

# BRANCHING OUT

LIVING BRANCHES

Live & Grow – Together

A photograph of a man in a black polo shirt and dark shorts assisting an older man with a grey beard and glasses on an exercise bike. The older man is wearing a blue t-shirt and a lanyard with a badge. They are in a room with large windows, framed pictures on the wall, and other exercise equipment in the background.

## Getting Fit MEANS GETTING TOGETHER





FROM THE PRESIDENT'S DESK

## The Importance of Pruning

### I WOULD REFLECT THAT

leaving a child at college is not one of the easiest parenting experiences. And helping your child pack up their bedroom before the move can be even harder still. I vividly remember our daughter taking hours to pack because as she sorted through boxes and drawers, she relived the memories attached to each item she found. Art projects from elementary school, programs from concerts or musicals, and t-shirts from various activities – each one held a memory. It was like watching her childhood in reverse.

She determined which items would stay at our home, which items would go with her to college, and which items could be thrown out or donated. Similar to persons moving to a retirement community, a life change prompted our daughter to sort through her belongings.

I don't know about you, but I often shake my head when I see the amount of stuff I've acquired. When I sort through the garage, I find things I didn't even know I had. It's discouraging to see that things sit in closets or storage untouched. In this country, we have the hobby of possession collecting. And many times it's not until we move that we're forced to address the excess stuff.

In Luke 12 we read the passage of the rich man who decided to tear down his barns in order to build larger ones, so he could store surplus grain and relax for years to come. That very night he died. Jesus warned, "This is how it will be with whoever stores up things for themselves but is not rich toward God." We learn from Jesus to value persons and relationships, instead of earthly possessions.

While it's true that the process of moving can be very stressful, it helps us to focus. We evaluate items' importance and our connection to them. We decide what we want to keep near and what we're OK to let go. We relive the memories of persons and events from our past – some wonderful and joyous, other poignant or emotional. And most of all, we're reminded to keep only the things we need and let go of the rest – a pruning of sorts – so we keep our focus on the things that matter most. After all, in order for a tree to bear fruit, the dead and overgrown branches must be cut away.

EDWARD D. BRUBAKER  
President/CEO

## BRANCHINGOUT

A PUBLICATION OF LIVING BRANCHES

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# RIGHTSIZING:

## *Creative Solutions for Retirement Living*

By: Rebecca Kikendall, Marketing and Communication Specialist

MOVING FROM A FOUR BEDROOM HOME WITH A BASEMENT, AN ATTIC, AND A TWO-CAR GARAGE TO A TWO BEDROOM VILLA WITH A ONE CAR GARAGE CAN SEEM OVERWHELMING.

Moving from that two bedroom villa to a one bedroom apartment can also be overwhelming. The question usually asked is, “Where do I begin?” And the first answer that usually comes to mind is, “Get rid of all my stuff.” But it doesn’t need to be that way! While it is true that you may not be able to bring every single thing with you if you downsize in square footage, we prefer the term rightsizing – moving a comfortable amount of furniture along with the items you need and the belongings you cherish most.



### WHAT SHOULD I BE DOING NOW?

The best time to begin the rightsizing process is now. Whether you anticipate a move in one year or five years, you can never begin too soon. Chances are a closet in the spare bedroom now houses off season clothing or is used for general storage. When things are out of sight, they’re also out of mind. And when they’re out of mind, there’s a chance we’ve forgotten we even own them!

Many experts suggest you begin in a room that is not used regularly, such as a guest bedroom. It won’t upset the whole house, but you’ll begin to make progress. As you sort through the rooms in your home, you’ll need to make some hard decisions. When it comes to clothing ask yourself, “Have I worn it in the last year?” or “Does it fit?” If the answer is no, place it in the donation pile.

When it comes to furniture, the decisions aren’t quite as easy. If you want to pass along furniture to friends and family, we suggest having your own auction. Take a photo of every item you don’t plan to take with you and place the photos in an album. Then ask your family members to look through and place their name on items they’re interested in. Once everyone has had a chance to look through the photos, you can discuss interest, work out a time schedule for emptying the item, and arrange for them to pick it up. This system also allows you to see what items are going to be left behind. You can arrange for a local thrift organization to pick them up, or consider having an auctioneer appraise them if they’re antiques.

### HOW MUCH FURNITURE IS TOO MUCH FURNITURE?

One of the most frequent comments we hear from current



and future residents is the concern that they’re bringing too much furniture to their new home. These fears can be relieved with smart planning and some compromise.

The first tool that can assist in the decision making process is floor plans. Acquiring a floor plan of the residence you’ll be moving to will allow you begin visualizing your future home. It will note room dimensions and also where

windows and closets are located. You’ll then be able to measure your furniture to see if it fits on the wall where you’re envisioning it. If you’re still unsure, there are tools online that allow you to create a drawing of the room and your furniture to scale for an accurate depiction of the space. Additionally, there are services that specialize in helping retired persons move from their family home to a retirement community.



### LET YOUR LIFESTYLE HELP YOU DECIDE

It is important to assess how you live your life and to determine what things in your home are parts of your daily routine. Some persons may be accustomed to sitting on a bench at the foot of the bed to tie their shoes each morning, while others don’t mind lacing up in the kitchen. Evaluate your lifestyle and daily routines, making note of your patterns. Then envision yourself completing that task or routine in your future home.

If having a desk is non-negotiable, then you can plan a second bedroom accordingly. Instead of having a bedroom setup with a bed, nightstands, and dressers, perhaps you’ll have a desk, bookshelf, and pull-out loveseat for potential overnight guests. Similarly, if reading by the fire is one of your favorite ways to relax in the cooler months, but your future home won’t have a fireplace, consider purchasing a tv console with a built in faux fireplace.





While the size may change, it will still be the place you call home. And it must be beautiful and functional to feel like home.

#### MULTIPURPOSE

Another tip to keep in mind: think outside the box. The furniture you choose to bring with you will need to work overtime or double duty to accommodate your needs and store your possessions. A china hutch that held dishes and linens exclusively may need to be cleaned out to make room for files or financial documents that were originally kept in a desk. If you're not sure which sofa to bring, choose the skirted one so storage bins holding gift wrap or board games can be stored underneath and out of sight. Or perhaps select an alternate dining setup. If you're moving to a smaller accommodation, you may not have room for your dining room suite. It may be a better use of space to sit on stools for everyday dining and have a dining table that folds and stores against the wall, but can easily be expanded when entertaining friends or family.

#### COLLECTIONS AND KEEPSAKES

We all have things in our home that have special meaning. These items vary in size and in number. It may be a piece of furniture that has been in the family for generations, a collection of artwork selected on trips overseas, or a special set of china. The first step to evaluating whether these items can move with you to your new home is deciding how important they are to you. Is the quilt from your grandmother something you'd like to pass along to a family member? Or is it something you'd prefer to keep? Do you need to bring all of your wedding china when you use other dishes for everyday dining and entertaining? Or would displaying a few plates on your china hutch be a good compromise in the interest of having space to store other items?

Once you have narrowed down which collections or special items are coming with you, you can find a place for them in your new home. A collection of artwork that may have previously been displayed throughout your entire home could now be hung on a long wall in gallery style. Each time guests

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*“There are unique ways to display the items you cherish without overcrowding or cluttering your new home.”*

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pass, it'll spark conversation and will give you the opportunity to show off your collection. And the numerous frames filled with photos of children and grandchildren could be displayed on shelves around a window in the guest room. You may not have as many rooms or surfaces in your new home to display the pictures, but that doesn't mean you need to eliminate the frames altogether.

And if you find there are things you're not able to bring with you, but you're not ready to part with forever, consider making a keepsake photo album. Take a photo of each item and journal details about where the item was purchased or who gave it to you. The album won't take up much room and you'll be able to reminisce for years to come.

There are unique ways to display the items you cherish without overcrowding or cluttering your new home. Some items may need to be sold or given to family, but you don't need to part with every item that has sentimental value. Finding the right balance is all part of rightsizing.



## *At Living Branches,* Getting Fit MEANS GETTING TOGETHER

By: Danielle Leheny, Staff Writer

#### BRENT DAUBENSPECK MAY BE THE LEADER

of the fitness program at Dock Woods, but he'll be the first person to tell you that it's the residents who guide many of the program's activities – and make them as successful as they are today. On any given day, you might find residents playing an exciting game of water volleyball, strolling through the beautiful grounds on a group walk, or testing out their dance floor skills in a Zumba class.





*“Join us at any one of our fitness classes or events, and you’ll see clear evidence that fitness and friendships go hand-in-hand...”*

“Fitness has evolved over the years to become less of a daily ‘task’ and more of a way of life – and a fun component of each and every day,” said Brent. “As a result, more and more residents are joining our communities with fresh ideas from their own backgrounds and interests – and we enjoy finding new opportunities to transform these ideas into tangible programs that benefit our entire community.”

Like so many aspects of life at Living Branches, the fitness programs aim to enhance each resident’s intellectual, spiritual and physical well-being. Let’s face it – we all know that exercise is good for the body, but in addition, it can enhance your mind, your mood, and your spiritual connection to the world around you. It also brings people together, and the Living Branches team designs almost every fitness activity to maximize the opportunities to have fun together, while doing something great for the body and mind.

“Join us at any one of our fitness classes or events, and you’ll see clear evidence that fitness and friendships go hand-in-hand,” said Brent. “For example, we’re in the middle of a cross-community water volleyball tournament right now, and sure, everyone is involved in some aspect of the game – but there’s also a lot of splashing and laughing happening in the process.”

#### BE ACTIVE. FEEL GREAT. REPEAT.

“I’ve heard many residents say that their calendars are more full now than they were before they retired,” said Brent. “I love hearing that, because our ultimate goal is to encourage every member of our community to live their lives to the fullest – and that’s exactly what they’re doing!”

Because of the fun and social nature of the Living Branches fitness activities, Brent rarely needs to “sell” residents on the benefits of an active lifestyle, but he knows the advantages are countless, particularly for a senior population. Spending time being physically active can increase mental capacity, prevent disease, improve healing, and increase balance, overall happiness, and even life expectancy.

“Some of my residents have expressed a concern that physical activity might open them up to the risk of injury – but we’ve learned that quite the opposite is true,” said Brent. “An active lifestyle prevents a loss of strength and enhances flexibility – fortifying your body against injury, as well as keeping you connected to the community around you for a richer life experience.”

Getting started in the Living Branches fitness or aquatics programs is far from intimidating. Team members like Brent and Tasia Adams from Souderton Mennonite Homes are filled with ideas for getting your feet wet – literally or not.

“Even doing little things can have big results,” said Tasia. “You can take a walk with a friend, spend some time gardening, play with

your grandkids or a pet, or dabble in any one of our fun classes or events.”

The group activity options are countless, from classes that focus on basics like balance and strength training to popular classes like Zumba and Tai Chi. Brent is particularly proud of Dock Woods’ new arthritis water program, which, like all fitness activities, is open to residents from all Living Branches communities.

“Our therapy pool is a perfect 88 degrees, and our residents have discovered they can do so much more because of the buoyancy of the water,” said Brent. “Attendance has been growing, so word is getting around that it can make a positive impact – inside and outside the pool!”

Senior athletics have also picked up in recent years, including sports like water volleyball, croquet, bocce, ping pong, and shuffleboard. For some of the activities, the residents themselves serve as the team captains and organize inter-community games – a great way to meet new faces. This summer’s Senior Olympics, hosted at the Peter Becker Community, offered yet another wonderful opportunity to develop new friendships.

Living Branches exercise and aquatics activities are designed for residents of all fitness and mobility levels, and the staff is committed to working with each and every resident to meet unique goals and needs.

“I just met a future resident who plays squash, so he’ll likely be much more advanced in his fitness needs – but some residents just want to be able to play with their grandkids,” said Brent. “A while back, I helped a resident who wanted to be able to have a softball throw with her granddaughter when she visited, so we worked on strength training her shoulder to allow her to better enjoy those precious moments with her granddaughter.”

#### KEEP GOING. KEEP GROWING.

Because residents are so engaged and empowered in the Living Branches fitness and aquatics world – and are quite vocal about their ideas and desires – the offerings are continuing to expand. A new bocce court has just been installed at Dock Woods, and look for even more exciting classes, such as chair yoga, to be added to the calendar in the fall and beyond.

“I’ve had numerous jobs in the fitness world, but at Living Branches, I’m part of the family,” said Brent. “The residents genuinely care about me, and I care about them. We have so much fun together, and it’s incredibly rewarding to be a part of a community that is always willing to try new things – and to harness the power of fitness in bringing people together and enabling us to collectively lead healthier, happier, and richer lives.”



#### MEET TASIA ADAMS THE NEW FITNESS COORDINATOR AT SOUDERTON MENNONITE HOMES

Tasia is a self-proclaimed fitness enthusiast and a long-time advocate of the benefits of active lifestyle. Her close relationship with her

grandfather, who was a paraplegic, offered her a first-hand glimpse of the power physical therapy in particular – and inspired her to pursue a career in helping others live life to their fullest.

Her undergraduate degree from Messiah College in Health and Exercise Science, as well as her current pursuit of a Master’s degree in Rehabilitation Sciences, has taught Tasia much about physical healing and wellness – but right now, Tasia is mostly focused on putting her own unique mark on the Souderton Mennonite Homes fitness

program and exploring new opportunities to add even more fun into the mix. Tasia has started swimming days at the Souderton Community pool, a range of new classes, and team events.

“I love the social aspect of fitness,” said Tasia. “Being physically active not only connects our bodies to our minds, but also connects individuals to each other. My door is always open to anyone with ideas, and I look forward to getting to know the residents – and to working together to inject some surprising fresh spunk and joy into each and every day.”

# 4 MYTHS

## About Brain Health and How to Stay Sharp

What your doctor may not know, but you should

By Leslie Kernisan, MD for Next Avenue



### WANT TO STAY MENTALLY SHARP FOR AS LONG AS POSSIBLE?

I certainly do, and I'm guessing you do, too: an AARP survey found that 87 percent of respondents reported being very concerned about this issue. And in April,

a highly influential nonprofit released a new report whose recommendations represent the best available medical knowledge on how our brains change as we age and what we can do about this.

The report by the Institute of Medicine (IOM), the health arm of the National Academy of Sciences, is called "Cognitive Aging: Progress in Understanding and Opportunities for Action." The full report is a pretty lengthy and comprehensive review. But in a series of shorter related materials, the IOM highlights some practical approaches we can all take to maintain better brain health — whether for ourselves or for an older loved one. It also provides tips on compensating for some common problems related to cognitive aging.

Here are the highlights I consider most important:

#### COGNITIVE AGING HAPPENS TO EVERYONE

The IOM defines cognitive aging as "a process of gradual, ongoing, yet highly variable changes in cognitive functions that occur as people get older."

This process is not considered a disease. Rather, it's a natural process of age-related changes in the brain. Like other aspects of aging in the body, it tends to happen a little differently for every person, in part due to things like genetics, lifestyle, and environmental factors.



In Alzheimer's, there is extensive neuron loss, and the disease is chronic and progressive. The IOM's related "Cognitive Aging Action Guide for Individuals and Families" provides a distilled summation.

The action guide also lists four common myths about brain health and aging, and provides the corresponding facts you should know. I've paraphrased them below.

#### MYTHS AND FACTS ABOUT COGNITIVE AGING

**Myth:** Maintaining cognitive health means preserving your memory.

**Fact:** Cognitive health is far more than having a good memory. It also involves decision-making, attention, and problem-solving.

**Myth:** Cognitive function always declines with age.

**Fact:** Aging can have positive and negative effects on cognition.

**Myth:** Brain neurons die as you age, so there is no way to prevent cognitive decline.

**Fact:** In the absence of disease, neuron death is minimal.

**Myth:** There is nothing you can do to improve your cognitive health.

**Fact:** There are actions individuals and families can take to help support their cognitive health and adapt to age-related cognitive changes.

#### 6 WAYS TO PROTECT YOUR BRAIN AS YOU AGE

In its full report, the IOM devotes 120 pages to reviewing the factors that affect cognitive aging, along with interventions that might improve brain health. It summarizes the most important suggestions for the public in its handy action guide, and the first three are the most important:

1. Be physically active.
2. Reduce your cardiovascular risk factors (including hypertension, diabetes, and smoking).

3. Manage your medications by reviewing them with a clinician and learning about their effects on cognitive health.

4. Be socially and intellectually active.

5. Get adequate sleep.

6. Learn to prevent delirium, a decrease in cognitive function that can be triggered by hospitalization, medications, or certain illnesses.

All six of these recommendations are important and useful. But two particularly caught my eye, because they are actions that we especially focus on in geriatrics: medication management and delirium prevention. Now I hate to say this, but I think you should know the truth: We geriatricians focus on them in part because they are often overlooked by our doctor colleagues. Most clinicians are very busy and usually have not had special training in modifying healthcare to be a better fit for older adults.

The IOM's "Action Guide for Health Care Providers" spells out what

doctors should be doing in those areas. For instance, it mentions that the use of over-the-counter anticholinergics should be assessed. We hope that many health providers read this IOM action guide and modify their work accordingly.

But here's an insider tip from me to you: When you find out that expert organizations feel the need to remind doctors to do something, that's a sign that doctors aren't doing it reliably. Which means it is smart to be proactive and remind your doctors to help you.

#### IF YOU OR A RELATIVE HAS ALZHEIMER'S

Part of the purpose of the IOM report is to draw attention to cognitive aging as a health issue that is distinct from dementia and deserves its own attention from the public, practicing clinicians, and researchers.

This is a reasonable position. That said, if you're concerned about brain health for someone with a dementia diagnosis, you should know this: The cognitive aging recommendations listed above do improve the brain health of people with Alzheimer's or another form of dementia.

Why? Because the recommendations are basically about how you can optimize brain health and brain function; they apply whether a person has experienced brain aging or extra damage from a disease.

If we can all do better in helping people optimize their brain health and in compensating for any cognitive aging, our society will be a better place for aging Americans.

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## ALL IN THE FAMILY (1)

In September 2010, Sharon Smith and her two daughters, Rebecca and Jessica, began employment with Living Branches when they participated in the Resident Assistant Training Program. Now over five years later, we're excited to see all three women still working with the organization. Sharon works as a resident assistant at Dock Meadows and Rebecca (now Rebecca Rice) and Jessica (now Jessica Pfeiffer), both having graduated from nursing school, work as RNs in Health Care at Dock Woods and Souderton Mennonite Homes. To add to the family theme, Jessica married Justin Pfeiffer, Network Administrator, in the Health Information and Technology Department on April 23. We're happy to have this family share their knowledge, skills, and abilities across all of our Living Branches communities.



## RESIDENT – STAFF VOLLEYBALL (2)

The residents at Dock Meadows practice on a weekly basis, so it was not hard to believe that the competition was fierce when they played volleyball against staff members. Edward Brubaker, president/CEO, and Dave Shenk, executive director of Souderton Mennonite Homes and Dock Meadows, enjoyed front row seats and were right in the middle of the action. As you can see by the pictures, a great time was had by all!



## CENTENARIAN CELEBRATION (3)

The 7<sup>th</sup> Annual Montgomery County Centenarian Celebration was held at Dock Woods in May. Over 330 centenarians reside in Montgomery County and of that group, 55 were able to attend. The centenarians and their guests enjoy a meal, entertainment provided by Elvis impersonator Dean Garofolo, and of course, a piece of birthday cake. This year three residents from Living Branches were able to attend, one of whom, Roger Wardlow, was invited to the County Commissioner's office to help kick-off Older Adults Month. The Commissioner presented Roger with a photo of their meeting from the previous week at the luncheon.



## SUMMER PICNIC (4)

Residents at Dock Woods are among the first to usher in summer. The highly anticipated summer picnic is held at Fisher's Park in early June and the pavilion is always filled! The Residential Living team serves residents hot dogs, sandwiches, and watermelon. And Rita's of Harleysville is there to dish out dessert. Residents enjoy playing yard games and table games in addition to walking the park trails.



## FOUNTAIN DEDICATION (5)

The annual family social was held at Souderton Mennonite Homes in late June and Michelle Moreland, health care life enrichment coordinator, arranged for the new fountain to be dedicated at the event. The fountain was purchased through a donation from Bob and Pam Baker, whose parents, Norris and Hannah Bannon, resided at Souderton Mennonite Homes. The fountain has a special plaque to honor Norris and Hannah's memory and has added tranquility to the courtyard.







### FALL DISCOVERY TOURS

Discovery Tours are designed for first-time visitors to Souderton Mennonite Homes and Dock Woods. Each event begins with light refreshments and a brief presentation to explain the communities and help you become better acquainted with Living Branches. Then you'll take a tour of the community center and residents' homes, visiting a villa, a cottage, and an apartment. There is no fee for this event, but registration is required. **To register, visit [www.livingbranches.org/events](http://www.livingbranches.org/events).**

#### DOCK WOODS – 2:00 P.M.

**Tuesday, September 13**  
**Wednesday, September 28**  
**Tuesday, October 11**

#### SOUDERTON MENNONITE HOMES – 2:00 P.M.

**Wednesday, September 14**  
**Tuesday, September 27**  
**Thursday, October 13**

### 41<sup>ST</sup> ANNUAL CHICKEN BBQ, SILENT AUCTION & GOSPEL MUSIC FEST

**Saturday, August 27, 9:00 a.m. to 4:00 p.m.**

- **Bake Sale** – 9:00 a.m. to 1:00 p.m.
- **Car Show** – 9:00 a.m. to 3:00 p.m.
- **Silent Auction** – 10:00 a.m. to 2:30 p.m.
- **Children's Activities** – 10:00 a.m. to 3:00 p.m.
- **Mommy Market** – 10:00 a.m. to 3:00 p.m.
- **Gospel Music Fest: Allegiance** – 10:30 a.m.
- **Chicken platters, Jesse's BBQ Pulled Pork, Hot Dogs, and Desserts** – 11:00 a.m. to 4:00 p.m.
- **Gospel Music Fest: The King's Strings** – 1:30 p.m.

### HYMN SING UNDER THE TENT

**Sunday, August 28, 6:00 p.m.**

- Singing led by Ivan Derstine and Ralph Alderfer
- Refreshments will be provided
- A love offering will be received for the Agape Fund



For information about the Chicken BBQ events, please contact Keith Heavener or Alta Yoder at 215-723-9881.



### LEGACY GIVING SPOTLIGHT

## The Keller Family

By Keith Heavener, Director of Fund Development

Most days in the life of a fund development officer follow the same general pattern. The hours are filled with phone calls, visits with donors, and meetings. But every now and then there are days that do not follow the normal pattern. Sometimes, before you've even had your first cup of coffee, a donor shows up in your doorway with a very generous offer of support for a special project that they want to see become a reality.

The day Shirley Keller visited my office was one of the latter and it was the start of an exciting process that took two full years to bring to completion. Shirley, who resides in the Villas at Souderton Mennonite Homes, stopped in to let me know that her family was interested in making a gift in memory of her late husband, Arden, to upgrade the audio and video equipment for the auditorium and the transmission lines to the resident televisions and hallway speakers. Shirley is a member of the Thursday Evening Program committee and she was concerned about comments from residents about their ability to hear or see the program with clarity. The family was committed to funding the installation of a quality system that would enhance residents' experiences both in the auditorium and in their homes when viewing the program on TV.

The campus leadership team at Souderton Mennonite Homes had been considering similar upgrades and was ready to move forward with the project when they learned of the offer from

the Keller family. The family requested that a committee of employees and local professionals be organized to research the options and report back to them with a proposal.

#### The committee included the following persons:

- **DAVID DENGLER**, director of project management, Souderton Mennonite Homes
- **DENNIS GRAFTON**, owner of Grafton Electronic Design
- **STEVEN CLEMMER**, audio-video team member at Calvary Church
- **SHIRLEY KELLER**, 1<sup>ST</sup> generation family representative and wife of Indian Valley Camping Center founder, Arden Keller
- **CLAIRE KELLER**, 2<sup>ND</sup> generation family representative and manager of the family business
- **KEITH HEAVENER**, director of fund development, Living Branches

#### The total project included the following major equipment, plus many other smaller devices, parts, and wiring:

- New video projector, video controller, and digital camera
- New motorized display screen for the auditorium stage that reduces glare
- Installation of ceiling microphones to broadcast congregational singing in the auditorium
- Existing sound mixer and speakers tuned to peak performance for the auditorium
- Three new microphones for the auditorium
- Two new video monitors for the sound booth
- New equipment that upgraded the broadcast quality to resident rooms and hallways

The Keller family was kept up-to-date during the research process and they did not hesitate when the final cost was presented to them; they gave their full

approval. The person who ultimately became the technical expert and put all the pieces of the system together was Dennis Grafton from Grafton Electronic Design. Dennis is a long-time friend of the Keller family and he was pleased to be included in the delivery of the final product. Dennis worked closely with staff to make sure that everything worked as specified, and then trained the group of staff and volunteers who were responsible for assisting in the sound booth.

At the end of the summer 2015 the upgrade was complete. A special night of recognition was planned to thank the family. Living Branches staff and a large group of four generations of the Keller family gathered to see the result of their hard work and to thank Shirley and her children for making the gift possible. Claire Keller, family representative, offered his thanks to the project team on behalf of the family and expressed how pleased their father, grandfather, and great-grandfather would have been to know that a much-needed, lasting contribution had been made in his memory to the residents at Souderton Mennonite Homes. A plaque now hangs at the entrance to the Summit View Auditorium to commemorate the gift from the Keller family and to honor Arden Keller's memory.

If you have a special project that you would like to discuss for consideration at any of the Living Branches campuses, please contact the Fund Development office.



# Charitable Donations to the Living Branches Foundation

JANUARY 1, 2016 THROUGH JUNE 30, 2016



## *Gifts to the Agape Fund*

The Estate of Naomi F. Alderfer  
The Estate of Warren H. Alderfer  
Leon and Elaine Derstine  
Harley and Anna Gehman  
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North Penn United Way  
Samuel and Gladys Nyce  
Plains Mennonite Church  
Robert and Darcy Roy  
Nelson S. Souder Foundation Fund  
Souderton Mennonite Homes  
Auxiliary  
Raymond and Linda Trauger  
Nancy Wismer

## *Gifts to the Designated Gifts Fund*

John Dearden  
Doris Fenton  
Sandy and Steve Landes  
Francis and Mary Loughran

## *Gifts to the Dock Village Youth Fund*

Dock Woods Chapel Committee

## *Gifts to the Living Branches Benevolent Care Fund*

Abdelsalam Corporation, dba Linli  
Jewelry  
Bruce and Deborah Alder  
Alderfer Glass Company  
Cindy and Joel Alderfer  
The Estate of Dorothy B. Alderfer  
Rodney and Carolyn Allebach  
AmazonSmile  
American Insurance Administrators  
The Estate of Alice Beltz  
Curtis and Esther Bergey Family  
Foundation  
Willard and Glenda Bergey  
Bergey's Electric  
Bergey's Inc.  
Edward and Lucy Brubaker  
Clarke's Landscaping & Lawn Care, Inc.  
Contract Pharmacy Services, Inc.  
CR Design  
J. Stanley Davis

Delcrest Medical Services  
Maxine Derstine  
Nancy Donnelly  
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David and Kimberly Fischer  
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Franconia Insurance and  
Financial Services  
Genesis HealthCare LLC  
Ted Gody  
H. Mininger & Son, Inc.  
P. Scott Heckler  
Dennis M. Hoey  
Bryan and Barbara Hunsberger  
Ray and Brenda Hurst  
Indian Valley Faith Fellowship  
John Garis Homes, Inc.  
KCBA Architects  
Vernon and Elizabeth Kratz  
Lacher & Associates  
Sandy Landes  
The Estate of Erma Lapp  
Latsha, Davis & McKenna, P.C.  
Spencer and Patricia Lee  
Anthony and Cheryl Loftus  
Donna Longacre  
Henry and Carol Longacre  
Mennonite Historians of Eastern Pa  
The Merck Foundation  
Alexandra and William Metricarti  
Harold and Myrtle Mininger  
Endowment  
K. Leon and Dawn F. Moyer  
Moyer Indoor-Outdoor  
Steven and Georgia Myers  
Perkiomen Tours  
Richter Drafting & Office Supply  
Rita's of Harleysville  
James and Kendra Rittenhouse  
RLPS Architects  
The Estate of Marilyn Ruth  
Salford Mennonite Church  
The Estate of Horace T. Saylor  
Alison Schuler  
Joanne Schuler  
Bonnie Scott  
Seitz, Leatherman and Kolb  
Select Medical Rehabilitation  
Services, Inc.  
Randy and Sylvia Shelly  
J. David and Kelly Shenk  
Arlin and Esther Shisler  
James and Katherine Shott  
Sliwinski Floor Covering Services, Inc.  
SynaTek  
Thomas & Boyds Inc.  
TNC Self Storage  
Martha Toussaint

United Way of Greater Philadelphia &  
Southern New Jersey  
Univest Bank and Trust Co.  
Norman and Janet Vincent  
Williams-Bergey-Koffel Funeral Home

## *Gifts to the Sharing Fund*

The Estate of Naomi F. Alderfer  
The Estate of Warren H. Alderfer  
Irvin and Althea Detwiler  
Dock Woods Woodworkers Center  
Ralph and Carol Folcarelli  
Mamas Dream LLC, DBA Vendor  
Senders  
North Penn United Way  
Over the Top Styles LLC, DBA  
TaylorMarie's Apparel  
Whimsical Elegance Boutique

## GIFTS IN HONOR

### *Gifts Benefitting the Living Branches Benevolent Care Fund*

**Sheri Wright**  
Berkadia Commercial Mortgage LLC

### *Gifts Benefitting the Sharing Fund*

**Ralph Folcarelli**  
Keith and Betsy Heavener  
**Bill Kuhfuss**  
Anthony Salmon  
**Don Robinson**  
Anthony Salmon

## GIFTS IN MEMORY

### *Gifts Benefitting the Agape Fund*

**Horace Alderfer**  
Betsey Bagshaw  
Linda Fithian  
Diane Webster  
Bruce and Deborah Alder  
Bruce and Carol Alderfer  
Gregory and Donna Brey  
Margaret Filbert  
Jesse and Frances Fink  
Thomas and Paulette Price  
Mary Ann Shifflet  
**Irene F. Alderfer**  
Rachel Myers  
**Warren Alderfer**  
Chip and Sue Deardorff  
Marcia Parker  
**Lovina Atkinson**  
Calvary Baptist Church  
Glen and Doris Cathers  
Vernon and Grace Clemmer  
Elizabeth Godshall  
Glenn and Frances Kummery  
Leon and Amy Jo Martz  
William and Carolyn Michener  
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Kevin and Jan Bannon  
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**Grace Bauman**  
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Les and Jan Mohapp  
Irma Mohapp

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Robert Heacock and Carol Heflin  
Mark, Stephanie, and Amanda Heflin

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Bruce and Deborah Alder

**Earl S. Detweiler**  
David and Nancy Fioriglio  
Dennis and Laura Olejniczak  
Kenneth and Barbara Wright

**Chester Graybill**  
Encouragers Class

**Ezra Goshow**  
Bruce and Deborah Alder  
Dr. James and Mary Alice Conrad  
Earl and Marilyn Godshall  
John and Janet Goshow  
John and Dorothy Kratz  
David and Carolyn Landis  
Joan Landis

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**Ruth Marczuk**  
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Robert Heacock and Carol Heflin  
Mark, Stephanie, and Amanda Heflin  
Richard and Elizabeth Mossop  
James and Irene Moyer  
Crawford Patterson  
Marie Shisler

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Kathleen Greaser

**W. Leon Nice**  
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Melinda Schoenberger

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Brenda Winn

### *Gifts Benefitting the Living Branches Benevolent Care Fund*

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Patricia Wilson-Schmid

**Sherry Gibson**  
Spencer and Patricia Lee

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Bruce and Deborah Alder  
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Ferne and William Knauss  
Joseph Pulli  
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F. Clifford and Patricia Mill  
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*Gifts Benefitting  
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the Sharing Fund*

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**Martha Dearden**  
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Bruce and Deborah Alder  
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Frederick Bookheimer  
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Margaret Dawson  
Irvin and Althea Detwiler  
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Ralph and Carol Folcarelli  
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Kalogredis, Sansweet, Dearden & Burke LTD  
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Anne Lamphere  
Elizabeth Levering  
Francis and Mary Loughran  
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Neil Olson and Elizabeth Brooks  
Allen and Tina Pannell  
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and gift annuities

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Donald and Grace Baker  
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Gordon and Joan Bell  
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Anna Detweiler  
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Willis A. Miller  
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Audrey Rambacher  
Norman and Alice Rittenhouse  
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Cheryl Ruehl  
Anthony and Lera Salmon  
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Margaret Woolley  
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*Circle of Hope*  
Lifetime contributions above \$25,000

Anonymous  
Gordon and Velda Beidler  
Edward and Lucy Brubaker  
Clair and Arlayne Clemens  
Emily Clemens  
Ken and Frances Clemens  
Richard and Donna Clemens  
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Lester and Pearl Garner  
P. Scott Heckler  
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Cora Longacre  
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David F. Miller  
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K. Leon and Dawn F. Moyer  
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Henry and Charlotte Rosenberger  
Allyn and Connie Richert  
Steven and Ruth Swartley  
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Robert and Mary Wendig

*Circle of Faith*  
Committed to annual gifts of \$500 or more

Bruce and Deborah Alder  
Cindy and Joel Alderfer  
Carolyn and Rodney Allebach  
Willard and Glenda Bergey  
Edward and Lucy Brubaker

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Nancy and Thomas Donnelly  
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Jeffrey and Donna Godshall  
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Bryan and Barbara Hunsberger  
Vernon and Elizabeth Kratz  
Wilbur and Marilyn Kriebel  
Sandy and Steven Landes  
Clayton H. Landis  
Patricia and Spencer Lee  
Henry and Carol Longacre  
Alex and Bill Metricarti  
Steven and Georgia Myers  
Shirley Rittenhouse  
Ray and Nancy Scherfel  
Bonnie Scott  
Randy and Sylvia Shelly  
J. David and Kelly Shenk  
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Joan Stitzinger  
Steven and Ruth Swartley  
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Margaret and Wilmer Zook

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PARTNERS**

*Event*

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Contract Pharmacy Services

*Platinum*

Univest Bank and Trust Co.

*Gold*

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Everence  
Lacher & Associates

*Silver*

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Clarke's Landscaping  
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Good Plumbing,  
Heating,  
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Inc.  
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RLPS Interiors  
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John and Sheila Duerksen  
Eagles Peak Spring Water  
Encore Rehabilitation Services  
Genesis HealthCare LLC  
Harleysville Savings Bank  
H. Mininger & Son, Inc.  
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Latsha, Davis & McKenna  
Moyer Indoor/Outdoor  
Rita's of Harleysville  
Seitz, Leatherman  
& Kolb LLC  
Sliwinski Floor  
Covering  
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Weaver, Reckner &  
Reinhart Assoc.  
Williams-Bergey-  
Koffel Funeral  
Home, Inc.

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Franconia Insurance  
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Landis Decorating  
PATHS, LLC  
Richter Drafting & Office Supply Co., Inc.  
James and Kendra Rittenhouse







275 Dock Drive • Lansdale, PA 19446  
**ADDRESS SERVICE REQUESTED**

**Dock Meadows**  
2343 Bethlehem Pike  
Hatfield, PA 19440  
215-822-0688

**Souderton**  
**Mennonite Homes**  
207 W. Summit Street  
Souderton, PA 18964  
215-723-9881

**Dock Woods**  
275 Dock Drive  
Lansdale, PA 19446  
215-368-4438

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## 41<sup>ST</sup> Annual Chicken BBQ, Silent Auction & Gospel Music Fest



**SATURDAY, AUGUST 27,  
9:00 A.M. TO 4:00 P.M.**

- **Bake Sale** – 9:00 a.m. to 1:00 p.m.
- **Car Show** – 9:00 a.m. to 3:00 p.m.
- **Silent Auction** – 10:00 a.m. to 2:30 p.m.
- **Children's Activities** – 10:00 a.m. to 3:00 p.m.
- **Mommy Market** – 10:00 a.m. to 3:00 p.m.
- **Gospel Music Fest: Allegiance** – 10:30 a.m.
- **Chicken platters, Jesse's BBQ Pulled Pork, Hot Dogs, and Desserts** – 11:00 a.m. to 4:00 p.m.
- **Gospel Music Fest: The King's Strings** – 1:30 p.m.