

SUMMITNEWS

FROM THE DESK OF THE VOLUNTEER OFFICE

April is Volunteer Appreciation Month! Volunteers "rise by lifting others." We appreciate everything you do! Look for special happenings the week of April 21-April 25 as the volunteer department shares our gratitude for all the wonderful ways you have enriched the lives our community. More details to come!

LIVING U

Our classes for Living U this month include a history of American journalism (Mar 25, Apr 1, and Apr 8), presidents in retirement (Mar 27, Apr 3, and Apr 10), the development of the stent (Apr 23), and chocolate and your health (Apr 29). We also will be going to the National Museum of Industrial History on Apr 24. There are so many interesting things to learn about in our world. If you would like to find out more about Living U opportunities, please contact Maribeth Benner, Living U coordinator, at ext. 44204.

SARA SYSTEM

Reminder - SARA is for emergency situations.

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.

FROM THE PASTORAL CARE DESK

God's love shapes the journey,

*It's love that guides it,
It's love that surrounds it,
It's love that fades through it,
It's love that foretells it,
It's love that invites it.*

*This is Lent,
and into the journey
God calls us.*

As we enter the Lenten season, we take a moment to pause and ask ourselves, "**What does it mean to fully live out God's love?**" During the season of Advent, we journeyed together to the manger. Along the way we saw the miraculous power of God through the angels' declarations, the rejoicing of Mary and Elizabeth, the proclamation of the shepherds, and the light of the majestic star. All pointed to Emmanuel, God with us.

Now, during Lent, we prepare for yet another journey. This time we will "**Journey Together in Love**" as God's love walks beside us, guiding us to a place we do not yet know, nor understand. Throughout the next few weeks, we will hear Christ repeatedly declare that his death is imminent. This journey will take us to the foot of both the cross and the grave. Yet, in the end, love will rise victoriously. Together we will have come full circle in the love of God.

As you prepare for the Lenten season keep these dates open on your calendar and join us on the journey:

Sunday, April 13 ~ Palm Sunday Service...Enter Jerusalem shouting "Hosanna!"

Thursday, April 17 ~ Maundy Thursday Services at **Dock Woods & Souderton Mennonite Homes**

Friday, April 18 ~ Good Friday Service at **The Willows**

Sunday, April 20 ~ Easter Sunday Worship Service...Christ has risen! He has risen indeed!

*Come,
Brothers and sisters,
Christ is heading for Jerusalem.
Let's join in the Journey Together in Love.*

Blessings, Pastor Tami Good

SOUDERTON MENNONITE HOMES

"IT'S BASEBALL TIME ON THE FRONT PORCH"
Thursday, April 3
6:30 p.m.
Summit View Auditorium

Join us for a fun evening with our own baseball King, Jim Moyer. We will spend the evening with Jim as he shares his life and stories about his love for baseball and pool. Jim's stories will bring back many memories that you have from the baseball games of your youth as well as happenings in the Indian Valley! You don't want to miss this! Mark your calendar and we hope to see you then.... bring a friend.

EASTER BONNET FASHION SHOW
Thursday, April 10
2:00 p.m.
Summit View Auditorium

How many of you remember wearing Easter bonnets to Easter morning church service? We want to bring that tradition back at our first *Easter Bonnet Fashion Show*. Each area of care will have classes to make bonnets and/or get one of your own out of storage for this day. Please sign up with your Life Enrichment Coordinator to make bonnets and enter them for the Fashion Show. The show will take place in Summit View Auditorium. This is a no pressure show meaning that it is all for fun and celebration of this time of year! Don't want to make a bonnet, you are still welcome to sign up in your area of care to enjoy the show! All residents that submit their Easter bonnets/hats will receive a special Easter gift.

MARCH/APRIL BIRTHDAY CELEBRATION WITH BILL MONOGHAN
Friday, April 11
2:00 p.m.
Summit View Auditorium

Please join Bill for an afternoon of music that is sure to take you down memory lane. Celebrate your birthday with residents here and take home a party favor. Invitations will be mailed out and you must RSVP to Heather Scattergood no later than April 7.

DOCK WOODS CHOIR EASTER CANTATA
Tuesday, April 15
2:00 p.m.
Summit View Auditorium

Enjoy an annual tradition of the Easter Story sung by the Dock Woods Choir. This special event resonates with the audience as it brings the holiness of Easter to life. You will surely be blessed as you hear their beautiful voices blend together in song.

HOLY THURSDAY SERVICE
Thursday, April 17
2:00 p.m.
Summit View Auditorium

Communion will be offered. All are welcome.

EASTER SERVICE
Sunday, April 20
9:45 a.m.
Summit View Auditorium



10% off total check
Not Valid on Sundays

Expires: May 1, 2025



RESIDENTIAL LIVING

EASTER BREAKFAST

Friday, April 4

9:00 a.m.

Summit View Auditorium

RL residents are invited for a morning of fellowship as they enjoy a specially made breakfast by Dining Services. Your breakfast will be accompanied by piano favorites by Nelda Metzler. RL residents received invitations and must RSVP to attend this breakfast. Contact Heather Scattergood with any questions.

OLD FASHION EASTER BONNET DIY CLASS WITH HEATHER

Friday April 4

2:00 p.m.

Family Room

An Easter bonnet is any new or fancy hat worn by tradition as a Christian head covering on Easter. It represents the tail end of a tradition of wearing new clothes at Easter, in harmony with the renewal of the year and the promise of spiritual renewal and redemption. Join friends and create Easter bonnets to be worn on Thursday, April 10 at 2:00 p.m. for our first *Easter Bonnet Fashion Show* led by Natalie Reich. The more creativity, the more fun we will have. Please sign up for this activity at the RL bulletin board.

BYOM (Bring your own meal)

Monday, April 7, 14, 21, and 28

5:30 p.m.

Family Room

ACTIVITY PLANNING SESSION

Tuesday, April 8

10:00 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 more. That's entirely up to you.

PHYSICAL THERAPY WELLNESS TALK

Wednesday, April 9

1:00 p.m.

Family Room

Pelvic floor and incontinence management as we age.

EASTER EGG BASKET

RAFFLE

April 10-15

Apartment Lobby

Guess how many eggs are in the basket! Winners announced on Tuesday, April 15.

SHREDDING EVENT

Monday, April 14

9:00 to 10:00 a.m.

Lower Apartment Entrance

FRIENDSHIP AND FELLOWSHIP

Monday, April 14

11:00 a.m.

Family Room

Are you looking to meet residents

here at Souderton Mennonite Homes with the hope of developing friendships that are outside of this activity. Join Heather for Friendship & Fellowship. Please bring your favorite coffee mug and a willingness to engage in a conversation card game. Light refreshments will be served. Sign up at the RL bulletin board to reserve your space.

RESIDENTIAL LIVING QUARTERLY MEETING

MONDAY, APRIL 14

2:00 P.M.

SUMMIT VIEW AUDITORIUM

THIRD THUSDAYS MOVED TO FOURTH THURSDAY IN APRIL

Thursday, April 24

6:30 p.m.

Summit View Auditorium

Movie, "Someone Like You" Young architect Dawson lost his best friend **London**. Then shocking news hits. In his heartbreak Dawson feels compelled to launch A hopeless search for **London's** "secret" sister, twins separated as embryos. But Dawson never planned to fall in love along the way.

BLESSINGS A LOOK AT JOHN O'DONOHUE'S "BLESSINGS"

Monday, April 28

10:30 a.m.

Family Room

We will discuss John O'Donohue, Irish teacher and poet, and his gift of drawing Celtic traditions to create words of inspiration and wisdom for today. Please sign up at the RL bulletin board to explore these blessings.

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NURSES NICHE - FROM THE RL NURSE

OSTEOPOROSIS (from OrthoInfo@faaos.org)

Osteoporosis is a condition in which the bones become thinner, weaker, and more likely to break.

According to the National Center for Health Statistics (part of the Centers for Disease Control and Prevention), in 2017-2018, the prevalence of osteoporosis and low bone mass (osteopenia) in adults 50 and older was 55.7%. That means more than half of all adults 50 and older in the U.S. are either living with or have an increased risk of developing osteoporosis.

People with osteoporosis are more vulnerable to fractures (broken bones) than those without this disorder. The National Osteoporosis Foundation states that about 1 in 2 women and up to 1 in 4 men over the age of fifty will break a bone due to osteoporosis.

The main causes of osteoporosis are aging, hormonal changes and genetic predisposition. Additional risk factors include certain medications, some health conditions, poor nutrition, and lifestyle choices (i.e., smoking, lack of exercise).

Diagnosing osteoporosis. Height loss while aging, underlying medical conditions and family history can help your doctor diagnose your risk for osteoporosis. Blood and urine tests and a DXA scan can further determine low bone mass or osteoporosis.

Preventing and treating osteoporosis may include changing your diet, calcium and vitamin D supplements, medications to increase bone density, and lifestyle changes.

If you have concerns about your bone health talk with your doctor.

FROM THE DESK OF THE RL SOCIAL WORKER REAL ID:

The chart below shows the difference between a standard ID or Driver's license, and a REAL ID:

	Standard ID or Driver's License	REAL ID or Driver's License
Driving (DL only)	✓	✓
General Identification Purposes	✓	✓
Boarding a Domestic (U.S.) Flight after October 1, 2020	✗	✓
Entering a Federal Facility (that requires ID) or Military Base	✗	✓

The deadline for REAL ID is approaching fast.

Beginning May 7, 2025, Pennsylvanians will need to have a REAL ID-compliant license, or another form of federally acceptable identification, like a passport or military ID to board a domestic flight.

If you need further information, please feel free to pick up more detailed information outside of Leah DiPersio's office on the table.

Produce vouchers: Leah DiPersio has been in touch with Generations about the produce vouchers. If you have received these in the past or are interested in learning more, please reach out to Leah 215-723-9881 Ext. 42312

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 five 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 – Giving stock or mutual funds that have risen in value is a tax-wise way to give. You avoid taxes by gifting the stock AND you receive a charitable deduction for the full value.
- 3) Life Insurance Gift – Transform an old or unneeded life insurance policy by making a gift of the cash balance to support a charity.
- 4) A Gift that Gives Back – Establish a charitable gift annuity and you can realize a steady stream of payments to you and know that you will be making a profound impact on the mission of Living Branches.
- 5) Gifts through your Will – 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. Contact one of our Preferred Trust Providers for more information:
 - Univest Foundation (877-723-5571)
 - Everence Financial Services (215-703-0111)

The Associate Director of Fund Development, Colin Ingram, is also here to answer your questions. Feel free to reach out to him at 215-368-4438, extension 44304 or Colin.Ingram@LivingBranches.org.

Online Donations Gladly Accepted!

Just a reminder! Living Branches Foundation continues to accept donations online at 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.

Honoring our Legacy Giving Donors

All Legacy Giving donors will be honored at a special Legacy Giving Luncheon on Wednesday, May 14, 12 noon in the SMH Friendship Rooms. Invitations will be mailed mid-April. If you are interested in learning about or becoming a Legacy Giving donor, please contact Colin Ingram at ext. 44304.



FROM YOUR RA PRESIDENT Thelma Mack

The RA Nomination Committee and Executive Committee wishes to express their appreciation to the RL residents for the generous response in returning your ballots for the new RA Executive Committee members.

The new RA executive committee will be introduced at the annual General Meeting of the Association on Monday, June 2, 2025, at 2:00 p.m. in the SVA. Please post this date on your calendar.

Be on the alert for the memo which will include the agenda for the general meeting.

LAUGHTER – Best Medicine:

Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress.

Proverbs 17:22 – “A joyful heart is good medicine, but a crushed spirit dries up the bones.”

Did you have a good laugh yet today?

KRISTEN'S FITNESS CORNER

The Power of Protein

It is estimated by the National Academy of Medicine that almost half of older adults don't get enough protein in their diet.

Why is protein important as we age?

- Protein helps maintain muscle, which keeps you from becoming frail.

How much protein is recommended?

- Seniors need .5 grams of protein for every lb. of body weight. For example, if you weigh 150 lbs. aim for 75 grams of protein a day. Include protein at every meal and snack.

What are some good sources of protein? (Grams can vary by brand and are approximate)

- Cottage Cheese – 14 grams in 4 ounces
- Can of Tuna Fish – 26 grams
- Chicken Breast – 26.5 grams in 3-ounce serving.
- Salmon – 23 grams in a 3-ounce fillet
- 1 Egg – 6 grams
- Greek Yogurt – 14 grams
- Lentils – 18 grams per cup
- Edamame – 18.5 grams per cup
- Chickpeas or Black Beans – 14.5 grams per cup

FITNESS NEWS & SPECIAL EVENTS:

Mini Golf:

Join us for the SMH Masters Mini Golf Tournament on Tuesday, April 8 at 1:00 pm. Play 6 holes of mini golf in the Summit View Auditorium. Enjoy light refreshments. Sign-up is required.

Special Balance and Agility Class:

Join us for a special class of fun balance, agility drills and games on Tuesday, April 22 at 2:00 p.m. in the Friendship Room. All levels welcome. Sign-up is requested.

Class Time Change:

Stretch & Flex is now Wednesdays at 2:00 p.m.

Souderton Pool Membership:

Souderton Borough would like to offer Souderton Mennonite Homes residents a discount of \$105.00 for a summer pool membership. Forms are outside of the fitness center and can be returned to the Borough Hall with payment. Please see Kristen Natoli for more information.

Check out the 5-minute video:

Research has shown that even small bouts of exercise can improve our cardiovascular health. Every month a new 5-minute exercise video is featured on channel 1978. It is televised at 9:35 a.m. and 3:20 p.m. each weekday. Tune in to see who the featured guest exercises are! You can also watch it anytime on the portal under the fitness tab.

Women's Trauma Support Group

Women interested in participating in a Trauma Support Group are invited to reach out to Pastor Deb at x43322 or Pastor Lynne at x42289. The group will be kept small and will be scheduled around the availability for the attendees.

HEALTH CARE

Pam is starting a "Women, Wisdom and Wit" group in healthcare to encourage fellowship, provide support and to grow relationships among residents. The first group will be held on Monday, April 7 at 2:00 p.m. in the activity room.

We are excited to offer a dementia support group for family members of our Health Care/Serenata residents. The first meeting will be held on Tuesday, April 8, from 2:00-3:00 p.m. in the Fellowship Room. The topic will be the basics of dementia and what to expect as your loved one progresses. Ruth Hoskins, Ph. D., HHS, LCSW, BCD from Caring Hospice Services will be our facilitator. Please reach out to Michelle Moreland or Cheryl Carr to sign up.

Serenata residents are enjoying their beautiful new space and all the engagement opportunities offered throughout the day!

RL TRIPS

MARCH TRIP REMINDER

Boscov's and Ice Cream
Monday, March 24
12:30 p.m. to 4:00 p.m.

Water Wheel Dine Around
Wednesday, March 26
4:30 p.m. to 8:30 p.m.

CURRENTLY SCHEDULED FUTURE TRIPS:

*****Thursday, May 1, 2:30 p.m.**
Montgomery Theater, Souderton
"Beehive"

*****Tuesday, May 6, Iron Pigs Baseball**

*****Wednesday, June 18 – ACT II**
Playhouse "A Grand Night for
Singing."

**Please sign up on the Trips Bulletin Board if you are interested in attending Sight and Sound to see "Noah" on July 30, 2025.

SMH RL trips are distributed monthly in the RL Trip Newsletters and in Summit News. We do our best to accommodate everyone, relay the schedule as promptly as possible, and appreciate input if there is a discrepancy. Occasionally, future trips are listed so you can plan accordingly. Should you know you wish to sign up for a trip, please contact Sandra (Sam) Handwerk as soon as possible as some trips fill up quickly. If you are unable to attend a trip, please advise as soon as you are aware. The next person on the waitlist will then be contacted. If you opt out only a day or two prior to the date of the trip, you might be charged for the cost of your ticket as they are often prepaid. In addition, we must account for the costs of transportation. Please inquire if you have any questions.

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

APRIL TRIPS

Washington House Dine Around
Wednesday, April 9
11:15 a.m. – 2:15 p.m.

Moccia's Dine Around
Tuesday, April 22
4:15 p.m. – 7:30 p.m.

Wayside Nursery & Greenhouse
Monday, April 28
9:15 a.m. – 3:15 p.m.

Voice of Gwynedd Spring Musical
Wednesday, April 30
6:30 p.m. to 9:30 p.m.

GROCERY/SHOPPING TRIPS

Sign up on the Lower-Level Trip Board for Tuesday morning grocery trips.

LANDIS SUPERMARKET

Tuesday, April 1
Tuesday, April 15
10:00 a.m. - 12:00 p.m.

TRADER JOE'S (NOTE DATE CHANGE)

Monday, April 7
9:30 a.m. - 12:00 p.m.

Giant/Walmart

Tuesday, April 22
10:00 a.m. - 12:00 p.m.

LOOK AHEAD

***Perkiomen Tours has scheduled a trip for interested residents from Dock Woods and Souderton Mennonite Homes for September 16th through the 19th (4 Days, 3 Nights) to Lake George, New York. Enjoy tours of historical sites, beautiful scenery and cruising the lake. For a copy of the information sheet with costs and itinerary, please see the notice on the Trips Bulletin Board or contact Sandra.Handwerk@LivingBranches.org. This trip is planned and organized by Perkiomen Tours.