The Children’s Learning Center at Landis Homes first opened its doors on November 4, 2004. They celebrated their 10th Anniversary with several special events this past November.

With painted faces, the children paraded through the personal care and healthcare houses, smiling, singing and shaking hands with residents as they went. They carried bouquets of balloons and plates of cookies, which they left as a parting gift in each household.

Since its beginning the learning center students have had many interactions and joint activities with residents as part of their regular curriculum. Both students and residents look forward to these cross-generational contacts. Several residents also volunteer at the learning center throughout the year.

Director Jessica Littleton oversees the program, which is managed by Hildebrandt Learning Centers, that serves over 50 children ages 6 weeks to 5 years. To find out more about openings for infants, toddlers and preschoolers, contact Jessica Littleton at 717-509-5400 or jlittleton@landishomes.org.
Beginning the Next Fifty Years

By Larry J. Zook, President/CEO

After a meaningful year of 50th Anniversary celebrations in 2014, we now look forward to our next 50 years of serving at Landis Homes.

In 2014, our listening and strategic planning process led to the Landis Homes Board taking next steps on a Campus Master Plan. The plan provides a blueprint guiding the next five to eight years. It will help transform our campus to reflect the 21st century expectations of current and future residents. It gives Landis Homes the chance to provide needed space for wellness activities, Pathways Institute classes, additional apartments and expanded parking, among other things. It also helps guide renovation and updating of existing buildings where needed.

Key to this planning was listening to current and future residents and team members. Many are calling for a central location on campus to provide accessible spaces for learning and wellness activities as well as campus services. A main entrance for those visiting campus for the first time was also identified as an important need. This new plan not only meets these needs, but also, when finished, will allow residents, team members and visitors to cross from one side of campus to the other without needing to go outside. The new apartments included in the planning match the desires of the majority of future Landis Homes residents by having more than one bedroom and at least a bath and a half.

Preliminary surveying for the first stage of building is complete and a design team with resident and team member representation is meeting to give input to the architects. Others are working at the financial components of the project, keeping Landis Homes on solid fiscal standing. A capital campaign to raise funds for the Learning & Wellness Center is envisioned. In the months to come, the first generation of drawings will begin to appear. It will be important to remember they are initial drawings and may need to be adjusted as planning continues. In addition, we are working with those living in the current central campus cottages to ensure smooth transitions to other locations at Landis Homes. We continue to welcome feedback regarding this project. One way to do that is by sending an email to CampusPlan@landishomes.org.

As we start this journey together, both the Board and Leadership Team value your thoughts and prayers. This is a time of great change both in the continuing care arena as a whole and here at Landis Homes. While plans and facilities may change, our commitment to “Serving aging adults and their families by honoring and enriching their lives in a community of Christ-like love” remains strong. Thank you for your part in this journey!

717-381-3561 or lzook@landishomes.org

South Campus Construction on Schedule

Construction of 25 hybrid homes at 1576 and 1600 Wisteria is on schedule for completion late Spring 2015. All the homes are reserved with move-ins scheduled to begin May 29 for homes in 1576 Wisteria and June 29 for homes in 1600 Wisteria.

Hybrid homes combine some of the best features of cottage homes and apartment living. Multiple views, garage parking, outdoor living, and absence of corridors are like a cottage home. Apartment-like features include indoor access to common areas and opportunities for social connections in shared living spaces such as hearth rooms and a community room.

Contact the Residency Planning Office at 581-3935 if you or someone you know is interested in future residency at Landis Homes.
Luminary Walk Surpasses Goal to Aid Accessibility

The 50th Anniversary Celebration culmination event in early November was attended by hundreds of people, including residents, family members, community partners, staff and guests. Under the light of a full moon, they experienced the warm glow of the more than 1000 luminaries that stretched nearly three quarters of a mile around walkways and ponds. There were even some luminaries afloat in one pond, which is home to a pair of swans.

Each lit luminary represented a $50 gift, given in memory or in honor of a loved one. The $50,000 goal for the Leaman Woods Accessibility Project to create a new, paved walking path was far exceeded with the total amount topping $70,500. In addition to the path through the woods, additional benches, a gazebo and two entrance arches are planned for Leaman Woods in 2015, making it accessible for everyone to enjoy.

Don’t let unanswered questions keep you awake at night.

Ask An Attorney, Financial Planner and Charitable Service Representative your Estate Planning Questions

in this interactive, educational seminar

March 26, 6:00 pm

Harvest Room, Harvest View on Landis Homes Campus

Invite a family member and RSVP to the Advancement Office by March 20, (717) 509-5490. Attendance limited to the first 45 people.
Landis Homes Announces New Board Members

Landis Homes recently announced the appointment of three new members to its board of directors. They are Sandra Harnish, Rachel Hess and Anna Grace Martin.

Harnish, of Strasburg, is a Registered Nurse with a Bachelor of Science in Nursing who currently works for Affilia Home Health (formerly VNA Community Care Services). She is a graduate of PA College of Health Sciences (formerly LGH) and Eastern Mennonite University. Her former experience includes working in the roles of charge nurse, staff nurse and as an RNAC (registered nurse assessment coordinator), in a skilled care center. She worked at Landis Homes as a new graduate in the 1980s. Her grandparents were residents of Landis Homes.

Hess, of Lititz, received her Bachelor of International Studies from University of Virginia and was most recently employed by MEDA, Mennonite Economic Development Associates, where she helped design and manage economic development projects in the US and around the world. Her former board service includes Philhaven, a behavioral healthcare provider in Mount Gretna. Rachel’s mother was a resident at Landis Homes.

Martin, who has lived at Landis Homes since 2004, received her Bachelor of Science in Business Administration from Marywood College, Scranton. Now retired, Martin was a finance officer at Mennonite Home/Woodcrest Villa. Her former volunteer and board work includes service to the Lancaster Chapter of the Red Cross, the PA Relief Sale and Tabor Community Services. Martin’s parents were residents of Landis Homes.

The new board members will be joining seven other members: Chair John W. Eby, Vice Chair Glen D. Moffett, Secretary Daniel D. Mast, Treasurer Jonathan E. Hollinger, as well as Carol Shenk Bornman, Rachel Thomas Pellman and Fred T. Sargent.

New Wellness Task Force Begins

By Larry Guengerich
Director of Communications and Church Relations, Landis Communities

The mission of Landis Homes is to “Serve aging adults and their families by honoring and enriching their lives in a community of Christ-like love.” Essential to this is recognizing residents, family members and team members as “whole people” whose wellbeing extends beyond basic physical needs.

“Creating a culture of wellness woven into the fiber of the community is a large part of the strategic planning efforts currently underway,” says Eva Bering, Vice President of Operations. One new component of this effort is the formation of a Wellness Task Force consisting of residents from across campus, along with team members from many departments.

The group is charged with establishing a framework for the wellness program, coordinating the significant efforts already being made and growing the program in the future. The development of this task force is timely, since Landis Homes is currently in the planning process of constructing a new Learning and Wellness center that will serve as a campus hub of activity, support and socialization.

Erika Nevins, Life Enrichment Director, comments, “In our society, there is huge focus on physical wellness. This is understandable; however, people often get so focused on one area they fail to see other dimensions of full wellness. Cultures of wellness help tackle that issue through education and the enthusiasm of leaders and participants. It is my personal mission to help others realize the vibrancy and value older adults have and work to help them achieve wellness in brand new ways!”

Persons interested in finding out more about wellness and this new task force may contact Erika at 717-381-3555 or enevins@landishomes.org.
The Seven Dimensions of Wellness

This article is reprinted from the website of The International Council on Active Aging® (ICAA) of which Landis Homes is a member.

The concept of wellness moves the definition of health and well-being away from a mindset based in the management of disease and into the areas of prevention and proactive strategies.

Active aging embodies the philosophy that individuals can live as fully as possible within the seven dimensions of wellness.

The wellness dimensions overlap and coordinate to provide rich environments for living. Wellness becomes a framework that is valuable for serving the wants and needs of a person engaged in life.

Emotional

Feelings are the lens through which people view the world, and the ability to be aware of and direct one’s feelings helps to create balance in life. Coping with challenges and behaving in trustworthy and respectful ways signal emotional wellness, attributes that can be encouraged through peer counseling, stress management, humor/laughter and personal histories.

Intellectual, cognitive

Engaging in creative pursuits and intellectually stimulating activities is a proven approach to keeping minds alert and interested. There are many ways to stay intellectually active, including taking college courses, journaling, painting or joining a theater company, and challenging oneself with games and puzzles.

Physical

The goal of living independently is one shared by many people, and physical wellness is necessary to achieve this. Lifestyle choices that can maintain or improve health and functional ability include engaging in physical activity, choosing healthy foods with adequate nutrition, getting adequate sleep, managing stress, limiting alcohol intake, not smoking, making appointments for check-ups and following medical recommendations.

Professional, vocational

Work that utilizes a person’s skills while providing personal satisfaction is valuable for society as well as the individual. Participating in the paid and unpaid workforce means maintaining or improving skills, and helping others. Older adults contribute to society as experienced professionals, caregiver, mentors, teachers and volunteers. Leisure-time vocations in the arts and through hobbies maintain vocational skills.

Social

Social interactions with family, friends, neighbors and chosen peer groups can be valuable for maintaining health. Personal contact by joining clubs, traveling, visiting friends and family, engaging in intergenerational experiences like making quilts with a elementary school children is beneficial for everyone who it touched.

Spiritual

Living with a meaning and purpose in life, guided by personal values, is key to feelings of well-being and connection to the larger world. Group and individual faith-based activities, personal meditation, mindful exercise and experiencing nature can open create the opportunity for spiritual growth.

Environmental

Surrounded by natural and man-made environments, good stewardship means respecting resources by choosing “green” processes that re-use and recycle goods. It also means looking at ways to bring people into the natural environment and encourage active living through urban and property designs emphasizing walking paths, meditation and vegetable gardens and similar options.
Tribute to Loved Ones

July 1, 2014 – December 31, 2014

We are sincerely thankful to those listed below who have given a tribute to a loved one either as a Memorial or Honorary gift. We apologize if there are misspellings or omissions on this list. Tributes for the 50th Anniversary Leaman Woods project appeared in a separate program. To contact the Advancement Office, call (717) 509-5490.

Gifts in Memory of

JOHN E. ARMSTRONG
  Ruth Johnson
  Richard & Marilyn Rhoades
  Sandra Smith
  Timothy & Betty Smith
  Clair & E. Lorraine Wagner
  Barbara Witwer
  Anonymous

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Philip & Kay Gehman

ALLYN TAYLOR
Anonymous

LUKE TAYLOR
His Parents

ROLAND YODER
Anonymous

Landis Homes is pleased to be a participating member of Leave a Legacy-Lancaster County.
New Director of Rehabilitation Services

Kristi Beltz began as the new Director of Rehabilitation Services at Landis Homes in November 2014. In this role she gives oversight to the rehabilitation and therapy center on campus. The center provides physical, occupational, and speech therapy to residents and to others receiving short-term rehabilitation.

Beltz has an associate degree as a Physical Therapy Assistant from Central Pennsylvania College, Summerdale, PA. In 2005, she became a Certified Lymphatic Therapist, which she says is her favorite part of work. She is an employee of RehabCare, which manages the program at Landis Homes.

Her work experience prior to coming to Landis Homes was in long term care, acute care and outpatient therapy. Most recently she was serving as the Therapy Program Director for United Zion Retirement Community, Lititz.

Beltz lives in Douglassville, PA with her husband and three daughters. When she is not working, she enjoys being head coach of a community cheerleading squad.

“I love the team approach that Landis Homes offers in all of the care they provide,” says Kristi. “I so appreciate that all of the staff, residents and volunteers have been greatly welcoming and I look forward to being able to offer the fantastic residents … programming to increase their community involvement and well-being.”

Annual Banquet Honors Team Members

by Sandy Smoker,
Director of Human Resources

The cold, snowy weather on November 13 did not deter approximately 415 team members, board members and family and friends from attending the Annual Staff Banquet which was held at a new location this year. A delicious meal and team member appreciation awards were held in the Courtyard at the Eden Resort.

A highlight of the evening was the recognition of team members receiving length of service awards. Sixty-six team members reached milestones in 2014 given in 5-year increments.

Slightly more than 685 pounds of groceries and $585 in cash were contributed by individual team members to the Lititz Warwick Community Chest as this year’s Staff Giving Project.

Sincere thanks to the award recipients and all team members who honor and enrich the lives of those we serve in a variety of ways every day!
Team Member Length of Service Awards 2014

35 Years
Ella Burkholder, Laundry

30 Years
Barbara Martin, Laundry
Esther Zimmerman, Dining Services

25 Years
Vanessa King Boyer, Social Services
Barb Heller, Personal Care
Mary Ann Hershey, Laundry
Etta Horst, Housekeeping
Dave Lefever, Construction Services

20 Years
Tennille Bradley, Personal Care
Alma Horning, Dining Services
Linda Martin, Dining Services
Rosene Martin, Heritage Healthcare
Ann Nolt, Dining Services
Jim Oberholtzer, Housekeeping
Jeannine Perry, Health Services Admin
Twila Sauder, Life Enrichment
Larry Zook, Administration

15 Years
Dorcas Benner, Landis at Home
Mike Gross, Maintenance
Audrey Hollinger, Residential Living
Richelle Kegarise, Finance
Katie King, Personal Care
Wilamenia Rosa, Personal Care
Sandy Smoker, Human Resources
Wanda Wolfe, Heritage Personal Care
Betty Zimmerman, Housekeeping

10 Years
Brenda Garber, Dining Services
Grace Itwaru, Personal Care
Darlene Keller, Dining Services
Susan Larkin, Adult Day Services
Adele Myers, Dining Services
Chrissy Reedy, Healthcare
Josie Ruhl, Personal Care
Barb Sauder, Administration
Becky Sensenig, Healthcare
Jaime Shaak, Healthcare
Sue Shirk, Volunteer Services
Lori Stoltzfus, Dining Services
Aaron Underwood, Maintenance
Cindy Walters, Healthcare
Karen Warfel, Landis at Home
Becky Weaver, Human Resources

5 Years
Oksana Gerz, Healthcare
Amy Herr, Residency Planning
Amy Horst, Dining Services
Celeste Landis, Landis at Home
Janae Martin, Healthcare
Kathy McNally, Healthcare
Roseline Menard Guerrier, Heritage Healthcare
Whitney Mendoza, Dining Services
Jeff Peters, Housekeeping
Alisha Rutt, Heritage Healthcare
Breanna Shenk, Heritage Healthcare
Gretchen Shenk, Residential Living
Richard Siegrist, Housekeeping
Bekah Smoker, Heritage Healthcare
Alonna Gautsche Sprunger, Advancement
Cindy Talbott, Administration
Emily Weaver, Adult Day Services
Elizabeth Wise, Heritage Personal Care
Lauren Young, Dining Services
Sarah Zimmerman, Life Enrichment

Come for the Day
adultday.landishomes.org | 717-581-3939

Two programs:
One designed to provide well-being through social and health related services and the other providing care with dignity for persons with memory loss.

Personal Care Services in Your Home

Home care agency providing services to those living within a 15-mile radius of Lititz.

www.landisathome.org | 717-509-5800
February Opening Exhibit to Feature Quilt Artist

An art reception opening at Landis Homes on February 3 will feature the latest quilted creations of Lititz artist Lois Flickinger.

Flickinger’s repertoire extends from traditional fabrics and patterns to imported materials and original designs using a wide range of styles. She has taught classes in quilting as well as led workshops on the subject. Her work includes quilts in standard bed sizes in addition to wall hangings from miniatures to large projects. Work can also be special ordered in both fabric and design.

Her interest in quilting grew out of her love of textiles. Friends and relatives trained her in the art of making quilts in the 1980’s while she was attending Bethel College in North Newton, Kansas.

In 1995, Flickinger moved to Akron, PA, to work as the Quilt Room Supervisor for the non-profit organization Mennonite Central Committee. It was during those years that she developed an interest in international textiles and began to incorporate fabrics from other cultures into quilt designs.

Many of the pieces she creates show the strong influence of her Mennonite background and the traditional Amish designs that she has always found to be beautiful works of art. All of the quilting on her pieces is done by hand and each quilt is signed and dated.

The opening reception, to which the public is welcome, will be held from 6:30 to 8:30 p.m. on Tuesday, February 3, in the Harvest View lobby and galleries at Landis Homes. A snow date is set for February 10, in the case of inclement weather. The works will continue to be on display through April. For more information, call Landis Homes at 717-581-3935 or visit www.landishomes.org.

Pathways Institute to Launch Spring Term

by Susan Stauffer, Pathways Institute Director

The spring 2015 term of the Pathways Institute for Lifelong Learning® at Landis Homes will begin with a special Kickoff Reception on Thursday, February 5. The program will begin at 1:30 p.m. in the West Bethany Chapel at Landis Homes.

Following opening remarks, there will be a special musical performance titled “Beat the Winter Blahs with Music!” by Dr. Otis Kitchen, pictured, on piano with Chuck Few on trumpet.

“A variety of well-known pieces from both classical and popular genres will help you start thinking about warm sunshine and an early spring,” says Chuck Few.

Instructors will then be introduced and spring 2015 offerings will be announced. The new Pathways Institute catalogs will be available at the conclusion of the program. A wonderful variety of desserts will be served, and the registration process will begin. Online registration at www.thepathwaysinstitute.org will open at 4:00 p.m. on February 5.

The courses, which run from March through May, are open to all Lancaster County residents who are age 55 years or above. There is a nominal registration fee which includes enrollment in to up to 5 courses per semester and a per course option. There are also day trips and concerts offered in addition to the regular classes.

For more information call 717-569-3271, ext. 3060, or email: pathwayinquiry@thepathwaysinstitute.org
February 3
Art Reception
Lois Flickinger
Fiber Art
Harvest View Galleries
6:30 - 8:30 PM
(snow date 02/10/2015)
Show continues thru April 2015

February 5
Kickoff for Spring Semester
Pathways Institute for Lifelong Learning®
West Bethany Chapel
Beginning at 1:30 PM
RSVP required by 1/30/15– 717-569-3271
(ext. #3060)
See more on page 10

February 6
MCC Conversations for Peace in Palestine & Israel
by Daryl Byler
Executive director of EMU’s Center for Justice & Peace
Building
West Bethany
7:00 PM

February 16
Mennonite World Conference Assembly
(which will take place July 21-26 in Harrisburg, PA)
“Anabaptist Songs in African Hearts”
Input and book discussion
Chaired by Emerson Lesher
West Bethany Chapel
3:00 – 4:30 PM

March 16
Parkinson’s Support Group
First meeting of 2015
Westview Community Room
2:00 PM
For more information: 717-509-5494

March 26
Estate Planning Seminar
Harvest Room
6:00 PM
RSVP: 717-509-5490
See more information on page 3

April 2
Easter Flower Sale
Benefits Adult Day Services
Westview Community Room:
8:00 AM – 12:00 Noon
East Bethany Chapel:
7:30 AM – 1:00 PM

April 11
Volunteer Banquet
Yoder’s Restaurant, New Holland
7:30-9:00 AM
Followed by tour of Welsh Mountain Home
Clergy may RSVP: 717-381-3526

May 16
Eastern Mennonite University
STEP (Study and Training for Effective Pastoral Ministry) Graduation
West Bethany Chapel
2:00 PM

May 21
Clergy Breakfast
Hosted by Landis Communities
Yoder’s Restaurant, New Holland
7:30-9:00 AM
Followed by tour of Welsh Mountain Home
Clergy may RSVP: 717-381-3526

June 5
Golf Tournament
Fox Chase Golf Club
For more information: 717-509-5490
See ad on back page

landishomes.org • 717-569-3271
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Think Green & Save the Date + Annual Benefit Golf Tournament for Adult Day Services
June 5, 2015
at Foxchase Golf Club
landishomes.org
717-509-5490