

The lifelong learning institute of Living Branches, Living U, is preparing interesting courses and trips for your enjoyment this spring. Course brochures will arrive in campus mail in early January.

You are invited to attend the spring 2024 Semester Kickoff on Monday, January 22, at 10:00 a.m., in the Summit View Auditorium. This will be an opportunity to learn about the program and hear about the upcoming offerings.

Course registration will open at 9:30 a.m. on Wednesday, January 24 and close on Wednesday, February 7. You can register on the Living Branches website yourself, [LivingBranches.org/LivingU](http://LivingBranches.org/LivingU) or you can come to the Apple Orchard Café where someone will assist you with the registration process at the following times:

Wednesday, January 24, 9:30 to 11:00 a.m.  
Wednesday, January 24, 1:00 to 2:00 p.m.  
Thursday, January 25, 9:30 to 11:00 a.m.  
Tuesday, January 30, 1:30 to 2:30 p.m.  
Thursday, February 1, 10:00 to 11:00 a.m.  
Wednesday, February 7, 10:00 to 11:00 a.m.

Contact Maribeth Benner, Living U  
Coordinator, at 215-368-4438, ext. 44204,  
for more information.



10% off total check  
Not Valid on Sundays

Expires: February 1, 2023

January is full of new plans, ambitions, good intentions, and resolutions. If seeking more JOY and PURPOSE is on your list, volunteering is a great way to reach your goals! We are seeking volunteers to create Memory Books, others to repurpose clothing, and 1-2 to help run the laptop for AM announcements. Contact Suzanne in the Volunteer Department to find things to do, learn a new skill, or share your talents. Happy New Year!

[Suzane.zomberg@livingbranches.org](mailto:Suzane.zomberg@livingbranches.org) phone ext 42298.

**How does staff respond if I press my pendant?**  
Staff will physically locate you by recorded mapped locations in the SARA system and will assist you with obtaining the appropriate care or response.

Responding staff could be any staff person on duty at the time of your alert notification.

A representative from Steve Malagari's office continues to have office hours at SMH. These office hours are held on the third Monday of each month from 10 am – 12 pm. Beginning in January 2024, the office hours will be held in the Fellowship Room behind the Summit View Auditorium.

Pennsylvania Steam: A 40-Year Retrospective is a book that was placed in the second floor lounge for residents to enjoy. This book belongs to a resident and was gifted to him by his daughters so it has personal significance. Unfortunately, the book has gone missing. If you have seen this book or borrowed the book, please call Sandra Currier at ext. 42201.

# SUMMITNEWS

**HERB KAUFMAN PRESENTS DUELS AND FOOLS**  
**Friday, January 5**  
**2:00 p.m.**  
**Summit View Auditorium**

Strange but true; this axiom was never more relevant than describing many of the unusual and extraordinary occurrences during the four years of the Civil War. While much of our history is dominated by the major battles such as Gettysburg and biographies of the key commanders such as Grant and Lee; the four years of the Civil War also included a significant number of strange and highly unusual personalities and incidents that have generally escaped modern discussion. This presentation focuses on unusual and often controversial incidents and events. Topics include the plot to bomb the White House, the strange case of Ulric Dahlgren and the plot to kill the Confederate President, the spy who was hung twice and buried in three places, dueling generals, murders, the plot to burn New York, sensational trials, and the stories of eccentric and unusual personalities and events.

**Tuesday, January 9**  
**2:00 p.m.**  
**Summit View Auditorium**

Welcome Sheila back as she entertains through music and shares her strong faith with all of us. Sheila plays all of your favorites through the decades. Don't miss this opportunity to sing, tap along and enjoy this special time together.

**January 16-23**  
**Front Lobby**

Let's celebrate winter with your creativity. Imagine a front lobby filled with snowmen made of all different construction and themes to lift our spirits this winter. Each level of care and staff are welcome to join in the celebration. RL residents can see Heather Scattergood for additional information by signing up at the RL bulletin board or joining a class on Jan. 8<sup>th</sup>.

Come out and welcome our newest doctor, Dr. Timothy Daly. He recently joined the TriValley Primary Care team that visits patients/residents in our Personal Care, Parkview, and Healthcare.

**Tuesday, January 23**  
**2:00 p.m.**  
**Summit View Auditorium**

We are excited to bring a winter-themed afternoon to you. Multitalented and resident favorite, Bill Monaghan will be here for an afternoon sure to lift your spirits. Before you head in, check out the decorative Snowmen in the Lobby! We will also announce the winners of the Snowman Decorating Contest at this event.

**Thursday, January 25**  
**2:00 p.m.**  
**Summit View Auditorium**

Join Historical lecturer Michael Jesberger for a discussion on George Washington. Throughout history, an Army's ability to fight and win a war is not solely dependent on weapons and training. It also rests on the attitude of its commander. As befitting a military hero, George Washington cuts a formidable presence. A contemporary in the 1750s described him as "measuring six feet two inches in his stockings and weighing 175 pounds."

RESIDENTIAL LIVING

**BYOM (Bring your own meal)**  
**Monday, January 1, 15, 29**  
**5:30 p.m.**  
**Family Room**

Sign up at the RL bulletin board.  
See Heather with any questions.

**SCIENCE OF GRATITUDE  
AND GRATITUDE JOURNALS**  
**Thursday, January 4**  
**1:30 p.m.**

It is important to recognize and appreciate what we have in our lives. Gratitude changes our priorities to help us appreciate the here and now. As one way to start the New Year with gratitude, make a **Gratitude Journal**. Sign up at the RL bulletin board to learn the science behind gratitude and how we can better incorporate it in our lives this year.

**DICE, SEQUENCE AND  
QWIRKLE GAMES**  
**Saturday, January 6**  
**6:30 p.m.**  
**Family Room**

Sign up at the RL bulletin board to participate!

**CCRC MEETING**  
**Monday, January 8**  
**2:00 p.m.**  
**Summit View Auditorium**

Shuttle service will be provided for cottage and villa residents beginning at 1:20 p.m. And return shuttle starting at 3:00 p.m.

**VOLUNTEEN BINGO**  
**Wednesday, January 10, 24**  
**3:30 p.m.**

**Family Room**

Please sign up at the RL bulletin board for a great afternoon!

**FELTED SNOWFLAKES**  
**Thursday, January 11**  
**11:00 a.m.**  
**Family Room**

Join Sandra Currier as she shares her artistic talent with us. This decorative and simple craft is a great addition to your winter decorations in your home, the snowflake can also be made into a pin to be worn. Please sign up at the RL bulletin board.

**WINTER FELTED CRAFT  
WITH JULIA SMITH**  
**Monday, January 29**  
**10:00 a.m.**

Julia is bringing beautiful crafts to us that are simple yet sophisticated in style. Take a look at this craft and sign up at the RL bulletin board.

**“COZY WINTER’S EVE“**  
**Tuesday, January 30**  
**4:45 p.m.**  
**Café and Summit View  
Auditorium (not televised)**

Welcome the New Year with this new twist on our theme meal tradition. Join friends for an evening at the ski lodge with a simple winter-themed meal followed by a talent show and hot cocoa bar in the SVA. Look for your invitation with details and cost for the first week in January.

**RL TRIPS**

Sign up with Sam Handwerk for Dine Around and Day Trips  
Call 215-723-9881 ext. 42230  
Or email [Sandra.Handwerk@livingbranches.org](mailto:Sandra.Handwerk@livingbranches.org)

**PEARL S. BUCK FESTIVAL OF  
TREES AND LUBERTO’S  
BRICK OVEN PIZZA AND  
TRATTORIA**  
**Thursday, January 4**  
**10:30 a.m. – 2:30 p.m.**

**DINE AROUND: BELLA FIONA**  
**Wednesday, January 17**  
**5:00 – 8:30 p.m.**

**BEAN BAG SERVICE PROJECT**  
**Tuesday, January 23**  
**9:45 a.m. – 12:00 p.m.**

**DINE AROUND: COMFORT AT  
THE CORNER**  
**Wednesday, January 31**  
**11:15 a.m. – 1:30 p.m.**

**GROCERY/SHOPPING TRIPS**  
Sign up on Lower Level Trip Board for Tuesday morning grocery trips.

**LANDIS SUPERMARKET**  
**Tuesday, January 2**  
**Tuesday, January 16**  
**10:00 a.m. – 12:00 p.m.**

**TRADER JOE’S**  
**Tuesday, January 9**  
**9:30 a.m. – 12:00 p.m.**

**ALDI/DOLLAR TREE**  
**Tuesday, January 23**  
**10:00 a.m. – 12:00 p.m.**

**Look Ahead to February**  
American Treasure Tour, Oaks, PA  
Friday, February 23

Dine Arounds – To be determined

Purposely Left Blank

FROM THE DIRECTOR OF RL

Periodically, it is good to review our policies on hallway decorations. SMH has guidelines on decorations for aesthetic reasons, and for fire safety reasons. Please take a few minutes to review your hallway decorations and ensure that they meet the guidelines listed below. If they do not, consider moving them into your apartment. The guidelines are:

- No decorations are allowed on the floor in front of your doorway.
- Do not block your neighbors’ access to the hallway.
- Do not extend more than 4 inches into the hallway.
- Keep railings clear for safe walking. Please note this means walkers and rollators should be in the apartment.
- Power wheelchairs or scooters may remain in the hallway if needed.

I greatly appreciate your consideration to these guidelines and hope we can work together to keep our hallways neat and safe.

NURSES NICHE - FROM THE RL NURSE

New Year’s resolutions

**From the Cambridge dictionary: Meaning of New Year's resolution in English.**  
A promise that you make to yourself to start doing something good or stop doing something bad on the first day of the year.

**From WebMD: What is the psychology behind New Year's resolutions?**  
It's part aspiration and part tradition. "We tend to set resolutions because the New Year serves as a cyclical marker of time during which we reevaluate and take inventory on our lives," says Sabrina Romanoff, PsyD, clinical psychologist and professor at Yeshiva University in New York City

**From Almanac.com: Why do we start a New Year with promises to improve?**  
January was named for the two-faced Roman god, Janus, who looks forward to new beginnings as well as backward for reflection and resolution. The Romans would offer sacrifices to Janus and make promises of good behavior for the year ahead.

From the Bible:

Proverbs 16:9 “In their hearts humans plan their course, but the LORD establishes their steps.”

James 4:13-15 “Now listen, you who say, “Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.” Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, “If it is the Lord’s will, we will live and do this or that.”

New Year’s resolutions can be positive, encouraging changes. Remember, “there is only one way to eat an elephant: a bite at a time.” Set small attainable goals to reach your bigger goal.

**RL NURSE PRESENTATION ON PREVENTING FALLS**  
**An Overview, follow up and summary on the CDC’s STEADI initiative**  
**Wednesday, January 31, 3:00 p.m.**  
**Family Room**

HEALTH CARE

January: A new year, a new beginning! After all of the hustle and bustle of the holiday season, January is a time to reflect on the past year and look forward to hopefully seeing some snowflakes fall. We will start the New Year with a New Year’s Day bingo game! We will hear some funny new year’s resolutions and jokes, celebrate national bird day by making bird feeders, have peanut butter and banana sandwiches in honor of Elvis’ birthday and a tea time on national hot tea day. We will celebrate pie day, peanut butter day, oatmeal month and gourmet coffee month. We will work on creating snowmen for a full facility snowman display using air dry clay and accessories. Our community service project will be making dog bones for the Corner Store. We will fight the winter blues by having a silly social so expect the unexpected! As always, please let any staff member know if you need any books, music or word puzzles. The activity room is always available to use to work on puzzles, use the computer or spend time with visitors.

New Year's  
Word Search

J	A	N	U	A	R	Y	F	R	I	E	N	A	C	E
F	R	I	E	N	D	S	Y	A	S	R	I	L	A	H
N	E	Y	S	E	R	T	I	E	M	O	W	B	L	C
B	S	I	L	Y	F	A	E	N	E	I	Y	A	E	O
N	O	C	R	N	V	N	V	E	Y	D	L	B	N	U
A	L	D	C	L	O	C	K	L	T	I	E	Y	D	N
R	U	V	E	W	M	I	D	N	I	G	H	T	A	T
V	T	O	A	S	T	W	S	N	O	L	Y	I	R	D
G	I	A	N	I	N	G	S	E	V	E	U	A	R	O
C	O	N	F	E	T	T	I	T	M	I	N	G	S	W
R	N	O	L	C	E	L	E	B	R	A	T	I	O	N
A	J	A	N	U	E	L	V	E	I	M	K	E	R	A
Y	P	A	R	T	Y	H	A	A	P	Y	S	E	V	W
N	E	W	Y	E	A	R	C	L	O	K	S	O	R	Y
S	H	A	P	P	Y	E	B	A	L	L	R	E	S	O

BABY	FAMILY	RESOLUTION
BALL	FRIENDS	TOAST
CALENDAR	HAPPY	
CELEBRATION	JANUARY	
CLOCK	MIDNIGHT	
CONFETTI	NEW YEAR	
COUNTDOWN	NOISEMAKER	
EVE	PARTY	



**ON THE FRONT PORCH WITH DAVID FRIESEN**  
**Thursday, January 4**  
**6:30 p.m.**  
**Summit View Auditorium and Channel 1979**

Our January “On the Front Porch” will be a trip to Canada with our friend, David Friesen. Come to hear some unique adventures from David and hear his interesting life experiences and journeys.

Dick Close

FROM THE RL RESIDENTS’ ASSOCIATION PRESIDENT. . .

NOTARY: You may make an appointment with Cindy from Univest if you need a notary. She does not notarize DMV (Department of Motor Vehicles) documents. The current Univest hours on the SMH campus are Wednesdays, 1-4:00 PM. Please make that correction in your RL Handbook.

CONGRATULATIONS to the following residents for being willing to serve within our community:

Dorothy Kratz – Member-at-Large  
Joy Daniel – 3100s’ Mentor  
Donna Weiss – 3200s’ Mentor  
Ginny Close – 1st Floor Neighborhood Leader  
Shirley Musselman – 3rd Floor Neighborhood Leader

-Thelma Mack



KRISTEN’S FITNESS CORNER

January is that time of year where we think about making New Year’s resolutions and living a healthier lifestyle. Usually the best of intentions start to falter when life gets in the way. So how do we make our healthy resolutions stick? Studies have shown that to turn a new behavior into a habit, it first needs to become a routine. Habit and routines are not interchangeable. A habit is a behavior done with little or no thought, like brushing your teeth or drinking coffee in the morning. A routine is a series of behaviors frequently, and intentionally, repeated. For example, if you want to make going for a walk a habit, you must first make it part of your routine. Put it on your calendar and have set days and times. If you want to eat healthier substitute fruit for chips at lunch. Make your goals timely and specific.

Use the following 3 steps to help you build a new routine:

- 1. Set your intentions and be realistic – It takes patience, self-discipline, and a plan. Change is not easy but you can do it.
- 2. Repeat – The more often you practice the new behavior the better chance it sticks
- 3. Self-Compassion – Forgive yourself if you falter and start again. Two steps forward and one step back will still get you to your destination!

Recreation Round Up

Check Out our resident-run recreational programs

**Shuffleboard** (fitness center hallway) Mondays and Fridays 3:00 p.m. See Jim Maust for more information.

**Seated Volleyball** (Summit View Auditorium) Mondays at 2:00 p.m. See the calendar for dates or contact Dottie Reed for more information.

Beginners & Spectators Welcome!

FITNESS NEWS AND SPECIAL EVENTS:

WELLNESS TALK  
FOCUS ON FALL PREVENTION  
Wednesday, January 3  
1:00 p.m.  
Family Room

Learn about the CDC’s STEADI program and what steps you can take to prevent a fall and improve your balance.

FREE BALANCE SCREENINGS & WALKER  
CHECKS WITH SELECT REHAB  
Wednesday, January 10  
11:00 a.m.  
Family Room

**Check out our new addition!** We have a new piece of exercise equipment in the fitness center! It is the Sci Fit PRO2 an upper body exerciser and lower body recumbent bike in one for a total body workout. It’s an excellent solution for strengthening arms and shoulders and at the same time recruiting core stabilizing muscles. The recumbent bike portion works your lower body muscles as well. This machine is designed specifically to help regain function after injury or surgery. Please stop in the fitness center to give it a try.

❖ **NEW CLASS!** Looking to start an exercise program and not sure where to begin? Join Kristen for our new class **Fresh Start**. Fresh Start is a gentle 20 minute workout for those just starting out or anyone looking for a low intensity option. The focus is gently activating your muscles and beginner balance work. This class is suitable no matter where you are in your fitness journey. Wednesdays at 10:30 am in the Family Room.

❖ **NEW CLASS! Fitness Fusion** is a faster paced workout that combines aerobic exercise with strength training set to music. This class will alternate with Line Dancing Thursday afternoons at 1 pm in the Friendship room.

❖ There is no cardio drumming on Tuesday 1/16.

FUND DEVELOPMENT

Need Financial Advice?  
Living Branches Preferred Trust  
Providers are Available to Help

If you are looking for a seasoned professional to help you meet your financial goals, our Preferred Trust Providers are available to discuss your goals and objectives and share the options and choices available to you.

Living Branches understands how important it is to have trained financial advisors on-call at your convenience. We have partnered with both Everence Trust Company and Univest Bank and Trust Company to provide a full array of trust and financial planning services that are tailored to meet your needs.

As a resident of Living Branches you are eligible to receive these services at discounted rates. Set up a free, no-obligation appointment at your convenience:



Everence:  
Jeffrey L. Godshall, CFP/CTFA  
215-703-0111



Univest:  
David DeVita, CFP®, CFA™, CIPM  
267-898-0524

FROM THE PASTORAL CARE DESK

During December, I shared a story with friends in Harmony House (Dock Woods) and at The Willows called “The Baker’s Dozen.” It’s a charming tale of a Dutch baker in colonial New York who begins the tradition of giving out an extra cookie with every dozen of his Saint Nicholas cookies, for a total of 13. Legend says the tradition of the bakers dozen spread throughout the colonies and is still kept today by some bakeries.

Perhaps you have traditions that are special to you and your family. In some cases, we don’t know how these traditions got started, but we keep them up year after year because of the meaning or joy attached to them.

In January 2023, I began a new tradition, and you are invited to do it, too! It’s called “star words” and it’s a spiritual practice connected to Epiphany, as the Magi follow a star, leading them to baby Jesus. You select from a group of intention words or guiding words, often written on paper stars. You then place your star word somewhere where you will see it all year, reflect on how God has moved in your life in connection to that word, and perhaps consider God in ways not seen or thought of before. Use your word to connect with God throughout the year.

Once you have a star word, look up its definition. See if you can find that word in the Bible – how is it used? What does this word remind you of – memories, experiences, similar words? Say a prayer or write a reflection using the star word. If you can, close your eyes and let your finger come to rest on a word below, so that you may receive a star word rather than choosing it. Resist the urge to replace it with a new one! Here is a list of star words:

Imagine, build, justice, play, align, forgive, pray, wonder, discern, welcome, change, journey, heal, see, vision, clarity, renew, patience, friendship, include, restraint, joy, mercy, release, embrace, warmth, pursue, intention, cherish, gratitude, empathy, simplicity, explore, include, fearless, silence, wisdom, radiate, share, dream, learn, dwell, grace, light, seek, insight.

My star word in 2023 was release. Now, I will release that word and receive a new star word for 2024. Enjoy your star word and may God bless you abundantly in the New Year!

By: Pastor Susan Sciarratta