

SARA SYSTEM

How does SARA work?  
A wireless network of repeaters have been installed in order to cover the entire campus. Locations called mapped points are identified throughout the entire campus. Each resident has an assigned SARA Alert device. When a resident presses their SARA device, the wireless signal is sent through the repeater network. The SARA server will notify the responder with the following information, the residents name, home address and the nearest mapped points to their location.

Reminders  
- When you activate your SARA device, please remain in place after you activate the device, in order to aid in locating you. This is true for both real and accidental SARA activations

-SARA is not a replacement for 911, a GPS system or a system that will work off campus

Be WYSE on campus  
Wear Your SARA Everywhere

FROM THE PASTORAL CARE DESK

July is the month when we celebrate America’s freedom from the tyranny of the king of England. This freedom was not easily won, families were split between Tories and Patriots, many lives were lost. Once that freedom was won, the infant nation struggled to figure out how to govern itself. While the Declaration of Independence gave reasons for freedom, the Constitution outlined just what American freedom would look like. It has been a document that has changed with the times and will continue to change over time.

As Christians we have a different kind of freedom – freedom from the wages of sin. This freedom, unlike the human freedom fought for in the Revolution, is never changing. This freedom also came with loss of life, the life of Jesus Christ. Through His death and resurrection, we have a freedom that no one can take away from us. We have a freedom based on truth, not human opinion. Jesus himself said:

31 To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples. 32 Then you will know the truth, and the truth will set you free.” John 8:31-32

While we are blessed to live in a democratic society, we look forward to the coming Kingdom of God when the freedom Jesus offered comes to its full fruition.  
Pastor Lynne Allebach

VILLA’S STORMWATER BASIN MODIFICATIONS MEETINGS

The stormwater basin in the Villas at Green Street and Cowpath Road will be getting necessary modification done.

Villa residents that live closest to the basin (206, 208, 218, 220 Robin and 210, 212, 214, 216 Hummingbird) will meet to learn about this project and how it affects you.

Thursday, July 17  
10:00 – 11:00 a.m.  
Friendship A & B

All other Villa residents that are interested are invited to a general meeting to learn about the project.  
Wednesday, July 23  
2:30-3:30 p.m.  
Friendship A & B



10% off total check  
Not Valid on Sundays

Expires: August 1, 2025

SUMMITNEWS

SOUDERTON MENNONITE HOMES

4<sup>TH</sup> OF JULY WITH MUSICIAN, SHEILA MILZ  
Friday, July 4  
2:00 p.m.  
Summit View Auditorium

THE ALZHEIMER’S ASSOCIATION PRESENTS  
WARNING SIGNS OF ALZHEIMERS  
Tuesday, July 8  
2:00 p.m.  
Summit View Auditorium

Join The Alzheimer’s Association representative for an afternoon of informative discussion. You will have the opportunity to learn about the following: The difference between normal aging and Alzheimer’s, common warning signs, the importance of early detection and benefits of diagnosis, next steps and expectations for the diagnostic process; and Alzheimer’s Association resources.

SHADY HOLLOW FARM STAND  
Every Thursday beginning July 10  
11:00 a.m. -2:00 p.m.  
Front Lobby

Shady Hollow Farm has been providing an abundance of delicious produce and beautiful flowers to the Gilbertsville/Pottstown community for over 30 years. They will offer a weekly pop-up produce stand here in the Front Lobby, providing fresh produce to the residents and staff alike. Their weekly produce offerings vary, depending on what is seasonally available. Sweet corn, ripe red tomatoes and peaches are our specialty, accompanied by peppers, cucumbers, squash, onions, blueberries, plums, grape tomatoes, green and yellow beans, cantaloupe, watermelon, and much more! Shady Hollow accepts cash, check or Venmo. We look forward to welcoming Shady Hollow Farms to our community.

LIVING U KICKOFF  
Wednesday, July 16  
1:30 p.m.  
Fisher Auditorium at Dock Woods

The fall semester of Living U, the Living Branches lifelong learning institute, will start this month with a kickoff presentation and registrations. Course brochures arrived in your campus mailboxes in June and extra copies are available at the front desk. Please see your Living U course brochure for information about the kickoff and the opening of registrations. Please call Maribeth Benner, Living U Coordinator, at ext. 44204 for more information or to request a shuttle ride.



DR. STEVE PHILLIPS FROM PENN MUSEUM PRESENTS THE SPINX THAT MOVED TO PHILADELPHIA  
Tuesday, July 29  
1:30 p.m.  
Summit View Auditorium

Part 1: Examining an obvious, but often overlooked, question – just what is a sphinx, anyway? What did a sphinx represent to the ancient Egyptians? Part 2: Retrace the history of the Penn Museum’s sphinx from its discovery in Egypt at Memphis in the early 20th century, its subsequent transport to Philadelphia, concluding with a behind the scenes look at the engineering and human effort involved in moving such an object.

RESIDENTIAL LIVING

RL FRIENDSHIP AND FELLOWSHIP

Monday, July 7  
11:00 a.m.

Cafe  
Sign Up

We have had a strong response to this opportunity. So, we are continuing to meet once a month with residents meeting informally during the rest of the month. If you are looking to meet residents here at SMH with the hope of developing friendships that are outside of this activity, please join Heather for Friendship & Fellowship. Bring your favorite coffee mug and a willingness to engage in a conversation card game. Light refreshments will be served. Sign up at the RL bulletin board to reserve your spot.

RL QUARTERLY MEETING

Monday, July 14

2:00 p.m.

Summit View Auditorium

RL LUAU AND A SHOW must RSVP

Tuesday, July 15  
4:30 p.m.

Café and Summit View Auditorium

Join us for a very special evening Luau. The evening will feature a culinary masterpiece of Luau inspired foods. Hawaiian music and Luau instruction will follow in the SVA. Make sure to RSVP by July 3rd and wear Luau inspired clothing. All residents

participating will receive a traditional lei for the evening. Shuttle will be available at 4:10 for this event.

THIRD THURSDAYS

Thursday, July 17

6:30 p.m.

Summit View Auditorium

Sound of Hope: The Story of Possum Trot. An inspirational true story of Donna & Reverend Martin and their tiny East Texas church. 22 families adopted 77 children from the local foster system, igniting a movement for vulnerable children everywhere.

SMH ARTS GALLERY  
RESIDENTIAL LIVING  
RECEPTION

Monday, July 21

3:30 p.m.

Café and SMH Art Gallery Wall

Join the SMH Arts Committee to welcome our featured artists for this summer. These artists have much talent and will be featured on Gallery Wall outside the Apple Orchard Café. All RL residents are encouraged to stop by today for a look at the beautiful artwork and meet the talented artists. Then, enjoy refreshments as you discuss the artwork with friends.

HICKORY STICK ICE CREAM TRUCK

Tuesday, July 22

2:00 p.m.

RL Carport and RL Patio

July is the perfect time to enjoy a scoop of your favorite ice cream. So, join us for this new event! Cost is \$3.00 (exact change). Sign up at the RL bulletin board so we can share the count with Hickory Stick.

MUSIC & MEMORIES WITH SETH LAUCKS

Friday, June 25

1:45 p.m.

Family Room

Come out to the Family Room as we celebrate Summer. Join Seth Laucks for a wonderful time of fellowship and song. Seth will share his vast passion for music with you where you may play an instrument, sing a favorite song or just clap along. He is known to take requests.

PHILLIES \$3.00 DOGS DINNER wear your Phillies gear

Friday, July 25

5:00 p.m.

RL Patio must sign up

Join friends for a hot dog, chips and a drink on the RL Patio. Then, tune into Phillie’s game later in the day. Must sign up at the RL bulletin to reserve your spot.

FROM THE RL DIRECTOR:

This is a friendly reminder to be kind to neighbors below by making sure your bird feeder is turned inward and to water plants in a way that doesn’t shower down on others who might be enjoying some balcony or patio time. Thank you!

Purposely Left Blank

FROM THE DESK OF THE RL SOCIAL WORKER

Letting Go with Love: Simple Tips for Decluttering at Your Own Pace

Letting go of personal belongings isn't always easy. Every photo, book, or sweater can hold a memory, and parting with them can feel like letting go of a piece of our past. But decluttering doesn't have to be stressful. Whether you're downsizing, making room, or simply wanting to clear some space, here are a few gentle tips to help you approach decluttering with kindness and confidence.

1. Start small—really small:

You don't need to tackle the whole house at once. Begin with one drawer, one shelf, or even just your purse or nightstand. Small victories lead to big progress.

2. Ask yourself, "Do I use this?" "Do I love this?"

If something no longer serves a purpose or brings you joy, it may be time to let it go. If it's collecting dust, consider whether someone else might get more use or joy from it.

3. Take breaks and go at your own pace:

Decluttering doesn't have to be done in a day. Give yourself permission to pause. This process is about emotional care, not speed.

4. Take a photo before you let it go:

For items tied to memories, like an old award, article of clothing, or trinket take a picture before you say goodbye. That way, you keep the memory without holding on to the object.

5. Share the story, then share the item:

Have something meaningful you're ready to part with? Share its story with a loved one before passing it along. Sometimes telling the memories and stories helps release the item with peace.

6. Don't be afraid to ask for help:

You don't have to declutter alone. Ask a friend or family member to join you. Having someone by your side can turn a difficult task into fun.

7. Set up a "blessing box":

Keep a small box nearby for items you're ready to donate. Think of it not as giving away, but as blessing someone else with something they may truly need or cherish.

SAVE THE DATE:

Keith Freed, Franconia tax collector, will be here on Tuesday, July 29<sup>th</sup> 9:00-10:30 a.m. in the Wellness Canter so that residents can pay per capita school taxes in person.

NEW LAB SERVICES

Premier Medical Labs started services at Souderton Mennonite Homes on June 25. For RL residents they offer two days a week for bloodwork, Wednesday & Friday, from 7:00-8:00 am. They honor ALL insurances.

FUND DEVELOPMENT

ONLINE DONATIONS GLADLY ACCEPTED!

A summer reminder! Living Branches Foundation continues to accept donations online at [livingbranches.org/donate](http://livingbranches.org/donate). The Foundation's primary goal is to provide funding for the benevolent care ministry which enables us to care for all residents, including those who have been wise stewards of their money but have outlived their resources. We appreciate your continued support.

SUPPORT OUR BUSINESS PARTNERS!

For many years Living Branches has been blessed by the donations from a very committed group of business sponsors that we call our Benevolent Care Partners. These firms make annual gifts of \$1,500 to \$18,000 to support our benevolent care ministry at all three Living Branches campuses. The following businesses have been faithful sponsors:

Event Level: Bergey's Inc.

Platinum Level: Everence Financial Services, Henning's Market, Integrated Security Systems, R.E. Morrison Contracting, Univest Financial Corporation

Gold Level: Alderfer Glass Company, Lacher Insurance

Silver Level: Benchmark Construction, Bergey's Electric, Clarke's Landscaping & Lawn Care, Good Plumbing, Heating & Air Conditioning, IT Landes, Perkiomen Tours, Thomas & Boyds, Williams-Bergey-Koffel Funeral Home.

Bronze Level: AIA Alera Group, Baker Tilly US, C & S Lawn Landscaping, Delcrest Medical Services, DunlapSLK, Franconia Insurance & Financial Services, Harleysville Bank, Indian Valley Camping Center, John Garis Homes, Latsha Davis & Marshall, R.J.L. Services, Select Rehabilitation Services, The Weimer Group, Weaver, Reckner & Reinhart Associates.

If you do business with them or know them personally, let them know you appreciate their support of the Living Branches Benevolent Care Fund.

Do you know of a business that might be willing to support our benevolent care ministry? If you or a family member own or are connected to a local business that you think might be interested, please talk to Colin Ingram or Rose Hackman.



From your RA President . . .  
(Dick Close)

**Summer Greetings to all our RA friends.** In my previous life I taught middle school science for almost 30 years and elementary gifted students for 6 years. And one thing I learned is that you never suppose you have all the answers. I tried to have the students follow the scientific method of.

- a) Design a question to be answered.
- b) Gather some info and take a guess at what might be an answer.
- c) Set up the procedure or the steps to solve the problem.
- d) Do the experiment and take data.
- e) Then, make a conclusion or answer the initial question based on what your data shows.

We, as the RA Executive Committee will be following that pattern as we seek to work with the Living Branches administration to solve the "problems" we have here at SMH. You can help us with the first step—sharing with us any "problems" OR "blessings" you have here at SMH. We do not guarantee we will be able to solve them to your satisfaction, but we will be a listening "ear" and work to get answers and help you as we can.

Our first steps will be to have monthly "**Chats in the Café**". The second **Tuesday morning from 9:00-10:00 a.m.** Myself and another Committee member will be there to listen. See you then. Or put a note in my box with your comment and your name (a must!) -Dick Close



**KRISTEN’S FITNESS CORNER**  
**Fill your summer with whole foods**

Summer is a wonderful time to incorporate more whole food into your diet. The season brings an abundance of fresh fruits and vegetables, which are naturally lower in calories and rich in nutrients. Whole foods are unprocessed foods like fruits and vegetables that have no food label because you know exactly what it is. There is no need for an ingredient list on an apple!

For variety think color. Different colored foods offer a wide variety of nutrients and flavors. For example, red foods like tomatoes and berries are rich in antioxidants. Yellow and orange foods like carrots and squash provide vitamin A and C. Green foods, like spinach and broccoli, are good sources of potassium and vitamin K. Blue and purple foods, like blueberries and eggplant, can boost urinary tract health and memory function.

Adding more whole foods to your diet can offer numerous health benefits, including improved digestion, enhanced nutrient absorption, and a reduced risk of chronic diseases. Summer is the perfect time to start with all the goodness nature has to offer.

**FITNESS NEWS & SPECIAL EVENTS:**

**WALKER AND BALANCE CHECKS**  
**Wednesday, July 16**  
**11:00 a.m.**  
**Family Room**

Join **Select Rehab** for a free Balance Screening and Walker Checks.

**STRONGER MEMORY CHECK-IN**  
**Thursday, July 17**  
**2:00 p.m.**  
**Family Room**

Our Stronger Memory group will meet monthly to support each other and share strategies to keep our brains strong. New participants are always welcome.

**Zumba Gold Class**  
**Thursday, July 24**  
**1:00 p.m.**  
**Friendship Room**

Join us for the first Zumba Gold class.

**Pickleball Clinic**  
**Friday, July 25**  
**9:00 a.m.**  
**Pavilion**

Join us on the game courts to learn the rules of pickleball with our volunteer and future resident Jonathon Leiser. Sign-up is required.

**HEALTH CARE RESIDENTS**

We will celebrate Christmas in July the week of July 20th. We will incorporate Christmas music, games, baking and reminiscing.

We will celebrate one of our residents, Ethel, turning 104 years old on July 24th at 2:30 p.m. and see if she shares her secret to longevity!

Jeannine will share her music and movement in 2 summer bonus sessions on Friday, July 11th and Friday, August 15th, both at 1:15 p.m. in the activity room.

We are planning an ice cream trip in July to a local ice cream shop on Friday, July 18th. If interested in participating, please contact Pam to sign up.

**“SUMMER ON THE FRONT PORCH”**

This year we have had such a wonderful time of hearing from many of our residents and learning new and interest parts of their lives. Thanks to all who have come and all those who graciously volunteered to be interviewed. They were seen and heard not only in the SVA but the SMH apartments, all over the USA and the world. Rueben Strawn has worked to hook us up to the internet and YouTube which has blessed so many who are unable to be here in the SVA. In addition, Nelda Metzler has been fantastic playing the piano so that we can sing some of our favorite hymns.

We will be taking a two month break for on the Front Porch as Heather Scattergood has planned many exciting events for us over the summer. In September, Lord willing, we will be having as our next guest, MariAn Nyce. Her many travels and experiences as a pastor’s wife and “right hand gal” is a night you do not want to miss!

See you the First Thursday in September, September 4, as we return to “school” On The Front Porch.

**From the Desk of the Volunteer Coordinator**

Create your own volunteer experience!

- Do you have a hobby or skill you would like to use as a volunteer?
- Have you traveled to a place you want to share with our residents?
- Are you willing to be a mentor to other residents or local students?
- Eager to create something new as a group?
- Are you part of something you want to see on campus?

Share your ideas with Volunteer Coordinators. Reach out to [Suzanne.zomberg@Livingbranches.org](mailto:Suzanne.zomberg@Livingbranches.org) 215-723-9881 ext. 42298

**Save the Dates:** Current volunteers please plan to attend one of our mandatory annual Volunteer Inservice Sessions:

**Souderton Mennonite Homes**  
Wednesday, September 17, 1:00 p.m.

**Willows**  
Friday, September 19, 3:00 p.m.

**Dock Woods**  
Wednesday, September 24 at 10:30 a.m.

**RL TRIPS**

Sign up with Sam Handwerk for Dine Around and Day Trips  
Call 215-723-9881 ext. 42330 Or email [Sandra.Handwerk@livingbranches.org](mailto:Sandra.Handwerk@livingbranches.org)

**JULY TRIPS**

**RED LOBSTER – DINE AROUND**  
**Wednesday, July 2**  
**11:15 a.m. to 2:30 p.m.**

**SHADY MAPLE AND GOODS**  
**Thursday, July 17**  
**9:00 a.m. to 4:00 p.m.**

**CROSSROADS TAVERN – DINE AROUND**  
**Monday, July 21**  
**4:30 p.m. to 7:30 p.m.**

**NOAH – SIGHT AND SOUND**  
**Wednesday, July 30**  
**8:15 a.m. to 4:00 p.m.**  
**Waiting List Only**

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

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

**TRADER JOE’S (every 2<sup>nd</sup> Monday of the month)**  
**Monday, July 7**  
**9:30 a.m. - 12:00 p.m.**

**ALDI / DOLLAR STORE**  
**Tuesday, July 22**  
**10:00 a.m. - 12:00 p.m.**

**\*\*\*See RL Trips Newsletter for scheduled upcoming trips for 2025**