

MEADOWLARK

THE WILLOWS

COMMUNITY HEARTBEATS ~ Pastor Debra Neild



The Pie Lady

What is a Pie Lady Moment? For one family, its breakfast on the patio. For another, it's Mom serving up creamy chicken and noodles. These are Pie Lady Moments: times of goodness and glamour in the middle of ordinary days. Hear straight from Amish and Mennonite people themselves as they write about their daily lives and deeply rooted faith. Join me Tuesdays and Thursdays at 10:00 a.m. in the Activity Room to enjoy fun stories and share some of our own memories of family home life.


Advent


The Advent season begins on November 27. Our Advent theme this year is: *Restoration is Near*. Advent itself means "coming." The primary actor is God, emptying Himself and being born in human likeness. But humans have their share of action in the stories surrounding Christ's birth: angel visits, travel, pilgrimage, and escape. And we are active in our time, too: longing, seeking reconciling. In these weeks of Advent and Christmas, together we will cry out for restoration. We will watch for restoration to take place among us. We will join in the restoration process will all creation. Join the pastors each Sunday of Advent at 9:00 am in the Activity Room/Chapel.

Chrismon Tree Decorating

It is time to decorate the Chrismon Tree in the Activity Room! We will all have a chance to decorate the tree together on Tuesday, November 29, at 10:00 a.m. While we decorate, Rick Daam will play Christmas hymns for us to sing along with or just appreciate listening. There will also be hot chocolate and some treats for us to enjoy. Everyone is welcome to join Pastor Deb and Tina in this wonderful tradition to kick off the Christmas season.

NOTES FROM NURSING – Sue Boyer

 On Wednesday, November 30, between 2:00-4:00 p.m., Wellness Pharmacy will be here to administer Covid booster shots to any resident wishing to receive the new bivalent booster. Like with the flu shots, I will accompany the pharmacist as they visit room-to-room. If you have any questions regarding the Covid boosters, let me know and I can discuss it with you. Your emergency contact will receive the necessary consent form.

 Now that it is getting cooler out, we may have the tendency to become more sedentary. By keeping active you will feel better, sleep better and be less prone to falls. Some other practices you can follow to reduce your fall risk:

- Keep moving! Exercise can help improve strength and balance
- Get an annual eye exam and replace your eyeglasses as needed
- Make your home safer by removing clutter and tripping hazards

Social Services Spotlight – Leslie Novak, Social Worker



Medicare Prescription (Med D) Open Enrollment takes place each year from October 15 through December 7. If you would like to compare costs of 2023 plans with your current plan and possibly make a change in your prescription drug coverage, please see me.

Thanks-Living - by the Pastors of Living Branches



As you walk around our campuses it's easy to see that the seasons are changing. Fall colors are bursting out in full display and there is a nip in the air once more. November is a time to pull out heavier sweaters, sip hot cocoa by the fire, and take in the beautiful display of God's creation all around us. November is also a time to gather and give thanks. Thanks for God's protection throughout the past year. Thanks for our family, friends, and those who have cared for us along the way. Thanks for the memories we still cherish of those who have gone before us. In giving God thanks for all these wonderful gifts we are living our best "Thanks-Living" lives.

On **November 23rd** the pastors of Living Branches invite you to come together and take time to praise God for all He has done for us this past year. For the first time ever, we will have a **Thanksgiving Eve Service** that will bring all three Living Branches campuses together into one blended service. The celebration will take place in the Dock Wood's Chapel and will be live streamed to the Summit View Auditorium at Souderton Mennonite Home and the TV Lounge at the Willows. As a way to represent each of our wonderful communities, staff and residents from all three campuses will be participating in our service as they lead us in song, scripture, and the bringing of God's word. Ed Brubaker will also be joining us that afternoon. It will be a wonderful time to be reminded of how God has blessed us individually, while celebrating together as a whole community. **The live service will take place at 2:00 p.m.**

If you are unable to come to the Chapels or TV area, but still would like to join the live service, we will provide a YouTube link, which can be accessed through any smart phone or private computer. If you miss the live service, but would still like to see it, our Thanksgiving Eve Service will be rebroadcast on Touchtown on Thanksgiving Day at 3pm on all three campuses.

We know that this is a new way to worship together, but we hope that this service will remind us that even though we live on different campuses, Living Branches is one united community who serves a gracious and loving Lord. Let's give thanks to the Lord for all He has done for us by lifting up together one voice and one song. We pray you will join us on Wednesday, November 23rd at 2pm. May you be blessed!

-Pastor Tami, Pastor Sandy, & Pastor Deb





**NOVEMBER
CALENDAR
HIGHLIGHTS**



AN AFTERNOON WITH JULIA CHILD

**Thursday, November 3
2:00 pm – Activity Room**

Bon Appetit! Join actress Linda Kenyon as she portrays Julia Child in a live, one-woman show about the fascinating life of the famous chef. Come with your questions for a discussion session following her performance! And, remember, “If you’re alone in the kitchen and you drop the lamb, you can always just pick it up. Who’s going to know?”

MIXED MEDIA FALL LANDSCAPE CREATIONS

**Monday, November 7
2:00 pm – Activity Room**

Capture the colors of the season! We’ll use acrylic paints and collage images to create original Autumn landscapes. No artistic skills are necessary for this fun and easy project.

MEN’S CLUB WITH ANDY – ALL ABOUT THE RAILROAD

**Tuesday, November 8
2:00 pm – Activity Room**

Is that the Chattanooga Choo Choo? Gentleman, join Andy for a look at the fascinating world of railroads. Chat about the history of train travel, local lines and share your own stories about riding the rails.



**GIRL TALK AND TEA
Tuesday, November 8
2:00 pm – Activity Room**

Ladies, we’ve got you covered, too. Come and catch up with our friend Gerry for a relaxing tea and chat in the activity room. Laugh a little and reminisce over a cozy cup of tea and tea time treats. No boys allowed!



**LEARNING LANE WITH PAM
Wednesday, November 9
10:15 am – Activity Room**

What was life like for Pilgrims centuries ago? What did they really eat on that first Thanksgiving Day? The answers might surprise you! Join Pam after Tai Chi as she explores daily life and fun facts about the early settlers.

**FALL CRAFTING
Tuesday, November 15
2:00 pm – Activity Room**

Pinecone flowers? That’s right! We will transform the humble pinecone into beautiful blooms with just some easy paint magic. Perfect for fall décor or a hand-made gift!

**EASY BIRD FEEDERS
Wednesday, November 16
2:00 pm – Activity Room**

We’ll be looking out for our feathered friends with easy garland bird feeders; breakfast cereal, bird-friendly treats and pipe cleaners come together for a pretty and oh-so-simple outdoor birdy buffet!

**BAKING DOGGY BISCUITS
Monday, November 21
2:00 pm – Activity Room**

Baking has gone to the dogs! We will be whipping up some homemade dog treats as a big thank you to our visiting volunteer furry friends: therapy dogs Dyson, Scarlette, Jojo and Ani.

**BALLOON VOLLEYBALL:
PILGRIMS VS. TURKEYS
Tuesday, November 22
2:00 pm – Activity Room**

We’ve watched the World Series, but get ready for some friendly competition with the Willows’ monthly balloon volleyball challenge! Complete with hats and team logos, it will be a fun battle among friends! Come and play, or just cheer on your neighbors!

**KINDNESS CLUB:
THANKSGIVING
Wednesday, November 23
10:00 am – Activity Room**

Kindness Club is a new, monthly gathering that will focus on giving back. Join your friends for activities featuring projects which help out our own community and beyond. This month we will be putting together Thanksgiving table favors for each resident in our dining rooms. Look for a new project each month and spread a little kindness!

**LEARNING LANE WITH PAM
Wednesday, November 30
10:15 am – Activity Room**

Have you ever been to Rockefeller Center in New York? In anticipation of the annual tree lighting ceremony, (which you can watch live at 7:00 pm on NBC this evening), Pam will share with us some interesting facts about Rockefeller Center and the history of the tree lighting. What a perfect way to usher in the official start of the holiday season.

THIS MONTH’S CONTESTS:

Guess Who? Can you guess the staff member from a childhood photo? Visit the tree near the front desk and enjoy staff photos from days gone by. The resident with the most correct guesses will win a prize!

How Much Does it Weigh? It might be dressed as a turkey in a pen, but this pumpkin packs on the pounds! The resident with the closest guess wins a prize – but no cheating and trying to pick him up! (we don’t want anyone to get ‘squashed’!!)

*God of the harvest,
once again
Our joyful tones
we raise,
For all Thy goodness,
day by day,
We give Thee thankful praise.*

*~ Thomas Frederick Young,
“Thanksgiving Day”*

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.



PRACTICING GRATITUDE AT THANKSGIVING

Every year during the month of November the Willows residents participate in a Thanksgiving project. This year, we will be collecting food to be donated to Keystone Opportunity Center which benefits our local community. Collections will begin on November 1, and continue through November 23. Food items will be blessed during the Thanksgiving service on November 23 at 2:00 p.m. Food donations can be placed in collection boxes located near the mailboxes and also near the bird aviary. Monetary donations can be made in the collection jars found in each dining room. Below is the list of needed food items:

- Cereal and oatmeal
- Pancake mix (complete)
- Pancake syrup
- Meals in a can: spaghettios with meatballs, ravioli, beefaroni
- Baked Beans
- Canned meats: tuna, chicken, ham, salmon
- Spaghetti sauce
- Canned fruit juice
- Condiments: ketchup, mayonnaise, mustard, and oil
- Sugar (1 lb. box or 5 lb. bag)
- Laundry soap
- Paper towels
- Toilet paper
- Gluten Free, Sugar Free and Low/No Sodium Products (for families with special dietary needs)

*happy
Thanksgiving Day*