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Landis Communities Update April 2, 2020

Many of us have been gaining encouragement at this difficult time from daily devotionals and our church families. Today we share some ideas from one of these that included thoughts from psychologist, Dr. Henry Cloud. He affirmed how challenging it is to live in a state of physical distancing. He gave four reasons why we may be feeling anxious and fearful at this time:

1. **You and I are designed and wired by God to live in relationships.** If we are not connected, we can feel lost. How can you connect in a safe way?
2. **We need structure and routine.** Much of this is disrupted right now. What can you do to create a new routine that keeps your mind and body active?
3. **You and I are wired to be in control.** It is hard not to be able to make even what seem like basic choices because of current restrictions. What can you take control of and get accomplished at this time? Make a list and check it off, if that helps you!
4. **Remember, God is bigger than this crisis!** Stay close to God and we will get through this, together!

We have said many times but will continue to say, we are grateful for the residents, clients, family and team members of Landis Communities. We will continue to follow the guidelines and protocols of government and state agencies to keep everyone as safe and healthy as possible.

Landis Homes Update

The Town Meeting held yesterday, April 1, 2020, was recorded and will be re-broadcast tonight at 7:30 p.m. as well as tomorrow, Friday, at 3:15 p.m. Tune in to hear Larry Zook, Michelle Rassler, Jenny Sheckells, Dani Martin, Darin Horst and Beth Trout share answers to your questions as well as additional information for all Landis Homes residents. Minutes of the meeting are being prepared and will be available later this week.

To our knowledge, we have only had one positive case of COVID-19 at Landis Homes. This west cottage resident passed away in the hospital on March 30. Six tests have been negative, two are outstanding. No new resident tests were conducted in the past 24 hours. No team members have tested positive.

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Landis Communities Partners and Programs Update

We have been sharing with you updates from the Landis Communities affiliates. Today's updates are from our partners and programs.

Friends LifeCare/Continuing Care at Home

- Webinars are available. Register on-line at friendslifecare.org/landis/ or by calling 844-252-6347.
- The next in-person seminar is scheduled for May 19, 2020 from 5:30-7:30 p.m. in the High Foundation Auditorium on the Landis Homes campus, pending the status of COVID-19.

Lancaster Downtowners

- While the office is closed, the Lancaster Downtowners have embraced operating via Zoom. Members are using the video conferencing application to connect over morning Coffee Chats, Afternoon Teas, and Book Clubs.
- Committees are also meeting virtually. An example is the Just One Call Committee who hosted two volunteer training sessions as we plan to implement a new medical note-taking service.
- Just One Call volunteer support is active, operating mostly for technology coaching, grocery and pharmacy shopping, and with limited transportation support.
- We have welcomed many new volunteers and are grateful for the ways members are supporting one another.

Pathways Institute for Lifelong Learning®

- Pathways courses are postponed until April 30.
- Official communication to Pathways Participants will go out April 14.
- As an alternative to in-person classes, several instructors have agreed to record videos. These will be available soon on the Pathways website.

No Longer Alone Family Support Group

- This group, intended for persons whose loved ones are experiencing mental illness, continues to meet the 4th Sunday of every month from 3:00-5:00 p.m.
- Until further notice, the meetings can be joined by Zoom*
<https://zoom.us/j/531178098>
 - April 26 — Services and Issues for Young Adults with Autism Spectrum Disorder Presented by Kristine Welsh-Eves, Senior Clinician, Center for Autism and Developmental Disorders
 - May 24 — Caring for Family Members with Mental Illness: Challenges and Joys Presented by Ed Longenecker, MSW, retired
- Additional resources from WHO, NAMI and CDC have been shared with NLA Family Support Group participant and will be available on the LC website, COVID page.

Residents, clients and family members may contact Jenny Sheckells with

questions or concerns at jsheckells@landis.org or 717.381.3573. You may find other communications and videos on our website: www.landiscommunities.org/COVID

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