Health Fair Promotes Wellness

The opening session of the Health Fair “Maintaining Spiritual and Emotional Health” was presented by Dr. Diehl Snyder, Medical Director of Philhaven Hospital, in the West Bethany Chapel.

Dr. Snyder based his remarks on the words found in Deuteronomy, “Love the Lord your God with all your heart, with all your soul and with all your strength.” He used both personal and professional examples to illustrate how one might pursue using one’s heart, mind, soul and strength for this high goal. As a physician and as a man of faith, Dr. Snyder said he believes one calling each person has is to keep one’s body “as good as it can be.”

The second general address was presented by Health Educator Bonnie Zink. In her topic, “Wellness for the 90’s,” she defined wellness as the feeling of well-being. She said, “You can have well-being even if you are living with a chronic illness.” Referring to the book The Triumphant Patient by Greg Anderson, Zink gave the audience a list of Rules for Wellness. They included 1) being joyful, 2) being in charge of how you feel, 3) enjoying the moment and 4) seeing love as a way of life. She emphasized, “You do have a choice in how you feel.”

There were over 20 displays of various health agencies covering a broad range of wellness issues in the West Community Room. Persons from both on and off campus visited displays by organizations such as the Alzheimer’s Association, the American Heart Association, the Arthritis Foundation, the Office of Aging, Omega Laboratories, Parkinson’s Support Group, the Sight Saving Center and Williams Apothecary.

Seminars, workshops, blood pressure checks, athletic events and entertainment were held throughout the day. Tai Chi a non-impact, non-stressful exercise program was demonstrated by trainer David Haines.

The day was capped off with musical entertainment provided by the Fairview Avenue Senior Citizens Club Orchestra. This 40-piece orchestra performed a variety of big band, classical, jazz and religious numbers.
Embracing Change

Some of us think of ourselves as adventurous and willing to embark on new experiences. We say we like change and the opportunities it provides us. It has a lot to do with control. If change is my idea, or if I have some input into decisions that affect me, it is not as difficult. But if change is out of my control and is thrust upon me I do have problems. It can feel like “the carpet is pulled out from under me.” Anxiety is fear of the unknown. We can’t predict what lies just around the corner. It can be very unnerving.

Things seldom stay the same at Landis Homes. We have grown continually in the number of residents, staff, buildings, programs and services. On the one hand that is exciting and affords a spirit of enthusiasm as we anticipate the new. Many of us find it hard to wait until The Heritage is built and the improvements to the East Front entrance are completed. There are other changes. The main driveway in the East entrance will shortly be completely redesigned to provide a safer entrance. I have overheard some residents and staff speak of the frustrations that these changes have brought. Changes were out of their control and sometimes not understood. Some may comment that they felt things were fine the way they were and didn’t see the need for change. It helps to ease the transition if everyone understands.

There have been recent announcements of staff changes. Marian Buckwalter, Director of Marketing and Admissions and Dave Keim-Shenk, Vice President of Resident Services, have decided to resign. I personally have found that difficult because each has contributed so much. That was beyond my control! While we want to bless them in their new adventures, we are needing to find replacements. Happily we have found Virginia Musser to assume the Director’s role in Marketing and Admissions.

But, I still struggle. Things were fine the way they were and I didn’t see the need for change! Wouldn’t it be nice if we could push the pause button and freeze things the way they are and in this way prevent undesirable change from happening. And yet we realize the folly of such an idea.

Somehow, we need an attitude of acceptance. Change can be a positive opportunity. While we cherish stability, we can “embrace change” in areas of our life as it stretches our faith in God. As we face the new opportunities and challenges of the numerous changes ahead for us at Landis Homes, pray that we would have the courage and faith to trust God’s leading.

Ed Longenecker,
Executive Director

Dedication And Open House Set For The Heritage

On Saturday and Sunday, September 12 and 13, Landis Homes Retirement Community will hold an Open House and Dedication for The Heritage, the special care center for persons with Alzheimer’s disease and other forms of dementia. The new center when it opens in the fall will offer residential as well as day services for persons with memory impairment. The hours for the Open House will be from noon to 5:00 p.m. on Saturday during the Annual Chicken Barbecue sponsored by the Landis Homes Auxiliary.

On Sunday a Dedication will be held at 2:00 p.m. followed by an open house from 3:00 p.m. to 5:00 p.m. The Dedication will be held in a tent located just east of the new center. For more information call Landis Homes at 717-569-3271.
New Opportunity For Preserving Memories

Landis Homes' residents as well as persons off-campus are invited to a special presentation in Landis Homes West Bethany Chapel at 2:00 p.m. on Thursday, September 3. Joanne Hess Siegrist will present a slide lecture called "Preserving Memories." Joanne is a teacher, historian, author and church worker from Bird-in-Hand, PA. In 1996 she authored the book, Mennonite Women of Lancaster County: A Story in Photographs from 1855-1935. Joanne inspires many individuals to tell their own stories through her public lectures and teaching workshops.

Following the September 3 presentation Joanne will be the guest instructor for a series of eight workshops the first Thursday of the month from October through May from 1:00 - 3:00 p.m. in the West Community Room of Landis Homes. These eight workshops are open to all ages.

The general public is invited to join the residents of Landis Homes in these workshops. Each participant will make a memory book, develop some personalized stories, and carefully label family photographs. The various ages and lifestyles of the participants will serve as a forum for a regular "show and tell" exchange.

Siegrist believes that today's mobile society can greatly benefit by collections of personal stories and photographs which preserve family, faith, and community connections. The workshop series will be designed to show participants different ways to record not only what people do but also who they are. Some other discussion areas will be: archival safe supplies, innovative copy options for heirloom photography, layout ideas, documentation of the captions, and memory book samples.

Please call Janice Hess, Activities Coordinator (569-3271) in advance for reservations for the eight monthly workshops. Come as often as you can. No fee is required. The instruction is a community service.

Welcome New Residents

Independent Living/Residential
Alma Denlinger
Clarence H. and Mary E. Martin
Bertha M. Rhoads
Ferne A. Schoelkopf
Helen Snively
Boyd Wert
Raymond H. & Edith Witmer

Assisted Living/Health Care
Naomi R. Fritz
C. Price Smith

Discharges
H. Landis Hoover
Mary Mellinger
Raymond C. Todd
Celebrating Student Artists

“Let no one look down on you because of your youth, but be an example in word, conduct, love, faith and purity. Neglect not the gift that is in you.” With these words from Second Timothy, Ed Longenecker, Landis Homes President, welcomed two Lancaster Mennonite High School (LMHS) students and their families to the Student Art Recognition Program.

Each year since 1995, Landis Homes selects a piece of student artwork from the Spring Fine Arts Festival at the high school to become part of the retirement community’s permanent art collection, which now numbers more than 50 pieces, primarily from local artists. In return, Landis Homes makes an annual contribution to the fine arts program at LMHS.

The program was held to recognize Jeremy Hess and Fumi Ono, winners from the 1997 and 1998 festivals. Jeremy, son of Paul and Brenda Hess of Willow Street, was honored for his photograph entitled, “Walking Toward the Light.” Fumi, daughter of Katsumi and Mariko Ono of Tsumagoi-Mura, Japan, was selected at this year’s festival for her pencil drawing entitled, “Hands.”

During the program, each student was given the opportunity to talk about their interest in art, their selected piece and their plans for the future. Fumi, an international student at LMHS for the past three years said, “Creating pieces of art fills my heart and makes me feel happy and satisfied. My feelings come out through art.” She went on to say about her selected work, “Hands are the most creative body part. You can express feelings through your hands. In my drawing the hands are showing freedom.”

Jeremy said he went to high school never intending to take any art courses. However, his parents gave him the gift of a camera and he decided to take a course to learn how to use it. He continued to take photography courses for the next two and one-half years until he graduated last spring.

In speaking of his selected photograph he said, “I titled it ‘Walking Toward the Light’ because it seemed fitting for the content of the photo, steps going up to an open door. The photograph has come to mean even more to me. It also shows our walking toward God. Just like in the photograph, the first steps appear larger.”

Both students shared their plans to further their education this fall. Fumi will be pursuing further art instruction at Pratt University in New York City, while Jeremy will be seeking a photography degree at Colorado Mountain College, outside of Denver.

Becky Weidner, the Chair of the LMHS Art Department, drew from the department’s philosophy in her remarks. She said, “The visual arts enable students to observe, explore and respond to life.” And further, “Discovering the creative process can draw one to the ultimate Creator—God.”

LMHS photography teacher Paul Brubaker in sharing his appreciation for the Landis Homes program said, “I affirm the coming together of our two campuses, of this older generation supporting and encouraging a new generation of young adults coming up.”

### In Loving Memory

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Lizzie M. Martin</td>
<td>04/24/98</td>
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<td>Mary L. Groff</td>
<td>05/06/98</td>
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<td>Lena Hoover</td>
<td>05/09/98</td>
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<td>Eli Landis</td>
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<td>Naomi Bair</td>
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<td>Elva M. Krady</td>
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<td>Mabel E. Nolt</td>
<td>06/05/98</td>
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<td>Paul D. Kreider</td>
<td>06/10/98</td>
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<td>Grace L. Leaman</td>
<td>06/26/98</td>
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<td>Elva Martin</td>
<td>06/27/98</td>
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<td>Margaret M. Martin</td>
<td>06/27/98</td>
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<tr>
<td>Mary M. Miller</td>
<td>07/07/98</td>
</tr>
<tr>
<td>M. Elizabeth Weaver</td>
<td>07/09/98</td>
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</table>
Top left: Ruth Hershey receives watercolor instruction from art teacher Anne Miller.

Top right: Maintenance Director, Chris Kennel shares a laugh with Adult Day Services Director, Faith Hoover at the Annual Golf Tournament at Fox Chase Golf Course. The tournament featured 232 golfers and raised over $18,000 for the two Adult Day Services Centers.

Bottom left: Lois Thomas prepares to press flowers in a class taught by Catherine Esch.

Bottom right: Simeon and Jean Hurst (right) host a game for Richard Shertzer and Clyde Fulmer, at the “Guess Who’s Coming?” evening. One hundred and fifty residents participated as hosts or guests for the event.
New Department Head

M. Virginia Musser who has begun work in the position of Director of Marketing and Admissions is familiar with retirement communities. From 1987-1997 she was employed as the Director of Independent Living at Rockhill Mennonite Community in Sellersville.

Virginia also has over 14 years experience in social work in Philadelphia and Sellersville hospitals. For the past six months she has worked as a social worker in home care and hospice.

Although Virginia has lived in Souderton for the past twenty-plus years, she is no stranger to Lancaster County. She grew up near Bowmansville and was a member of the Bowmansville Mennonite Church before leaving for voluntary service and eventually college. All five of her siblings are living in the county and as Virginia says, “I’m coming home to roost!” She hopes to see more of her nieces’ and nephews’ sporting and school events.

Virginia is a member of Zion Mennonite Church in Souderton and serves on the church board.

Virginia, also known as “Ginny,” is an avid hiker and is active in numerous hiking organizations. She hiked the entire Appalachian Trail from Georgia to Maine and now maintains a two-mile section on the Blue Mountain near Allentown.

Farewell To Faithful Volunteer

Kay Predmore has been a volunteer at Landis Homes four days a week for more than a year and a half for a total of almost 600 hours. She could be found serving in whatever capacity was needed: playing piano for sing-a-longs, picking up cans from Oregon Dairy for recycling by Adult Day Services, working in the mail room, doing projects at the reception desk, transporting residents to various places, or tallying volunteer time slips. You name it, if it needed doing, just ask Kay and it would be done—and done well! With a joyous countenance and a giving spirit, her warmth and encouraging ways were felt all through Landis Homes.

A former school administrator, Kay resides in Lititz and attends the Open Door Mennonite Fellowship. Now, refreshed and rejuvenated, Kay is moving back into the profession she left before coming here. She looks forward to spending the next four months as interim principal at West Fallowfield School.

The staff and residents of Landis Homes would like to say a heartfelt THANK YOU to Kay for her dedicated service, but even more so for who she is. We wish her God’s best blessings in the future.

Helen Peifer
Director of Volunteer Services

If you would like to learn about volunteer opportunities at Landis Homes contact Helen at 569-3271.
[Image of Craft Persons]

who would like to reserve space in the craft tent at the Landis Homes Retirement Community 26th Annual Chicken Barbecue on Saturday, September 12, please call 717-581-3035 to request a reservation form.

[Image of Renovation Progress]

The East front entrance in the process of renovation.

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**Face Lift Continues**

*Project Completion Dates*

- East Front Entrance .......... Mid-August
- Building Renovation
- New East Driveway ............. Late August
- The Heritage .................. September

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**Calendar Of Events**

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<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THR</th>
<th>FRI</th>
<th>SAT</th>
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<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td><strong>Watermelon Social</strong> 6:15 &amp; 7:15 p.m.</td>
<td>West Community Room</td>
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<td>August 20</td>
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<td></td>
<td>August 21</td>
<td><strong>Watermelon Social</strong> 1:30 p.m.</td>
<td>East Activities Center</td>
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<td>7</td>
<td>8</td>
<td>9</td>
<td><strong>Town Meeting</strong> 1:30 p.m.</td>
<td>East Bethany</td>
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<td></td>
<td>3:00 p.m.</td>
<td>West Bethany</td>
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<td>14</td>
<td>15</td>
<td>16</td>
<td><strong>Chicken Barbecue and Fellowship Day</strong> 11:30 a.m. - 6:00 p.m.</td>
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<td></td>
<td><strong>Dedication Service for The Heritage</strong> 2:00 p.m.</td>
<td>Outdoor Tent</td>
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<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td><strong>Thanksgiving Service</strong> 7:00 p.m.</td>
<td>West Bethany</td>
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<td>November 25</td>
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<td>November 26</td>
<td><strong>Thanksgiving Service</strong> 10:00 a.m.</td>
<td>East Bethany</td>
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7
**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