

# July 2026

## Client Highlight: Don Phiel

Donald Phiel has a dog named Maddie and she likes to sit with Don. He enjoys hanging out with his friend Bill to talk about and watch sports. Don also likes watching *King Kong* and *Mash*.

Don enjoys going out to eat and some of his favorite foods are cheeseburgers, fries, and ice cream. He smiles the most when talking about sports and looking at cars, so this picture of him on our field trip to Barry's Car Barn is very fitting.



Don says we may be surprised to know that he is a great dancer and he also bowls very well. One of his favorite quotes is "I have the seven-year itch." When Don was young, he worked with his Dad hauling stone.

Don finds Landis Adult Day Services a great place to come. He appreciates the staff and going on field trips, especially when it involves eating ice cream.

## Staff Highlight: Rosalin Nolt



We are pleased to introduce one of our new Nurse Managers! Rosalin Nolt previously worked here at Landis Homes and is happy to be back in this part-time role at Landis Adult Day Services. Rosalin is married and has one son, a daughter-in-law and three grandchildren.

In her spare time, Rosalin likes to putter in her kitchen or read a good book. Her love of reading has motivated her to be part of a book club. She enjoys snacking on Reese's Peanut Butter Filled Pretzels.

Rosalin is grateful for her coworkers who work so well together serving our clients.

# Landis

## Adult Day Services

*Enriching* Each Day, Together

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



### 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, July 26**  
**3:00—5:00 p.m.**  
**Crossings 2nd Floor**  
**Meeting Room**

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

**Topic: "Destructive Behavior"**

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

## Thank You!

**Rita Bleacher** for bringing us cookies.

**Virginia Plack** for donating puzzles.

**Sue Shannon** for donating chips for 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:** Joanne Barton, Esther Kroehler, Donna Paist, John Yoder and Sarah Striggle.

## Goodbye

**During the past month, we said goodbye to:** Doug Collinsworth, Rita Bleacher and Liz Loht.

## Birthdays

July 02 Paul Conard  
July 07 Joanne Reiner  
July 08 Doris Burkhart  
July 08 Bill Pentz  
July 09 Doris Sauder  
July 16 Robert Mort  
July 16 Sharon Darrenkamp  
July 20 Larry Bowe  
July 27 Bob Mayfield  
July 29 Dale Book

## Jokes for July

We might as well laugh! Enjoy these Jokes for July:

- What do you call a snowman in July?  
A puddle!
- Why did the watermelon start a band?  
Because it had a jam session in July.
- July is like a math problem . . .  
Too hot to solve.
- July is nature's way of saying:  
"Sweat more, complain often."
- Why do birds love July?  
It's the only time they can tweet in peace.
- July: When the sun plays peek-a-boo with your shade.
- I don't sweat in July . . . I sparkle with regret.
- July is the month that teaches us patience through sunburns.
- Ice cream trucks in July are basically therapy on wheels.



What a fun day! This amazing group of skilled dancing couples brought us a wonderful program of various dances including the Tango, Cha Cha Cha, Waltz, Mambo Polka and others. They ended by asking us to join them on the Chicken Dance!

# July Highlights

Let's stretch the good times into July with: National Park treasures, hot dogs, World Cup soccer, musicals, zoos, baseball, old airplanes, more food and more music. We are in this together!

We are thrilled that Landis Adult Day Services is filled with so much talent and experience. Have you done something that would be fun to tell us about? Have you accomplished something we can learn from? Do you have a skill you want to demonstrate or talk about? If so, please let us know!

In the meantime, try these riddles . . . .

1. What has a face and two hands but no arms or legs?
2. What does a house wear?
3. Where would you take a sick boat?
4. How does a bee get to school?
5. I start with M, end with X and have a never-ending amount of letters. What am I?
6. What is orange and sounds like a parrot?
7. I make a loud sound when I'm changing. When I do change, I get bigger but weigh less. What am I?
8. I am a room with no windows or door. What am I?
9. What makes the octopus laugh?
10. I have a neck but no head, and I wear a cap. What am I?



ANSWERS:  
1. a clock, 2. ad-dress, 3. to the dock, 4. on a buzz, 5. a mailbox, 6. a carrot, 7. popcorn, 8. a mushroom,  
9. ten tickles (tentacles), 10. a bottle

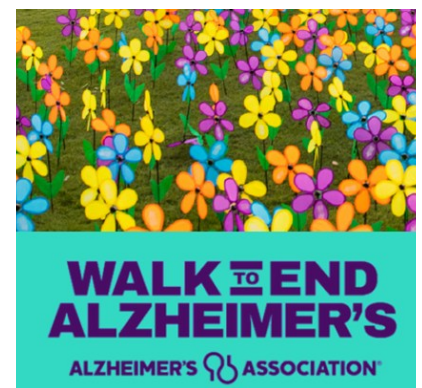
## Alzheimer's Walk—Save the Date!

For the first time, Landis Homes will host an on-campus Alzheimer's Walk on **Saturday, October 3, 2026!**

This special event will provide an opportunity for residents, families, team members, volunteers, and friends to come together in support of those living with Alzheimer's disease and other forms of dementia. Additional details, including registration information and event times, will be shared in the coming months.

For those who would like to participate in both events, the Lancaster County Walk to End Alzheimer's will take place at Greenfield on **Saturday, September 26, 2026.**

We look forward to walking together as a community!



# Tips for Living

## It's Not Memory Loss, It's Something More

Teffie Landmann, Director of Director of Friendly Experience



When someone begins to change, one of the first things we often say is:

“They’re losing their memory.”

But what if that’s not the whole story?



Dementia is not just about memory. It’s about how the brain processes information.

That includes:

- Sequencing (doing steps in order)
- Understanding language
- Visual processing
- Decision making

For example, someone may go to brush their teeth and miss a step. Not because they forgot, but because their brain processed the steps out of order.

From the outside, it looks like memory loss.

From the inside, it’s a change in how the brain is working.

This matters because how we respond matters.

Instead of saying: “You forgot toothpaste.” Try: “Looks like we need toothpaste; let’s try this.”

Same situation. Very different experience.

People living with dementia respond more to how we make them feel than what we say.

So the goal isn’t to correct. The goal is to support success.

### 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-piece Jigsaw Puzzles**

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