

March 2026

Client Highlight: Judy Conlin



Judy Conlin has three children and four grandchildren. Her grandchildren make her smile, and she loves watching them grow and tackle life.

Judy is grateful she had the opportunity to be a stay-at-home mom when her children were young and she loved chaperoning their field trips. When her children were older, she returned to her career in education, earning bachelor's and master's degrees. She worked at Linden Hall School for Girls, first as a tutor, then as a learning specialist, and finally as director of the middle school. Working at the school afforded her the

opportunity to travel during spring breaks. She has been to: Copenhagen, Denmark; Vienna, Austria; Budapest, Hungary; Holland (where she climbed a windmill); Great Britain; and Spain (three times). In her spare time, Judy enjoys reading, working word puzzles or going for long walks. Her favorite food is chocolate cake.

Through her life, she has learned that life does not always go the way we want it to go. She lived this when she lost her husband in July. After this loss, her children helped her find her way to Landis Adult Day Services. Judy is glad they did as she enjoys the atmosphere, where everyone is greeted with smiles and the day brings many opportunities for laughter. You don't need to be an athlete to play the games nor be an artist to draw the pictures when playing Pictionary. And all can cheer when a 1,000 piece puzzle is finished. The staff at ADS live the Golden Rule every day and she is grateful to have them taking this journey with her and all of the clients.

Landis

Adult Day Services

Enriching Each Day, Together

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

Friendly Reminder

If you are unable to attend Landis Adult Day Services on a day you are scheduled, you or your caregiver must notify the center by 12:00 noon the previous day or by 12:00 noon on Friday for Monday. If you wake up ill on your scheduled day, call us immediately.

Failure to notify the center in this timeframe will result in being billed the regular daily attendance rate.


Lumina
The Dementia
Friendly Experience


Landis
Communities

SING FOR THE MOMENT

Wednesdays, 10:00-11:15 a.m.

March 11 - May 13, 2026

Concert is Sunday, May 17, 2026 at 2:00 pm

West Bethany Chapel at Landis Homes
1001 E. Oregon Rd., Lititz, PA 17543

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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.

Register: sftm@landis.org | 717-381-3599

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!

- **Ken Byerly** for the chocolate bars and Little Debbie cakes.
- **Charles Ream and Earl Moshier** for donating jigsaw puzzles.
- **Alice Swiatek** for the beautiful hand-knit shawl.
- **Bill Winter** for bringing us coffee cakes.
- **Kathy Smith** for donating sugar-free candy.
- **Tim Yoder** for the candy and the devotionals
- **Dan Peachey** for donating game books.
- **Pat Conlon** 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: Connie Etzweiler, Doug Collinworth, and Joe Nikolaus.

Goodbye

During the past month, we said goodbye to: Shirley McGarvey, Carla Bewley, Carol Burkholder, and Anne Rogers.

Birthdays

March 02 Alice Swiatek
March 04 Frank Baer
March 07 Marianna Rasmussen
March 09 Ron Gigl
March 10 Susan Shannon
March 17 Jean Cunningham
March 20 Tim Kauffman
March 21 Junior Thiry
March 21 Earl Moshier

March Highlights

Well folks, welcome to March! I know everyone remembers the saying “*March comes in like a lion and goes out like a lamb*” but I found a billboard sign that might be just a little bit more of how we feel this year



MARCH

It's like winter is mad and keeps storming out. Then it comes back in yelling, “And another thing!”

We will enjoy the sights and sounds of March. New life begins in so many ways as we celebrate Spring and feel our spirits lighten as

the days lengthen. We have stories of people that will inspire us in March, music that will most definitely “hit the spot,” and games for laughter and a little competition.

On March 30, we need your stories from the farm. If you grew up on a farm or just have a funny story about something that happened to you when you were on a farm, we want to hear it. Write it down, bring pictures, and tell us all about it. Ag Day is in March and there are a lot of farm stories out there, so bring yours on March 30. *(All pictures will be returned the same day.)*

Pizza – Toss It, Spin It, Eat It demonstration in February



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
- **300 pc Jigsaw Puzzles**
- Puzzle Books
- **Individual packaged treats** *(cannot accept outdated items)*
- Sugar free candy
- **Small Game Prizes: (scarves, ChapSticks, flashlights, hand towels, socks)**

St. Patrick's Day Unscramble Word Search

To solve this puzzle, first unscramble each word and write the word on the blanks provided. Then look for the words you made in the puzzle. The words can be found in any direction in the puzzle.

F	U	W	H	D	D	L	A	R	E	M	E	M	U	P
L	M	F	T	N	I	I	J	H	C	N	I	P	X	O
A	B	D	T	A	J	P	A	R	A	D	E	A	N	G
G	O	O	D	L	U	C	K	C	O	R	M	A	H	S
E	R	I	N	E	F	B	K	C	I	R	T	A	P	A
N	N	E	E	R	U	H	O	L	I	D	A	Y	Y	I
O	L	S	E	I	N	E	Q	C	E	L	T	I	C	N
T	C	I	C	N	W	O	B	N	I	A	R	K	G	T
S	H	L	O	V	Q	H	I	C	B	J	C	C	X	L
Y	K	C	O	F	F	S	H	O	I	S	N	I	O	C
E	K	H	R	V	I	E	D	G	U	S	E	R	E	S
N	K	Y	I	A	E	S	F	E	W	N	U	E	C	M
R	H	Q	J	T	M	R	U	T	T	M	F	M	N	R
A	D	L	O	G	U	O	A	H	S	I	R	I	A	A
L	E	P	R	E	C	H	A	U	N	H	E	L	D	H
B	Y	K	C	U	L	E	T	A	R	B	E	L	E	C

CORMHASK _____

BNOIOARW _____

NIOSC _____

ARCHM _____

SESHROEHO _____

ELANRID _____

SIHIR _____

CEHRPAAENUL _____

ERENG _____

OPT _____

OGLD _____

KUCLY _____

LORVEC _____

THA _____

GFAL _____

RADAPE _____

YBNARLE NOTES _____

IJG _____

EDNAC _____

PCINH _____

DOGO LUKC _____

EBRLATECE _____

CIKMILRE _____

USICM _____

MARHCS _____

DERELMA _____

RITCAPK _____

NFU _____

ELTCIC _____

HYIDOLA _____

NITAS _____



New Dietary Guidelines for Americans 2025-2030

Have you heard? The new Dietary Guidelines for Americans have been released for 2025-2030! While overall very similar to the previous guidelines, a few things have changed. Here's what you need to know!

1. **Focus on whole foods:** It's back to the basics! Meat and poultry, beans and legumes, dairy or dairy alternatives, vegetables and fruits, healthy fats, and whole grains. The new guidelines encourage limiting processed foods. The best way to do this is to shop the perimeter of the grocery store!
2. **Portion control:** focus on eating the amount that's right for you! Consult with your doctor or a registered dietitian to find out what your individualized daily nutrition needs are.
3. **Protein is a focus:** Aim to get a good protein source (meat, poultry, seafood, beans, tofu, legumes, nuts, seeds, or soy) at each meal. For optimal health, choose baked, broiled, roasted or grilled options. The recommendation for daily intake of protein increased to 1.2-1.6 grams of protein per kg of body weight
4. **Dairy or dairy alternative:** Aim for 3 servings daily of dairy or a dairy alternative to get essential nutrients like protein, vitamins, and minerals!
5. **Vegetables and fruits:** Getting a variety of produce in your diet is important! Focus on whole vegetables and fruits for the maximum benefit. Remember, frozen is just as nutrition as fresh! The recommendation is for 3 servings of vegetables/day and 2 serving of fruit/day but the more the better!
6. **Healthy fats:** Foods such as eggs, seafood with omega-3s, nuts, seeds, and avocados are great additions to your diet! Saturated fats (animal sources) should be limited to 10% of total daily calorie intake.
7. **Whole grains:** Whole grains continue to be encouraged as they are a great source of fiber. Some examples include whole grain bread, oatmeal, quinoa, barley, and farro! Aim for 2-4 servings per day.
8. **Limit added sugars:** It is recommended that a meal should contain no more than 10 grams of added sugar. It is important to read nutrition labels to find this information. "Added sugars" is listed under carbohydrates.

In summary, the recommendation is to focus on whole foods, limit processed foods, and incorporate a variety of foods to ensure your body is getting all the nutrition it needs to stay healthy and keep you feeling well!

Savannah Greiner, RD, LDN
Clinical Nutrition Manager, Landis Homes



Staff Highlight: Lisa Henry

Lisa Henry and her husband Ron have been married 40 years! They have three sons, two daughters-in-law, one grandson Ethan, and their dog Rascal.

Lisa smiles the most when spending time with her family and friends. She enjoys camping, biking, and exploring new places. She and her husband hope to travel a lot in their RV when they retire. If you peak into her refrigerator, you will always find Almond Joy coffee creamer.

At Landis Adult Day Services, she loves getting to know all the wonderful people. She especially enjoys the times for everyone to talk and have fun together.

No Longer Alone Family Support Group

Sunday, March 22, 3:00-5:00 p.m., via Zoom. showing of the Focus on the Family video "*Cultivating a Mentally Healthy Family*" by Dr. Danny Huerta, LCSW. The video presentation will be followed by a time of sharing For info on joining Zoom, contact JAlbright@landis.org or call 717-381-3599.