Former Board Chair Mamo Dula received a PANPHA Award for 2008 as Trustee of the Year. Dula was selected from nominees across Pennsylvania for the award for many years as a Landis Homes board member.

Surrounded by many of his family members, Dula received the award at the PANPHA Annual Conference in Hershey, PA in late June. PANPHA - An Association of Nonprofit Senior Services - is the state’s largest trade association representing nonprofit private, fraternal, religious and government sponsored providers of housing and health-related service options to Pennsylvania’s elderly. More than 350 member organizations belong to PANPHA, including nursing facilities, retirement communities, personal care and independent housing facilities, HUD housing, adult day care and other community-based service providers.

Nominating materials for Dula included facts and dates as well as letters of recommendation. The candidate, who retired after 20 years as director of pharmacy at Masonic Village in Elizabethtown and where he continues to work part time, received high praise for his service to Landis Homes.

“PANPHA’s vision is about creating services for the aging in Pennsylvania; it’s not just doing what has been done,” said Ron Barth, president and CEO of PANPHA. “Mr. Dula’s forward thinking has led change and created the future for the way we treat our seniors. One example of that is Landis Homes’ in-home service, Landis at Home.”

Barth noted that Pennsylvania has one of the largest senior populations in the country. From 2001 to 2005, the population of those over age 85 grew 13 percent, while the rest of the population grew only 1 percent.

Dula, a native of Ethiopia, served on Landis Homes’ board of directors from 1998 to 2007. He served on the board’s resident life committee from 1998 to 2001, was vice-chair of the board from 2001 to 2002, and served as chair of the board from 2002 to 2007. Another Landis Homes employee Belay Beyene, also from Ethiopia, was recognized as one of several nominees for PANPHA’s Caregiver of the Year award.

Said Dula, “I come from a country where the gray-haired people are respected. We have a tradition of sitting at their knee and hearing their advice and counsel.”
Land planners and architects are at work designing an expansion of residential living at Landis Homes. Securing approvals and permits is expected to take nearly a year, with construction starting mid-2009, if approvals are granted. One factor extending the design and approval process is Landis Homes’ desire to seek more sustainable building methods.

More sustainable buildings last longer and have less impact on ecological systems, particularly in relation to global concerns such as climate change and oil depletion. Some building practices are more sustainable, others less sustainable. For example, energy-saving compact fluorescent light bulbs might be considered more sustainable than incandescent bulbs. The search for more sustainable building practices led Landis Homes to pursue 1) LEED registration and 2) floodplain restoration.

The Leadership in Energy and Efficiency Design (LEED) green building rating system provides standards for environmentally sustainable construction. The rating system addresses six major areas: sustainable sites, water efficiency, energy and atmosphere, materials and resources, indoor environmental quality, innovation and design process. Projects can qualify for four levels of certification: Certified, Silver, Gold and Platinum. LEED certified buildings use key resources more efficiently when compared to conventional buildings. Green buildings cost more to design and construct when compared to conventional buildings. However, these higher initial costs can be recovered over time due to lower operating costs.

Floodplain restoration puts stream channels and their adjacent floodplains at or very near their historical elevations and locations. Settlement activities many years ago, such as timber harvesting and clearing land for farming, caused eroding soils to make their way into lowlands. As sediments built up in floodplains, once composed of highly porous organic matter, now composed of fine sediments, water could not move downward. Restoration involves removing several feet of sediment from the floodplain area, allowing the floodplain to occupy most of its historical width, thereby improving groundwater recharge and filtration. Floodplain restoration is now an accepted stormwater Best Management Practice. A stable, restored stream and floodplain can receive, hold, filter and move stormwater runoff without causing damage.

Pursuing LEED certification and seeking to better manage stormwater through floodplain restoration are two ways Landis Homes plans to improve the environmental impact of land development.

Elevation of the new Hybrid Homes which will use green building practices to protect the environment and save on energy costs.
Quilt Artist to Show in August

An August art reception at Landis Homes will feature the latest quilted creations of Lititz artist Lois Flickinger.

Flickinger’s repertoire spans 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.

Flickinger was the Project Manager for the Mennonite Central Committee exhibit of quilts from World War II “Passing on the Comfort,” which was on display at Landis Homes in January 2006.

The opening reception, to which the public is welcome, will be held from 6:30 to 8:30 p.m. on Tuesday, August 5, in the Harvest View lobby and galleries at Landis Homes. The works will continue to be on display in the Harvest View galleries through October. For more information, call Landis Homes at 717-581-3935 or visit www.landishomes.org.

New Lifelong Learning Launched on Campus

Eva Bering, Vice President of Operations

Landis Homes is happy to announce the advent of Pathways Institute for Lifelong Learning. This exciting new initiative is coming to Landis Homes in response to many inquiries and requests from residents and to bring more avenues for continued learning to our campus. In addition to residents the classes will be offered to adults 60 years of age and older who reside in South-central Pennsylvania.

Class offerings will vary and present both educational and enrichment opportunities for attendees. Among its key features, the Institute will enable members to enjoy continued learning by attending and participating in lectures and classes; attend cultural enrichment events and programs; share their own legacies, knowledge, and expertise; participate in service learning opportunities; and engage in activities promoting wellness.

Plans are underway to offer a small selection of courses on the Landis Homes campus in late fall of 2008 (October and November), and a more extensive schedule of courses and events is being planned for spring of 2009.

Pathways Institute of Lifelong Learning is being initiated at Landis Homes in partnership with Messiah Village of Mechanicsburg, which originated this program in the Capital Area Region in 2006. Landis Homes is fortunate to have their support and experience as this program is birthed in the Lancaster County area.

Please feel welcome to contact Susan J. Stauffer, Pathways Institute for Lifelong Learning Manager at 717-381-3577 or SuStauffer@landishomes.org regarding any questions or obtain more information on the Landis Homes website at www.landishomes.org.
Senior Games 2008

By Bob Dressler, Resident Wellness Coordinator

The Lancaster County Senior Games took place the week of June 2-6 at Franklin and Marshall College and Leisure Lanes. Nearly 900 Lancaster County residents participated in the 20th annual edition of the games, which offered more than 50 events for its participants.

Events at this year’s games included bocce ball, horseshoes, walking and running events, a home-run derby, shuffleboard and much more. Landis Homes had fourteen representatives in sixteen different events, and returned home with seven medals!

Medal winners were Hank Kadel in ping-pong (Gold), Fred Honaman in weightlifting (Bronze), Dave Hess and Luke Horst in shuffleboard (Gold), Catherine Talbott in bowling (Gold), Millie Liccardi in bowling (Silver), and Mildred Herr in bowling (Gold). And a special thanks to volunteers, Sadie Mae Yost and Doris Gochnauer, whose help ensured that the putting competition, which was sponsored by Landis Homes, ran smoothly.

Residents are [m]Powered

Landis Homes residents are taking advantage of the new [m]Power computer system which gives the brain a rigorous and fun workout every day. The system, which was designed by some of the best minds in neurology and aging in the country, uses no mouse and no keyboard.

Using a touch-screen interface, [m]Power has thousands of exercises featuring colorful images and generational-specific references including movie clips from the 30s and 40s, historical reminiscences, musical interludes and entertaining, recurring characters.

Dakim, Inc., who developed the [m]Power system, states on their website: “Although it can feel like a game, [m]Power is scientifically designed to address all cognitive processes from memory to computation to critical thinking and daily life skills. It continuously self-adjusts for difficulty in real-time, ensuring that users are always challenged at precisely the right level.”

With two machines on campus and orientations underway, this new way to stay mentally fit is off and running. For more information please contact Janice Hess or Marva Godin.
Gift Planning Team in Place

With the hiring of April Horst as Coordinator of Gift Planning Services in May the four-person Gift Planning team is now in place.

Director David Helmus says, “I feel this team has come together in a wonderful way, balancing the talents and time available for each person on the team to make a very strong department.”

David began as director in January. Continuing on the team in part-time capacities are Jane Pfautz in her new role as Events Coordinator and former director John Buckwalter who is now the Planned Giving Counselor.

Quilters Getting Ready For September 13 Auction

Landis Homes quilters like those pictured above, Alma Eberly, Laura Kurtz, Fern Umble and Mary Jean Kraybill are busy quilting one of the large quilts for the auction on September 13. Pictured right are Rebecca Beiler, Martha Bartel and Eva Nolt working on a smaller sampler quilt.

Prayer & Memory Garden

A place to reflect and pray as well as a place to honor the life or memory of a loved one.

If you would like to order an engraved brick or plaque, please contact the Gift Planning team at 717-509-5490.
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. To contact the office of the Gift Planning Team, call (717) 509-5490.
George W. Leaman  
June 17, 1906- May 1, 2008

Landis Homes first administrator and later resident George Leaman was a leader in serving. A. Grace Wenger in her book, The First Thirty Years, writes: “From the very first day, Landis Homes had a home-like environment, due to the warmhearted leadership of George and Grace Leaman.”

George heated the water, operated the sewage plant, kept financial records, repaired things that broke, admitted new residents and did the purchasing of supplies and equipment. He bought a piano to satisfy a resident who complained about the quietness.

George also looked for ways to keep the men active. He set up a woodworking shop and painted a shuffleboard court on the basement floor.

Looking back, George commented, “Those were happy years. One day Grace looked up from her typewriter and said, ‘I really enjoy this work. Even if I didn’t get paid a cent, I’d enjoy it just as much.’”

Serving one another and fostering good feelings among residents was a priority for the Leamans. George and Grace continued to serve as volunteers even after they officially retired. George (along with Grace who died in 1998) will be missed but not forgotten by the Landis Homes community.

Gifts in Honor Of

PAUL ANGSTADT
Anonymous

MARTHA SIEGRIST
Martha N. Charles
Paul L. & Lois G. Dagen

HERALD SLASKE
Evelyn Slaski

HAROLD STAUFFER
Carl & Rosaline Andreas
Michael & Nancy Arnold
Kenneth & Pam Brubaker
Trilda Bucher
John & Miriam Buckwalter
Caring Team- Vineyard Lane
Marjorie Crystle
Richard & Lois Cunningham
Linda Depro
Joyce Fink
Doris A. Gochnauer
Ralph & Marge Gray
Marlin G. & Sue A. Groff
E. Irene Heisey
Rebecca R. Herr
Mahlon & Mary H. Hess
William & Judith Houdre
H. Dale & Stephanie Kaufman
Bob & Ginny Krady
James & Madeline Krady
Ivan B. & Mary Ellen Leaman
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C. Richard & Reba Miller
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Geneva M. Rufenacht
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Gretchen Thomas
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DOROTHY THOMAS
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ADA WEAVER
Anonymous
Kenneth & Janet Craley
Ephrata Mennonite Church
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ELLA WEAVER
Kathryn Hollinger
Lois G. Landis
Jean M. Weaver

GAIL WEAVER
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Florence Bucher
Caring Team HV- 201-210
Paul L. & Lois G. Dagen
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Frank & Nancy Kovarovic Jr.
M & T Bank
Millport Small Group
Clifford Nunemaker
Robert H. & Alta M. Ranck
Reese, Lower, Patrick & Scott
RGS Associates
Nancy Roach
Marguerite S. Sauder
Bruce & Faye Zellner

RUTH WEAVER
Martha N. Charles
Timothy & Linda Herr
Nevin & Marian Snader

VIRGINIA WEAVER
Reuben J. & Ann H. Bigelow
Martha N. Charles
Philip & Linda Daniels
Billy & Gloria Deitz
Anna May Habecker
Kathryn Hollinger
Curtis & Ruth Johnson
Lois G. Landis
Manheim Township Faculty
Millboro Presbyterian Church
John Jacob Oberholtzer
Robert & Elsie Pennington
Jean M. Weaver

LYDIA WENGER
Anna Mae Hollinger
John Jacob Oberholtzer
Jay & Rhoda Oberholtzer
Elizabeth Wenger
Benjamin & Lorraine Wenger

RHODA WENGER
Chester & Sara Jane Wenger

MARIAN WISSLER
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Mary E. Clark
John Jacob Oberholtzer
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Meretta Marks
Richard B. Martin
Jesse & Rosene Miller
Roman & Anna Musser

FLOYD ZOOK
Betty Zook

VIVIAN DENLINGER
Robert & Margaret Martinzen

WILBUR & CATHERINE ESCH
J. Lester & Lois E. Brubaker

DELPHINE HEIMER
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MARY H. HESS
John H. Harnish Family

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Paul S. & Nancy Hess
Jacob & Norlene Hess
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LENA KENNEL
Phyllis Vary

EVELYN SLASKI
Marilyn Tagert

LOIS THOMAS
Gretchen Thomas

MAHLON & ROZANNE ZIMMERMAN
Kenneth & Janet Crayley
Zona Kerr

Estates or Trusts
Ann Louise Bachman Estate
Lester Buckwalter Trust
Emma E. Hershey Estate
George Leaman Trust
Oscar Mohn Trust

LEAVE A LEGACY™
Legacy-Lancaster County.

Horizons
Adult Day Services Benefits from Golf Tournament

Our 17th annual Landis Homes Adult Day Services Golf Tournament was a great success, and best ever, with net proceeds in excess of $43,000.

We are pleased to express our appreciation to a group of residents who filled “goodie” bags for the 268 golfers prior to the event, to each of our golfers and the following sponsors:

**Event Sponsor:**
StoudtAdvisors

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Morrison Senior Dining

**Dinner Sponsor:**
Bank of Lancaster County, a member of The PNC Financial Services Group, Inc.

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Eby Exteriors
Gibbel, Kraybill & Hess
Haller Enterprises, Inc.
Highmark Blue Shield
Triangle Heating & Air Conditioning
Williams Apothecary, Inc.

We also would like to say **THANK YOU** to the 18 Bronze Sponsors, 21 Advertising Sponsors and 43 Patron Sponsors.

**FOURSOME**
Lowest Score, Morning Round (58)
Roy Sauder Jr, Chris Heistand, Ted Romich, Lester Hawthorne

Lowest Score, Afternoon Round (58)
Jim Fowler, AJ Berens, Joe McCoy, Frank Zeak

**MIXED GROUP**
Lowest Score, Morning Round (60)
Cleo Weaver, Joe Klazas, Michelle Snavely, Adam McGloshen

Lowest Score, Afternoon Round (58)
Wayne Stauffer, Nancy Stauffer, Dwane Hostetter, Priscilla Hostetter

**WOMEN’S FOURSOME**
Lowest Score, Morning Round (77)
Dorothy High, Lisa High Clark, Bette High, Lois Hoover

Lowest Score, Afternoon Round (73)
Joyce Hostetter, Jane Pebble, Dottie Martin, Dawn Stoltzfus

Adult Day Services clients and staff attended the day’s events. Front row seated (left to right): Jesse Keyser, Dr. Albert Wolbach, Renate Vaccerelli, Julia Mundo, Leonard Norton, Lillie Wingenroth, L. Joan Holmes.

Back row standing (left to right): Faith Hoover(staff), Edward Sarkisian, Katherine Reynolds, Christy Carpenter(staff), Chester Lutz, Joyce Peifer, Anne Frank, Leone Wagner(staff).
Student Artwork 2008 Selected

Landis Homes recently announced that Erika Christopher is their Art Student Award winner for 2008 for one of her watercolors. The announcement was made at the Lancaster Mennonite Awards assembly on May 16 by Landis Homes President Larry Zook, himself an LMS graduate. In his remarks he noted this is the fourteenth year of this collaboration between the retirement community and the school.

Each year Landis Homes selects a piece of artwork from the Lancaster Mennonite High School Spring Fine Arts Festival to become part of a permanent art collection on the retirement community campus. This year a jury of four, representing Landis Homes and the Lancaster Mennonite art department, selected a piece by Erika Christopher. The subject of the colorful watercolor is three large just-picked cherries, dripping with dew.

Miriam Housman, a resident who served on the selection committee, says, “The three bright cherries appear so fresh with dew. The watercolor will bring much cheer and joy to the residents of Landis Homes.”

Christopher, of Cochranville, PA, graduated from the high school in late May. She was also involved with the student newspaper Millstream, the Student Advancement Committee, the Senior Class Committee, campus chorale and the National Honor Society.

In return for the artwork, Landis Homes made contributions to the Lancaster Mennonite High art department and to further Erika’s education. She plans to attend either Duke University or the University of Texas as a biology major for pre-med.

Art Department Chair Kathy Ciaccia says, “We really appreciate Landis Homes honoring both our students and the school in this way.”

LifeTrail Adds Stations

By Bob Dressler, Resident Wellness Coordinator

Five new LifeTrail stations were installed in late spring. LifeTrail provides a variety of exercise options prior to, during, or after a normal walking routine. These options include physical activities that maintain and enhance endurance, flexibility, strength, and balance. These activities can be the perfect complement to any walking routine.

In addition to the five stations already installed, we now have the Welcome Station, Standing Push-Up Station, Forearm Rolls Station, Lower Body Stretch Station, and the Balance Station. These ten stations provide a great opportunity to be proactive about one’s health and total wellness, and can be a great addition to any physical activity regimen.

Walking provides many great health benefits: It helps manage weight, control blood pressure, decreases the risk of heart attack and stroke, boosts good cholesterol (yes, there is such a thing), and helps strengthen leg muscles and bones. Beyond the physical benefits, walking can help prevent depression, lower stress, relieve arthritis and improve sleep. These benefits sound too good to pass up!

To complement the benefits from a regular walking routine, LifeTrail Stations help strengthen the muscles of the abdomen, lower back and upper body. In addition to improvements in strength, users can work on improving flexibility, balance, circulation and their knowledge on many different health topics. These stations provide the perfect way to turn your walking routine into a total-body routine. Persons with any questions about the LifeTrail Stations, please call me at extension 3064.
Heritage Watchers: 13 Years of Searching Family History

The first of a nine-part series called Heritage Watchers will be held on Thursday, September 4 at 1:00 p.m. in Harvest View’s Harvest Room at Landis Homes. Heritage Watchers is a discovery group and a support group for history lovers.

Participants are coached in detective-like research work and in pursuing a continual interview process. Last of all, this series is designed to lead participants in collecting, organizing and preserving family heirlooms into attractive, safe and “user friendly” forms.

Founding class instructor, Joanne Hess Siegrist, is beginning her 13th year of leading these classes. As an author Siegrist is best known for, Mennonite Women of Lancaster County: A story in photographs from 1855-1935 published in 1996 by Good Books.

This series is open to persons from middle-schoolers to grandparents, men and women, retirement community residents and the general public from several surrounding counties. The class meets monthly on the first Thursday from September to May from 1-3 pm. New the last three years... as a final wrap-up participants tour the archives and library at Lancaster Mennonite Historical Society plus the Siegrist home.

For a course schedule and/or more information contact Joanne Hess Siegrist at 717-656-6429, jhs606@frontiernet.net, or Landis Homes Activities Coordinator, Janice Hess at 717-569-3271, jhess@landishomes.org.
### Calendar

**July 27**
Hymn Sing with Arnold Moshier  
West Bethany  
7:00 p.m.

**August 18**
Parkinson’s Support Group  
“Partners in Care: Celebrating the Giving & Receiving”  
Becky Dunlop, RN, Johns Hopkins Hospital  
Westview Community Room  
2:00 p.m.  
Contact: 717-509-5494

**August 26**
Memory Loss Support Group  
“Tips by a Speech Therapist”  
Adrienne Peters, ST  
Warwick Room of The Heritage  
7:00 p.m.  
Contact: 717-581-3939

**August 25**
Concert by Harpist Eduard Klassen,  
West Bethany  
2:00 p.m.

**September 13**
Fellowship Day & Chicken Barbecue  
9:00 a.m. – 5:30 p.m.

**September 15**
Parkinson’s Support Group  
Medical Updates  
Dr. Gollomp MD, Lankenau Hospital, Bryn Mawr  
Westview Community Room  
2:00 p.m.  
Contact: 717-509-5494

**September 30**
Memory Loss Support Group  
A Thousand Tomorrows: Video  
“Intimacy, Sexuality, and Alzheimer’s”  
Warwick Room of The Heritage  
7:00 p.m.  
Contact: 717-581-3939

**October 14-17**
East Renewal Meetings  
Speaker: Glen Sell  
East Bethany  
3:00 p.m.

**October 16-17**
Bus Trip  
Hudson River Valley, NY  
For more information call: 717-569-3271, ext. 3067

**October 26**
Big Valley Men’s Chorus  
West Bethany  
2:00 p.m.

*For more items check out the Calendar at*  
[www.landishomes.org](http://www.landishomes.org)
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To change your address or add/remove your name on the mailing list, please call 717-581-3935

Recent Issues of Horizons may be downloaded from www.landishomes.org

Saturday, September 13
Fellowship Day & Chicken Barbecue
Rain or Shine
Auction begins at 9:00 a.m.
“Kids Cookie Break” Live with WJTL’s Lisa Landis at 9:00 a.m.
Chicken Dinners for eat-in or take-out
11:00 a.m. – 5:30 p.m.
Children’s Carnival, Flea Market, Courtyard Railroad

Sunday Evening, September 14
Worship Under the Tent
Speaker: Keith Weaver, Moderator of Lancaster Mennonite Conference
6:00 p.m.

To Volunteer call 717-509-5409
For more information:
Call 717-569-3271
Or visit: www.landishomes.org