

September 2026

Client Highlight: Karen Ressler



Karen Ressler and her husband Ken have one daughter and two sons, three granddaughters and two great-granddaughters. She smiles the most when watching her two-year-old great-granddaughter moving for hours and never seeming to get tired.

In her spare time, Karen enjoys watching football and baseball as well as riding bike. She thinks people may be surprised to know that for more than 25 years she rode bike about 1,000 miles a year. Sometimes, she even rode when the weather was so cold that her water bottle froze!

Karen and Ken have traveled to all 50 states and camped in all except Hawaii. They have traveled to Alaska 16 times, to Hawaii 5 times, and to Europe twice. Karen enjoys eating ham loaf and her favorite drink is Diet Coke.

Karen's favorite things about attending Landis Adult Day Services are spending time talking with others, as well as playing Uno and Bingo.

Fellowship Days is September 14 – 19, 2026 Come Support the Landis Homes Caring Fund!

September 15, 5:00-7:00 pm	Food Trucks/Parkside Melody Women's A Cappella Group
September 16, 1:30-3:00 pm 3:00-4:30 pm	Ice Cream Social Hymn Sing
September 17, 8:00-10:00 am 3:00-4:30 pm	Pancake Breakfast Talent Show
September 18, 6:00-8:00 pm	Food Trucks/Malta Band
September 19, 10:30-1:00 pm 2:00-4:00 pm	BBQ, walk or drive thru Live Quilt Auction

Fellowship Days is held on the campus of Landis Homes.
For more information visit LandisFellowshipDay.org.

Landis 
Adult Day Services

Enriching Each Day, Together

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

**Landis Adult Day
Services will be closed
Monday, September 7,
in commemoration
of Labor Day.**

No Longer Alone Family Support Group

Sunday, September 27
3:00-5:00 p.m.
Crossings 2nd Floor
Meeting Room
Landis Homes

Speaker & Topic:

Cathi Myers,
RN, BSN, MAC
"Bipolar Disorder:
Personal Experiences
and Professional
Information" followed
by a time of sharing.

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

For information or to
receive a monthly
meeting reminder, call
717-381-3599 or email
JAlbright@landis.org

Thank You!

- **Sharon Darrenkamp** for the book, markers, and candy.
- **Dorie Ramsdell** for bringing us Milano cookies.
- **Bob Mayfield** for bringing cookies to celebrate his birthday.
- **Alice Swiatek** for donating sticker books and items for the bazaar.
- **Betty Mentzer** for sharing some treats and prizes.
- **Dale Book** for bringing a cake for your birthday celebration.
- **Charles Ream** and **Betty Mentzer** for donating puzzles.
- **Ray Young** for the small prizes, crafts, and games.
- **Jerry Long** for donating Reese's candy.
- **Velma Stauffer** for bringing us snack bags.
- **Jerry Shaeffer** for the snacks and small prizes.

ATTENTION: We do not accept homemade food items to be shared with others at the center. If you wish to share a snack, please choose prepackaged goodies.

Welcome

We welcome to the center: **Dee Kelly, Joe Mosteller, LeAnn Walker, and Susan Sahn**

Goodbye

This past month, we said goodbye to: **Ken Byerly and Lee Engel.**

Birthdays

01 Ray Young
04 Tim Yoder
07 Jean Rutter
08 Jerry Long
12 Marilyn Huehnergath
14 Jackie Lindeman
16 Kwan Ying Poon-Yee
19 Joy Kroehler
20 Mary Fleming
21 Doris Goeke
25 Kathy Gallagher
28 Betty Mentzer
28 Connie Etzweiler

This Month's Highlights

"How beautiful the leaves grow old. How full of light and color are their last days." – John Burroughs

Every day we see the beauty of the participants of Landis Adult Day Services. Just like the joy of watching leaves show their amazing colors, we learn new things about one another. We laugh together, we recall shared music together, and we learn together.

Adult Day Services Week is in September and we are celebrating!

On Tuesday, September 22, we are going to show our "colors." Would you fill in the leaf below with your name and one thing you like about coming to Landis Adult Day Services, then bring it in with you to share with others?.

On Wednesday, September 16, we need your stories about living on a farm. Bring in pictures or stories or something you want to show us from your farm experiences. (All items will be returned the same day.)



Word Search

POSITIVE WORDS



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

Positive
Brave
Loyal
Courageous
Gracious
Creative
Kind
Cheerful
Generous
Genuine
Humble
wise
Charming
Optimistic
Hopeful
Happy
Fun
Considerate
Friendly
Helpful

Volunteer Highlight: Rachel Lutz

We are pleased to feature Rachel Lutz as our first volunteer highlight. Rachel is someone who has given herself to caring, creativity, and deep compassion. Rachel was employed by Landis Homes for over 45 years. She completed her last years of employment here at Adult Day Services where she shared in presenting many programs.

Rachel is married to her husband, Keith. She has traveled to 48 of the 50 states in the U.S. The remaining two states on her bucket list are Louisiana and Oregon. In her spare time, she enjoys doing crafts, reading, coloring, and gardening. She enjoys snacking on pretzels and cheese. After retiring last year, Rachel returned to volunteer here at Landis Adult Day Service. On most Tuesdays you can hear her join in laughter during a game of Uno she is leading or simply chatting one-on-one with clients or preparing items for clients to express their creativity. Rachel and her husband Keith volunteer in their community together too. She is one of those people you can see has made a difference in simple, beautiful ways!



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

300pc Jigsaw Puzzles

Puzzle Books

Individually packed treats

(cannot accept outdated items)

Sugar free candy,

Small Game Prizes

(such as scarves,

ChapSticks, flashlights,

hand towels, socks)

Tips for Living: Fall Harvest

Savannah Greiner, RD, LDN

Clinical Nutrition Manager, Landis Homes



Fall harvest is a great time to include fresh, local produce into your diet! Not only is it delicious, but fresh fall produce also has great health benefits.

Of course, the classic, pumpkin! Pumpkin is packed with vitamins such as beta carotene, which converts to Vitamin A in the body to support eye and skin health. Traditionally thought as a sweet food to enjoy as pumpkin pie or yummy pumpkin bread, pumpkin can also be a great addition to savory foods such as chili, soups, or even macaroni and cheese - everyone's favorite side dish!

Another staple in fall produce - apples! While apple cider is delicious hot or cold, it's best to enjoy the whole fruit including the skin, where most the nutrients are stored, for maximum fiber and health benefits. Apples are high in Vitamin C to support immunity as sick season approaches. Apples have also been shown to support good digestion and heart health, making them a great pick! Enjoy apples fresh with peanut butter for a healthy, blood-sugar supporting snack. They also make a delightful side when roasted in the oven and served with meats like pork and chicken.

While delicious and nutritious, heading to the apple orchard or pumpkin patch can also serve as a great activity to enjoy the fresh air and crisp fall weather with friends and loved ones.

High Protein Pumpkin Pie Greek Yogurt Dip

Mix all ingredients together and enjoy with sliced fresh apples for a protein-packed, nutritious fall snack!

- 1 cup plain Greek yogurt
- $\frac{3}{4}$ cup canned pumpkin puree
- $\frac{1}{2}$ tsp vanilla extract
- 1 tsp ground cinnamon
- $\frac{1}{2}$ teaspoon pumpkin pie seasoning (or use $\frac{1}{4}$ tsp ground nutmeg + $\frac{1}{4}$ tsp ground ginger)
- 1 Tbsp maple syrup

JACKETS! COATS!



As we head into autumn when the air is chilly in the morning and warmer in the afternoon, it's easy to forget the jacket you were wearing when you arrived at the center!

Please help the staff to keep jackets and coats with their rightful owners by attaching a label with your full name inside your jackets and coats. Thank you!

SING FOR THE MOMENT

We are looking forward to the fall session of Sing for the Moment choir. Rehearsals will be held in West Bethany Chapel from **10:00 to 11:15 a.m. Wednesdays, September 2 to November 4.** Fall concert is Sunday, November 8, at 2:00 p.m.

E-mail sftm@landis.org or call 717-381-3599 for further information or if you would like to register for this season's choir.

Volunteer care partners to attend practices with choir members are always appreciated. Please contact the Volunteer office at 717-381-3531 or 717-509-5409 if you would like to volunteer.

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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.

Muse Pinnacle