

SUMMITNEWS

SOUDERTON MENNONITE HOMES

LIVING U

You are invited to join the Living Branches lifelong learning institute, Living U. Our classes and field trips encourage broadening horizons and learning new things. This month, we will learn about: The Civil War Begins (4/7 and 4/14), News and Attitudes: Media Literacy (4/8, 4/15, and 4/22), The Universe Through the Eyes of a Christian Astronomer (4/23 and 4/30), and we will take a field trip to the Museum at Hoppenville (4/29). For information, contact Maribeth Benner, Living U Coordinator at ext. 44204.

YOUR SARA AND YOU

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.

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.

FROM THE PASTORAL CARE DESK

He is Risen! ~ Pastor Deb Neild

In his book *The Holy Longing*, theologian Ronald Rolheiser describes the difference between resuscitated life and resurrected life:

Resuscitated life is when one is restored to one's former life and health, as is the case with someone who has been clinically dead and is brought back to life.

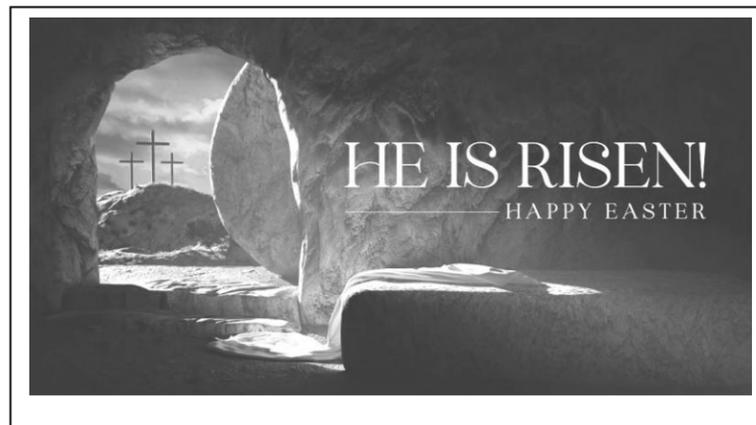
Resurrected life is not this. It is not a restoration of one's old life but the reception of a radically new life.

This Lenten season we began with the story of Lazarus. Lazarus was resuscitated. On the other hand, Jesus is resurrected.

Resuscitated life is like waking up from hibernation. Think of all the bears and other animals who hibernate in the cold of winter and awaken again in spring.

Resurrected life is like metamorphosis. Soon, many caterpillars will begin the miraculous process of transforming into butterflies. Jesus was not resuscitated like Lazarus. Jesus is resurrected. This is important because we too will experience resurrection. We will not simply experience our old lives again, but we will be transformed and given a new eternal life. Praise God!

Before we celebrate the Resurrection of Jesus we will remember the events of Holy Week on each campus at our Maundy Thursday Services on Thursday, April 2. Easter Sunday Worship Services are Sunday, April 5.



CELEBRATE AMERICA'S 250th BIRTHDAY WITH THE TELFORD HISTORICAL SOCIETY Tuesday, April 7 1:30 p.m. Summit View Auditorium

Edie Adam grew up in Colmar, Hatfield Township, and is a graduate of North Penn High School and Temple University with a B.A. in journalism. She began a career in newspapers at the then-North Penn Reporter and moved to the Washington, D.C. area to work for USA TODAY in 1989. After retiring in 2015, she moved back home to Telford, and has found friendship, fun and purpose as a member of the Souderton-Telford Historical Society. Edie will be presenting "Vignettes in Pink," a look at the lives of women in our area early in the 20th century through the use of anecdotes from historical sources including the local newspaper.

STROLLING STRINGS Saturday, April 11 2:00 p.m. Summit View Auditorium and Channel 1978

The Strolling Strings is a group empowering young musicians to soar! They are a youth orchestra for string players ages 6-18 who like to share their talents with the community. Please welcome them back to our community!

STILL FIRED UP: MY LIFE IN FIREFIGHTING Tuesday, April 14 2:00 p.m. Summit View Auditorium

PC Life Enrichment Coordinator, Megan Lee, is a volunteer firefighter. She will be sharing her backstory into her desire to fight the blaze and give back to her community through stories of her experiences thus far.

FORGING OUR NATION: THE AMERICAN REVOLUTION – PART TWO *TAXATION AND REBELLION TO LEXINGTON AND CONCORD. PRESENTED BY HERB KAUFMAN, M.ED., HISTORIAN Thursday, April 16 1:30 p.m. Summit View Auditorium

The French and Indian War (Seven Years War) was the first war that engaged most of the European countries. Traditional enemies, England and France fought over colonial territories, particularly the fertile Ohio River Valley in North America. George Washington, then a colonel in the British Colonial Army, attacked a French encampment near Fort Duquesne. This ignited the local conflict, which then spread to much of North America as well as much of Europe. The British were victorious, effectively removing France as its main rival in North America. However, the cost to the British treasury reached millions of Pounds Sterling. To recover these expenditures Parliament, for the first time, began to directly tax the American colonies. This set the stage for building resentment that led to the American Revolution.

This class examines the intriguing timeline of political events, social actions, and historical encounters culminating in the Battles of Lexington and Concord and "the shot heard round the world."

3rd THURSDAY – MOVIE *"BIRD BOY"* Thursday, April 16 6:30 pm Summit View Auditorium

Look on your bulletin board for details.

MORE FULL FACILITY EVENTS ON PAGE 2

APPLE ORCHARD Café
10% off total check
Not Valid on Sundays
Expires: May 1, 2026

FULL FACILITY (CONTINUED)

MARCH/APRIL BIRTHDAY CELEBRATION FEATURING MUSIC FROM BILL MONAGHAN

Tuesday, April 21

2:00 p.m.

Summit View Auditorium

All residents having birthdays in March and April are invited to celebrate together this day. You will receive an invitation in your mailbox and must RSVP to attend.

HOW THE SMH LIBRARY WORKS WITH KAREN DETWEILER

Tuesday, April 28

2:00 p.m.

Summit View Auditorium

We have an extensive Library here across from the PC Dining Room. Karen and the Library Committee take great care to make sure residents can access many books with varying topics. Please join Karen as she reviews all of the updates and information so you, too, take full advantage of this amenity.

MISSION TRIP TO LIBERIA WITH DONNA GODSHALL

Thursday, April 30

2:00 p.m.

Summit View Auditorium

Love Knows No Distance: Our Journey with Liberia
Liberia is consistently ranked among the world's ten poorest countries. Daily life is challenging, and even basic needs like food and shelter can be difficult to meet. Yet in the midst of these hardships, God is present—and He is moving in powerful ways.

For many years, Donna Godshall has been coordinating Franconia Mennonite Church's mission work in Liberia. God's family is big and beautiful, and in His family, love truly knows no distance. Through stories and photos, Donna will share how she has seen God's grace and goodness firsthand—through deepening friendships, growing partnerships, and the annual mission teams that travel to Liberia to serve alongside our brothers and sisters in Christ.

This presentation will offer an honest look at the challenges, a hopeful look at the impact, and an inspiring look at what God is doing through this long-standing relationship.

Come ready to be encouraged. Come ready to be inspired.

RESIDENTIAL LIVING

EASTER CANDY CART WITH YOUR FAVORITE EASTER CHARACTERS

Wednesday, April 1

See calendar for time

cart will be on your floor!

This is not an April Fool's joke... Look for this favorite resident activity as The Easter Bunny and company stroll through the halls with delicious treats!

RL VOLUNTEEN BINGO NATALIE

Wednesday, April 8

3:30 p.m.

Family Room



Join Natalie as she brings us a fun filled afternoon of bingo! Please sign up at RL bulletin board or in portal to reserve your seat!

RL MINI MANI'S

Thursday, April 9

Thursday, April 23

9:15 a.m.

2nd Floor Lounge



Please join Jessica for a manicure. With spring in the air, it is a perfect time to have your nails painted. Sign up at the RL bulletin board or on the portal to reserve your spot.

FRIENDSHIP AND FELLOWSHIP

2nd and 4th Mondays

11:00 a.m.

Cafe



We continue this series to bridge the gap of belonging and friendship as older adults. Are you looking to meet residents here at SMH with the hope of developing friendships that arc 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. All

Purposely Left Blank

FROM THE DESK OF THE VOLUNTEER OFFICE

April is National Volunteer Appreciation Month! We love our volunteers and are so appreciative of everything you do! This month we will be having a Volunteer Appreciation Social on each campus to celebrate the wonderful contributions you make to our communities! Save the dates and join us for some afternoon treats and lively conversation—

Dock Woods – April 21, 1:00-3:00 p.m. in the Fisher Auditorium

SMH – April 22, 1:00-3:00 p.m. in the Summit View Auditorium

Willows – April 23, 2:00-3:00 p.m. in the TV Lounge

Mark your calendars and join us to celebrate our wonderful team! Come anytime and stay as long as you like! Invitations will be mailed in early April. Don't forget to RSVP! We look forward to seeing you there!

FROM THE DESK OF THE RL NURSE

Nutrition – another pillar of health and brain health. What's important to know about nutrition as we age? Aging can bring changes that affect appetite, digestion, and taste perception. Some people may start skipping meals or losing weight. Or perhaps they don't seem to enjoy the foods they once craved. Dental problems, decreased saliva production, and health conditions like stroke or Parkinson's disease can affect older adults' ability to chew and swallow. Around age 30 your body starts losing muscle. After age 50 this loss accelerates. Loss of muscle can lead to weakness, higher risk of falls and fractures, along with weakened immunity, slower healing, fatigue, brain fog, and issues with skin, hair, and nails. It's important for older adults to increase their protein intake to maintain or regain their muscle loss. To fill nutrient gaps, protein shakes, smoothies, and fortified drinks come in handy – But NOT IN PLACE OF A MEAL. Make each meal or snack pack a nutritional punch. Choose foods rich in protein, calcium, fiber, and essential vitamins and minerals, choose healthy fats—and try to avoid too much added sodium, sugar, and saturated fats.



From your RA President ... (Dick Close)

A special thank you to all the SMH Maintenance folks who "shoveled" us out of numerous snows this winter. We hope we are done that kind of work and that we and you can get on with the outdoor joys of spring and summer. Thank you again!

And speaking of physical work.... Physical exercise is essential for us seniors, too because it supports both physical health and overall well-being as the body changes with age. Regular activity helps maintain muscle strength, flexibility, and balance, all of which reduce the risk of falls and injuries that can threaten independence. Exercise also supports cardiovascular health by improving circulation, lowering blood pressure, and helping manage conditions such as heart disease and diabetes.

Beyond physical benefits, staying active positively impacts mental and emotional health. Exercise can boost mood, reduce feelings of stress or depression, and help preserve cognitive function. Many SMH seniors also benefit from the social aspect of group exercise or walking with friends, which helps combat isolation and encourages consistent activity. So why not stop in and visit the Fitness Center and talk to Kristin and she can get you started as well as take the opportunity to participate in one of our many "athletic" events such as shuffleboard, cornhole, seated volleyball or even pool!

No On The Front Porch in April.

RESIDENTIAL LIVING (continued)

RL residents are welcome! Sign-up at the RL bulletin board to reserve your space.

ACTIVITY PLANNING SESSION

Friday, April 10

10:15 a.m.

1st Floor Lounge

All RL residents are encouraged and invited to join in a monthly planning session. The purpose of this meeting is to collaborate and brainstorm resident ideas.

TITAN SHREDDING EVENT

Monday, April 13

9:00 a.m. to 10:00 a.m.

RL Lower Carport

RL QUARTERLY MEETING

MONDAY, APRIL 13

2:00 P.M.

SUMMIT VIEW AUDITORIUM

RL ARTIST RECEPTION

Tuesday, April 21

6:30 p.m.

Summit View Auditorium

We are having an Intergenerational Art Show hosted by the SMH Arts Committee. Dock Academy Students will be featured for the next several months on our Art Gallery Wall. Please come and welcome the students and their families, learn about the artists, enjoy the art gallery. Refreshments available. All RL residents are invited to stop by this reception.

WELLNESS TALK ON NUTRITION WITH

RL NURSE JANICE CARROLL

Thursday, April 23

3:00 p.m.

Family Room

Get tips for healthy food choices and play Food Jeopardy.

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:

Hobby Lobby – Horsham Store

Friday, April 17

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

MRC – Service Trip

Wednesday, April 22

12:45 p.m. to 2:45 p.m.

Moccia's Dine Around

Wednesday, April 22

4:45 p.m. to 8:15 p.m.

Voice of Gwynedd Spring Concert

Wednesday, April 29

6:15 p.m. to 9:30 p.m.

GROCERY/SHOPPING TRIPS

Sign up on the 2nd Floor Lounge Trip Board for Tuesday morning grocery trips.

LANDIS SUPERMARKET

Tuesday, April 7

Tuesday, April 21

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

TRADER JOE'S

Monday, April 13

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

Aldi/Dollar Store

Tuesday, April 28

10:00 a.m. – 12:00 p.m.

***Tickets for Joshua at Sight and Sound are available for Wednesday, June 17th. Please sign up before mid-April on the Trips Bulletin Board if you are interested in attending. See the RL Trips Newsletter for further information regarding Joshua, together with upcoming trips.

KRISTEN'S FITNESS CORNER

Put a Spring in Your Step!

April is a wonderful time to put on those walking shoes and enjoy the fresh spring air. As we (finally!) see some warmer weather and flowers begin to bloom walking becomes one of the best ways to stay active. Walking is gentle on the joints, good for the heart and a great way to boost your mood. There is no magic number of steps for good health. The best thing you can do is add 500 extra steps per day (roughly a 5–10-minute walk). This can provide significant cardiovascular benefits. It can be helpful to get a baseline by tracking your steps on a pedometer, using a Smartwatch or your phone for a few days. We do have a few pedometers in the fitness center you can borrow and tracking sheets are available to record your progress. If you can't get outside, then the NuStep in the fitness center is a good option. The coordinated, opposing movement of arms and legs mimics the natural walking gait from a seated position.

Special Events and Fitness Updates:



SMH Masters Mini Golf Tournament-

Friday, April 10 @2:00 pm in the SVA. Join us for 6 holes of mini golf in the SVA. Enjoy an Arnold Palmer mocktail and light refreshments. Sign-up is required.

Symbria Rehab Pain Management Talk:

Wednesday, April 22 @ 3:00 pm in the Family Room. Do you live with daily pain and chronic inflammation related to chronic conditions? Would you like to lower your pain? If so, this presentation is for you. Join us to learn more about triggers of chronic inflammation and pain while considering how movement plus lifestyle changes or therapies may help you lessen your pain and improve your life. At the end of the presentation, you will have an opportunity to take part in a self-assessment pain questionnaire. We hope to see you there!

Work 1-1 in the fitness center: Do you have a goal that you would like to meet or just want to gain endurance and strength? Did you finish therapy and are not sure how to maintain your progress? As a personal trainer with over 15 years of experience, Kristen is here to help. Please reach out for a personalized plan.

Coming in May: Small group brain and balance training

MOBILE SATELLITE VOTER VAN

Friday, April 24
10:00 a.m. -12:00 p.m.
Main Entrance

The Montgomery County Board of Elections also offers a unique service, a mobile satellite office or Voter Van which is available about a month before every election. This Voter Van can issue mail-in ballots on the spot to registered Montgomery County voters, update a voter's registration, and accept completed mail-ballots to bring back to our secure warehouse.

PERSONAL CARE

PC EASTER EGG HUNT!

Wednesday, April 1
10:15 a.m. to 4:00 p.m.

This is no April Fool's Joke!
If you reside in PC and want to participate in a friendly competition while also getting some exercise, then this is for you!

We will start the big Easter Egg Hunt! Come to the Four Season's Room at 10:00 a.m. for instructions on how to play so I know who the competitors are. Happy Hunting!

PC COMMUNITY SERVICE PROJECT

Thursday, April 23
1:30 p.m.
Four Season's Room

We will make soup to donate to Table of Plenty at Zion Mennonite Church! We will make extras to have a taste test too!

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 satisfies the RMD or a partial amount 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 yourself and 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 (267-954-8203)
- 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

MARK YOUR CALENDAR! All Legacy Giving donors will be honored at special Legacy Giving Luncheons on Thursday, June 4, 12 noon in the Dock Woods Fisher Auditorium or Tuesday, June 23, 12 noon in the Souderton Mennonite Homes Summit View Auditorium. Invitations will be mailed to legacy giving members who have pledged for 2026 giving year, and this year to the residential living apartments in early May.

NEW THIS YEAR! Circle of Faith donors must indicate a 2026 pledge intention to receive an invitation to this special luncheon. If you want to check if you have renewed for 2026, please contact Rose Hackman at ext. 44305. If you are interested in learning about or becoming a Legacy Giving donor, please contact Colin Ingram at ext. 44304.