Caribbean Cruise Is Smooth Sailing

"Passengers" Violet and Leon Buckwalter show off their beach garb with "crew members" Kathy Gehman, Janice Hess and Daphne Saks.

Excitement was in the air as passengers boarded the "Sun Princess" (Community Room) at 10:00 a.m. on February 15. They were greeted by the crew decked out in white who placed a lei around each passenger's neck. Doug Enck from Menno Travel Service got the excursion started by giving a ship's tour and an overview of the ports along the way. Afterwards refreshments were served Caribbean style complete with ice sculptures of seals.

In the afternoon a shuffle board tournament began which was later finished with Simeon and Jean Hurst as the champions. During this same time, at the pool Daphne Saks had a time of stretch and relaxation for "Ladies Only". The highlight of this event was an inspirational talk given by Winifred Green who was seated poolside.

After a good night's rest the passengers were invited to a special Caribbean Cafe where they received gourmet coffee and scrumptious danishes. Margaret Nissly entertained the diners with beautiful music from her vibra-harp.

The highlight of the two-day cruise was a fashion show sure to be remembered for a long time. Models dressed in styles such as "bell-bottoms," "tea dresses," and "box-pleated skirts" entertained and amused the appreciative audience.

Aloha, until next time!

Kathy Gehman/
Janice Hess
Activities Department

Virginia Zimmerman models a "tea" length dress with "fish net" stockings and carries a "pump" for her shoes, as usher Amos Groff assists.
Art Reflects Our Uniqueness

We, as individual human beings, as God’s creations are wonderfully made. There is no one else in the world who is exactly like us. We are each unique and special. As we go through life we become aware that we have certain likes and dislikes in many areas. This includes our preferences for food, clothing, and music. It also affects where we choose to live or take a vacation, and can even affect our choice of friends. How we respond to the variety of each aspect of life says much about who we are.

The same is true in our exposure to different kinds of visual art. There is some artwork we initially respond to with attraction; other artwork might cause us to feel repulsion and in some cases apathy. This is all part of who we are and how we were created.

Sometimes, our tastes can change. Just as we might not like a certain food the first time we try it, we can acquire a taste for it over time. This has happened to me with many foods, like fresh garlic and mushrooms.

This can happen with artwork as well. The first we are exposed to something “different” we can almost naturally find it distasteful. However, as we have more exposure and come to understand more about the artist and the process, we sometimes begin to appreciate it.

Here at Landis Homes we are blessed to have an art collection which reflects our Lancaster County and the Mennonite heritage. Each of us responds with like or dislike for certain pieces. Persons in some cases are acquiring a taste for pieces which at first they couldn’t appreciate. In other cases, persons consistently have dislike for certain pieces. This too is positive because it is a reflection of one’s individuality.

For it is in our responses, we are demonstrating a part of our God-given uniqueness. It is my hope that through our permanent collection and the changing shows in the mini-galleries, we will all continue to be challenged visually, intellectually, and spiritually. May we continue to recognize and celebrate the uniqueness in our midst.

Deborah Laws-Landis
Editor

Spring Housecleaning

Spring housecleaning is a team effort for resident Ruth L. Landis and volunteer Irene Hershey.

If you happened to wander through the halls of the personal care and nursing care area during the last five weeks, you may have stumbled upon a cart loaded with cleaning supplies and a hallway full of residents’ furnishings. You were a witness to the kindness of much volunteer work as the annual spring cleaning was completed in February and March. On designated Tuesdays and Thursdays, 65 volunteers from 16 different churches helped to clean 67 residents’ rooms. This massive spring cleaning was organized by the Volunteer Coordinator, Arlene Kreider.

“They cleaned everything,” one resident reported. “They surely didn’t miss a thing.” In contrast to many other years, the cleaning team was greeted with good weather while they worked, allowing them to open windows and circulate the fresh air. While the work was especially appreciated, everyone enjoyed the company too. Sincere thanks to all of the volunteers who did a wonderful job on spring cleaning!

Jim Oberholtzer
Housekeeping Supervisor
They Taught What They Practiced

More than sixty years ago, Elsie Martin wanted to be either a doctor or preacher. However, since few women at that time entered those professions, Elsie decided to be a nurse, one of the small number of professions then open to Mennonite women. She is now one of more than 30 nurses and former nurses who live at Landis Homes.

Among that large group are four who were not only nurses. Lois Benner, Elsie Martin, Alta Weaver, and Verna Zimmerman were also nursing instructors.

Elsie Martin graduated from the University of Pittsburgh in 1964 with a Master of Nursing Education degree. By that time she had decided that her main interest was in psychiatric nursing. She had already graduated from LaJunta Mennonite Hospital School of Nursing and had earned her Bachelor of Science in Nursing from Duke University in North Carolina.

Her teaching career began in 1964 when, a few weeks after graduating from the University of Pittsburgh, she started teaching in the same program from which she had just graduated.

Later, Elsie taught in New Mexico, first at the University of New Mexico in Albuquerque and then at New Mexico State University in Carlsbad. In Carlsbad, she was regularly given the responsibility of helping the students on admission day. “You talk to people very well, and the freshman are not afraid of you,” she was told.

Elsie has good memories from her career that covered 38 years of nursing and teaching until her retirement in 1983.

After Alta Weaver completed training at Reading Hospital School of Nursing, she went to a Detroit hospital for further study. One day when she was working in obstetrics, the doctor handed Alta the forceps and said, “Here, you do it. If you go overseas, you’ll need to know.”

Alta had not thought of missions, but later, when asked to go to Tanzania, she thought, “Why not?”

When she went to Tanzania in 1954, she went as a nurse. Before long, however, she was telling the mission leaders, “You need a nursing school.” When she went home on a furlough, she was asked to draw up plans for establishing a nursing school, including the cost of such an operation. She went back to Tanzania in 1960 with her plans and founded the school. She was the director until 1969. By that time, almost 100 nurses had graduated from the school at Shirati.

Her goal was to teach students to nurse their own people and to have them be so dedicated to nursing that they would stay with it. When she went back to visit in 1980, she had the reward of meeting, at various places in Tanzania, staff nurses she had helped to train.

In 1966 Alta received a Master of Science in Nursing Education Administration from the University of Pennsylvania. When she came home from Tanzania, she taught first in the nursing department at Eastern Mennonite College and then at Newman College in Aston, Pennsylvania.

Verna Zimmerman taught at Goshen College from 1952 to 1978. For short periods of time, she served as Acting Director and Interim Director of the School of Nursing there. Her career before that included graduation from Lancaster General Hospital School of Nursing in 1938 and a Masters in Administration from Columbia University in 1951.

Rachel Fisher describes her as a “woman with vision and perception.” Her vision led her to help establish the Mennonite Nurses’ Association in 1942. She served as its first secretary-treasurer.

In 1944 Verna was instrumental in founding the Lancaster Mennonite Nurses’ Association and was elected as its first president. Four months later Verna resigned that office in order to accept an assignment in China. She went with confidence because she knew the nurses back home were bound together in an organization that challenged and supported their commitment to Christian nursing.

Lois Benner had a shorter teaching career than the other three, since she took time to stay home and mother her three children. When she went back to teaching after 20 years away from it, she “really had to study harder than her students.”

Lois earned her B.S. in Nursing Education at the University of Pennsylvania in Philadelphia, where she also did her practice teaching in anatomy. Twenty years later she began teaching first-year students at Lancaster General Hospital.

Continued on page 4
Retired Nurses Luncheon

On March 27 a meeting and luncheon was held for the 34 retired nurses who live at Landis Homes. The meeting was led by Ruth Johnson, Director of Healthcare and Barb Cooper and Ethel Caldwell, Assistant Directors of Nurses. It was a time of fellowship and reminiscing as well as a time to collaborate on health and wellness issues on campus. Topics included: Plans for a May 6 commemoration (Florence Nightingale’s birthday), quality of campus healthcare, volunteer opportunities and wellness programs.


Volunteer Corner

Year ’round we are aware volunteers “make a world of difference.” This theme highlighted the banquet held on April 25 during Volunteer Appreciation Week. Thank you volunteers for all you do for our Landis Homes community.

This is the season to get one’s hands into the soil by planting or adopting a flower bed for the summer. To respond to this opportunity, please call me at 569-3271.

Arlene Kreider
Volunteer Coordinator

Welcome New Residents

INDEPENDENT LIVING/RESIDENTIAL/PERSONAL CARE
Margaret Fackler
John E. Kauffman
Raymond E. & Esther M. Landis
Anna L. Leaman
Grace L. Leaman

NURSING CARE
Cora M. Bechtold
Joseph M. Brubaker
Elmer Dillman
Harriet Hess
Katie K. Landis
Albert W. Miller
Harry I. Miller

They Taught  Continued from page 3

These four women can look back on their nursing and teaching years with thankfulness for the way God has used them to help prepare other nurses and with confidence that they have influenced their students in more than academics. Even in their well-deserved retirement, their many years of experience continue to enrich the Landis Homes community.

Janet N. Gehman
Guest Writer
Resident Martin Bucker listens as New Danville Mennonite School student Tim Kerns reads a story he wrote. Tim along with other students from his class also brought art projects, skills and songs to share with the retired members of Lititz Mennonite Church.

Pharmacist Deleores Henry assists Margaret Breneman in the Williams Apothecary which opened on February 8. In addition to filling prescriptions the pharmacists are available to serve residents through one-on-one consultation, assessment and counseling.

Bonnie Kauffman of Bank of Lancaster County presents a check for $1000 for the Landis Homes Caring Fund to Mark LoMonaco and Paul Martin. The bank's contribution is the result of the campus food drive for Water Street Rescue Mission.

A reception was held to honor quilt designer Cheryl Benner, center, and the six residents who created "The Four Seasons Collection" of wall hangings.

Miriam Buckwaltter and Catherine Smith prepare their garden plot for planting.
Exercise Reaps Rewards

The Nursing Department encourages a complete wellness program for our residents. Exercise is important for all ages and can have particular benefits for older adults.

Most retired persons in Lancaster County have spent their early and middle years being productive and active. As persons age, their tendency often is to become more sedentary. This can lead to weight gain, decreased endurance, poor posture and increased difficulty with ambulation. Exercise is one of the prime prescriptions for correcting these conditions and to increase one’s chances of longevity.

Having established that exercise is necessary, the question arises, “How much exercise is enough?” For many years, the regimen of twenty minutes of aerobic exercise (activity intense enough to produce perspiration) three times a week was enough. Many people rejected this as being too aggressive and therefore, never began an exercise program. More recently, new rules were issued which state that thirty minutes a day of moderate intensity (no perspiration) exercise are adequate. Last year the Harvard Alumni Health Study revealed that those who lived the longest were those who had expended energy at a high rate each week.

As we struggle to determine what is best for us, we also need to consider that any form of exercise provides benefits. These include:

1. A feeling of well being.
2. Increased bone density thereby reducing the risk of osteoporosis.
4. Raised metabolic rate.
5. Improved lung capacity.

Thirty minutes of daily exercise will reap the first two benefits listed, while 20 minutes of aerobic exercise three times weekly will bring about all five benefits.

Another part of the wellness program at Landis Homes is physical therapy provided to residents by Charles and Jean Byers for almost 30 years. The group, Byers-Bascino, have provided consultant service for physical, occupational and speech therapy for health care residents. Within the past month they have started to provide service in the physical therapy room on the ground level of Building J to independent living residents who have a doctor’s prescription.

It is clearly evident that exercise improves our health and fitness. After receiving permission from the doctor, we must challenge ourselves to find the program that creates the greatest sense of satisfaction for us. Walking, swimming, treadmill, water aerobics, step aerobics, and stationary bicycles are but a few of the options available. Exercise can be FUN - just give it a try!

Jean Byers, Physical Therapist
Ruth Johnson, Director of Healthcare

Adult Day Care Ushers In Spring With Open House

A warm sunny day during a week of unseasonably cool weather, an Easter flower sale and special music all combined to make the Landis Homes Adult Day Care Open House on April 3 a festive and celebrative occasion. Adult Day Care participants, families and guests enjoyed the enthusiasm of Jeanne Marie Donley and her musician friends who entertained us with music appropriate for the season. We were also pleased to have Office of Aging Interim Executive Director, Jackie Burch, and Landis Homes Administrator, Ed Longenecker, address the group.

As guests arrived in the lobby, they were greeted with the pleasing fragrance of a lovely display of spring flowers. With the help of an efficient group of volunteers directed by Naomi Weaver, this fourth annual flower sale planned to coincide with the Open House, raised over $400 to benefit the Adult Day Care Program.

Thanks to the help of many volunteers and the continued support of the Landis Homes Community families and others, the day was a wonderful success. Persons interested in more information about the Adult Day Care program may call 581-3939.

Evanna Hess
Adult Day Care Director
New Development Director

Mark LoMonaco is the new Director of Development at Landis Homes. Mark was born in Illinois and spent most of his growing years near Springfield, Massachusetts.

He attended college in Rhode Island and went to Penn State to complete his graduate work in counseling. He later attended Fuller Theological Seminary in Pasadena, California.

Mark was a United Methodist pastor in the Los Angeles area for twelve years. Later, work with Habitat for Humanity took him to Americus, Georgia and finally brought him to Lancaster.

In addition to his work at Landis Homes, Mark is part-time pastor of Blossom Hill Mennonite Church. Mark lives at Greenfield with his wife Kathy and his daughters Rebecca, 15, and Rachel, 13.

When asked about what he thinks of Landis Homes so far, Mark responded, “I’m ready to move in now! The staff and residents I’ve met truly made me feel right at home.”

Questions and Answers About Long Term Care Insurance

What is Long-Term Care Insurance?

Long-Term Care Insurance covers some or all of the costs associated with nursing home care and home health care.

Why do I need assistance in obtaining Long-Term Care Insurance?

Older persons do not want to be subjected to pressure sales tactics by insurance representatives trying to sell Long-Term Care. It is important to have confidence in your insurance representative. Many persons simply do not feel comfortable making the decision about what to buy without advice from someone they can trust. They want guidance when deciding to purchase a Long-Term Care plan.

How can the Association of Brethren Care Givers and Mennonite Health Services help?

Our purpose is to research many Long-Term Care Insurance policies and endorse those meeting our stringent criteria. In using our services, individuals can be assured they are receiving the finest coverage available at the best price.

In Loving Memory

Anna Mary Weaver 12/24/95
Clayton Charles 01/02/96
Dorothea G. Royer 01/19/96
Olive Reese 01/19/96
Helen L. Lengel 01/27/96
Helen B. Lefever 01/28/96
Albert W. Miller 01/28/96
Hattie Drohan 01/29/96
Mary Ann White 02/01/96
Titus Lehman 02/03/96
Elmer S. Hershey 02/04/96
Violet Wolgemuth 02/06/96
Richard Herr 02/10/96
Harry I. Miller 02/12/96
Melvin L. Hollinger 02/19/96
Mary S. Mershon 02/21/96
Wayne G. Petches 02/23/96
Anna G. Sensenig 02/27/96
Kathryn Eby 02/28/96
Alfred J. Hamel 03/06/96
Helen S. Shank 03/13/96
Mabel H. Snavely 03/14/96
Elizabeth K. Huber 03/19/96
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<td>July 10 -</td>
<td>Art Gallery Drop-In Receptions Fraktur Design by Anita Landis-Eigsti 6:30 - 8:30 p.m. Harvest View Lobby</td>
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