

June 2026

Client Highlight: Marianna Rasmussen

Marianna and her husband Ted have been married for 56 wonderful years. They have one son and one daughter. Their son lives in New Zealand with his wife and son, and Marianna and Ted were privileged to visit them there in 2013. Her family makes her smile the most.



Marianna graduated from Catawba College in North Carolina after which she taught Home Economics at the middle school level. She also served as the groundskeeper at their church for 10 years. Gardening, sewing, walking, playing card games, reading, and meditation are some of the things Marianna's enjoys doing in her spare time. She enjoys eating ice cream, macaroni, burgers, meatloaf, quiche, and spaghetti. Marianna and her husband have enjoyed five cruises to see the world.

Over the course of her life, Marianna has learned these important lessons: Look for the good in all people and don't prejudge them. Be as optimistic as possible. And have faith that things will work out in hard times. Her favorite quote is the Golden Rule: "Do unto others as you would have them do unto you."

Marianna enjoys Landis Adult Day Services and especially appreciates the friendliness and work ethic of the staff.

Staff Highlight: Grace Wenger



One of the reasons Grace Wenger enjoys working at Landis Adult Day Services is that she loves hearing all the clients' stories.

Grace likes to read and watch mystery movies (police action and who done it). Some day she would like to ride a zipline and drive a race car. Her first car was a Cutlass Calais.

If Grace is looking for a snack, she will go for chips with a crunch. On her days off, she enjoys babysitting and working outdoors. She also loves to travel and has been to India and Italy. She appreciates trying new foods and has had water buffalo milk and Italian affogato, which is a vanilla gelato covered in a shot of espresso. Grace looks forward to traveling to Europe in September.

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, June 28
3:00—5:00 p.m.
Crossings 2nd Floor
Meeting Room

Speaker: Dr. Susan Simkins,
PhD, Psychologist, Author &
Professor at Penn State Univ.

Topic: "Dismissals to Delight"

For information or to receive a
monthly reminder, call
717-381-3599 or email

Thank You!

Carol Carpenter for treating us to snack bags for your birthday.

Jerry Krentz for bringing us birthday cupcakes.

Grace Sherer for the snack bags and birthday Tastykakes.

Charles Ream, Joanne Reiner, and Jerry Long for donating jigsaw puzzles.

Joanne Reiner and Jean Cunningham for bringing us cookies.

Tim Yoder for the devotionals.

Sheila Thomas for donating a Bingo gift.

Velma Stauffer, DJ Korns, and Ken Byerly for donating snacks.

Chuck Wood for the games as your birthday gift.

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: Kathy Gallagher, Ray Oksala, Lee Engel, Ray Young, Susan Ferris, and Bob Mayfield.

Goodbye

During the past month, we said goodbye to: Ruth Baker, Craig Jordan, Lorraine Wagner, Frank Baer, Charles Hallgren, and Bobby Hainley.

Birthdays

June 6 Michael Huffman
June 12 Doug Collinsworth
June 12 Judy Conlin
June 22 Liz Loht
June 27 Roger Atkinson

June Highlights

June brings us so much of what nature can offer. Our goal is to enjoy the moment we are in. We find the daylight that lasts into the evening to be a gift of extended time. We appreciate the colors of the many different flowers that bloom, like natural art for the soul. We learn what flowers bring more wildlife to our backyards.

We can soak in the sounds of the birds as they busily attend to their nests since returning from their winter's journeys. We appreciate the coolness of shade, escaping the heat of the mid-day sun. We can be surprised by an unexpected breeze sweeping by (as we sit on our patio and answer trivia questions).

We have some plans to expand on all of these in the coming month:

- ⇒ A program on hummingbirds
- ⇒ A program on Celebrating Senses
- ⇒ A program entitled "Where did you go?" for which we will need your help as noted below.

It's vacation time, and oh, the joy of travel! On **Tuesday, June 16**, can you bring one of your vacation pictures? It can be from long ago or a recent one. Just tell us where you were and what you enjoyed doing there. We will return your picture the same day. Let's see how many places on the map we have spent our vacations!



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



SCAN TO REGISTER!
SPACE IS LIMITED!

<https://redcap.link/MDSGLandis>

1001 East Oregon Rd
Lititz, PA 17543



AGE SMART

Caregivers:

Join an education and support group in a separate nearby room

West
Community
Room

Wednesday, June 10

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

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

Puzzle Challenge: It is that time of year when families often take road trips. Can you solve this puzzle? Give it a try. There is a Granola Bar waiting for you to take along on your next trip if you bring in your completed puzzle. Happy trails to you!



ROAD TRIP CHECKLIST

Word Scramble

RIYNIETRA _____

LLETWA _____

ORCOEL _____

YECMENREG IKT _____

AVORLG _____

RPEAS RTIE _____

HNOEP RCHEAGR _____

PMA RO PSG _____

MCAEAR _____

TSOPSAPR _____

VTELRA BTLEKAN _____

LWPOIL _____

TWREA BTLTOE _____

SMES REFE SSAKNC _____

RRESIVD ECNLSIE _____

ARE UPGSL _____

XLEKNEE _____

CSMUI TPSLIAYL _____

AGSSELSUSN _____

REIT CKAJ _____

LFLU GSA NKAT _____

SLTCEHO _____

NECGAH RFO LTOLS _____

DGENRAI LMAAITRE _____




It is always a good day when we indulge in eating ice cream at Fox Meadows Creamery.



"Take me out to the ballgame . . ." It was a bit chilly, but the Stormers game was enjoyed by all.

Tips for Living



Dementia Communication Training


Presented by Audrey Kanagy & Teffie Landmann

June 4, 10:00 am - 12:00 pm
High Foundation Auditorium

About the Training

This training focuses on improving communication with persons living with dementia by understanding how brain changes impact perception, interaction, and response. Participants will learn practical, person-centered strategies to reduce distress and build connection, while engaging in hands-on practice to develop confidence and skill. Emphasis is placed on real-life application, supportive communication techniques, and ongoing practice to create meaningful and effective interactions.

Learning Objectives



- 1 Describe how changes in visual processing, space awareness, and brain function impact how a person living with dementia understands and responds to communication.
- 2 Demonstrate communication strategies that reduce distress and increase connection using supportive stance, clear verbal cues, and respectful pacing.
- 3 Practice communication techniques in simulated scenarios and receive feedback to build confidence and consistency in real interactions.

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse

Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.