

SARA SYSTEM

Will SARA work in a power outage? Yes

All resident SARA pendant\wrist devices have a battery.

All SARA repeaters are equipped with rechargeable batteries.

Administration is notified of low batteries and they will contact you for battery replacement.


In the event of a power outage, the repeaters will work for up to 24 hours depending on how many SARA alerts are transmitted during the outage

SARA servers are on battery backup as well as generator power

Be WYSE on campus
Wear Your SARA Everywhere

LIVING U

Living U, the Living Branches lifelong learning institute, is actively preparing for classes and a field trip this fall. If you haven't registered yet and would like to participate in some of these educational opportunities, please contact Maribeth Benner, Living U coordinator, at 215-368-4438 ext. 44204.



10% off total check
Not Valid on Sundays

Expires: September 1, 2025

FROM THE PASTORAL CARE DESK

As I write this, it's one week past the tragic flash flooding in Central Texas, where over 120 people, including many children, perished in an overnight storm over the July 4 weekend. Like a thief in the night, the floodwater swept away trees, buildings and people, with little warning of the approaching disaster.

As we pray for the affected communities and especially the families who lost loved ones, we also learn about the helpers: the first responders, the military, and ordinary people who jumped in to help. Teams from Mexico and Canada have assisted with rescue and recovery. Heads of state from around the world offer condolences and prayers for our nation. Professional athletes and musicians donated millions of dollars toward funeral expenses and aid. The help of compassionate neighbors, near and far, is a tremendous blessing.

The stories of survival and rescue are astounding. In total darkness, survivors leapt through shattered windows, swam in turbulent waters, employed mattresses and branches as flotation devices, and clung to anything vertical. Many awakened and grabbed others along the way. Even a few pets and farm animals were found alive in treetops.

The tenacity to cling to life is inspiring, despite dire and unforgiving conditions. Where does that fight come from, and where else have you seen it? The Apostle Paul writes in Romans 7:21-25, "When I want to do good, evil is right there with me...What a wretched man I am! Who will rescue me from this body of death? Thanks be to God – through Jesus Christ our Lord!" We are reminded that dark and destructive forces lurk nearby, even within. But we have this hope in the One who rescues us, saves us from ourselves, and carries us on wings like eagles to higher ground. Let us continue to fight the good fight of faith, in God's strong name.

Pastor Susan Sciarratta

8

A Living Branches Community Newsletter

SUMMITNEWS

SOUDERTON MENNONITE HOMES

SHADY HOLLOW FARM STAND EVERY THURSDAY IN AUGUST FRONT LOBBY

Continue to shop in the front lobby this month! Shady Hollow Farm will offer a weekly pop-up produce stand here in the Front Lobby, providing fresh produce to the residents and staff alike. Their weekly produce offerings vary, depending on what is seasonally available. Shady Hollow accepts cash, check or Venmo.

HERB KAUFMAN PRESENTS MEN / MISSIONS / AND MEMORIES OF WWII Thursday, August 7 2:00 p.m. Summit View Auditorium

MEN: World War II began on September 1, 1939, when Germany invaded Poland. By June 1940 – 18 months before Pearl Harbor - American fliers secretly began joining the Royal Air Force. Within months, the American pilots formed three Eagle Squadrons, fighting the Nazi's in the Battle of Britain.

MISSIONS: There were thousands of military missions during the four years of the war. This program will open the vaults of history to highlight several of the significant missions that were highly secret and often escape public attention.

MEMORIES: Presenting a collection of original and historic memorabilia in three theaters of the war, the program will present the compelling story of the wartime service of an American soldier, Corporal Herman D. Schechtman.

DEVASTATION ON THE DELAWARE: STORIES AND IMAGES OF THE DEADLY FLOOD OF 1955 Author- Mary Shafer Tuesday, August 19 2:00 p.m. Summit View Auditorium

Mary Shafer, author of "Devastation on the Delaware: Stories and Images of the Deadly Flood of 1955," the only comprehensive documentary book about this stunning weather disaster, speaks in accompaniment to a 45-minute digital slide presentation containing supplemental information and historical and contemporary photos, many of which don't appear in the book. The slide show is followed by an audience Q&A session, to allow people to clarify points from the presentation and share their own experiences of the flood. Books will be available for purchase.

LIFE IS LIKE A SLIDING BOARD Thursday, August 21 2:00 p.m. Summit View Auditorium

LIFE IS LIKE A SLIDING BOARD is a narration and sing-along done by a group of talented Residential Living residents. From infancy to old age (the jumping off point of the sliding board), we sing a variety of songs. The lyrics will be shown on the screen so you can join in the singing!

JULY/AUGUST BIRTHDAY CELEBRATION Tuesday, August 26 2:00 p.m. Summit View Auditorium

Join fan favorite, Bill Monaghan, for an afternoon of music. You will receive your invitation in the first week of August. Please RSVP by August 13th.

RESIDENTIAL LIVING

THE SWEET FREEZE
New event
Friday, August 1
1:30 p.m.
Family Room

Discover the art of ice cream making! Chaya Thomas, Souderton Area High School 2025 graduate and owner of The Sweet Freeze, will share her ice cream journey and take you through a demo that will inspire you to make your own creations at home. Many of you know Chaya from her years of volunteering here with her music. This began during covid and has flourished since. Learn about the history and process of Chaya's grass roots company and the philanthropic pursuits woven throughout her business model. You will have the opportunity to sample freshly churned ice cream and homemade add-ins, as well as enjoy your own individual ice cream cup. Get ready for an ice cream adventure! Cost is 2.00 and includes, demonstration, and 5.5 oz dixie cup to go. Please sign up at the RL bulletin board and indication flavor of ice cream you'd like for your dixie cup- Cookies n' Cream, Mint Mania, and Chocolate.

PAPER MAKING CLASS sign up
Monday, August 4
10:00 a.m.
Location will be shared with participants

Join artist, Libby Musselman, as you learn about the art of paper making. This form of artistry is of particular

interest to Libby and she teaches the class with ease. Residents from 72-100 have enjoyed this experience. All participants leave with beautiful paper they made at session. Please sign up at the RL bulletin board. This is a great time to get out of your comfort zone and try something new and creative!

VOLUNTEER BINGO WITH
ELAINE sign up
Wednesday, August 13
3:30 p.m.
Family Room

Join Elaine for Bingo Bucks Bingo! Please sign up at the RL bulletin board for a great afternoon!

RL FRIENDSHIP AND
FELLOWSHIP sign up
Monday, August 18
11:00 a.m.
Cafe

Make sure to sign up for this last summer session. We have explored the loneliness that many are feeling in this space in time while connecting with others looking to develop organic meaningful friendships. 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.

MUSIC & MEMORIES WITH
SETH LAUCKS
Friday, August 22
1:45 p.m.
Family Room

FROM THE RL DIRECTOR:

Recent power outages and severe weather events have brought up questions regarding communication and procedures. When there is a power outage on campus, an effective way to gain a better understanding of the affected area and expected time of the outage is by checking the PPL website pplelectric.com/outage. The site will give an expected time range for restoring power in the areas of outage. Card readers into the building continue to work in a power outage. Elevator #5 in the lower apartment lobby will not work in an outage.

In the event of a severe weather warning, apartment residents living in the green or orange building should move to the 1000 level of the orange building. Apartment residents who live in the purple building should move to the lower-level storage hallway near the fitness center. An additional safe spot in the building is located in the hallway beyond the art gallery and behind the café. Cottage and villa residents should go to the inside wall of room. Bathrooms without exterior windows are also considered safe areas.

Purposely Left Blank

NURSES NOTES – FROM THE RL NURSE

Have you heard the terms:

Listen to your gut, go with your gut, use your gut instincts, don't have the guts, no guts no glory, or that sinking feeling in your gut?

Meriam-Webster explains: What are the Guts of a person? 'Your guts may be your digestive tract, your belly, the inner workings of a thing, or "the basic visceral or emotional part of a person.'"


Did you know your 'gut' is called "your second brain", and there is a brain-gut connection?

According to John Hopkins Medicine:
Hidden in the walls of the digestive system, this "brain in your gut" is revolutionizing medicine's understanding of the links between digestion, mood, health and even the way you think. Scientists call this little brain the enteric nervous system (ENS). And it's not so little. The ENS is two thin layers of more than 100 million nerve cells lining your gastrointestinal tract from esophagus to rectum. Unlike the big brain in your skull, the ENS can't balance your checkbook or compose a love note, but it communicates back and forth with our big brain—with profound results.

The ENS may trigger big emotional shifts experienced by people coping with irritable bowel syndrome (IBS) and functional bowel problems such as constipation, diarrhea, bloating, pain and stomach upset. For decades, researchers and doctors thought that anxiety and depression contributed to these problems. But our studies and others show that it may also be the other way around. Researchers are finding evidence that irritation in the gastrointestinal system may send signals to the central nervous system (CNS) that trigger mood changes.

These new findings may explain why a higher-than-normal percentage of people with IBS and functional bowel problems develop depression and anxiety. That's important data, because up to 30% to 40% of the population has functional bowel problems at some point.

If you struggle with bowel problems, depression, and/or anxiety talk with your primary care provider or gastroenterologist.



From your RA President . . . (Dick Close)

One of our goals is to see enhanced communication between our residents and the SMH administration. One of the newer key components of that is the SMH Portal. The first step is for you to add the portal to your phone or computer. You can also use the kiosk in the front or RL lobbies. We have found that our residents appreciate having the **Residents' Directory** as well as the **Morning Announcements**, (which are found in the Bulletin Board section), available at any time or place. If you are in need of help installing the app, you can contact any of the Executive Committee members or see Leah, Heather or Sandra for direction.

In addition to the Morning Announcements, you can find the day's activities and the daily menus in the café or dining room. You can use Exercise videos as your own "personal trainer". The RA is taking steps for better communication through our monthly **"Chats in the Café"**. Due to schedule changes, we will be hosting the chats on **the first Monday morning of each month from 9:00-9:30 a.m.** Dick Close, President of RA and another RAEC member will be there to listen. Have a warm and wonderful month!

FUND DEVELOPMENT

Leave a Legacy
Thank you for your generous support of the Living Branches Foundation. Your contribution to our benevolent care ministry is vitally important to many Living Branches residents in your community. Estate gifts are the largest part of our fundraising budget and enable us to plan for the future support of our residents who need financial assistance for the long term. During the fiscal year ending June 30, 2025, Living Branches provided benevolent and unreimbursed care to about 100 residents. The Living Branches Foundation benevolent care funds are only able to provide one-third of the total cost of care for these individuals, so there is still much more work to be done to grow the balances in our benevolent care funds.

Donating part of your estate to the Living Branches Foundation through your will or trust provides security for these residents for many years to come. More importantly, an estate gift allows you to leave a legacy – a legacy of compassion, generosity, and service – because your gifts serve your community tangibly. If you have already included Living Branches in your planning, please let us know. To learn more, contact:

- Colin Ingram, Associate Director of Fund Development, ext. 44304, Colin.Ingram@livingbranches.org

Alphabet Soup for Better Giving
Have you ever heard people talking in Alphabet Soup language? "If you have an IRA you can make a gift into a QCD to satisfy your RMD. As long as you mind your P's and Q's. Does that sound A-OK?" HUH?!

If that sounds like another language, read on. Here is a short guide to understanding the Alphabet Soup for Better Giving:

IRS—Internal Revenue Service: you pay your taxes to the IRS. Interestingly, the IRS allows you to reduce your tax bill when you make gifts to your favorite ministries and charities. If you understand the IRS's alphabet soup, you can direct your dollars to charity instead of the IRS.

DAF: Donor Advised Fund—a giving checking and savings account. DAFs have become very popular to maximize your income tax deductions by timing your giving to get the most tax savings. If you have stock that has risen in value, DAFs are also a great tool. When you donate stock, you also give away the tax bill associated with your capital gains. When you do that, you'll get a double benefit of avoiding taxes while also receiving a tax deduction for the full value of the stock.

RMD: Required Minimum Distribution—you are required to start taking distributions from your retirement accounts in your early 70s, even if you don't need the money for your living expenses. When you receive those RMDs, you will have to pay taxes on the distributions.

QCD: Qualified Charitable Distribution—Here's a two-question quiz. 1) Are you required to take an RMD? 2) Do you give regular gifts to your church and charity? If you answered yes to both, a QCD is likely the first and best way for you to make your gifts. QCDs take the place of your RMD and by directing them to church and charity, you'll avoid paying any taxes. You can give more effectively with your retirement savings going tax-free directly to the ministries that are important to you.

If it is all still a little soupy, that's OK. This is not a DIY project. We are here to help. Reach out to Colin Ingram and he will help you translate the Alphabet Soup and/or connect you to Everence or Univest.

This ABC blurb was written by Randy Nyce, Managing Director, Everence Financial Services.

- Colin Ingram, Associate Director of Fund Development, ext. 44304, Colin.Ingram@livingbranches.org

KRISTEN’S FITNESS CORNER

Hydrating Foods

We are constantly told during the hot summer months to increase our water intake to stay hydrated in the heat and humidity. This is very important, but did you know you can also eat hydrating foods? Many fruits and vegetables are excellent sources of hydration due to their high-water content. The water content also makes them low calorie snack options. Here are 10 of the best:

- Cucumber:** Because it is 95% water, one serving of cucumber has only 8 calories. Cucumber is also a good source of fiber, vitamin K, and vitamin A.
- Tomatoes:** Tomatoes are also about 95% water and contain many vitamins and minerals.
- Cantaloupe:** This melon is 90% water and is a good source of vitamins A, C, and potassium.
- Apples:** Apples contain 85% water, making them a perfect snack for staying hydrated.
- Celery:** Celery is a healthy, filling vegetable that is made mostly of water.
- Lettuce:** Water makes up over 95% of raw lettuce. In addition to helping you stay hydrated, lettuce helps with bone strength, vision, and sleep.
- Watermelon:** This juicy fruit contains 92% water. Watermelon is also packed with beneficial nutrients and is a great source of antioxidants.
- Peaches:** Peaches are made up of 88% water and the fiber makes them filling.
- Oranges:** Oranges, are about 87% water and offer vitamin C, fiber, and other nutrients.
- Zucchini:** One cup of zucchini contains 95% water and has fiber that keeps you feeling full.

Special Events and Fitness Updates:

Cornhole Tournament – Tuesday, August 5, 2:00 p.m. in the Summit View Auditorium. Join our August cornhole tournament. Prizes will be awarded to our top teams. Please sign up outside of the fitness center. There is an 8-team maximum.

Stronger Memory Check-In: Thursday, August 14, 2:00 p.m. in the Family Room. Our Stronger Memory group will meet monthly to support each other and share strategies to keep our brains strong. New participants are always welcome.

Zumba Gold Class: Join the fun! Zumba Gold will be held Thursday, August 14 and Thursday August 28, 1:00 p.m. in the Friendship Room.

PAVILION UPDATE:

We have had issues of missing and damaged game equipment in the Pavilion this summer. The white laundry basket in the Pavilion contains a full set of equipment for residents and those who use the Pavilion for special events. An inventory will be taken after each event. The locked storage closet contains equipment for resident use only and is to remain locked during events. Please see Kristen Natoli with questions. Thank you!

From the Desk of the Volunteer Coordinator

Attention Volunteers! **Save the Dates** for our annual volunteer in-service in September. This required refresher training will take place on all three campuses: at Souderton Mennonite Homes September 17, 1:00 p.m., at the Willows September 19, 3:00 p.m. and at Dock Woods on September 24, 10:30 a.m.

Jump into action this summer: Activity support in Serenata PC has lots of fun opportunities! HC needs Water Givers Mondays, Tuesdays, Thursday 8:30 – 10:00 a.m. Groundskeeping Helpers set your own time to dead head blooms, pull weeds, keep a garden area looking vibrant. Contact Suzanne at ext. 42298 suzanne.zomberg@livngbranches.org

FROM THE DESK OF THE RL SOCIAL WORKER

PROTECT YOURSELF FROM SCAMMERS

- Verify phone calls**
If you receive a call and aren’t sure if the company or person you’re speaking with is legitimate, hang up. Search for a verified number on the company website. If someone calls claiming to be from your bank and you feel uncomfortable, hang up and call the number on the back of your card before providing any personal or financial information.
 - Beware of fraudulent investment opportunities**
Question any appealing investment offers that guarantee huge returns. Before sending any money, look up the business at trustworthy resources online to verify if it’s legitimate. Be especially wary if the investment requires you to invest using cryptocurrency.
 - Don’t be pressured to pay with gift cards**
Utility companies, banks, the IRS or any other government agency will **never** request payment in the form of a gift card. Don’t share the number on the back of a gift card with anyone you don’t know.
 - Beware of urgency**
Scammers notoriously apply pressure by saying your account is compromised, claiming they’ll cut off your services or threatening legal action. Take a pause and tell a trusted friend or family member about the situation before making any financial decisions.
 - Never send money to someone you have not met face-to-face**
Beware of online friends who ask for money or offer investment opportunities, including scenarios involving cryptocurrency.
- Source: Capital One
- Looking ahead:**
We are pleased to announce that part II of the previous scam presentation will be offered this fall at Souderton Mennonite Homes. More details to come.

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

AUGUST TRIPS

GOSHENHOPPEN FESTIVAL
Friday, August 8
11:30 a.m. to 3:00 p.m.
Cost: \$20.00 for ticket and transportation

OOKA
Lunch Dine Around
Thursday, August 14
11:30 a.m. to 3:00 p.m.

BOSCOV’S – COVENTRY MALL
Shopping and Lunch TBD
Friday, August 22
9:30 a.m. – 2:30 p.m.
Cost: \$8.00 for Transportation

CARRIAGE HOUSE DINNER DINE AROUND
Wednesday, August 27
4:00 p.m. to 8:00 p.m.

COMING IN SEPTEMBER
IRON PIGS BASEBALL
Thursday, September 4th
5:00 p.m. to 10:00 p.m.
Cost: \$28.00 includes ticket, transportation and \$2.00 off concessions.

GROCERY/SHOPPING TRIPS

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

LANDIS SUPERMARKET
Tuesday, August 5
Tuesday, August 19
10:00 a.m. - 12:00 p.m.

TRADER JOE’S (every 2nd Monday of the month)
Monday, August 11
9:30 a.m. - 12:00 p.m.

GIANT/WALMART
Tuesday, August 26
10:00 a.m. - 12:00 p.m.