field hockey for Kutztown University. She also cheers for the New York Mets and Giants.

Jenn graduated from Penn State with an Occupational Therapy Associate degree and worked at Ephrata Hospital for 20 years as a Certified Occupational Therapy Assistant. The best advice given to her by her parents was to "Treat others the way you want to be treated."

You can always find cheese in Jenn's refrigerator. And being with her family is what makes her smile the most.



6 Healthy Sleep Habits for Older Adults

Older adults need about 7-9 hours of sleep each night. Getting a good night's sleep supports physical health, mental health, and overall well-being. Improve your sleep with these tips.

- Develop a regular sleep schedule and bedtime routine
- Avoid napping in the late afternoon or evening
- Try to avoid electronic screens, such as cell phones and TVs, in the bedroom
- Keep your bedroom quiet and at a comfortable temperature
- Exercise at regular times each day, but not within three hours of bedtime
- Avoid alcohol, caffeine, and large meals late in the day

Learn more at: www.nia.nih.gov/sleep-tips

NIH National Institute on Aging

No Longer Alone Family Support Group

Sunday, January 25, 3:00-5:00 pm, via Zoom. Topic: Focus on the Family video "*Finding Hope for Lasting Relief from Depression*" by Dr Gregory Jaust, PhD, founder of The Center-A Place of Hope and author of Healing Depression for Life. For info on joining Zoom meeting, contact JAlbright@landis.org or call 717-381-3599 by noon on January 23.