Health Fair Hits High Note

Landis Homes Retirement Community hosted a Health Fair in May. The day began with the dedication of a new 15-passenger wheelchair bus which had been given to the community by the Landis Homes Auxiliary. As part of the dedication, resident Mary Usner shared about a recent outing made possible by the new bus.

The opening session for the day, “A Healthful Look at the Aging Process” with Bonnie Zink, R.N., a health educator, was held to a full house audience in the West Bethany Chapel. Attendees were treated to many humorous and poignant stories of positive and healthful living.

There were over 20 displays of various health agencies covering many health issues in the West Community Room. Hundreds of persons from both on and off campus visited displays by the Alzheimer’s Association, the American Heart Association, the Arthritis Foundation, the Office of Aging, Omega Laboratories, Parkinson Support Group, the Sight Saving Center and Williams Apothecary to name a few.

A special emphasis of the day was on Alzheimer’s disease and dementia care. An area was set aside for video tapes, written information and healthcare personnel providing information on caring for persons with dementia. The topic was particularly timely with the growing number of persons afflicted with dementia and because Landis Homes will open a new special care center for persons with dementia in 1998.

Seminars, workshops, blood pressure checks, athletic events and entertainment were held throughout the day. Bocce, a lawn-bowling game, was introduced to many residents during a morning tournament. The closing address titled “Rewards of Healthy Living” was given by Dr. Kenneth Brubaker, Landis Homes Board President.

The day was capped off with musical entertainment provided by the “Auscultation Brass.” This is a group of twelve local physicians all of whom play brass musical instruments. It was an exhilarating ending to a prosperous day.

(Fore Health Fair Photos, page 4.)
Ed’s Trip Journal

The following entries were compiled from postcards and telephone calls from Ed. He and his wife Rhoda are undertaking a cross-country bicycle tour to raise funds for the new dementia care center, The Heritage.

• June 26, 1997: The first two days of riding have gone well and we feel confident about completing the whole trip. It is cool and we are wearing jackets. We appreciate all your prayers.

• June 29, 1997: Our preparation paid off. We are able to keep pace with the gang. An incredible experience. We are in Idaho today and enter Montana tomorrow, up and down, and up and down! Came to Wallace, an old mining town and were provided a meal by the church and had a hymn sing afterward. Both Rhoda and I feel so privileged to be able to do this. Wish others of you could join us. Thanks for your prayers for our safety.

• July 2, 1997: After a week of riding, we are both doing fine. We are in Clinton, Montana hoping to make it to Helena tonight which will be our 600 mile mark. We still have cool weather and it has rained for parts of the last three days. Each of us has had our first flat tire. We are thankful for God’s care and protection and we continue to appreciate all your prayers.

• July 8, 1997: Today is Rhoda’s 55th birthday. I surprised her with cake and ice cream for everyone, and balloons. We have teenagers in our group and one woman who is 74 years old. She is a great inspiration for the rest of the group. We have a great support group of Wandering Wheels staff who know how to encourage us. We received an envelope full of notes and cards from Landis Homes. We “feasted” on them this evening. You are in our thoughts and prayers as we are in yours.

• July 11, 1997: The trip is going well. Wednesday was our hardest day (97 miles) when we encountered hot, stiff head winds in South Dakota. I thought we’d never get there. Then we had a couple of easier days. We saw an old gold mining town and today we saw Mount Rushmore. This trip is typical of life in general. If we look too far ahead the trip can seem overwhelming, but if we take one day at a time we can see it as manageable. It is overall a fantastic experience.

• July 15, 1997: A very tragic occurrence on Saturday. One of the other riders, a 58-year old man died of a massive heart attack. He had had heart surgery in March. The whole group is affected. Your continued prayers are appreciated. We are in Oshkosh, Nebraska and we are finished riding for the day at noon, after riding 80 miles. The terrain is easier and flatter. For the next nine days we will be riding 90-100 miles. It is warm with temperatures in the 90s. We are healthy and doing well keeping pace.

• July 18, 1997: Yesterday we passed the halfway point in Kearney, Nebraska. I was so excited I got off my bike and kissed the ground. The daily temperatures are close to 100 degrees, but the churches where we sleep are air-conditioned. We received our sec-

(‘Journal’ continued, page 3)
Auxiliary Hosts Friendship Teas

"Come to fellowship, socialize and share a memory of a time God was especially faithful in your life." This was the invitation made to women invited to one of nine women's friendship teas hosted by the Landis Homes Auxiliary between February and June.

The teas were a special project of Mary Sweigart, Auxiliary president. They featured special tea treats served on fancy china, and a leisurely time when women could share together about faith memories and current faith experiences.

About 15 women were invited to each tea. Women from personal care, residential rooms and apartments were invited to the first round of teas. The plan is to resume teas again in the fall, and eventually invite women from the entire campus.

Faith Hoover of Neffsville started as Director of Adult Day Services in July. Faith is an RN and has a strong background in long term care and nursing management. She was the Director of Nursing at Souderton Mennonite Homes from 1973-1987. Most recently, she has been manager of the Adult Inpatient Unit at Philhaven where she has worked for the last ten years.

In the Spring of 1998, she will become the Coordinator/Director of The Heritage. In that role, she will continue to provide leadership for the current adult day center as well as the new center in The Heritage.

Faith, the daughter of Daniel and Mary Ellen Hoover, attends ACTS Covenant Fellowship. She is the oldest of eight children and has 11 nieces and nephews. In addition to attending Millersville University, she enjoys gardening, reading, and traveling, especially to Maine.

Journal, continued from page 2

ond “maildrop” from Landis Homes. It's fantastic and much appreciated.

- **July 22, 1997:** Yesterday was our longest day, 120 miles. Last Saturday was our most difficult day. In 100° weather we rode 115 miles. It took us over 12 hours because we had to stop often to cool down. We have traveled over 2000 miles so far. We are in Iowa today but should reach Illinois tomorrow. Rhoda's brother who lives in Illinois plans to see us tomorrow evening. We continue to be in good health and doing well. The other bikers are holding up very well also.

- **July 29, 1997:** We are in Ohio. We continue to do well. We have had some great riding days through the Mid-west. We have seen lots of cornfields and soybeans. Tomorrow we will be riding 110 miles. We are having pleasant weather with a few hot days. We will be arriving at Rehoboth Beach between 11:00 a.m. and 1:00 p.m. on August 7!

- **July 31, 1997:** We are in Clarksburg, West Virginia. We received our third envelope of letters from Landis Homes staff and residents. You must know how much we appreciate your good wishes and prayers for us. We continue to be in good health. I just had my sixth flat tire. Rhoda has only had one. We have been told tomorrow will be the hardest day. It will be only 55 miles but on narrow mountain roads in West Virginia.
Health Fair Highlights

Left: The bocce tournament is well attended at the Health Fair.

Left: Volunteer Anne Landis, left, serves refreshments to Edith Killian and Irma Brubaker at the Health Fair.

Below: Abner Miller has a complimentary blood pressure check at one of the Health Fair display tables.

Above: Mary Usner shares a story at the new wheelchair bus dedication, part of the Health Fair, as volunteer coordinator Arlene Kreider looks on.

Right: The community room is filled with residents, visitors and staff visiting the many health-related displays.
Display Promotes Safety

During National Safety Week in June, the Employee Safety Committee presented a display in the glass corridor of East Bethany. The theme this year was “Safety-minded people get more done and have more fun.”

On-going videos were available on topics such as: back injury prevention, OSHA standards, and safety awareness. Information and handouts on biohazard precautions, workplace violence, latex allergies, and lifting and transferring were available. Max, the skeleton, was on display to demonstrate the proper way to lift.

A drawing was held for a gift certificate to Park City for those completing a quiz/entry form. Sylvia Martin of the Activities Department was the winner. Her reply on the entry form to what one can do to promote safety in the workplace was, “Take the time to pick up small things on the floor that could be a hazard to someone else.”

Bank of Lancaster County holds Spring Food Drive

Bonnie Kauffman, bank customer service consultant said, “This is a win-win project. We enjoy it as much as the residents.”

Sunny Summer Volunteer Opportunities

- Persons to help swimmers in and out of the pool and in locker room.
- Friendly visitors for persons in health care who have physical and cognitive disabilities.
- Persons to transport persons by wheelchair.
- Persons to walk with Adult Day Services clients once a week (staff will accompany).
- Transporter of soda cans from Oregon Dairy each Friday for recycling.
- Assistant for crafts and games one Tuesday morning per month in Adult Day Services.
- Helper Monday or Friday morning for projects in Adult Day Services.
- Persons to spend time with persons with Alzheimer’s (training provided).

If interested in any of these fulfilling opportunities, call Arlene Kreider, Director of Volunteer Services, 569-3271.
Landis Homes Is Learning Lab For Nurse Aide Training

Landis Homes' first nurse arrived in 1964 to help with a few early residents who needed some nursing assistance. Currently, Landis Homes employs over 130 healthcare workers and has become a center for training nursing assistants.

In 1989 Landis Homes implemented a training program for nurse aides. It is a state-approved program consisting of 40 hours of classroom and lab practice, and 40 hours of supervised clinical training using the basic nursing skills to care for specific residents. The program is surveyed every two years by the Pennsylvania Department of Education.

Following completion of the program and a passing grade on the Red Cross competency test, the new graduates' name is enrolled on the Nurse Aid Registry in Harrisburg. They are then eligible for employment as a nurse aide. To date, 116 nurse aides have completed training here at Landis Homes.

Since 1995 Landis Homes has also provided the clinical site for other nurse aide training programs in the county including: area Vo-tech schools, Lancaster Institute for Health Education and Harrisburg Area Community College (HACC), Lancaster.

These involvements along with our nurse aide training program have broadened Landis Homes area of recruitment for qualified nurse aides. With nurse aides providing 90% of the direct care given to Landis Homes residents receiving healthcare, these associations have proven to be a great asset.

Nurse aides have both a challenging and rewarding responsibility which plays an essential role in assuring that residents receive the highest quality of care.

Barbara Cooper
Director of Staff Development/Quality Assurance

Welcome New Residents

Independent Living/Residential/Personal Care

George R. Stief
Lois M. Martin
Elva E. Martin
Paul S. and Ruth S. Weber
John R. and Ruth E. Breneman

Health Care

Mildred G. Millhouse
Jacob F. Lefever
George T. Stradling
Florence Blank
Esther Wissler
Stanley Hoffer
Sara R. Martin
Kathryn S. Parmelee
Martha Miller
Mary E. Smoker
M. Ruth Louden
F. Elizabeth Seldomridge
C. Marie Heritage
Luther Consylman

Health Care Discharges

Vincent Wilson
Sara R. Martin
June Diffenderfer
Stanley Hoffer
Harriet Hess

Nursing Instructor Elma Hess works with an unidentified nurse aide candidate in “caring” for consenting resident Albert Landis.
New Gift Annuity Rates Benefit Donors

During The Heritage fund drive many persons chose to make a gift to Landis Homes by giving a Gift Annuity. In recent years this has become a popular method of making a gift. Gift annuities have been important to Landis Homes because they give support to the Caring Fund and Endowment Fund.

A gift annuity is a life income arrangement. The donor transfers cash or other assets to fund the annuity and in return receives:
- the satisfaction of making a gift,
- the security of receiving an income for the rest of one's life,
- the benefit of a charitable tax deduction on the entire gift, and
- the tax-sheltering of a significant portion of the income from the annuity.

The rate of income which increased substantially this year is based on age. A person choosing a “single life” annuity at age 75 who previously had a rate of 7.7 now has a rate of 8.4. Likewise a couple of the same age with a “two-life” annuity now has a 7.5 rate instead of 6.8. A Landis Homes Gift Annuity can be purchased for $1,000 or any higher amount.

An annuity funded with appreciated assets like securities or real estate may realize additional tax benefits in bypassing capital gains tax.

A Gift Annuity for Landis Homes will result in the strengthening of both the Caring Fund and the Endowment Fund... two very important parts of providing benevolent care for every Landis Homes resident who has a need.

A gift annuity may be the way to accomplish many of one’s goals all at one time. For more information and a personalized proposal contact the Development Office at Landis Homes, 569-3271.

Mark LoMonaco
Director of Development

6th Annual Golf Tournament Raises Over $14,000 For Adult Day Services

Great weather, 214 golfers, and the support of many sponsors made Friday, June 20 a very special day for our Adult Day Services program. The money raised this year will help with the start-up costs of the new Adult Day Center in The Heritage. We were also delighted to have the support of County Commissioners Terry Kauffman and Paul Thibault. Next year the outing will again be at Foxchase Country Club in Stevens on June 5, 1998. Mark your calendar and plan to be part of this important event.

Mark LoMonaco
Director of Development

In Loving Memory

Alice W. Good 04/03/97
Etta Weaver 04/04/97
Lena Weachter 04/16/97
Elsie Witmer 04/21/97
Katherine F. Leaman 04/24/97
Margaret Klingler 04/25/97
Helen Hess 04/27/97
Mildred Rote 05/17/97
Robert J. Messner 05/26/97
Glenn S. Zeager 06/14/97
Anna K. Esch 06/16/97
Kathryn Parmer 06/17/97
Raymond Gockley 06/20/97
Martha Miller 06/20/97
Lillie Mae Shenk 06/28/97
Elizabeth Seldomridge 07/17/97
Ruth Horst 07/20/97

Golf foursome Roger Miller, Rich Sauder, Todd Shertzer and Keith Miller participate in the tournament to benefit Adult Day Services.
# Calendar Of Events

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<th>Sun</th>
<th>Mon</th>
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<td>1</td>
<td></td>
<td>August 12</td>
<td>Peach Social</td>
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<td>Sponsored by the Auxiliary</td>
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<td>East and West</td>
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<td>7</td>
<td>August 26</td>
<td>Artist’s Reception</td>
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<td>Velma Magill</td>
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<td>6:30 p.m. - 8:30 p.m.</td>
<td>Harvest View Galleries</td>
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<td>September 13</td>
<td>Chicken Barbecue and Fellowship Day</td>
<td>11:30 a.m. - 6:00 p.m.</td>
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<td>October 5</td>
<td>World Communion Sunday</td>
<td>10:00 a.m.</td>
<td>East Bethany</td>
<td>7:00 p.m.</td>
<td>West Bethany</td>
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<td>October 7-10</td>
<td>Renewal Meetings</td>
<td>7:00 p.m.</td>
<td>East Bethany</td>
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<td>November 26</td>
<td>Thanksgiving Service</td>
<td>7:00 p.m.</td>
<td>West Bethany</td>
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<tr>
<td>November 27</td>
<td>Thanksgiving Service</td>
<td>10:00 a.m.</td>
<td>East Bethany</td>
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