RL TRIPS

PLEASE NOTE:
Sign up for all trips (except grocery shopping) on the Sign-Up sheets located on the table outside of the RL Gym. If you sign up for any RL trips, and you are unable to go on the trip, you need to contact Sandra (Sam) Handwerk at ext. 42330

HUNTERDON HILLS CHRISTMAS SHOW
Wednesday, December 9th
9:00 a.m. to 5:00 p.m.

NACEVILLE HOTEL DINE AROUND
Tuesday, December 29th
4:30 p.m. to 8:30 p.m.

GROCERY/SHOPPING TRIPS

Grocery shopping lists will be posted on the RL Trips Bulletin Board as usual.

LANDIS SUPERMARKET
Tuesday, December 1
Tuesday, December 15
10:00 a.m. - 12:00 p.m.

TRADER JOE'S
Monday, December 7
9:30 a.m. – 12:00 p.m.

ALDI/Dollar Store
Tuesday, December 22
10:00 a.m. – 12:00 p.m.

APPLE ORCHARD Café
10% off total check
Not Valid on Sundays
Expires: January 1, 2027

FROM THE DESK OF PASTORAL CARE

God speaks in one way, in two ways, but no one perceives it. In the dream, a vision of the night, when deep sleep falls upon humans, during their slumber on a bed, then he opens people's ears. Job 33:14-16

This Advent season we are invited to activate our imaginations and to dream with God: to prayerfully imagine the world as God desires it to be, and to act in ways that make God's dream reality.

We will hear God's dreams of Hope as the birth of John the Baptist is foretold, God's dreams of Peace as the birth of Jesus is foretold, God's dreams of Joy as Mary and Elizabeth celebrate their pregnancies together, and God's dreams of Love as John the Baptist is born and his father sings for joy.

God's dream has a deep relationship with the Holy Spirit, who puts God's dream in our hearts and opens doors for that dream to become reality. May we dream with God this Adent season so that God's dream will become our own children's reality.

"May you dream the dreams of heaven so they may become real on earth."

Please join us as we celebrate the birth of Christ on Christmas Eve, December 24.

The Willows – 2 p.m., Activity Room
Dock Woods – 2 p.m., Derstine Chapel
Souderton Mennonite Homes – 2 p.m., Summit View Auditorium
~Pastor Deb Neild

PERSONAL CARE

Christmas Party
Friday, December 11
3:00-4:30 p.m.
Friendship Rooms A and B

Invitations will be sent out to your families to come as well!

PC AND SERENATA PC CHRISTMAS LIGHT RIDE
Tuesday, December 22
6:00-7:00 p.m.

Sign-up sheet will be available, limited spots! First come first served. See Megan Lee for any questions.

A Living Branches Community Newsletter
December 2026

Summit News

SOUDERTON MENNONITE HOMES

INDEX OF FULL FACILITY PROGRAMS

12/3 German Christmas Village Display

12/7 Dr. Steve Phillips Presents Food in Ancient Rome

12/8 Sight & Sound Presentation of "*Miracles of Christmas*"

12/11 Annual Full Facility Christmas Celebration Featuring the North Penn Harmony Barbershop Chorus

12/15 November/December Birthdays Celebration

12/17 *The Squatters at Jingle Falls*- A Play by SMH Residents

12/17 Third Thursdays

12/18 Souderton Area Charter School Music Students

12/21 Dock Wood's Christmas Cantata

12/24 Christmas Eve Service

12/31 Pre New Year's Eve Celebration with the Red Hill Band

GERMAN CHRISTMAS VILLAGE DISPLAY
Thursday, December 3
11:00 a.m.- 3:00 p.m.
Front Lobby

Get together with some friends and visit Souderton Mennonite Homes resident Christmas collections and crafts in the front lobby. Be sure to enjoy some specially crafted holiday beverages and delicious treats as you peruse this beautiful village display.

DR. STEVE PHILLIPS PRESENTS FOOD IN ANCIENT ROME
Monday, December 7
1:30 p.m.
Summit View Auditorium

This presentation continues our culinary journey exploring "Foods in Ancient Egypt and the Ancient Mediterranean World." What did a typical ancient Roman family consume? How varied was their diet, where did their food originate? Did they have restaurants, hold banquets? Bread? Beer? Wine? A popular condiment, garum, graced household tables on all levels of society. What was garum anyway? Roman food variability and eating habits, like those of ancient Egypt, were far more sophisticated than one might think. Pass the garum, please!

SIGHT & SOUND PRESENTATION OF MIRACLES OF CHRISTMAS
Tuesday, December 8
1:30 p.m.
Summit View Auditorium

Travel back in time to Bethlehem as the original Christmas story unfolds all around you. Journey alongside Mary and Joseph, a flock of surprised shepherds, and three wisemen—along with their camels! Experience this cherished holiday production, filmed in front of a live audience at Sight & Sound Theatres.

FULL FACILITY

ANNUAL CHRISTMAS CELEBRATION FEATURING THE NORTHPENN HARMONY CHORUS
Friday, December 11
2:00 p.m.
Summit View Auditorium

Shuttle begins at 1:15 p.m.
Wear Your Red and Green Today!

Come out and join your friends and celebrate the season with the joy of harmony. We are thrilled to have this group back to share their a cappella style music to uplift us at this wonderful time of the year. Please note that dining services will be providing refreshments in each area of care for this performance. RL refreshments will be in the Café and PC in the FRAB.

NOV/DEC BIRTHDAY CELEBRATION WITH BILL MONAGHAN
Tuesday, December 15
1:30 p.m.
Summit View Auditorium

If your birthday is in November and December, join fellow birthday friends for a music filled celebration with Bill Monoghan. Must send RSVP to Heather Scattergood to attend.

***THE SQUATTERS AT JINGLE FALLS*- A PLAY BY SMH RESIDENTS**
Thursday, December 17
2:00 p.m.
Summit View Auditorium

All residents are invited to this annual favorite event. As we continue to shine a light on our beautifully talented residents… Join us for a BRAND NEW 2026 Christmas play written by our very own Lois Kulp Langevin and performed by our talented SMH actors. You'll be sure to smile and feel the warmth of this holiday season.

THIRD THURSDAY'S ANNUAL CHRISTMAS MOVIE
Thursday, December 17
6:30 p.m.
Summit View Auditorium

"The Best Christmas Pageant Ever" This movie is funny! A variety of twists keeps it interesting, and great adolescent acting brings realistic insight into how the true meaning of Christmas can get messy behind the scenes. Discover the REAL "reason for the season" Based on the book by the same title.

SOUDERTON AREA CHARTER SCHOOL MUSIC STUDENTS
Friday, December 18
10:45 a.m.
Summit View Auditorium

DOCK WOOD'S CHRISTMAS CANTATA
Monday, December 21
2:00 p.m.
Summit View Auditorium

We know Christmas is upon us when we spend the afternoon with the Dock Woods Choir. The Dock Woods Choir under the direction of Bill Kuhfuss will present the Christmas musical **The Greatest Story Ever Told** by Dennis and Nan Allen with guest soloist Tina Hershberger, accompanied by Beth Casmas at the piano. The choir brings the story of Christmas alive for all of us to enjoy.

PRE NEW YEAR'S EVE CELEBRATION WITH THE RED HILL BAND
Thursday, December 31
1:30 p.m.
Summit View Auditorium

Bring in the **New Year a bit early with "The Red Hill Band"**. The band will help us celebrate the New Year. Please sign up for this special event in your area of care with the life enrichment coordinator, and enjoy your favorite holiday sounds! Dining Services will have a beautiful box of holiday treats to enjoy after the show. Sign up please so we can arrange for seating and desserts. Shuttle is available for pick up at 12:45 p.m.

Purposely Left Blank

FROM THE DESK OF THE RL NURSE:

National Handwashing Awareness Week

Observed during December's first full week.

The observance intentionally coincides with National Influenza Vaccination Week.

Washing your hands is one of the most effective ways to limit the spread of germs and stay healthy.

Held annually December 1–7, during December's first full week, National Handwashing Awareness Week promotes proper hand hygiene to help limit the spread of winter viruses, including flu, colds, and COVID-19.

The Importance of Handwashing

• Preventing Illness: Washing regularly with soap and water removes harmful bacteria and can significantly reduce illness and diarrhea.

• Cold and Flu Season: Timed for peak winter illness season, the campaign aims to reduce the spread of germs through touch.

Proper Handwashing Steps

1. Turn on the tap. Use warm water, not too hot and not too cold. Wet your hands with clean, running water.

2. Leave the water running and lather with soap, covering the backs of your hands, between your fingers, and under your nails.

3. Scrub for at least 20 seconds (about the time it takes to hum "Happy Birthday" twice or sing the "Alphabet Song".

4. Rinse well under running water.

5. Dry completely using a clean towel or paper towel (damp hands spread bacteria much more easily). Take another clean paper towel and turn off the tap.

SOUDERTON MENNONITE HOMES
Residents' Association

FROM YOUR RA PRESIDENT (Dick Close)

Christmas is a season that gathers a lifetime of memories: the glow of candles, the scent of evergreen, hymns sung in familiar pews, and the faces of loved ones, near and far. At its heart is the birth of Jesus Christ, who came into the world in humble surroundings, in a simple stable in Bethlehem. We here at SMH know why He came—to give us the gift of eternal life. He died so that we could live. At Christmas we celebrate His coming and it reminds us that just as He gave His life as a gift for us, so we can give our lives back to Him and live lives that are gifts to others. For those of us in the later chapters of life, we have known joy and sorrow, and we have learned that grace from God that carries us through both. This Christmas, as we share stories with our friends here at SMH, as we sing the carols we cherish, let us welcome neighbors with kindness and seek to give our lives as gift to others. As we remember the gift of Christ, may we be the community here at SMH that seeks to bless and serve others. May our days be filled with gratitude and grace to our relatives and neighbors here at SMH. Merry Christmas from the Residents' Association.

"On The Front Porch" Goes Quarterly

On the Front Porch will be January, April, July and October. We can't wait for you to hear more life journeys as we meet then.

SARA SPOTLIGHT

SARA Devices check into the SARA system every hour to report its battery health. We receive a report first thing each morning indicating whose SARA battery needs replacement. You will be contacted for battery replacement if your SARA battery is on the low battery report.
Be WYSE on campus - Wear Your SARA

RL ACTIVITIES

ADVENT REFLECTIONS WITH HEATHER

Tuesday, December 1
Tuesday, December 8
Tuesday, December 15
Tuesday, December 22
10:45 a.m.
1st floor lounge

Advent runs for about four weeks, ending on Christmas Eve. While Christmas can be joy-fulfilled and "fa-la-la," Advent can be more like- we're holding a candle, and really hoping the light shows up soon. If you want to take a more intimate and full scoped look at this season, this is for you. Sign up at the RL bulletin board to reserve your spot.

MINDFULNESS MONDAYS WITH HEATHER

Monday, December 7
11:00 a.m.
Monday, December 14
10:30 a.m.
Monday, December 21
11:00 a.m.
Monday, December 28
10:30 a.m.
1st Floor Lounge

We will continue Mindful sessions all month through the holidays. This month we will explore shorter time frames for this practice on December 14th and 28th. Please sign up for these sessions on the RL bulletin board or on the portal. If you did not attend the intro session, contact Heather and she will meet with you individually for an introduction and then you will be all set for sessions.

GRANDFRIENDS- CHRISTMAS SEASON

Tuesday, December 1
Tuesday, December 15
4:30 p.m.
Café

Celebrate the season with **Grandfriends**. We will have "reindeer games" and seasonal refreshments, oh and of course antlers for all! Please sign up for these sessions on the RL bulletin board or on portal.

CHRONICLES OF NARNIA READ ALOUD

Wednesday, December 2
Wednesday, December 9
Wednesday, December 23
Wednesday, December 30
11:00 a.m.
Family Room

Have you ever wanted to hear this book brought to life? This holiday season is a perfect time to tell this. Join resident Jack Merzig and capture the everlasting beauty of this story. Sign up outside Heather's office to reserve your space. Come once or come weekly.

SOUDERTON HIGH SCHOOL STUDENTS' TECH ASSISTANCE "GENIUS BAR"

Wednesday, December 2
Wednesday, December 16
3:15-must sign up
Library

CHRISTMAS SCHERENSCNITTE WITH DICK CLOSE

Thursday, December 10
2:00 p.m.
Family Room

Join Dick for a small group with this favorite PA Dutch art form. Scherenschnitte, which means "scissor cuts" in German, it is the art of paper cutting design. Many Christmas designs will be available. Please sign up at the RL bulletin board!

TRAVELLING CHRISTMAS CART WITH SECRET SANTA AND COMPANY

Wednesday, 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.

HOLIDAY BINGO WITH NATALIE

Monday, December 28
1:30 p.m.
Family Room

Back from college for the holidays. Join your favorite volunteer, Natalie and your friends for a fun afternoon of bingo! Sign up at the RL bulletin board.

A SPECIAL MEMO ABOUT SIGN UPS

We offer a wide variety of activities, programs, and special events. If you sign-up for an event and find you can no longer attend, please contact Heather ext. 42225 directly, so she is aware the number of persons attending.

KRISTEN'S FITNESS CORNER

Enjoy Your Holidays!

Many people grow up labeling foods as "good" or "bad." Dessert is a reward, candy is something to resist, and enjoying a treat can feel like a failure. Framing exercise as a way to burn off food or earn a meal reinforces these beliefs.

Food provides nourishment, energy, enjoyment, and connection. While food choices do influence health, eating a piece of candy or enjoying a holiday dessert does not determine someone's discipline or commitment to fitness.

Holidays are part of life, and food plays a meaningful role in celebrations. Expecting to avoid every treat is not realistic. Enjoy the special meals and try to maintain a normal routine on the other days.

Holiday tips:

- Eat regular, satisfying meals rather than skipping meals to "save calories" for a party.
- Enjoy the foods you love.
- Stop eating when you feel 80% full
- Return to your normal routine without guilt

SYMBRIA WELLNESS TALK
Wednesday, December 16
11:00 a.m.
Friendship Rooms A&B

Are you someone who is impacted by some form of arthritis? Then this presentation is for you. Learn more about how to manage this chronic condition through lifestyle tactics and which exercise techniques or adaptive equipment will improve endurance and mobility while reducing pain. Join your therapy team for this engaging and educational presentation with an opportunity to take part in a self-evaluation questionnaire. We hope to see you there!

REINDEER GAMES
Tuesday, December 22
1:30 p.m.
Summit View Auditorium

Join us for a festive hour of holiday themed games played in teams. This year we will have a snowball throw; jigsaw puzzle race and cotton ball scoop. **Sign up outside of the fitness center**. Spectators are welcome! Hot chocolate and cookies will be served after play.

DUCK HUNT
Monday, December 28
Tuesday, December 29

Join our 2nd annual Christmas Duck Hunt. Small Santa ducks will be hidden throughout residential living at various times between 8 am and 3 pm each day. When you see one grab it and put it in the container of your floor's breakthrough lounge. Villas and cottages will have a container at the mailboxes. Ducks will only be found in RL spaces in the main building. The winning neighborhood gets a special social with Sandra.

FROM THE RL SOCIAL WORKER

VMSC/INDIAN VALLEY EMS
Wednesday, December 9, 1:00 p.m.
Summit View Auditorium

An informative time of discussion on the 2027 ambulance subscriptions, including how to sign up or renew your subscription. Contact RLSW, Megan Wolf, with any questions.

Save the Date

Beginning January 2027:
Beyond Parkinson's: A support group for residents and caregivers navigating Parkinson's Disease or related movement disorders. This group will offer a space for support, education, and resources. It will be held quarterly with the first meeting on January 13th at 10:45 a.m. in the Family Room. Please contact RLSW, Megan Wolf, with questions.

FUND DEVELOPMENT

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 ability to pay. Year-end mailings were sent out in November. Contributions should be received by the Fund Development office no later than Thursday, December 31, 2026 to be acknowledged for the 2026 tax year. Thank you for considering Living Branches in your year-end giving!

Legacy Giving Program Information for 2027 – Renewals and Commitments

In early 2027, current members of our Legacy Giving Program will receive renewal information for the Circle of Faith, and residents interested in learning more about Legacy Giving will receive information about joining one of our giving circles.

Legacy Giving supports Living Branches' benevolent care ministry, helping ensure that residents who have outlived their financial resources can continue receiving the care in the community that supports them.

Residents may participate through one of the following giving circles:

- **Circle of Faith** – Annual gifts of $500 or more
- **Circle of Hope** – Lifetime giving of $25,000 or more
- **Circle of Love** – Planned gifts, including gifts designated through a will, trust, retirement account, or gifting appreciated securities (stocks, etc.)

Information about making a 2027 Legacy Giving commitment will be shared in the spring. Pledge payments are due by December 31, 2027.

Through their generosity, Legacy Giving donors help care for fellow residents and are living out the joy of generosity and compassion at Living Branches.

To learn more about Legacy Giving, please contact:
Colin Ingram
Associate Director of Fund Development
215-368-4438, ext. 44304
colin.ingram@livingbranches.org

Friends of Benevolent Care Dinner Update

The Friends of Benevolent Care Celebration was held on October 28th at the Dock Woods campus. The evening was very successful with a full house of guests with a served meal. We enjoyed a video presentation hearing from a resident with ties to a community business and why they partner and support the benevolent care fund at Living Branches. There was also a benevolent care update from Ed Brubaker, President/CEO of Living Branches, and we had beautiful dinner music by a string duet from Cairn University. Thank you for your very generous support of the 38th Annual Friends of Benevolent Care Celebration – your support brings comfort!

FROM THE VOLUNTEER COORDINATOR'S DESK

Thank you, volunteers, for your dedication throughout the year. We wish you all a very Merry Christmas and a joyful New Year!

As December brings the end of 2026, please be sure to log your volunteer time. Also, if you have not done so already, please send proof of your flu vaccination, annual in-service, TB survey, and any COVID booster updates. Volunteers not in compliance will need to be INACTIVE as of December 31. If you have any questions, contact Suzanne Zomberg Suzanne.zomberg@livingbranches.org 215-723-9881 ext 42298.

We hope your holidays are merry and bright!