

## May 2026

### Client Highlight: Virginia Plack

Virginia Plack loves her family and being with them when there is time. She was married to her husband Dan for 53 years before he passed. Ginny loves life and her Lord and Savior Jesus and says “I have it made!” In her spare time, she likes to rest and watch the Phillies.



Over the course of Ginny’s life she has learned the important lessons of reading the Bible and praying and giving it all to the Lord as He wants to help her and others. Her favorite quote is “Let your light shine!”

Her son Nick makes her smile and she wishes she could spend more time with him. She enjoys drinking an extra hot latte from Coffee Company, or if it is hot outside, she would choose an iced tea.

Ginny enjoys coming to Landis Adult Day Services because it gets her out of the house and she enjoys helping others.

### Staff Highlight: Becky Bollinger



Becky Bollinger has returned to Landis Adult Day Services staff after working another job for several years. She and her family have a busy year ahead. Of her four children, one daughter is expecting a baby girl, their youngest daughter is getting married in May, and their son is planning his wedding for October.

In her spare time, Becky likes camping, walking, reading, and gardening. She enjoys snacking on almost any kind of nut. On her days off, she loves babysitting her 3-year-old grandson. Becky is anticipating going on a mission trip to Africa this year, for which she is both nervous and excited!

Glad to be back at Landis ADS, Becky enjoys chatting with and getting to know all the amazing people who come to the center, along with their lovely families.

Landis   
Adult Day Services

*Enriching* Each Day, Together

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

Monday, May 25  
**CLOSED**  
★ IN OBSERVANCE OF ★  
**MEMORIAL DAY**

#### No Longer Alone Family Support Group

The monthly meetings provide a place for those who have a loved one living with mental illness to learn and share their experiences.

**Sunday, May 17**  
**3:00—5:00 p.m.**  
**Crossings 2nd Floor**  
**Meeting Room**

Topic & Speaker:  
To be determined

Questions, or to receive a monthly reminder, call 717-381-3599 or email [JAlbright@landis.org](mailto:JAlbright@landis.org)

## Thank You!

**Jean Cunningham** for bringing us birthday cookies and tissues.

**Dorie Ramsdell, Charles Ream, Earl Moshier, and Jerry Long** for donating jigsaw puzzles.

**Esther Linville** for sharing peanut butter eggs with us.

**Larry Bowe** for donating snack packs.

**Joe Nikolaus and Daniel Yocom** for bringing us puzzle books.

**Sue Shannon** for sharing Rice Krispies treats with us.

**Jerry Shaeffer** for donating some prizes.

*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:** Mary Lou Dutton, Nancy Bogda, Phil Loht, Jean Rutter, Doris Goeke, and Steve Ratcliffe.

## Goodbye

**During the past month, we said goodbye to:** Steve Coulson, Bob Riddle, Pat Conlon, Min Lee, and Brenda Heisey. They will be missed in the center and we wish them well. We also remember Ron Gigl and extend our sympathy to his family.

## Birthdays

May 1 Jerry Krentz  
May 1 Ken Byerly  
May 8 Grace Sherer  
May 18 Jenny Meley  
May 22 Daniel Yocom  
May 30 Nancy Bogda

# What Do These Sayings Mean?

1 Go to the dogs

\_\_\_\_\_

2 Let sleeping dogs lie

\_\_\_\_\_

3 Quit cold turkey

\_\_\_\_\_

4 Hold your horses

\_\_\_\_\_

5 The lions share

\_\_\_\_\_

6 Wild goose chase

\_\_\_\_\_

7 Ants in your pants

\_\_\_\_\_

8 Counting sheep

\_\_\_\_\_

9 Crocodile tears

\_\_\_\_\_

10 Fly on the wall

\_\_\_\_\_

11 How now brown cow

\_\_\_\_\_

12 The bee's knees

\_\_\_\_\_

13 When pigs fly

\_\_\_\_\_

14 The birds and the bees

\_\_\_\_\_

15 Until the cows come home

\_\_\_\_\_

16 Take the bull by the horns

\_\_\_\_\_

17 Curiosity killed the cat

\_\_\_\_\_

18 Beating a dead horse

\_\_\_\_\_

19 Elephant in the room

\_\_\_\_\_

20 I don't give a hoot

\_\_\_\_\_

## 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
- Puzzle Books
- Velvet Coloring pages
- Individual packaged treats (cannot accept outdated items)
- Markers
- Sugar free candy
- Adult coloring pages
- Small Game Prizes: (scarves, Chap-Sticks, flashlights, hand towels, socks)
- Books with Trivia questions
- 300 pc Jigsaw Puzzles

# May Highlights

MAY we welcome you to MAY?

Take a moment in May to reflect on nature's beauty. It's all around us. When we spend time on the patio at Landis Adult Day Services, we are always aware of the beauty around us. We especially enjoy the flowers, the birds, the sky, the trees and the people! Some days it's hard to come back inside. We are thankful for our volunteer Rachel Lutz who makes the patio area beautiful and for our client Michael Huffman who built birdhouses to house those birds.



In all things of nature there is something of the marvelous.

Below is a picture to color which you might enjoy to celebrate this season. We would love to put your artwork up on the bulletin board if you want to share it with us!

This month, we are going to keep the nature theme going. We will celebrate May Day, Derby Day, Nurses Day, Love a Tree Day, Turtle Day, Love a Chicken Day, and (drumroll, please) Ice Cream in the House Day. May your May be wonderful every day!

Every month we print puzzles in the newsletter for your entertainment and enjoyment. We want to acknowledge the accomplishment of Sharon Darrenkamp who brings them in every month. Way to go, Sharon! Our hats are off to you! 🎉 You have completed many months of puzzles!



– LANDIS ADULT DAY SERVICES –  
**GOLF OUTING**

**Wednesday, June 3, 2026**  
*Fairview Golf Course*  
*Lebanon, PA*

Contact Jan Nikoloff in Advancement  
717.381.3580 | [jnikoloff@landis.org](mailto:jnikoloff@landis.org)

# MODERATE DEMENTIA EDUCATION AND SUPPORT GROUP

At Landis Homes  
Two Rooms • One Program

## Persons with dementia:

Take part in fun activities with trained staff in a nearby room

Eden West  
ADS Room



## Caregivers:

Join an education and support group in a separate nearby room

West  
Community  
Room

**MAY 5 & JUNE 10**  
**5-6PM**

Hosted by Landis Homes Adult  
Day Services (ADS)  
Supported By Penn Medicine  
AGE SMART



SCAN TO REGISTER!  
SPACE IS LIMITED

<https://redcap.link/MDSGLandis>

1001 East Oregon Rd  
Lititz, PA 17543

[CCarpenter@landis.org](mailto:CCarpenter@landis.org)

# FIVE TIPS FOR A

# LIFETIME OF HEALTHY VISION

AMERICAN OPTOMETRIC ASSOCIATION (AOA)  
OFFERS SIGHT-SAVING TIPS

Every waking minute, your eyes are working hard to see the world around us. According to AOA's annual American Eye-Q® survey, 40 percent of Americans worry about losing their eyesight over their ability to walk or hear.

It's Easy to Incorporate Steps into Your  
Daily Routine to Protect Your Vision!



1

## SCHEDULE YEARLY COMPREHENSIVE EXAMS

Seeing a doctor of optometry regularly will help keep you on the path to healthy eyes.



## PROTECT AGAINST UV RAYS

No matter the season, it's important to wear sunglasses.

2

3

## GIVE YOUR EYES A BREAK FROM DIGITAL DEVICE USE

Practice the 20/20/20 rule: every 20 minutes, take a 20 second break and look at something 20 feet away.



## EAT YOUR GREENS!

Eat five servings of fruits and vegetables each day—particularly the leafy green variety.

4

5

## PRACTICE SAFE WEAR & CARE OF CONTACT LENSES

Follow your optometrist's recommendations for use and wear – keep them clean!



 American Optometric Association

[AOA.ORG](http://AOA.ORG)

To learn more about eye and vision health, or to find a nearby doctor of optometry, please visit [www.aoa.org](http://www.aoa.org). To find out how AOA members donate their services to help Americans save their sight through its charitable programs, visit [www.aoafoundation.org](http://www.aoafoundation.org).

*Lumina*  
The Dementia  
Friendly Experience

Landis  
Communities

# SING FOR THE MOMENT

## CONCERT

Free Admission

Sunday, May 17, at 2:00 p.m.

Preview Concert: May 13 at 10:15 a.m.

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

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.

*Muse Printable*