

October 2026

Client Highlight: Grace Sherer



Grace Sherer is married to Steve and they have two daughters. They also have a dog named Fig and a cat named Freddie. In her spare time, Grace enjoys reading, coloring, doing housework, and talking with her family. Grace especially enjoys iced tea or anything her Aunt Linda makes.

Over the course of her life, Grace learned the important lesson to always be kind, to laugh and to love. She smiles the most when watching old David Letterman and Saturday Night Live clips. A favorite quote, which she had on her dorm room poster: *"Artificial Intelligence is no match for natural stupidity."* – Albert Einstein

Grace was an Occupational Therapist for 30 years and she worked with memory-impaired people. By the end of the year, Grace will have visited 48 of the 48 continental states in the U.S.A. Grace's favorite things about attending Landis Adult Day Services are the staff and her buddies.



Landis 
Adult Day Services

Now Accepting Additional Days!

We currently have openings and invite you to add extra days to your schedule. As a valued client, this is the fastest way to increase your participation with us.

Don't miss this opportunity!

AdultDayServices@landis.org | 717-297-7624

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

Sunday, October 25
3:00-5:00 p.m.
Crossings 2nd Floor
Meeting Room
Landis Homes

Speaker & Topic:
Whitney Miller, LAPC
"Sharing on Experience
of Living with
Depression" 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!

- **Ray Oksala, Earl Moshier, Charles Ream, and Tim Kauffman** for donating puzzles.
- **Betty Mentzer** for the small prizes, candy, and magazines.
- **Art Yost** for bringing us birthday cookies.
- **Grace Sherer** for donating puzzle books.
- **Velma Stauffer** for bringing snacks.
- **Jeannie Ebersole** for sharing birthday cupcakes with us.
- **Dan Yocom** for donating puzzle and sticker books.
- **Ray Young** for the Bingo prizes.
- **Virginia Plack** for donating some snacks.
- **Jean Rutter** for the popsicles and birthday cupcakes.
- **Susan Shannon** for bringing us Rice Krispies treats.

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 this month: Don Snively, Robert Wible, and Tom Clouse

Goodbye

During the past month, we said goodbye to: Tim Yoder, Dolores Haubner, Jerry Shaeffer, Jerry Long, Donna Paist, Esther Linville, Joy Kroehler, Chuck Wood, Doris Sauder, Marianna Rasmussen, and Regina Dunn

Birthdays

Oct. 02 Tessie McAlvage
Oct. 12 Don Snively
Oct. 18 Maury Hartz
Oct. 22 Basil Scrivens
Oct. 23 Dee Kelly
Oct. 24 Sallie Krueger

October's Highlights

October falls our way with:



Fill in the blanks below to complete the jokes!
(Answers at the bottom of the page.)

Why did the apple pie go to the dentist?

Because it needed a f _____.

What do you call a small pepper in late autumn?

A little c _____.

What do farmers wear under their shirts when they're cold?

A har-v _____.

What can a whole apple do that half an apple can't do?

It can look r _____.



Just a note of thanks to so many of you who enhance our program with your contributions. We have lots of folks enjoying puzzles and the nice variety of puzzles enhances their enjoyment. The sticker books allow for a kind of creative artistic exploration. Thanks so much!

*Answers to "Speaking of Laughs"
1) filling, 2) chill, 3) vest, 4) round*

Staff Highlight: Leone Wagner

Leone Wagner has devoted nearly 20 years to enriching the lives of clients at Landis Adult Day Services. The benefit and enjoyment has gone both ways. Leone shared that it is not an overstatement to say her years working here have allowed her to interact with, learn from, as well as laugh and cry with the most amazing people – both clients and staff!

Simon, Leone's cat, wakes her up at 4:00 a.m. most mornings, even on the weekends! It is not because she is done sleeping but because he wants to eat. In her spare time, Leone enjoys walking, playing cards, doing things with her family, and watercolor "doodling."

Leone's ideal day off would include time in the woods. She especially enjoys a breeze in the air in the fall season when the leaves are falling lightly to the earth, creating a wonderful crunch underfoot as she walks. To top it off, she would enjoy her favorite snack of Sturgis pretzels and Pepper Jack cheese.

Before her husband passed, they intended to visit a national park every summer as a family. Things change, but Leone still would love to get to some more national parks.

One of Leone's first cars was a 1968 Charger that they called Charlie. Charlie was green and really made them look "cool" in that time period! She now drives a VW, which is a lot different.

Leone had the privilege of visiting the facility that Mother Teresa set up in Calcutta, India, and for part of a day she joined in the work by doing laundry for the care home. There is a small memorial there with a quote by Mother Teresa which Leone found memorable: *"Not all of us can do great things. But we can do small things with great love."*



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 everyone benefits.

- **Sticker by Number books**
- Velvet Coloring pages
- Markers
- Adult coloring pages
- Books with Trivia questions
- **300-piece jigsaw puzzles**
- Puzzle Books
- **Individual packaged treats** (*cannot accept outdated items*)
- Sugar free candy
- **Small Game Prizes:** (scarves, ChapSticks, flashlights, hand towels, socks)

Tips for Living: Acknowledging the Hard Things

Audrey Kanagy, Interim Director of Lumina, Dementia Friendly Experience



Think over what happened the past week: ordinary things, happy moments, peaceful moments, and stressful moments. Remember one of the stressful moments and notice the emotions that go with the experience. Think about what happened and how you reacted or responded.

In stressful moments, reactions often come first without much effort. Unchecked reactions can be a disservice in our relationships. It is worth a little more effort to pause and respond rather than just react. To respond means we take time to consider how we are feeling but also to consider what our loved one is feeling and what their brains are capable of processing.

People living with dementia have a higher anxiety level and stress creates a greater challenge. Care partners have the difficult task of seeing and thinking past the hard things that are said and done to move forward. Teepa Snow's Positive Approach to Care put together five statements to help acknowledge dissatisfaction when an interaction doesn't go the way you want it to go.

- The acknowledgement begins with your intent but also includes what they experienced: *"It seems like what I did was not helpful."*
- Seek to understand the emotion: *"It looks like you are really frustrated with me."*
- Decline in skills or abilities, whether true or perceived, are a painful part of conflict. Addressing it acknowledges that pain: *"It feels like I disrespected you. WOW! That's not okay!"*
- Their experience of what happened is also important to recognize: *"You didn't expect that, did you? That looks like it was not okay."*
- And lastly, change can be hard for everyone, including our loved ones. Simply naming that can be powerful: *"This is hard, huh?"*

Stressful interactions with our loved ones and those we care for are inevitable. Acknowledging what is happening and how we are feeling about it provides a path to reconnect and move forward even in times of stress.



JACKETS! COATS! JACKETS!

As we head into autumn when the air is chilly in the morning but 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!