Use It, Don’t Lose It!

This year Landis Homes has begun a crusade to promote fitness among its residents. A program, “Use It, Don’t Lose It”, held on an afternoon in March, introduced residents to some new options available at Landis Homes for keeping physically fit.

Residents had fun exploring and trying out the new equipment which had been recently added to the exercise room on the west campus. These include a Nu-Step stepper machine, a treadmill, a rowing machine and three bikes. The new equipment was purchased with funds raised by the 1997 Chicken Barbecue sponsored by the Landis Homes Auxiliary.

Another added feature to the Landis Homes fitness program was introduced at the meeting. It is an exercise program known as PEPPI, which stands for Peer Exercise Program Promotes Independence. This nationally recognized program offers a range of options from seated exercises without the use of weight resistance to standing exercises incorporating the use of weights. A unique feature of the program is that it is led by residents who receive hours of training prior to the start of classes.

Activities staff also promoted the continuing options for fitness at Landis Homes. Exercise classes for range of motion are held two times each week and led by a staff person. A staff person is also avail-

(Use It, continued on page 4)

Attention Golfers!

Landis Homes
Seventh Annual
Benefit Golf Outing
June 5, 1998
Foxchase Golf Club

Proceeds will benefit the Adult Day Services program. Call Joyce Shenk at 569-3271, ext. 3104 for sponsorship and registration materials.
New Horizons

It is interesting how our "horizons" change from one year to the next. In the spring of 1997 the fund drive for *The Heritage* was drawing to a close and we were planning the groundbreaking ceremony for this long-awaited building. Rhoda and I were diligently preparing ourselves for the coast-to-coast bike trip.

One year later spring 1998, *The Heritage* is now under roof. It is exciting to see the efforts of the lengthy planning process giving fruit to actual bricks and mortar.

The thrill of reaching our bike trip goal hasn't faded much. We learned that reaching the summit of one mountaintop only reveals other mountains in the distance. Biking to the top of Steven's Pass in the state of Washington and McDonald's Pass in Montana revealed impressive new horizons in the distance. The term "awesome" is hardly adequate to describe the views and feelings at those moments.

We have reached a new summit this spring. On our horizon is emerging not only a new building but much more. We also have in view new programs to more adequately serve the community. This view is also awesome for it represents tremendous potential. However, along with something new comes change and adjustment, not only for staff, but for residents. Pray with us as we prepare for this transition the familiar words from Proverbs, "In all thy ways acknowledge him, and he shall direct thy paths."

Ed Longenecker, Executive Director

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Fellowship Day & Chicken Barbecue

Saturday, September 12, 1998
11:30 a.m. - 6:00 p.m.

- Children's Activities
- Craft Displays
- Draft Horses

Open House for *THE HERITAGE*
New Special Care Center
For more information: 569-3271
Cookies and Love

Lois Miller volunteers at Landis Homes each Wednesday. Among her varied assignments is that of being a Friendly Visitor for Irene Yost. They both enjoy music and sometimes they perform duets with Lois on piano and Irene on harmonica. They also both enjoy playing games, going to an activity and of course visiting with one another.

Over time, Lois noticed that many people greeted Irene as “Cookie Lady.” She decided to find out why. Lois learned that Irene loved baking and had often made special cookies to share with others. In fact Irene’s recipe had originally come from a restaurant. Because she no longer had a kitchen, Irene informed Lois, “Those days are over!” Lois left that day thinking, “Maybe those days are NOT over!”

The next Wednesday Lois brought a batch of chocolate chip cookie dough. She and Irene reserved the Activities Center kitchen corner, intent on their mission. Irene enjoyed watching cookies brown in the oven, then taking them off the trays. The women enjoyed assembling the cooled cookies in small plastic bags and tying them with bright ribbons.

What fun followed as they went throughout Landis Homes campus giving cookies to friends, staff and former neighbors. Irene even got to visit the resident who now occupies her former apartment which still houses the stove in which she had baked cookies.

With a hug for Lois and many thanks, Irene exclaimed through glistening eyes, “I’ll never forget today!” Another volunteer had made a difference in someone’s life.

Arlene Kreider
Volunteer Services

Thank You Volunteers!

1997
Volunteer Statistics
400 Volunteers
54,725 Hours
(A 20% increase from 1996)

A Volunteer Banquet was held at Yoder’s Restaurant on April 16 with the theme “Volunteers Color Our World.”
Special Events

Above: Retired Millersville Professor Hazel Jackson visits with residents Richard Shertzer and Rebecca Oberholtzer following her program "African-American Poetry and American Prose."

Above right: Mary Sweigart serves delicacies to Wanda Hemminga at the Adult Day Services Tea attended by participants and their families.

Right: Candy maker Elsie Matz demonstrates her "wares" at a recent program.

Use It, continued from page 1

able in the exercise room for equipment orientation and assistance. Aquatic classes held every weekday include Arthritis classes, Senioriscise and Lap Swim. Helen Hollyday who is a regular attendant in the Senioriscise class said, "It keeps me agile. I notice a difference when I miss exercise." Residents as well as non-residents may take advantage of the aquatic classes.

"It just makes you feel better," said Miriam Bell who attends both aquatic classes and PEPPi.

"Fitness is important for each individual, and by exercising you can improve your quality of life," said Melanie Mascarenas, Landis Homes Pool and Exercise Coordinator. "The opportunity to increase fitness can always be started and of course, should be continued. The most important factor is to keep moving."

Welcome New Residents

Independent Living/Residential
Paul L. and Lois G. Dagen
Richard E. Grube
John G. and Ellen H. Herr
Jay L. and Dorothy H. Hollinger
Mary H. Horst
J. Harold and Miriam Housman
Ada W. Leaman
Clarence F. Long
Melville and Esther Nafziger
Harry S. and Ellen S. Ray
Grace Timmins
Arthur Z. Wolf

Assisted Living/Health Care
Esther F. Brubaker
Lloyd L. Groff
H. Landis Hoover
Hear Me Calling You

Bonnie Stutzman, Associate Chaplain at Landis Homes, was credentialed by the Lancaster Mennonite Conference as a chaplain on March 1, 1998. The service was held at Mount Joy Mennonite Church, Bonnie's home congregation. This is a short reflection from Bonnie following that service.

What was it like for Simon, Andrew, James and John to be called from their fishing boats by Jesus? They were ordinary fishermen who gave themselves to their daily tasks, being the best fishermen that they could be. The Scripture doesn’t indicate that they were dissatisfied with their job or that they were on the brink of burn-out looking for a career change. Rather the Scripture says that when Jesus called them to follow him, they left their nets and boats. “Come follow me,” said Jesus, “and I will change you from fishers of men to fishers of men.” It was right out of the ordinariness of their satisfying fishing career that Jesus called them into risking the change for a new assignment.

And it has been right out of the commonness of my life as a homemaker that Jesus has called me to trust him in this new step of pastoral care giving. I have enjoyed the daily activities of caring for a family, sewing, bread baking, volunteer work at Mennonite Central Committee and the church. But as writer Nancy Datan has said, “Childbearing and child rearing, rather than locking women into traditional roles, can force them to consider and reconsider new beginnings. Continuous involvement with a constantly changing family is a constant stimulus to enlarged horizons.”

God called me to make the changes to chaplaincy in small steps. First, Christ invited me to look at an old wound from the past. As I experienced more freedom, I was able to risk trusting myself and others. Soon I enrolled in weekend seminars with Equipping Ministries International. After exhausting their lay care giving program and still wanting to grow, I became a Stephen Minister with the East Petersburg Mennonite Church. With growing confidence in my caring skills, I launched into the Clinical Pastoral Education program at Philhaven with the support of my home congregation Mount Joy Mennonite. With two and a half years of experience as student-chaplain, I walked through the door into Landis Homes to accept a full-time chaplaincy position. This has become a good place for me to grow as I continue to follow Christ.

New Department Heads Named

Helen Peifer of Akron, PA started as Director of Volunteers in April. She comes to Landis Homes with a diverse background of management experience in a number of settings. She was a Volunteer Coordinator in Texas, an Activities Director at Fairmount Homes and most recently an office manager for her husband’s business.

She and her husband Bob have three grown sons and three grandchildren. They attend Akron Mennonite Church where they are in the same small group with resident Bertha Miller. Helen’s non-vocational interests include painting, reading and walking.

Her in-laws Norman and Alice Peifer were former residents of Landis Homes. From that experience Helen says, “I only have lovely things to say about Landis Homes.”

The Social Services Department has also announced a staffing change. Dawn Martin has been named as the new Director of Social Services. She was an intern at Landis Homes as a senior at Millersville University and has been employed here since May 1997. The former director for the past nine years, Vanessa King-Boyer, will continue employment on a part-time basis. Elizabeth Weaver will continue her full-time work in the Healthcare Center.

Dawn who grew up in Bucks County, PA lives with her husband Tim in Rohrerstown, PA and attends Red Run Mennonite Church. Her hobbies include cooking, crafts, camping, reading, journaling and spending time with family.

When asked what she likes about Landis Homes Dawn replied, “I love the feeling of family and of being part of a team. It’s great to be able to say I look forward to coming to work each and every day!”

Social Services Department staff Vanessa King-Boyer, Dawn Martin and Elizabeth Weaver.
I am happy to report to you that our Heritage project is progressing very nicely. The roof is completed and the building is essentially enclosed. That is great since it means that there will be no more weather-related construction delays. We are thankful to have had such an extremely mild winter. Even so there was more rain than usual before the project was under roof. This caused over twenty days of construction delays. Consequently the projected completion date is now September 3, 1998.

As soon as the exterior of the building is completed we will be working on the various site areas i.e. lawn seeding, sidewalks, driveways, and parking. At the same time finishing the interior will also be in progress.

A team of six persons has been working with our architect’s interior design department. Interior color schemes have been chosen and furniture selections made and put out to bid. This has been an exciting process and I can assure you that the result will be a beautiful building. I believe the building design combined with the new programming will bring joy and comfort to family members who have a loved one who will receive this type of special care.

Thanks to all of you residents, staff and visitors for honoring the construction signs. Our project safety record is unblemished at this writing. A few more months of patience and hopefully by September we can show you the completed building at an open house celebration. See you then!

Paul M. Martin
Director of Facilities and Planning

I believe the building design combined with the new programming will bring joy and comfort to family members who have a loved one who will receive this type of special care.

The new Adult Day Services, left, and the Residential Care, right, of The Heritage have walls and a roof.

Top photo: A roof truss is put in place on the main entrance of The Heritage.

In Loving Memory

Lena M. Clark 01/21/98
Aaron L. Groff 01/21/98
Janet M. Bucher 02/16/98
David M. Sangrey 02/17/98
Elizabeth Denlinger 02/19/98
Geraldine A. Peters 02/25/98
Ruth F. Landis 02/28/98

Robert N. Youtz 03/01/98
Paul M. Miller 03/03/98
Fannie Moshier 03/06/98
Edna K. Wenger 03/09/98
William C. Hollyday Jr 03/12/98
Clayton Sangrey 03/19/98
Emeline Felpel 04/03/98
Getting the Best From Your Bequests

When Jesus told the people gathered on the hillside in Galilee that the meek would inherit the earth, he probably wasn't referring to a provision in a legal document we call a Will. Jesus had something greater in mind. Many times we have hopes to accomplish greater things, but need that legal document, a Will, to make them happen. In fact, preparing a Will with very clear bequest instructions is one of the most important acts of stewardship we perform.

There are three basic types of bequests: specific, general and residuary. The specific bequest describes exactly what you want a particular beneficiary to receive: "I give my son Glen the restored International Harvester Cub tractor." A general bequest does not specify a source from which it is paid. For example, "I give my daughter Mary $32,000." A residuary bequest is paid after all other bequests have been made and all debts, expenses and taxes of the estate have been satisfied.

Another important type of bequest is the charitable bequest. Charitable bequests help support worthy non-profit organizations. A charitable bequest can be created as a specific, general or residuary bequest. Such bequests make good financial sense: charitable gifts reduce your taxable estate, dollar for dollar.

Also, you may make charitable bequests either outright or in trust by using a charitable lead trust or a charitable remainder trust. Both trusts offer immediate tax benefits to the person creating the trust, but they operate in different ways. The lead trust provides immediate income to the charity for a certain number of years. After the trust terminates the principal passes to the non-charitable beneficiary, (perhaps grandchildren). In a remainder trust the opposite happens. The income is paid to the beneficiary for their lifetime with the remainder principal becoming the charitable gift.

Space does not permit a complete description, so if you would like more information please contact the Development Office, 569-3271, or just drop by and pick up a complimentary brochure. Our office is located off the main lobby of Harvest View.

Mark LoMonaco
Director of Development

Calendar Of Events

May 20  Health and Wellness Fair
10:00 a.m. – 7:00 p.m.  West Campus

May 21  Ascension Day Services
10:00 a.m.  East Bethany Chapel
7:00 p.m.  West Bethany Chapel

June 5  Benefit Golf Tournament
Tee-offs: 7:30 a.m. and 12:30 p.m.
Foxchase Golf Club  Stevens, PA

June 9  Strawberry Social
Sponsored by the Auxiliary
6:30 p.m.  East and West Campuses

August 9  Galilean Service
6:30 p.m.  At East Pond

September 12  Fellowship Day and Chicken Barbecue
Sponsored by the Auxiliary
11:30 a.m. – 6:00 p.m.
Open House – The Heritage
Special Care Center
Second Annual
Health And Wellness Fair
Wednesday, May 20, 1998

Maintaining Spiritual and Emotional Health .......... 10:00 a.m.
Diehl Snyder, MD, Medical Director at Philhaven

Staying Physically Healthy ......................... 1:30 p.m.
Bonnie Zink, RN, BSN, Medical Education
Consultant

Keeping Your Sense of Humor ................. 3:30 p.m.
Debbie Martin, RN, MEd, Wellness
Educator, Center for Wellness

Evening of Music, Senior Orchestra .............. 7:00 p.m.
Fairview Avenue Senior Citizen Club

Displays in the Community Room ............. 11:00 a.m. - 3:30 p.m.
Over 20 Wellness Agencies on major
Health Issues and Preventive Care

All Are Welcome
Invite friends, neighbors and family members.
For a brochure or more information: (717) 581-3938