

SUMMITNEWS

SOUDERTON MENNONITE HOMES

FELLOWSHIP OFFERING REPORT:

August: Indian Creek Foundation
\$1,651.75
October: The Worm Project

SUNDAY MORNING WORSHIP:

We will continue worshipping in person on Sunday Mornings in the Summit View Auditorium with a limit of 25 until the CDC/Governor guidelines change. Everyone must wear masks and sitting in socially distanced chairs. Residents from the villas and cottages are the only ones needing to have their temperatures taken and receiving a badge. Sadly, we need to continue with no singing – just humming and reflection on the words of our familiar hymns.

What is new about our worship gathering is that we will be alternating between RL residents and PC residents gathering in the Summit View Auditorium beginning with October 4, for PC. RL residents will sign up for worship on October 11 and 25 (outside of Heather Scattergood's office). PC residents will sign up for worship on October 4 and 18 on the bulletin board across from the nurse's station.



10% OFF TOTAL CHECK
NOT VALID ON SUNDAYS

EXPIRES: November 1, 2020

If you have any information that you would like to see in future issues of the Summit News, please feel free to contact Amy Doerr, creator and editor at ext. 42322

THURSDAY EVENING PROGRAMS

6:30 p.m., Channel 1979

October 1 'We Visited a Bruderhof Commune, This is What We Saw'. This is a BBC sponsored documentary of life as a member of the Bruderhof Community.

October 8 Miracles From Heaven – Based on the incredible true story of the Beam family. An extraordinary miracle unfolds that leaves medical specialists mystified. It is rated PG and is 109 minutes long.

October 15 A capella Singing by the Paul & Laura Lloyd family. The Lloyd's with their nine children enjoy singing together and have put together an evening of hymns and sacred music for your inspiration.

October 22 Travelogue with Brian Burkhart. Brian and his wife Diane have traveled the world taking stunning pictures. Brian's mother and aunt are residents here at Souderton Mennonite Homes, Evie Burkhart and Gladys Clemens, and he is part of our janitorial staff.

October 29 Harvest Home Service. We will not be gathering in person. Enjoy an evening of video clips of farming and farm life, much of it Amish, along with music videos. We will be collecting non-perishable items for the Keystone Opportunity Center and cash donations.

FITNESS CENTER SCHEDULE

Sign-ups for classes are available on the Family Room doors or online at livingbranches.org/residents

Mondays

11:00 – 11:30 a.m. Stretch and Flex (Family Room)

Tuesdays

2:30 – 3:00 p.m. Boxercise (Family Room)

Wednesdays

9:00 – 9:30 a.m. Balance Basics (Family Room)

3:00 – 3:30 p.m. Stretch and Flex (Family Room)

Thursdays

2:30 – 3:00 p.m. Chair Aerobics (Family Room)

3:00 – 3:30 p.m. Line Dancing (Family Room)

Fridays

2:00 – 2:30 p.m. Stay Strong (Family Room)

HARPIST, JOANNA MELL

Friday, October 2, 1:30 p.m. and Tuesday October 27, 10:30 a.m.
Channel 1979

Joanna Mell is an accomplished harpist who has been delighting audiences in the Delaware and Lehigh Valley areas since 1986. Her repertoire is extensive and includes sacred, gospel, classical and Celtic music. Her love for the Lord shines through her playing and her life goal is to "Praise the Lord with the harp". She has recorded five CDs and published 14 books of harp music. She is the founder and director of the Heart of God Harpers who provide soothing harp music for those who are suffering in mind, body and spirit.

CONCERT I: MUSIC FOR A QUIET CITY SPSO LIVE STREAM

Saturday, October 10
7:30 p.m.
Channel 1979

The Southeastern Pennsylvania Symphony Orchestra returns with music that allows us to heal, remember, reflect, and hope. Copland's *Quiet City* depicts the stillness of our streets, and Barber's emotional *Adagio for Strings* captures our heartbreaks and sorrows as we remember those suffering or who have been lost during the pandemic. The performance leaves us with the true American spirit of possibilities and a better tomorrow through the enduring and popular *Appalachian Spring*. Join us for an innovative way to experience our music making! If ever there was a time for music, it is now.

VIRTUAL ANNUAL COMMUNITY MEETING

Monday, October 12
2:00 p.m. to 3:00 p.m.
Channel 1978

Communication with our residents and employees is an important part of our Living Branches culture. The agenda for this meeting will include reports from the campus executive director, the chief financial and technology officer, and the CEO. A special highlight will focus on technology and the opportunities it brings to enhance resident's lives at Living Branches. The goal is for you to come away from these meetings with a greater understanding of our operations, our finances, and our future. The video will broadcast again throughout the week at 10:00 a.m. and 6:00 p.m.

DUEL AT DAWN: THE TRUE STORY OF ALEXANDER HAMILTON AND AARON BURR

Presented by Herb Kaufman
Tuesday, October 13
2:00 p.m.
Channel 1979

Welcome back Herb as he presents a fascinating look at this famous duel. Herb has been sharing his wealth of historical knowledge for years. This month he will present during a live zoom class that you can watch on your TV on Channel 1979. His presentation will look at the following narrative. In the early morning dawn of July 11, 1804 the Vice President of the United States and the former Secretary of the Treasury met on the dueling grounds of Weehawken, New Jersey. A fatal shot ended two lives; one man died and the other became a fugitive. The hit show "Hamilton" has stirred the imagination. Most Americans know about the deadly duel between Alexander Hamilton and Aaron Burr. But do they know the real story of the long and bitter rivalry between the two prominent men? Their lives are the story of love, lust, ambition and treachery. This is the true behind the scenes story of this iconic event in American history.

RESIDENTIAL LIVING EVENTS

CARE AND SHARE TRANSPORTATION OPPORTUNITY

Thursdays

Beginning October 1
10:00 a.m. – 1:00 p.m.
11:00 a.m. – 2:00 p.m.

Care and Share recently obtained their own bus. They have graciously offered to transport RL (only) residents to shop and/or volunteer there. You must sign up at the RL Trip bulletin board no later than Friday a.m. prior to trip. Residents that participate will have temperature taken by bus driver prior to getting on bus, must have mask on at all times and maintain 6ft social distance for duration. This trip may be ideal for residents that volunteer at Care and Share. Please contact Heather Scattergood at ext. 42225 for additional information.

MEDICARE Q & A WITH MARIA ANGELUCCI Thursday, October 8 2:00 p.m. Channel 1979

As you know, every year from October 15 to December 7 is the annual Open Enrollment Period. This is a time when people who have Part D drug plans can look into switching to a new drug plan for the following year. Join Maria for this pre-recorded informative 30 minutes long seminar. You

may contact Maria directly at Everence with any questions after the presentation. Packets for your use during seminar can be picked up outside Heather Scattergood's office beginning October 1. Please contact Heather for further assistance.

NEW ACTIVITY CALENDAR DESIGN & HIGHLIGHTS

We are trying out a new layout for the RL calendar. This transition was based on resident recommendations as they enjoyed the 2-week cycle per page. Hope this allows you to easily view all of the activities offered here. We will continue to offer as many live programs as possible in each calendar cycle that are filmed in Summit View Auditorium for all of you to view live on Channel 1979. We will host a Virtual Fall Fest Week! Look for autumn themed activities the week of October 26. We will welcome back some of your favorite presenters including Herb Kaufman, Bill Monaghan and Joanna Mell for you to view on Channel 1979. We are continuing to offer more and more small group activities in each level of care. A reminder that RL residents must sign up for activities at the RL bulletin board and at the fitness center. Please continue to share programming suggestions to Heather Scattergood at ext. 42225/heather.scattergood@livingbranch.es.org.

LIVING U UPDATE

The fall semester of Living U is off to a great start. For the month of October, we are looking forward to five active aging week classes from October 5 to October 9. See page 4 for more information. A MIND-ful diet, biological rhythms, essential nutrients, healthy brain aging, and mindful aging in motion are five excellent health-related classes that will be offered. Then, we'll move into a class on Archaeology and American History, a social hour when we will play a game, and we'll wrap up the month with classes on recycling and two little known countries. Many students are participating in the classes through Zoom on their computers, and others are watching some of the classes in auditoriums and meeting rooms. Learning can be fun and inspiring. If you would like to learn more about Living U, please contact Maribeth Benner, Living U Coordinator, at ext. 44204.

THUMBS UP FROM THE RESIDENTS' ASSOCIATION EXECUTIVE COMMITTEE MEMBERS

Heather for her ice cream cart providing popsicles to residents.

Management for providing a free chicken BBQ meal to residents.

Heather and Tasia for virtual and other activities relating to the BBQ week.

RESIDENT BIRTHDAYS AND UPDATES

This information has been removed to protect the privacy of our residents.

FULL FACILITY

FIRST FRIDAYS

Friday, October 2

Join us as we kick off First Fridays each month with We Sing and Good News.

We sing has been a staple since March and provided a wonderful time to feel connected while in quarantine. As we begin to have other opportunities to connect with each other, We Sing will be held on First Fridays only. Please continue to send your favorite songs to Heather Scattergood.

Share Good News

Residents and staff share some good news with us on the First Friday of the month with our new Talk Show segment... "Good News". We need to focus on the blessings in our lives now more than ever. Do you have a new addition to your family, a photo that puts a smile on your face, or a story that brings joy? We want to know what good news you have to share with all of us! Please submit entries to Heather Scattergood at ext. 42225, at her mailbox or email at heather.scattergood@livingbranches.org.

CELEBRATION 2020:

MCC 100 YEARS

Saturday, October 17

6:50 p.m.

Channel 1979

So many of you have been involved with the Mennonite Central Committee over your lifetime. You are invited to join this special service as MCC commemorates 100 years of service. It will include snapshots from MCC leaders, partners and supporters; and stories from our history; a message of inspiration from Leonard Dow, longtime MCC leader and stewardship and development specialist with Everence Financial; and finally, music to celebrate and reflect.

FALL FEST WEEK

October 26-30

All areas of care are invited to join in on the fall festivities, which include a pumpkin scavenger hunt, fall foodie traveling cart, Autumn Wheel of Fortune, Harvest Home Service, a concert with Bill Monaghan live streamed on 1979, and Halloween Bingo. Please email Heather at heather.scattergood@livingbranches.org with your favorite fall photos to be shared on the Friday Talk Show on October 30.

ASK THE EXECUTIVE DIRECTOR

Monday, October 26

2:00 p.m.

Channel 1979

As we continue to work together during these challenging and ever changing times, we want to keep you informed. Monique Cole will be addressing questions and sharing updates live. Please submit questions to Heather Scattergood by October 19.

ANNUAL DISCLOSURE STATEMENT

Each year we prepare a disclosure statement for the Department of Insurance, which regulates life plan communities. This year's disclosure statement will be available at the end of October. If you are interested in having a copy, please call the administrative office receptionist. Give your name and phone number, and a copy of the disclosure statement will be delivered to you.

Satisfaction Surveys

Your feedback is important to us! Living Branches residents will again have the opportunity to complete official satisfaction surveys beginning in the month of October. These surveys will follow the same format as they did last October, and memos with specific information will be shared before the surveys begin. Feel free to contact Alex Metricarti at ext. 44206 if you have questions.

PARKVIEW

RISE & SHINE: Residents reminisced about their school days and occupations. We observed National Anthem Day, Play Doh Day, and Dog week. Hannah shared piano information and music for piano month. September is Deaf Awareness Month, we heard the biography of Heather Whitestone, 1995 Miss America, who was deaf when she won the pageant. We learned some basic sign language symbols. The fall games we played were Occupation Jingo, Apple-O, Dog Match, and Fall Penny Ante.

PERSONAL CARE: September was full of fall fun and family visits. Our family visits have been completely booked this month and have been a great way for families to get together, connect, and hug! September also consisted of some theme weeks such as apple week where we played games such as Apple Bingo, and Apples to Apples. We also made DIY apple garland out of yarn. Another theme week was back to school week. This week we had a back to school reminisce where we shared school memories together, and the back to school bingo was a huge hit! Other fall activities we had were pinecone painting, game tournaments, and we were happy to bring back our movie nights, except now they are matinee's before supper!

We will be looking forward to many more fall, pumpkin and Halloween activities/themes in the month of October.

PARKVIEW: We have been getting ready for fall in Parkview and enjoying a variety of garden activities. We made mini paper greenhouses and grew our own hydroponic beans. We have also been caring for our feathered friends by making decorative garden bird feeders. We are celebrating football season with ball toss games, sporty crafts and decor. Each week a team of ladies arranges fresh flowers to brighten the dining room tables. We have also created a gallery wall to showcase our favorite artistic creations, from paintings to collage art, by our residents. We have been keeping fit with exercise and balloon volleyball and staying sharp with trivia challenges. Our resident mascot Buttercup the guinea pig brings us daily smiles with her antics.

HEALTH CARE

We are happy to welcome resident back to group programming! Resident in attendance are seated socially distant and are asked to wear masks. We continue to offer in-room pursuits and programming. Music therapy continues to be offered twice weekly and residents enjoy hearing Hannah, Becca and Emily play their guitar and sing along to hymns and old time favorites.

Residents had fun celebrating honey month, Grandparent's Day, back-to-school, the full corn moon and harvest time throughout the month of September. We made honey muffins, sampled some honey, shared wit and wisdom of grandparents and had a full corn moon social where we enjoyed snacking on moon pies. We also played corn hole and made apple dumplings! Bingo continues to be a favorite activity and we gather once weekly for this fun activity. Hand massages with scented lotions and warm towels with essential oils are offered for sensory stimulation. Our mp3 players are also popular so residents can enjoy listening to their favorite tunes in their rooms or on the go!

We look forward to celebrating the start of autumn and will focus more on apples, harvest, leaves and memories the new season brings. We will have a fall fest week in October and will have fun celebrating in fun ways.

We continue to be booked with our Skype calls and family visits. Family visits are 45 minutes long and can accommodate up to 4 adults as well as children and can be held in the chat box, on the patio outside of the Sunflower Room or inside the Fellowship Room. We are adding additional visitation slots in the evening and on the weekend as we are able. Please refer to the sign-up on the Living Branches website for available dates and times.

FROM THE DESK OF TASIA

Active Aging Week Events (find all information outside the fitness center):

**Healthy Recipe Exchange
Monday, October 5
9:00 a.m. to 3:00 p.m.
Fitness Center**

Do you have a healthy recipe that you would like to share with everyone? Tasia is gathering healthy recipes to compile into a Souderton Mennonite Homes Healthy Cooking Book. Drop off your recipe(s) at the fitness center, make sure you include your name.

**How Do You Exercise?
Tuesday, October 6**

Share a photo or story of the kinds of exercise that make you the happiest. Post it on the board by the fitness center or share with Tasia. Each entry has the chance to win a prize! Submit your photos or stories from October 6 – October 9.

**Breathe, Relax, Yoga
Chair Yoga with Jess Hilfer
Thursday, October 8
9:00 a.m. & 2:00 p.m.
Channel 1979**

Jess started practicing yoga since 2007 to increase flexibility for dance and to deal with the stress of college life. She has lived and practiced in many different states and styles of yoga. Jess earned her 200RYT in 2018 from MOYO in Skippack, PA., while carrying her daughter. She offered her volunteer services at Souderton Mennonite Homes in March. We are thankful to be able to offer her sample classes virtually!

**Walk to End Alzheimer’s
Friday, October 9**

Because things look a little different this year and a large gathering is not possible. You can still join in to walk to end Alzheimer’s. You can walk for as long or as little as you would like, on campus or off campus but would love for you to walk in the fight for a world without Alzheimer’s and all other dementia.

If you would like to participate, please see Tasia to walk with your purple heart. There will be purple heart pins available for you to wear and remember the why of this walk. If you so choose to donate to the Alzheimer’s Association at the end of your walk, you may give your donation to Tasia Coblentz (ext.42245) or Dena Winner (ext.44304) from 8:00 a.m. -3:30 p.m. on October 9. Checks are to be made out to Alzheimer’s Association. These donations help to fuel the mission of care, support and research toward Alzheimer’s disease.

Active Aging Week Replay on Channel 1979:

Monday, October 12, 10:30 a.m.
A Mind-Ful Diet for Cognitive Health and Wellbeing

Tuesday, October 13, 10:30 a.m.
The Timing of Our Lives- Biological Rhythms and Health

Wednesday, October 14, 1:00 p.m.
Back To Basics- Why Carbohydrates, Protein and Fats are Essential for Overall Health

Thursday, October 15, 10:30 a.m.
Strategies for Healthy Brain Aging: Stay Connected

Friday, October 16, 1:00 p.m.
Mindful Aging In Motion: Mindfulness-Based Dance/Movement Therapy for Older Adults

FUND DEVELOPMENT:

Postponed until 2021: Friends of the Sharing Fund Dinner

The 34th Annual Friends of the Sharing Fund Dinner will be postponed until 2021. This event benefits the Dock Woods and The Willows Sharing Fund, which provides grants to residents who are no longer able to cover the full cost of their care. Donations to the Benevolent Care Fund are accepted anytime online at livingbranches.org/donate or can be sent (check payable to Living Branches Foundation) to Living Branches Foundation, 275 Dock Drive, Lansdale, PA 19446. If you have questions, please contact Keith Heavener at extension 44115 or Dena Winner at extension 44304.

Thank You!

The Fund Development Team would like to thank you for your support of the Online Auction, Virtual Hymn Sing, and the Livestream Gospel Music Fest that were held in August. Donations from these events amounted to over \$18,000 before expenses, and the net proceeds will benefit the Agape Fund, which is the benevolent care fund that provides for the residents of Souderton Mennonite Homes who can no longer afford to pay the full cost of their care. If you would like to see the Hymn Sing or Gospel Music Fest, you can still watch them at livingbranches.org/blog-home. Donations to the Agape Fund are accepted online at livingbranches.org/donate or can be sent (check payable to Living Branches Foundation) to Living Branches Foundation, 275 Dock Drive, Lansdale, PA 19446.

**WEDNESDAY MORNING BIBLE STUDY
10:15 a.m., Channel 1979**

We will continue with the series by Dr. David Jeremiah and his video study ‘Slaying the Giants in Your Life’ - You Can Win the Battle and Live Victoriously.

October 7 Slaying the Giant of Anger
Ephesians 4:25-32

October 14 Slaying the Giant of Resentment
Selected Scriptures

October 21 Slaying the Giant of Doubt
John 20-24-29

October 28 Slaying the Giant of Failure
2 Corinthians 4:7-18

If you would like a ‘summary’ to follow along each week or to study with later, contact Pastor Joy.

FROM THE DESK OF EDWARD BRUBAKER

Margaret Zook, who has served Living Branches as our director of church and community relations for the past six years, concluded her time at Living Branches on August 30, 2020. She will be assuming a new role with Mosaic Mennonite Conference as the director of collaborative ministries. Margaret has developed many church and community relationships during her time at Living Branches, and I am pleased to share that Living Branches will still be able to connect with Margaret, as we are a Conference Related Ministry with Mosaic Mennonite Conference. I appreciate Margaret’s excellent work these past six years; she served us faithfully and well. *Edward Brubaker, President/CEO*

**YOUR
SARA
AND
YOU**

What should I do with my pendant when I go off campus?

If you are going away overnight, you should leave your pendant in your home. The SARA pendant will not work off campus. If you forget to leave it at home please do not leave you SARA device in your car. The extreme temperatures can potentially render the device inoperable.