Ground Broken For The Heritage

Once the world listened and looked to you
– now uttered sounds are lost in meaning.
Once you walked as owner upon the land
– now you step with fear and hesitation.
Come with me and we will find a place to rest, a quiet place of calm.
Come with me and I will walk with you.

Following a short litany five persons with shovels came forward. They were: Robert Bosley, a Landis Homes Resident Association representative; Faith Hoover, Director of Adult Day Services; Ruth Johnson, Director of Healthcare; Ed Longenecker, Executive Director; and Rozanne Zimmerman, Landis Homes board member. Over 300 residents and invited guests attended the service.

Under crystal clear skies a Groundbreaking Service was held on Saturday, August 9 at Landis Homes Retirement Community for a new special care center. The new center, named The Heritage, will be home for persons with Alzheimer’s and other forms of dementia. Completion date is scheduled for the summer of 1998.

Executive Director Ed Longenecker and his wife Rhoda, welcomed the gathered residents, staff and guests with words about their recent bicycle trip across the United States which served as a fund raiser for the new center. Their 3200-mile trip raised over $100,000. Ed said, “It was our chance to combine work and pleasure. We enjoy bicycling and wanted to help make The Heritage a reality.”

The new center will include both residential and day programs for persons with memory-related disorders. Research has shown that persons with dementia benefit from specialized care given in areas separate from other healthcare residents.

The spirit of the service was exemplified in the lines of an original poem by Evanna Hess former director of Adult Day Services at Landis Homes:

Landis Homes Barbecue and Fellowship Day was enjoyed by all ages. See pages 4 and 5 for story and more photos.
Two Journeys

Rhoda and Ed surrounded by residents at Rehoboth Beach at the completion of their cross-country trip.

After a wonderful reception at Rehoboth Beach by a bus load of residents and staff, family and church friends, Rhoda and I arrived home from our cross-country bike trip late on the night of August 7. We celebrated a successful journey.

It seemed like perfect timing because on Saturday morning, August 9, another celebration occurred. Landis Homes residents, staff, board members, and church, community and business friends, gathered to break ground to begin construction of The Heritage. It was wonderful to be part of this new chapter at Landis Homes.

Since the bike trip I tend to see many things through the eyes of a long-distance biker. Planning for The Heritage reminds me of a long journey. It has been several years since we started the planning process. We have gone through numerous steps of building program and planning as well as fund raising efforts. In recent months state and local governments have been reviewing final details of blueprints and giving their stamp of approval. The building permits have finally been issued.

Like our bike trip, the journey for The Heritage has had up hill struggles. As Rhoda and I contended with adverse weather conditions, bumpy roads and winds of resistance, The Heritage also has had to overcome some challenges to move ahead. Thankfully we have also enjoyed some smooth roads with gentle and friendly tail winds of encouragement along the way.

Yes, for Rhoda and I the long journey is now complete. For The Heritage "the trip" continues. The final destination is in sight now that construction has actually begun. For this we are grateful. Just as many prayers were given for Rhoda and I, let’s pray also that the process of building will go well and that the journey of The Heritage will soon be complete.

Ed Longenecker, Executive Director
Preserving Memories: Individual Books Tell the Story

On September 3 a celebration was held for those who completed memory books over the past year and to kick off a new year of the program. Visitors browsed through pages of memory books and talked with the residents who had made them. Each book was unique to the individual's style and life story. Helen Wells had three books to display. One was of her younger years, a second of her late husband's younger years and a third of their life together.

Interest for a Memory Book Club was sparked in May 1996 when Joanne Siegrist gave a seminar on “Family Ties and Holy Moments,” sharing the importance of telling one's story. Joanne has worked for several years to gather photos and stories of local persons and families. She is author of the book, Mennonite Women of Lancaster County.

The first classes began September 1996 with residents bringing treasured photos, letters and diaries to start creating their own family heirloom. The celebration was to recognize those “graduates” who had completed at least one book over the past year.

Monthly meetings are beginning again for persons wishing to begin or continue working on a memory book. Joanne will give leadership and share her expertise at these meetings. For more information contact the Activities Department.

Janice Hess
West Activities Assistant

Welcome New Residents

Independent Living/Residential/Personal Care
Adeline King
Lois G. Landis
Dr. J. Lester and Lois Eshleman
Ethel M. Buckwalter
Lois G. Kauffman
Roy and Dorothy Shultz

Health Care
Isabel Seiders
Jean Harbison
Mary Elizabeth Peters

Health Care Discharges
Mary Smoker
Elma Wenger
Barbecue Benefits Wellness Program

On Saturday, September 13, Landis Homes Auxiliary held its annual Chicken Barbecue and Fellowship Day. The day was a time for families and friends of residents and supporters of Landis Homes' program to gather and enjoy a meal and the many festivities offered during the afternoon.

This year in addition to the chicken dinners, many special features were added. A variety of craft persons were on hand to demonstrate and sell their wares. A rug braider, soap maker, apple butter maker, a tole painter and several woodworkers had displays set up in an area near the food pavilion.

Also for sale were angel food cakes which were baked on the premises, homemade bread, apples, mums, ice cream and more. A variety of musical groups provided entertainment throughout the afternoon. For the second year, John Wenger brought a barrel-train ride for the many children who were visiting.

A total of more than 3500 chicken halves and dinners were sold. Literally, hundreds of volunteers both on and off the campus gave many hours to make the day possible. Each year the Auxiliary uses the proceeds from the day to benefit the residents of the retirement community. This year the project selected was exercise equipment to be used by all residents. The equipment will enhance the overall emphasis on wellness at Landis Homes, by encouraging continued physical fitness through all of life's stages.

Thank you, Auxiliary

1. Melody Strings performs for diners at the Barbecue.
2. Residents and visitors browse through hundreds of used books.
3. Everyone loves ice cream!
4. Woodworker Sam Martin demonstrates his craft.
5. Carmen Miller makes one of 17 angel food cakes for sale by the slice and by the cake.
6. Sue Steffy, a soap maker in period costume, "cooks" her wares.
7. John Wenger's barrel-train is a hit with old and young alike.
Planning Ahead For Dementia Care

Barb Cooper (at easel) shares new findings in dementia care with staff persons Chris Kennel, Ruth Johnson and Dave Keim-Shenk.

Landis Homes is in the process of bringing specialized dementia care to its campus. By the summer of 1998, The Heritage which is now under construction, will be a home to 40 persons who have Alzheimer's and other forms of dementia. It will also provide specialized day services to another 22 persons who experience dementia.

In preparation for these changes a task force has formed to help educate both staff and residents to this new realm of specialized care. The first meeting for staff persons representing all departments was held on September 22.

Ruth Johnson Director of Health Services and Ethel Caldwell, Director of Nursing presented information they gathered at a national Alzheimer's convention held this year in Chicago. Two themes of the convention were the importance of dignity and individualized care for persons with dementia.

Following the presentation staff persons were given the opportunity to brainstorm together ideas for implementing this specialized care. It was a beneficial time for departments to apply various perspectives to the same situation. A wide variety of options both tried and untried were presented and prioritized by the group.

More meetings like this one are planned throughout the next year, in an effort to be prepared when The Heritage opens its doors in 1998.

Volunteers Learn New Skills

Enthusiasm and active participation highlighted a special in-service session on September 24 in the Landis Homes Activities Center. A group of 27 Landis Homes volunteers attended a meeting to learn better ways to serve residents who have dementia.

Arlene Kreider, Director of Volunteer Services, welcomed the invitees, stressing the need for teamwork as volunteers are challenged by the requirements of their assignments. "Dementia residents are suffering in mind, body and spirit, and volunteers can make a significant difference in their lives."

Barb Cooper, Director of Staff Development, described the characteristics of dementia and presented key facts about this progressive, irreversible and incurable impairment. A segment of a video, "Alzheimer's from A-Z," served as an excellent learning tool to identify many helpful strategies.

Tina Mast Burnett, Sylvia Martin and Marie Thomas from the Activities Department joined with Elizabeth Weaver, Social Services, to present several skits to vividly portray approaches which do and do not work in relating to individuals with dementia.

Participants had opportunity to dialogue with members of the interdisciplinary team to extend their knowledge and skills. Volunteers found this in-service invaluable. They anticipate "joining the journey" toward future service in the new dementia care center, The Heritage. Anyone interested in joining this enthusiastic team of volunteers or finding out more about the training may contact the Volunteer Services office.

When you Remember the Resident Assistance Program In your will It is your enduring statement About caring for people

You may designate your bequest to either of the two funds in The Resident Assistance Program The Endowment Fund The Caring Fund
Progress Report: Excavation Begins

The prayer support and contributions by residents to The Heritage has been an inspiration to those of us who have been planning for this much-needed and long-awaited special care center. Residents' support was evident in the large crowd which turned out for the groundbreaking service in August.

Since groundbreaking Andrews Excavating Company has been preparing the site for construction. Underground lines for water, sewer, storm sewer and electric power have been installed. At this writing actual excavation for the building itself is underway.

Final blueprints for the building have been approved by the Pennsylvania Department of Health and are currently being reviewed by the code officials of Manheim Township. Pending approvals, Horst Construction plans to begin installing footers and foundations soon. The preliminary schedule calls for completion of the construction phase by July 31, 1998. Meeting this schedule will of course depend somewhat on the type of winter weather ahead of us.

We covet your continued prayers as together we go through this intense construction and start-up phase. Thanks again for all your loyal support.

Paul M. Martin
Director of Facilities and Planning

In Loving Memory

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Nathan R. Landwater</td>
<td>07/25/97</td>
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<td>Helen Schmook</td>
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<td>Lizzie R. Sensenig</td>
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<td>Lydia M. Martin</td>
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<td>Ivan M. Weaver</td>
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<td>Miriam S. Witmer</td>
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<td>Mae Bowman</td>
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<td>Alvin Weaver</td>
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<td>Mary Honaman</td>
<td>10/06/97</td>
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<td>John J. Miller</td>
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Nigel Green begins painting a mural in the healthcare center as Ruth Hummel looks on. Nigel is performing a community service project he proposed at the Governor's School last year. He was the Landis Homes' Student Art Award Winner from Lancaster Mennonite High School in 1995.
## Calendar Of Events

<table>
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<tr>
<th>SUN</th>
<th>MON</th>
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<td></td>
<td><strong>November 20</strong></td>
<td><strong>Artist’s Reception</strong></td>
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<td>Mark Beach - Photography</td>
<td>6:30 - 8:30 p.m.</td>
<td>Harvest View Galleries</td>
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<td><strong>November 26</strong></td>
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<td>Speaker - Dallas Green</td>
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<td><strong>November 27</strong></td>
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<td><strong>14</strong></td>
<td><strong>December 12</strong></td>
<td><strong>Christmas Party</strong></td>
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<td><strong>East Bethany</strong></td>
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<td><strong>15</strong></td>
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<td>Speaker - Dallas Green</td>
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<td><strong>December 19</strong></td>
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<td><strong>West Community Room</strong></td>
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<td><strong>21</strong></td>
<td><strong>January 27-30</strong></td>
<td><strong>Renewal Meetings</strong></td>
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<td>Speaker - J. Lester Eshleman</td>
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