

SUMMITNEWS

ANNUAL DISCLOSURE STATEMENT

Each year we prepare a disclosure statement for the Department of Insurance, which regulates life plan communities. This year's disclosure statement will be available at the end of October. If you are interested in having a copy, please call the administrative office receptionist. Give your name and phone number, and a copy of the disclosure statement will be delivered to you.

FITNESS AND WELLNESS ACTIVITIES

Monday

Stretch & Flex 1:30-2:00 p.m.

Tuesday

Cardio Drum 11:00 -11:30 a.m.

Boxercise 2:30-3:00 p.m.

Wednesday

Balance Basics 9:00-9:30 a.m.

Better Bones 3:00-3:30 p.m.

Thursday

Chair Aerobics 2:30-3:00 p.m.

Line Dancing 3:00-3:30 p.m.

Friday

Cardio Drum 11:00-11:30 a.m.

Balance Basics 2:00-2:30 p.m.



10% OFF TOTAL CHECK
NOT VALID ON SUNDAYS

EXPIRES: January 1, 2022

THURSDAY EVENING PROGRAMS

6:30 P.M. ON CHANNEL 1979 AND IN THE SUMMIT VIEW AUDITORIUM

Masks need to be worn.

December 2, Movie "Hear No Evil" Shelby Carson is a deaf high school student. One day while playing at school, Shelby is struck by lightning and has her hearing restored suddenly. Her family finds out that she can hear more than just people; she talks to and hears God speaking and can sense things happening beyond what you can see. 1hr. 21 min.

December 9, The Moody Church Christmas Concert Celebrate the Christmas season with The Moody Church at their annual Christmas Concert (2020), with all-new performances recorded by their Music and Technical Arts Ministries. Sing along with the carols and enjoy an evening of music that will bring the hope of Jesus to a darkened world. 1 hr. 42 min.

December 16, Movie "Christmas Grace" Rival toy store owners compete over several Christmas seasons, and God's grace goes to work in their lives. A toy store owed by a Christian man has to deal with an evil competitor who opens a bigger store across the street with a purpose in mind of putting the smaller store out of business. This is a touching story with an evangelistic Christmas message. 1 hr. 24 min.

December 23, Parkside Church Christmas Concert Celebrate the miracle of Christ's birth by enjoying the spectacular sounds of Cleveland, Ohio's Parkside Church Christmas orchestra, the Parkside Church choir, and special-guest vocalists. Ponder the greatest story ever told through beautiful music, moving meditations, and a heartfelt message from Pastor Alistair. (2019) 1 hr. 39 min.

December 30, Blooming Glen Church Christmas Eve Program

GINGERBREAD HOUSE DISPLAY

Residents and Staff are invited to participate in making a gingerbread house. Contact Heather Scattergood at ext. 42225 for a kit. Bring completed houses to front lobby on December 13 at 10:00 a.m.

SOUDERTON MENNONITE HOMES

MUSIC THAT GOT US THROUGH WORLD WAR II PART 2

Thursday, December 2

2:00 p.m.

Summit View Auditorium

Join Herb Kaufman as he continues his exploration of this insightful topic. Learn about the composers, bands, and singers that got us through the war. You do not need to have attended Part 1 to enjoy Part 2.

GENERATIONS CHOIR CHIMES

Monday, December 6

2:00 p.m.

Summit View Auditorium

Enjoy a festive afternoon with the Choir Chimes of Generations of Indian Valley. Choir Chimes are similar to hand bells, and they have been said to create the purest tone known to mankind. You will surely feel the Christmas spirit when you hear your favorite holiday songs performed by this talented group of local seniors.

12 DAYS OF FITNESS

December 6 - December 23

Stop by the fitness center to complete 12 days of Christmas exercises between Monday, December 6, and Thursday, December 23. If you complete all 12 days during this time, Santa will bring you a present! Each exercise will be set up in the fitness center for the entire three weeks. You can sneak in days you miss over the weekend. See Tasia for more details.

THE STULL'S AFTERNOON OF HOLIDAY CLASSICS

Wednesday, December 8

2:00 p.m.

Summit View Auditorium and Channel 1979

This highly entertaining husband and wife team of Norman and Rhonda Stull are both professional musicians for over forty years. They will provide us with some popular, light classical, and easy listening music for your Christmas season.

FULL FACILITY SNOWMAN PROJECT

Thursday, December 9

2:00 p.m.

Summit View Auditorium

Join your Souderton Mennonite Homes friends for this creative and spirited event. We will all work on snowman sock crafts while we enjoy holiday music playing in the background with the fireplace on the big screen. You must sign up in your area of care by December 4. Photos of the snowman crafts will be posted on the RL bulletin board by the sign up sheets.

CAMPONOLOGY BELL RINGERS CHRISTMAS

Monday, December 13

2:00 p.m.

Summit View Auditorium

Welcome to "A Christmas Hymn Ring," presented by the handbell ensemble Campanology as they share some of the most spiritual stories of this Christmas Season. We will begin this special full facility celebration in prayer. Special desserts will be served, PC and HC look for your dessert at noon, and RL residents can pick up their dessert in the Café following the performance.

Wear your red and green.

RESIDENTIAL LIVING EVENTS AND TRIPS

RESIDENTIAL LIVING CHRISTMAS "DOOR" TOUR Tuesday, December 14 1:00-3:00 p.m.

We are excited to bring a twist to a past annual holiday event-the front door tour of RL resident homes decorated for the holiday season. RL residents will receive invitation with home addresses participating in the door tour in your mailboxes by December 13. Tours for villas and cottages will be from 1:00 - 2:00 p.m., and tours of the apartments will be from 2:00 - 3:00 p.m. Don't forget to stop by for refreshments in the Family Room as you make your way from door to door. A shuttle will run continually with pick-up and drop-off at the lower carport entrance to the cottages and villas during this time. A special feature for this year; Christmas Caroling by a group of residents on the RL patio to enjoy as you make your way touring this afternoon. *WE ARE STILL LOOKING FOR A FEW MORE RESIDENTS TO SHARE THEIR "DOOR" FOR THIS EVENT.* Contact Heather Scattergood at ext. 42225 for additional information.

SETH LAUCKS CHRISTMAS CLASSICS Friday, December 17 2:00 p.m. Summit View Auditorium

Join our very own Seth as he sings your favorite Christmas songs. Please send any requests

to Heather Scattergood no later than December 14.

TRAVELLING CHRISTMAS CART WITH SANTA AND HIS ELF Thursday, December 23 See calendar for times in your neighborhood

Nothing says holiday fun like Santa roaming the RL halls. Join Santa and his special elf as they make their way through Residential Living with special holiday treats. Just listen for the Christmas music and check your calendar for times.

TRIPS MRC CHRISTMAS OPEN HOUSE Friday, December 3 10:00 a.m.

Christmas Open House where you can shop at the Darning Egg Gift Shop.

NORTHLANDZ Friday, December 10 1:30 p.m.

Northlandz is the world's largest

miniature railroad museum, located in Flemington, NJ. Joins us for a self-guided tour of over 100 trains and a miniature wonderland!

BYER'S CHOICE & THE METROPOLITAN FOR LUNCH Wednesday, December 15 10:30 a.m.

NIGHT IN CHRISTMAS CITY Friday, December 17 4:00 p.m.

Enjoy the beautiful Christmas lights and scenery of Christmas City- Bethlehem. Take a walk through shops and enjoy a crepe dinner at Cachette. Bundle up and enjoy an evening with friends!

SARA SPOTLIGHT

What should I do with my pendant when I go off campus?

The SARA pendant will not work off campus. If you are going away overnight, you should leave your pendant in your home. If you forget to leave it at home please do not leave your SARA device in your car. The extreme temperatures can potentially render the device inoperable.

FROM THE VOLUNTEER OFFICE

As the year comes to a close, this is a reminder for volunteers to report any hours that have not yet been reported for calendar year 2021. If you are unsure about what to report, please call Lynne Allebach at 215-368-4438, ext. 42289, or Jennifer Wilson at ext. 44189. Thank you, volunteers, for your dedication throughout the year and we wish you all a very Merry Christmas and a Happy New Year!

RESIDENT BIRTHDAYS AND UPDATES

Purposely left blank

FULL FACILITY CONTINUED

CHRISTMAS CORNHOLE
Tuesday, December 21
2:00 p.m.
Summit View Auditorium

Get ready for an indoors Christmas cornhole party. Wear your best green and red or even a Santa suit, as long as it celebrates Christmas. Prizes will be given to those with the best Christmas spirit, and of course, to the top three cornhole winners. Sign-up is outside of the fitness center, so Tasia knows you are coming!

DOCK WOOD CHRISTMAS CANTATA
Wednesday, December 22
2:00 p.m.
Summit View Auditorium and Channel 1979

JOYFUL SOUND OF MUSIC PRESENTS AN EVENING OF CHRISTMAS MUSIC WITH THE YOO SIBLINGS
Tuesday, December 22
6:30 p.m.
Channel 1979

A special pre-recorded program from the Yoos to you.

OUR ANNUAL CHRISTMAS EVE SERVICE
Friday, December 24
10:00 a.m.
Summit View Auditorium and Channel 1979

FRANCONIA MENNONITE CHURCH CHRISTMAS EVE SERVICE "LIVE"
Friday, December 24
6:30 p.m.
Summit View Auditorium and Channel 1979

SALFORD MENNONITE CHURCH CHRISTMAS EVE SERVICE
Saturday, December 25
4:30 p.m.
Channel 1978

NEW YEAR'S EVE CELEBRATION
Friday, December 31
1:30 p.m.
Summit View Auditorium and Channel 1979

Bill Monaghan will be here for our early New Year's Celebration. You must sign up to attend this event in person. RL residents can sign up at the RL bulletin board no later than December 17. Personal Care and Health Care residents must sign up with your Life Enrichment Coordinators. Send Heather Scattergood your requests by December 15, and Bill will add those songs to his playlist.

EMPLOYEE HOLIDAY GIFT GIVING

As the holidays approach, please remember that employees are not permitted to accept tips, gratuities or gifts from residents or residents' family members.

RESIDENT SURVEY REMINDER

Thank you so much for your thoughtful responses to the resident surveys you receive. We value the information you provide us. As a reminder, for current residents, surveys are sent once per year in the anniversary month of your move to Souderton Mennonite Homes. They come to you either as an email or a phone call. If you share a residence with someone, the resident survey you receive is meant to be completed collaboratively. Should you have differing opinions on a particular survey topic, you are welcome to elaborate in the comments section. All comments are shared with us, so we will receive the information. Thank you.

THUMBS UP FROM THE RESIDENTS' ASSOCIATION

To staff who planted and is maintaining the flowers around Living Branches sign at Cowpath Road.

To STARR students who really worked to clean out the residents' garden area.

To Staff who attended a memorial service for a resident.

Bob Landis for quick response to Cottage resident's need to have heat restored.

HEALTH CARE NEWS

We welcome two new music therapy interns, Elaina and Holly and look forward to them sharing their musical talents with us.

Many of you may have met Xavier, a volunteer, who shared his talents playing the box drum. We will be working with Xavier to start a cardio drum class where everyone plays the drums and exercises at the same time!

Margaret C's daughter, Marianne, will start joining us on the 1st Saturday of each month, for a morning sing along.

We also welcome a new pet therapy dog, Amelia, who will be visiting once a month for the time being and may add another day after the holiday season. Wishing everyone a blessed holiday season and a happy and healthy new year!

RESIDENTS' ASSOCIATION ACTIVITIES and NEWS

FIRST AND SECOND FLOOR
No Activities Scheduled

THIRD FLOOR
Holiday Social
Wednesday, December 15
Details forthcoming
Sign up on the bulletin board

COTTAGE/TOWNHOUSE RESIDENTS
Dinner each Friday Night
5:00 p.m. at Local Restaurants followed by Table Games/Cards in the Family Room

Holiday Luncheon
Wednesday, December 15
1:00 p.m.
Zoto Diner

VILLA RESIDENTS
Holiday Luncheon
Friday, December 3
1:00 p.m.
Indian Valley Country Club

RISE AND SHINE

On December 31, I am retiring from leading the Rise and Shine program.

Thank You to:

- Heather for developing this program.
- Pastor Joy for your Bible lessons.
- Karen Martin being a faithful volunteer aide for 12 years.
- Gwen Tyson for showing us a myriad of your personal collections.
- Eric Bishop for enriching our lives with your talents.
- To all the Rise and Shiners, for touching my life with yours. I will treasure your friendships always.

With Heartfelt Gratitude,
Ethel Greenawalt
Matthew 5:16

NEW MOVIES IN OUR LIBRARY:

Not only do we have some new books, but also some DVD's of interest.

"George Beverly Shea: Then sings my soul," Hosted by Bill Gaither.

"Gifted Hands: The Ben Carson Story," starring Cuba Gooding Jr.

"The Ultimate Gift," A story of growing up.

NEW BOOKS IN OUR LIBRARY:

"On Applebutter Road, Memories of My Life on a Farm," By Adeline Rush Gehman. This book presents a Mennonite girl's memories of growing up on a Bedminster farm, milking cows, ice cream making, baking day, and going to a one room school house.

"God's Mysterious Ways: Suffering, Grace, and God's plan for Joseph," by Gary Inrig

"The Englisch Daughter," by Cindy Woodsmall. An Amish romance novel.

"And a new entry in our library is a local book, "Healing Grace, the biography of Richard Alderfer MD" who grew up in this area and whose parents lived here at Souderton Mennonite Homes at one time. His book details his life growing up on the family farm and how he went from a rural farm kid to physician. "

FROM THE DESK OF TASIA

TASTE THE SEASON: Peppermint

We often see a wide variety of delicious peppermint flavor foods this time of year. Peppermint is a hybrid of watermint and spearmint. It is available in forms of leaves, capsules, and oils. Aside from being a tasty flavor, did you know peppermint has multiple health benefits? Below are just a few of them!

RELIEVES MUSCLE AND JOINT PAIN:

Peppermint essential oil is a very effective natural painkiller and muscle relaxant. It has cooling, invigorating and antispasmodic properties. A study shows that peppermint oil applied topically has pain relief benefits associated with fibromyalgia and myofascial pain syndrome. Apply 2-3 drops topically to the area of concern three times daily or add 5 drops to a warm water bath with Epsom salt.

SINUS CARE: Inhaling diffused peppermint oil can help unclog your sinuses and offer relief from a scratchy throat. Peppermint acts as an expectorant, helping to open your airways, clear mucus, and reduce congestion.

INCREASES ENERGY AND IMPROVES EXERCISE PERFORMANCE: The scent of peppermint can help boost your energy levels. It can also improve memory and enhance alertness.

ALLEVIATES HEADACHES: A clinical trial found that a combination of peppermint oil, eucalyptus oil, and ethanol had a significant effect on the sensitivity of headaches.

RELIEVES ITCHINESS

REDUCES NAUSEA

BOOST SKIN HEALTH: Peppermint oil has calming, softening, toning, and anti-inflammatory effects on the skin when used topically. A study showed that peppermint oil is effective when used to reduce greasy skin, dermatitis, inflammation, itchy skin, and sunburn.

END OF THE YEAR BENEVOLENT CARE FUND REMINDER

As we approach the time when many of us begin to plan for our year-end giving, we want to remind you about the benevolent care ministry at Living Branches. The gap in funding for residents who are no longer able to pay the full cost of their care continues to grow each year and we appreciate your ongoing support. It is through your faithful gifts that we are able to provide quality care for all of our residents, regardless of their financial status. Year-end mailings will be sent out by the end of November. Contributions should be returned to the Fund Development office no later than Friday, December 31, 2021, in order to be acknowledged for the 2021 tax year. Thank you for considering Living Branches in your year-end giving!

DO YOU SHOP ON AMAZON.COM?

Do your family and friends use Amazon.com regularly? You can help Living Branches residents while you shop! AmazonSmile is the charitable arm of Amazon.com allowing shoppers to donate 0.5% of their purchases to the charity they select. The next time you are shopping online be sure to use smile.amazon.com and select Living Branches as your charity of choice. Donations are received quarterly and benefit the Living Branches Benevolent Care Fund which assists residents at all three campuses needing financial assistance. There is no cost for using AmazonSmile, and every time you shop, the Benevolent Care fund benefits!!

LEGACY GIVING INFORMATION

November is the month when we send out renewal notices to the donors who have joined the Legacy Giving - Circle of Faith. In February, we will send out information about our Legacy Giving Circles and invite new donors to join the program. Legacy Giving donors commit to at least one of the following giving levels, and there are numerous payment options available. Donors can also make contributions in more than one Circle.

- Circle of Faith: Annual contributions of \$500 or more
- Circle of Hope: Lifetime Contributions of \$25,000 or more

- Circle of Love: Planned gifts, which include charitable gift annuities and gifts designated in your will, such as cash, stocks, insurance, or real estate.

Legacy Giving supports our benevolent care ministry, which provides grants to residents who are no longer able to pay the full cost for their care, through no fault of their own. Legacy Giving donors also receive certain benefits in return for their contribution.

REQUIRED MINIMUM DISTRIBUTION (RMD) UPDATE FOR 2021

Here is an update from Everence Financial about the latest RMD changes: The RMD rules for 2021 reverted back to what they had been prior to the CARES act with persons who had been taking RMDs in the past needing to take their RMD for 2021 by December 31. As before, anyone who reached age 70½ before January 1, 2020 is required to continue taking an RMD.

The rules on Qualified Charitable Distributions (QCDs) have also not changed and are available to anyone with an IRA who is at least age 70½. The maximum that can be gifted to charity from an IRA in one year is still \$100,000 per individual. Donations must be sent directly from your IRA to the organizations you support. This is a great strategy for those who don't itemize their taxes. For more information, go to the Everence website: Everence.com

Consider supporting the Living Branches Benevolent Care Fund with your RMD or QCD.

For more information contact: Jeff Godshall or Randy Nyce at Everence: 215-703-0111.

To learn more about our giving programs, events or Fund Development in general please contact:

Keith Heavener, Director of Fund Development
215-368-4438, ext. 44115
Keith.Heavener@LivingBranches.org

Dena Winner, Fund Development Associate
215-368-4438, ext. 44304
Dena.Winner@LivingBranches.org

WEDNESDAY MORNING BIBLE STUDY 10:00 A.M. CHANNEL 1979

The first two weeks are a wrap-up of the Bible Study video series led by Dr. David Jeremiah, SPIRITUAL WARFARE – *Terms of Engagement*. Remainder of the month, we will begin a new video series, by Anne Graham Lotz – *Jesus in Me; Experiencing the Holy Spirit as a Constant Companion*.

- December 1** Sword of the Spirit
- December 8** Praying Always With All Prayer
- December 15** Loving the Person of the Holy Spirit
- December 22** Enjoying the Presence of the Holy Spirit and Relying on the Power of the Holy Spirit
- December 29** Embracing the Purpose of the Holy Spirit and Living by the Precepts of the Holy Spirit

SUNDAY OFFERINGS

Souderton Mennonite Homes Fellowship
October Offering: \$2,333.06 WORM Project
Fifth Sunday Offering: \$620.00
December Offering: Mennonite Disaster Service

CATHOLIC COMMUNION

Sundays, December 12 and 19
10:45 a.m.
Four Seasons Room

GRIEF SUPPORT GROUP

January 3, 2:00 p.m.
Friendship Room A

GriefShare is a 13-week video-based program designed to address the needs of those who are grieving the loss of a family member or friend. Following the shared viewing of the video, a time of discussion and reflection will focus on the issues raised. Participants are encouraged to purchase an accompanying workbook (\$15), in which to take notes and record further processing during the week between meetings. Pastor Debra will lead this first class, which is limited to 10 persons. Please contact her at ext. 43322 or Debra.Neild@livingbranches.org for reservations.