

# SUMMITNEWS

## SOUDERTON MENNONITE HOMES

### LIVING U

April is an uplifting time of year to enjoy Living U classes or a trip. This month we are looking forward to courses about stories from Peace Corp experiences in Chad (April 2), the healing power of music (April 4), caring for persons near the end of life (April 9), options of streaming services and devices for media viewing (April 11), presidential election history (April 18, 25, and May 2), and appreciation of beautiful dance music written by classical composers (April 23 and 30). We will also take a field trip to the historic Laurel Hill East Cemetery (April 16). For more information, please contact Maribeth Benner, Living U Coordinator at extension 44204.

### SARA SPOTLIGHT: What should I do with my pendant when I go off campus overnight?

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 your SARA device in your car. The extreme temperatures can potentially render the device inoperable.

### REMINDER! DON'T FEED THE CRITTERS!

They may be cute, but please refrain from discarding food scraps on the grassy areas. It gives an unsightly appearance and attracts creatures for feeding.



10% off total check  
Not Valid on Sundays

Expires: May 1, 2024

### FROM THE DESK OF THE VOLUNTEER OFFICE

April is National Volunteer Appreciation Month. We love our volunteers. We see you shining your light in so many ways! You are a source of hope, positivity, and kindness. Call me if you want to share a meaningful volunteer story. Look for special happenings the week of 4/21-4/27 as the volunteer department expresses its gratitude. We are grateful for all you do to serve others in our community and beyond. More details to come. THANK YOU! Suzanne Zomberg [suzanne.zomberg@livingbranches.org](mailto:suzanne.zomberg@livingbranches.org) 215-723-9881 ext. 42298



Looking for a few good book-loving volunteers- Are you available to assist with re-shelving and other tasks in our library? This is a small-time commitment with big benefits to our residents. Please contact Karen Detweiler or Heather Scattergood for additional information.



### KNOW OUR POLLING LOCATION TO VOTE

The location of our polling place is:  
**Immanuel Leidy's Church**  
273 W. Cherry Lane  
Souderton, PA 18964

### JIHEE CHOI- PIANIST FROM ZION MENNONITE CHURCH

Wednesday, April 3

6:30 p.m.

Summit View Auditorium

Jihee's musical journey began with piano lessons at the age of four. When she was 13, she moved from Korea to Central PA. She became the principal accompanist at age 16 for her church. She moved on to Temple University and then Walden University for her Master of Arts in Education. Her talent is immense, and she has continued her career in music. Currently, she has been playing organ and piano at Zion Mennonite Church here in Souderton since 2021. We are so pleased to have her share her talents with us!

### GENERATION CHORUS CONCERT

Monday, April 15

2:00 p.m.

Summit View Auditorium

### IN THE LIVING ROOM WITH ED BRUBAKER, PRESIDENT & CEO OF LIVING BRANCHES

Tuesday, April 16

2:00 p.m.

Summit View Auditorium

Storytelling in our living rooms has been a cherished tradition from generation to generation. Today we welcome Ed Brubaker to share his life story with us. Dick Close will lead this discussion with Ed in our "Living Room".

### MARCH/APRIL BIRTHDAY PARTY WITH SHEILA MILZ

Friday, April 19

2:00 p.m.

Summit View Auditorium

Celebrate your birthday with friends and wonderful music! Sheila brings her high energy, faith-filled, and positive energy to every occasion, especially our birthday parties! Residents will receive invitations with your RSVP due back by April 16.

### MEET AND GREET WITH STATE REPRESENTATIVE STEVE MALAGARI

Monday, April 22

10:30 a.m.

Summit View Auditorium

Please join us for a meet and greet with State Representative Steve Malagari. There will be time for questions and answers. Please see Residential Living Social Worker Elise Stanislav at ext. 42312 if you have any question.

### HISTORIES & MYSTERIES OF AMERICAN TAXES AND DOLLARS PRESENTED BY HERB KAUFMAN

Thursday, April 25

2:00 p.m.

Summit View Auditorium

### NORTH PENN SINGERS

Tuesday, April 30

6:45 p.m.

Summit View Auditorium

The North Penn Singers are a local community chorus who will be sharing their love of singing. Their program includes a variety of songs about hope spanning many eras from Handel to Glenn Campbell.

## RESIDENTIAL LIVING

**BYOM (Bring your own meal)**  
**Monday, April 1, 8 and 29**  
**5:30 p.m.**  
**Family Room**

This favorite resident-run activity continues into 2024 and is a great way to enjoy winter evenings and meet new friends. Sign up at the RL bulletin board. See Heather with any questions.

**VOTER REGISTRATION CLINIC**  
**Tuesday, April 2**  
**1:00 p.m.**  
**Residential Living Lobby**

We will have a voter registration clinic if you need assistance to register to vote, change your voting address, or request a mail-in ballot. Please contact Residential Living Social Worker, Elise Stanislaw at ext. 42312 if you have any questions.

**DICE & SEQUENCE GAMES**  
**Saturday, April 6**  
**6:30 p.m.**  
**Family Room**

Join friends in the Family Room for these crowd-pleasing games. This resident run activity encourages you to share in a game and meet new friends. Sign up at the RL bulletin board to participate!

**CCRC MEETING**  
**Monday, April 8**  
**2:00 p.m.**  
**Summit View Auditorium**

Shuttle service will be provided for cottage and villa residents beginning at 1:20 p.m. And return

shuttle starting at 3:00 p.m.

**ACTIVITY PLANNING SESSION**  
**Tuesday, April 9**  
**11:00 a.m.**  
**Family Room**

All RL residents are invited to join in a monthly planning session. The purpose of this meeting is to collaborate and brainstorm resident ideas. So, we plan programming that resonates with each of you! You can come for one month or many. That's entirely up to you.

**STORIES FROM CALAIS, FRANCE**  
**Tuesday April 9**  
**2:00 p.m.**  
**Summit View Auditorium**

Come and hear about the experiences Joyce Hunsberger had in Calais, France, living for a month in the Maria Skobtsova House, a place of sanctuary and hospitality to vulnerable refugees waiting to cross the English Channel to seek asylum in the UK. Learn about Eli from Iran with asthma, Zenab from Iraq who has tried 15 times to cross, and Winta from Eritrea who has 2 young children and is pregnant with a third. Ultimately, hope prevails, and the faith and courage of these women will deeply move you.

**BINGO WITH NATALIE**  
**Wednesday, April 10 and 17**  
**3:30 p.m.**  
**Family Room**

Join your favorite volunteer, Natalie, as you play bingo and win prizes. Please sign up at RL bulletin board for a great afternoon!

**MRC DONATION DRIVE**  
**April 10-12<sup>th</sup>**  
**RL Lobby**

**BAKED POTATO BAR LUNCHEON**  
**Thursday, April 11**  
**Noon**  
**Family Room**

We are bringing back this resident favorite! Join friends for Baked Potato buffet. We'll provide potato, paper products and drinks. Please sign-up and bring a favorite side dish or topping to share! Please sign up at the RL bulletin board.

**STAR WORD PART 2**  
**Monday, April 29**  
**10:00 a.m.**  
**Family Room**

We will take a deeper look at this practice that we first explored in February. It is focused on prayer for the year. Christians celebrate the magi or wise ones who followed a star. Because the image of the star is so significant to their journey, somewhere along the way, some learned about this idea of offering a Star Word. Just as the magi followed a star long ago, we too can be guided by our star word for this year in prayer. Join us as we continue to look at star words and their influence as the seasons change. Sign up at the RL bulletin board.

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## FUND DEVELOPMENT

### Planned Giving – Income and tax savings for you now, and support for Living Branches now and later

Your gifts can make a difference, and your giving can benefit you! Here are 5 ways:

- 1) QCDs are more popular than ever: If you need to take Required Minimum Distributions (RMDs) AND you make regular charitable gifts, a Qualified Charitable Distribution (QCD) may be the best way for you to give. A QCD is given directly from your IRA to charitable organizations like Living Branches. It takes the place of the RMD and saves you from paying taxes on that portion.
- 2) Gift of Securities – Give your old stock (with a low basis) that has appreciated in the rising market and avoid capital gains.
- 3) Life Insurance Gift – Eliminate an old or unneeded life insurance policy by making a gift of the cash balance to support a charity.
- 4) Life Income – Establish a charitable gift annuity or charitable remainder trust and receive lifetime payments. Ask us for a free illustration outlining your benefits.
- 5) Charitable Bequests – Make a gift to support our work that costs you nothing today. Provide for your loved ones first and then the charity of your choice with a bequest made in your will or trust.

While tax laws may be changing, there are still many ways you can make a gift that will make a difference. Even with the changes, making a gift can still provide benefits to you. Contact one of our Preferred Trust Providers for more information:

- Uninvest Foundation (877-723-5571),
- Everence Financial Services (215-703-0111)

The Fund Development Team is also here to answer your questions. Feel free to reach out to:

- Keith Heavener, Director of Fund Development, ext.44115 or keith.heavener@livingbranches.org
- Colin Ingram, Donor Relations & Development Associate, ext. 44304, or colin.ingram@livingbranches.org

### Online Donations Are Gladly Accepted!

Just a reminder! Living Branches Foundation continues to accept donations online at [livingbranches.org/donate](http://livingbranches.org/donate). The Foundation's primary goal is to raise funds for the benevolent care ministry which enables us to care for all residents, including those who have been wise stewards of their money but have outlived their resources. We appreciate your support.

### Save the Date!

#### “Financial Tips for 2024: Five Ways You Can Strengthen Your Finances”

Thursday, April 18

2:00 p.m.

Friendship Room B

Join Jeff Godshall and Randy Nyce from Everence Financial ([everence.com](http://everence.com)) to do a check-up on your finances. We will look at five ways to make sure your financial life remains strong and healthy. Our time will conclude with a Q & A session, so come with your questions. Invitations will be sent to RL residents in early-April. If you have questions, feel free to contact:

Keith Heavener at 215-368-4438, ext. 44115 or Colin Ingram at 215-723-9881, ext. 44304

### RESIDENTIAL LIVING NEW RESIDENT TEA

Tuesday, April 30

1:30 pm

Summit View Auditorium

The Residential Living Staff Team is excited to host a New Resident Tea. We will welcome residents with an afternoon tea. We'll listen as residents share their history and staff along with Executive Director, Monique Cole discussing our role in your lives. Light refreshments will be available. Residents will receive invitations and must RSVP to attend.

### COMCAST INTERNET SUBSCRIBERS

There is an email circulating to those with Comcast emails stating you must upgrade and verify your service to keep service from being interrupted or discontinued. This email does NOT come from Comcast. Please do not reply to the email or call the phone number. This is a scam.

### GROCERY/SHOPPING TRIPS

Sign up on the Apartment Entrance Lobby Trip Board for Tuesday morning grocery trips.

### LANDIS SUPERMARKET

Tuesday, April 2 and 16

10:00 a.m. - 12:00 p.m.

### TRADER JOE'S

Tuesday, April 9

9:30 a.m. - 12:00 p.m.

### GIANT/WALMART

Tuesday, April 23



### ON THE FRONT PORCH

Thursday, April 4

6:30 p.m.

Summit View Auditorium

What a wonderful evening we had with Karen Detwiler and hearing "The Tales of a Vet." This month we will be having another wonderful SMH resident—Grace Wolfgang. She has had many unique experiences and we are sure you will be challenged by her stories of God working in her life. Hope to see you Thursday, April 4<sup>th</sup> "On The Front Porch."

Dick Close

### FROM THE RL RESIDENTS' ASSOCIATION PRESIDENT

#### UP-DATE on PLASTIC MATS:

Heather found an organization that has use for our mats. BES (Bethlehem Emergency Sheltering) is a faith-based partnership that provides a network of care and hospitality for the homeless. They will give our mats to clients at their shelter and to those in local encampments. That means we are back in business and we need residents to cut grocery bags into loops.

Thelma Mack

10:00 a.m. - 12:00 p.m.

### RL TRIPS

Sign up with Sam Handwerk for Dine Around and Day Trips

Call 215-723-9881 ext. 42330

Or email [Sandra.Handwerk@livingbranches.org](mailto:Sandra.Handwerk@livingbranches.org)

### DINE AROUND – PHO THAI NAM

Wednesday, April 10<sup>th</sup>

5:00 p.m. to 8:30 p.m.

### PHILADELPHIA PREMIUM OUTLET SHOPPING

Friday, April 19<sup>th</sup>

9:30 a.m. to 12:30 p.m.

### DINE AROUND – STOVE AND TAP

Wednesday, April 24<sup>th</sup>

11:30 a.m. to 2:15 p.m.

### PEDDLER'S VILLAGE – BIRDHOUSE DISPLAY

Monday, April 29<sup>th</sup>

10:00 a.m. to 2:45 p.m.

### RL TRIP LOOK AHEAD AND SAVE SOME DATES:

Tuesday, May 7 – Iron Pigs Baseball – 11:00 a.m. game time

Friday, May 17 – Black Creek Greenhouse & Windmill Cafe

Tuesday, May 21<sup>st</sup> – Bean Bag Service Project

Wednesday, June 12<sup>th</sup> – Forever Plaid – Act II Playhouse

## KRISTEN'S FITNESS CORNER

### Dealing with Low Back Pain

According to the National Institute of Arthritis and Musculoskeletal Diseases, back pain is one of the most common medical problems in the United States. It can range from a dull, constant ache to a sudden, sharp pain that may shoot down the leg. It can come on suddenly from an accident, a fall, or lifting something heavy, or it can develop slowly because of age-related changes in the spine. In some cases, arthritis or other medical conditions cause back pain.

Treatment varies depending on the cause and symptoms, and often there are several contributing factors. However, there are steps you can take to improve your health and lower your chance of developing chronic or long-lasting back pain. One of the best ways to prevent back pain is to keep your back muscles strong. Follow these steps to help protect your back and prevent back pain:

- Do muscle-strengthening and stretching exercises at least 2 days a week.
- Stand and sit up straight.
- Avoid heavy lifting. If you do lift something heavy, bend your knees and keep your back straight. This way, your leg muscles will do most of the work.
- Get active and eat healthy. Getting regular physical activity and choosing the right foods can help you stay healthy and manage your weight.

## WELLNESS TALK

### DEALING WITH LOW BACK PAIN

Wednesday, April 3

1:00 p.m.

Family Room

Join Kristen the Fitness Coordinator and Jess from Select Rehab to learn about the causes of back pain and what you can do to alleviate it.

## Balance Screening and Walker Checks with Select Rehab (This is a free service)

Wednesday, April 10

11:00 a.m.

Family Room

## RECREATION ROUND – UP: WANT TO LEARN TO PLAY SHUFFLEBOARD OR SEATED VOLLEYBALL?

### Seated Volleyball with Keith and Dottie Reed

Monday, April 1 or April 22

1:30 p.m. for rules

2:00 p.m. Play starts

Summit View Auditorium

### Beginning Shuffleboard Class With Jim

Friday, April 12

2:30 p.m.

Pavilion

Join Jim Maust to learn the rules of shuffleboard, and to play a game. This will be outdoors weather permitting. **NEW TIME** - Shuffleboard will start at 6:30 pm on Monday's beginning in April. Sign up at the RL bulletin board to explore this fun activity this spring!

## HEALTH CARE

"If April showers come your way, they bring the flowers that bloom in May". April is garden month, and we will get our hands dirty by planting our spring seedlings to get a head start on our garden cart. We also will make a fun "dirt" pudding trifle. At the end of the month, we will create flower arrangements for the dining rooms. The Phillies are back in action, and we will learn about the history of the baseball cap, hear some fun baseball trivia, and enjoy some Cracker Jacks. Our community service project will be helping to fold plastic grocery bags for the RL recycled bag mat project, and we will make cards for our faithful volunteers. We will learn about the Titanic and learn about the ship of dreams the week on the 14th. We welcome a new music therapy intern, Maia Morales, on Thursdays and look forward to hearing her wonderful talents!

## NURSES NICHE - FROM THE RL NURSE

If you are having a medical emergency, call 911 *and* press your SARA pendant. Doing both ensures emergency help is on the way sooner and staff can assist you in the meantime and direct the ambulance and EMTs to your residence. Caveat - you need to wear or reach your SARA pendant to press it.

Additionally, by using your SARA pendant the responding staff can call your emergency contact(s)/POA and make them aware of the emergency and what hospital and contact the appropriate RL staff so we can check your course through the ER and possible hospital admission.

If you call 911 and do not press your SARA pendant, or, someone drives you to the hospital, SMH and RL staff have no way of knowing you are not in your residence. Should you unexpectedly go to the ER or get hospitalized please consider calling the front desk or RL staff to let us know.

When the RL staff know you are in the hospital, we can check on your progress and be in touch with the hospital case manager, if needed. We can help support you regarding care you may need upon discharge, whether that would be a short-term rehab stay in Health Care, or home with home care. If our health care center is full and you are referred elsewhere, we are familiar with those facilities and can help you make an informed decision.

We are here to support you, your loved ones and family in any way we can.

## FROM THE PASTORAL CARE DESK

### The Gift of Sabbath

Recently I had the opportunity to learn more about the gift of Sabbath. Maybe the first thing that comes to our mind is the fifth commandment to honor the Sabbath by keeping it holy. Jesus honored the Sabbath by setting aside time to worship, but he also "broke the rules" by healing on the Sabbath.

How do we set aside the time needed to stop and rest, not only our bodies but our minds? How do you find yourself to be rejuvenated spiritually? For some people, attending worship is a way to be restored in your faith, to be re-centered in Christ. I propose that there may be many "Sabbath" practices that will restore us and help us to honor God. Jesus says in Mark 2:27, Then he said to them, "The Sabbath was made for man, not man for the Sabbath."

I wonder if we who are followers of Jesus can think differently about how to practice Sabbath, modeling the pattern God set when he ceased his "creating work" on the seventh day. God looked at His creation and declared it "very good." Just as God stopped to enjoy all that God had done, so God also asks us to stop and enjoy God's presence and his creation.

What would help you to grow in your ability to trust in God's goodness on a regular basis? Sometimes I think about doing "enough." Is it possible for us to stop and learn to trust God in the midst of chaos, or an undone list, or a messy relationship, etc.? It may be that we are discovering anew the gift of Sabbath any day of the week.

Pastor Sandy Landes  
Dock Woods

## SHRED EVENT

Monday, April 15  
9:00 a.m. to 10:00 a.m.  
Apartment Entrance

All Residential Living residents and staff are invited to bring their documents that need shredding to the lower-level apartment entrance before 10:00 a.m. Sharon Cloonan will be there to supervise the event. No binder clips, ring binders, hanging folders or cardboard.