

LIVING U

This month, Living U finishes off its spring semester with an outdoor expedition. On June 5, we will enjoy a “birding by boat” kayaking adventure around the coves of the Green Lane Reservoir and learn about the bird species on this habitat. For more information, contact Maribeth Benner, Living U Coordinator at ext 44204.

SARA SYSTEM

What do I do if my SARA is alerting (flashing red) and I did not intentionally set it off?

If you accidentally set it off on campus, please stay in place and campus personnel will be contacting you shortly.

If you accidentally set it off while you were away from campus, the SARA system will not recognize that your SARA is alerting. Please contact your campus receptionist to have someone reset your SARA.

Be WYSE on campus
Wear Your SARA Everywhere

FROM THE PASTORAL CARE DESK

My daughter got a box of flower bulbs for free off the internet last year; all she had to do was go pick them up. She brought the box of bulbs home and put them in the ground along our fence line.

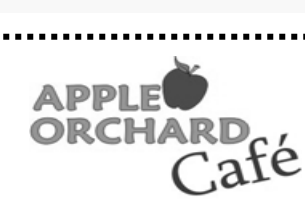
We forgot all about them until one day in March we were playing with our dog, Sunny, and noticed that there were tall green leaves every few feet along the fence. My daughter is away at school so, I sent her pictures of the leaves every few days and we wondered together what kind of flower might be about to bloom from each plant.

Soon, we noticed something wasn’t quite right. There were only a few plants that had buds on them. The rest just had long green leaves. Eventually, we had three beautiful plants with daffodil blooms and one gorgeous tulip bloom. The rest produced no flower.

According to Google, this happens when the bulb is not planted deep enough in the soil. Isn’t that so true! Just like those bulbs, we too need to be planted deep in the soil of Jesus’ love in order to bloom.

Consider these words of Jesus in the Gospel of John 15:5, “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

As you enjoy the beautiful gardens on each campus this Summer, consider the nourishing soil that helps the flowers to grow and thrive. How are you being nourished by the soil of Christ’s love so that you too can grow and thrive? ~Pastor Deb Neild



10% off total check
Not Valid on Sundays

Expires: July 1, 2025

Please be aware that no one is permitted in apartments under construction. Recently, there has been an increase in individuals peeking or going into rooms while work is being done. Entering these rooms, even if the door is unlocked, is not permitted and is a safety and fall risk for anyone entering. Our staff and contractors are often working very hard to get rooms ready in a timely manner for incoming residents. Please don’t impede their progress and jeopardize your safety. Thank you!

SUMMITNEWS

SOUDERTON MENNONITE HOMES



THE BRUNNERS FAMILY BLUEGRASS
Monday, June 2
6:30 p.m.
Summit View Auditorium

Brunner Bluegrass is a 6-member band that enjoys learning and sharing music with others. This group has been singing together since 2013. The genre is a mixed bag of bluegrass, gospel and country utilizing tight harmony, banjo, guitar, dobro, mandolin and bass.

BUXMONT ANTIQUE TRACTORS
Thursday, June 5
10:00 a.m.
Elizabeth’s Garden Parking Lot



“IN THE STRAWBERRY PATCH WITH GLADYS GRASSE”
Thursday, June 5
6:30 p.m.
Summit View Auditorium

In honor of Strawberry Festival Week, join us in the Strawberry patch for tonight’s special chat. We gather to sing a song or two and hear the special life stories from a Souderton Mennonite Homes resident—the ups and the downs plus how God has and is working in their lives. You don’t want to miss this month’s guest!

MEET DANNY AND GRETA: RESCUE DONKEYS AT THE DONKEY FARMETTE SHOW
Friday, June 6
10:30 – 11:30 a.m.
Elizabeth’s Garden Parking Area

Check your June Calendar for more Strawberry Festival activities in all areas of care. You can also speak with your Life Enrichment Coordinator for happenings specific to your area.



FATHER’S DAY SPECIAL EVENT- ADVENTURES WITH RANDY BRIDGE
Friday, June 13 must sign up
2:00 p.m.
Summit View Auditorium

What better way to celebrate all the great men here at Souderton Mennonite Homes than with a fun-filled program featuring OUR FAVORITE, Randy Bridge. Gentlemen sign up with your Life Enrichment Coordinator and enjoy coffee and doughnuts as Randy is sure to surprise you with his more recent adventures!

SOUDERTON MEN’S ALUMNI CHOIR
MONDAY, JUNE 23
6:30 p.m.
Summit View Auditorium

The Souderton Alumni Men’s Chorus, under the director of Jon Leight, will be here for a delightful evening of song.

RESIDENTIAL LIVING

ANNUAL COMMUNITY MEETING
Monday, June 2
2:00 p.m.
Summit View Auditorium

WAFFLES & ICE CREAM TRUCK WITH SUMMER MUSIC BY BILL MONAGHAN
Thursday, June 5
2:30-4:00 p.m.
RL Patio

Waffle Cabin Food Truck will be here for RL residents. Living Branches will be subsidizing the cost of this dessert. Your cost is only \$3.00 cash at time of event paid to food truck. Please note, you will need voucher, as well. Vouchers will be given out Monday June 2, 4:30-5:30 in RL carport lobby. If you cannot make that time, let Heather Scattergood know and she will get you a voucher.

VOLUNTEEN BINGO WITH NATALIE
Tuesday, June 10
2:00 p.m. sign up
Family Room

Join your favorite *volunteen*, Natalie, as you play bingo and win prizes. This is Natalie’s last bingo with us for the summer. Thankfully, she will be back in September! Please sign up at RL bulletin board for a great afternoon!

FRIENDSHIP AND FELLOWSHIP
Monday, June 16
11:00 a.m. sign up
Café

We continue this series to bridge the gap of belonging and friendship as older adults. Are you looking to meet residents here at SMH with the hope of developing friendships that are outside of this activity? Join Heather for Friendship & Fellowship. Meet us in the Café for conversation and fellowship. Light refreshments will be served. All RL residents are welcome! Sign- up at the RL bulletin board to reserve your space.

CELEBRATION OF THE MONARCH BUTTERFLIES

We are enjoying the beauty of nature with a celebration of butterflies. Residential Living will be raising butterflies and watching their transformation firsthand during each stage of this journey. Then, when the butterflies are ready, we will release them. Please check your RL calendar for dates and times.

THIRD THURSDAYS
Thursday, June 19th
6:30 p.m.
Summit View Auditorium

Third Thursday celebrates it’s one year anniversary. Look to see what Jim has in store for you posted on Residential Living bulletin boards.

MUSIC & MEMORIES WITH SETH LAUCKS
Friday, June 27
1:45 p.m.
Family Room

The New SMH Coffee Bar

We have had a good response to our morning “Coffee Bar” so far. Starting June 1, we will have our Coffee Times on Wednesdays and Saturdays each week. We look forward to seeing you come and enjoy some fresh brewed coffee and great morning conversation in the Family Room from 7:30 a.m. (for you early risers) to 9:00 a.m. You can bring your own coffee mug and spend some great time together with others to start your day. The cost for the coffee is 50 cents so that we can keep the java flowing and for other supplies (cups, creamers and sugar).

Why not plan to get an early start on your day and come to the Family Room, maybe after or before your workout, or just a short little morning walk?

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NURSES NOTES - FROM THE RL NURSE

What is a POLST form?
(from Nursing CE Central & papolst.org)

POLST is an acronym for:

Pennsylvania Orders for Life Sustaining Treatment, Physician Orders for Life Sustaining Treatment, or Portable Orders for Life Sustaining Treatment

The POLST form is a medical order that indicates your choices regarding end-of-life care. POLST is always voluntary and completed only after a discussion with your primary care provider. It must be signed by you and your provider.
Not everyone needs POLST. POLST is intended for, and should be offered to, individuals who have a serious advanced illness or frailty and for whom their health care professional would not be surprised if they died within 1-2 years.
A POLST form is in addition to your Advance Directives or Health Care Power of Attorney document. It includes specific instructions for medical treatment in various scenarios, such as cardiopulmonary resuscitation (CPR), artificial nutrition and hydration, mechanical ventilation, and comfort measures. POLST is not a DNR (Do Not Resuscitate) order. While SMH nursing staff can honor your POLST form, EMTs do not. EMTs are required to initiate life-support measures in an emergency. They must call “medical command”, usually a designated ER physician, to receive orders to stop CPR or follow your POLST wishes.
If you have questions about your Living Will or POLST forms talk with your healthcare provider.

FROM THE DESK OF THE RL SOCIAL WORKER

Starting in June, Leah DiPersio’s work schedule will be changing. Leah will transition from working five shorter days to three longer days each week: Monday (8 hours), Wednesday (7 hours), and Friday (5 hours). If you have any questions, please contact Leah DiPersio, LSW, at 215-723-9881 ext. 42312.

LOW VISION SUPPORT GROUP

Please note that our Low Vision Support Group will now meet on the 4th Monday of each month at 10:30 AM in the Family Room.

This group offers a welcoming space for individuals with low vision to share experiences, gain practical tips, and learn about helpful resources and technologies. Whether you're newly diagnosed or have been living with vision loss for years, you're not alone—join us for support, connection, and encouragement. Please contact Leah DiPersio, LSW at 215-723-9881 Ext. 42312 for mor information

DEMENTIA SUPPORT GROUP

Meets the 2nd Tuesday of each month at 2:00 p.m. In the Sunflower Room. Come chat, share and connect with others on the same journey. Hosted by Ruth Hoskins from Caring Hospice. All are welcome to attend. Please RSVP to Michelle Moreland at extension 42230.

FUND DEVELOPMENT

Leave a Legacy

Thank you for your generous support of the Living Branches Foundation. Your contribution to our benevolent care ministry is vitally important to many Living Branches residents. Estate gifts enable us to plan for the future support of our residents who need financial assistance for the long term. In recent years, Living Branches has provided some form of benevolent or unreimbursed care to over 100 residents each year. The Living Branches Foundation funds are typically able to provide grants of over \$1.6 Million from fund earnings to offset a portion of the costs of care. But that only covers about one-third of the actual cost, so there is still much more work to be done to grow the balances in our benevolent care funds.

By including the Living Branches Foundation in your will or trust, you create lasting security for residents and ensure their well-being for years to come. More than just a gift, your estate donation becomes a powerful legacy—one of compassion and generosity. Any percentage or amount makes a difference.


To learn more, contact: Colin Ingram at 215-723-9881, ext. 44304

Honoring our Legacy Giving Donors

Legacy Giving donors were honored at special luncheons in May at both Dock Woods and SMH. The donors and prospective donors heard from Ed Brubaker, our President and CEO, about how their contributions support and help residents who need financial assistance for the long term. If you are interested in learning about or becoming a Legacy Giving donor, please contact: Colin Ingram at 215-723-9881, ext. 44304

Online Donations Gladly Accepted!

Just a reminder! Living Branches Foundation continues to accept donations online at livingbranches.org/donate. The Foundation’s primary goal is to raise funds 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 support.



FROM YOUR RA
PRESIDENT, **Thelma Mack**

CONGRATULATIONS to the newly elected members of the Residents’ Association Executive Committee who have graciously agreed to serve beginning July 1, 2025. They will be formally introduced at the Association’s Annual General Meeting at 2:00 p.m. on Monday, June 2, 2025.

All SMH residential living residents are automatically members of the SMH Residents’ Association. The RA Executive Committee is a resident-led group dedicated to fostering mutual support, enhancing the well-being of all members, and working collaboratively with Administration.

As my RA President’s term comes to a close on June 30, I want to extend my heartfelt thanks for your support over these past two years. It has been both an honor and a pleasure to work alongside the dedicated individuals who served with me. I trust you will support those on the new RA team who have graciously agreed to serve on the executive committee.

Thank you, and may God bless us all as we move forward together.

Warm regards,
Thelma Mack

KRISTEN’S FITNESS CORNER
Starting Something New

Learning new skills is beneficial for brain health because it promotes neuroplasticity, the brain's ability to reorganize and form new neural connections. To learn something new I decided to start to crochet. Everything I read said that it was simple. I ordered myself crochet hooks and yarn and figured I would be making a baby blanket for my granddaughter in no time. It didn't exactly go that way. My brain didn't seem to get it, and I felt stupid. Amid this I came across a story from the National Institute of Health that stated "What we tell ourselves, especially in our inner dialogue, shapes our beliefs. If we constantly criticize ourselves, the brain may start to internalize these criticisms as truth. By consciously choosing to replace negative thoughts with positive ones, we can start to create a more positive and fulfilling reality." Instead of telling myself how bad I was doing I changed it to "This is new to me. It's ok if it's hard."

Giving myself grace allowed me to move forward. Not only am I learning to crochet, but I am also learning that it is ok to find a new task hard and it is ok to fail. And fail a bunch! So, try something new and out of your comfort zone. It's ok if you aren't good at it right away. Speak kindly to yourself. It truly makes a difference.

FITNESS NEWS & SPECIAL EVENTS:

Wellness Talk – The Benefits of Strawberries:
Tuesday, June 3
2:00 p.m.
Family Room

In honor of the strawberry festival this month we learn all about the many health benefits of strawberries. We will also discuss what it means to buy organic. Samples will be offered.



Stronger Memory Check-In:
Thursday, June 19
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.

Cornhole:
Weather permitting, we will be moving cornhole to the Pavilion on Wednesdays at 6:00 p.m. If it is rainy or too hot, we will play in the Family Room. All are welcome!

Bocce:
Bocce is back! Join fellow residents on our Bocce courts the 2nd and 4th Thursdays of the month (see calendar) @ 6:00 p.m. weather permitting. Beginners welcome.

Introducing Zumba Gold Exercise Class
Tuesday, June 24
2:00 p.m.
Friendship Room

Kristen was recently certified in Zumba Gold. Zumba Gold is a modified Zumba class designed for active older adults and beginners, offering a low-impact workout that focuses on balance, coordination, and range of motion all put to invigorating music. Learn about the Zumba workout and the many benefits of trying something new.

Check out the 5-minute video:
Research has shown that even small bouts of exercise can improve our cardiovascular health. Every month a new 5-minute exercise video is featured on channel 1978. It is televised at 9:35 a.m. and 3:20 p.m. each weekday. Tune in to see who the featured guest exercisers are! You can also watch it anytime on the portal under the fitness tab.

From the Desk of the Volunteer Coordinator

Let's give a "Shout Out" to the volunteers who read your Morning Announcements weekdays! Thank you to Joyce, Sherrill, Kathy, Rosie and Shirley for your early morning, cheerful voices, sharing the news for our SMH community. We couldn't do it without you!

Are you available on Tuesday Mornings one or two times a month? We are looking for a couple new helpers for the RL shopping trips. Ride and shop together on the LB van. June 30 is the end of the fiscal year. We will be reporting volunteer hours to Living Branches office. Please be sure you are up to date in reporting your volunteer hours. Thank you! Contact Suzanne at 215-723-9881 ext. 42298.

THURSDAY, JUNE 4
3:00 p.m.
Family Room

Join Suzanne as we jump into Summer with new volunteer opportunities. Share your ideas. And learn how to use the Vicnet tool to log your volunteer hours.

HEALTH CARE

The first full week of June will be strawberry week where we will have fun strawberry activities, a strawberry themed meal, strawberry crafts and of course enjoy delicious strawberry treats! There will be a tractor display, donkey visits and fresh waffles and ice cream.

Jeannine and her music and movement intern students will be with us through June 20th. We are looking to possibly have Jeannine come in 2x/month through the summer!

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

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

JUNE TRIPS
ACT II Playhouse, A Grand Night for Singing
A tribute to the music of Rodgers and Hammerstein
Wednesday, June 18th
1:00 to 4:45 p.m.

Tour of Christ Reformed Church and Cemetery at Indian Creek and Lunch at Frida's
Wednesday, June 25th
10:30 a.m. to 2:00 P.M.

Versante Restaurant - Lunch Dine Around
Friday, June 27th
11:15 a.m. to 2:30 p.m.

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

LANDIS SUPERMARKET
Tuesday, June 3
Tuesday, June 17
10:00 a.m. - 12:00 p.m.

TRADER JOE'S (every 2nd Monday of the month)
Monday, June 9
9:30 a.m. - 12:00 p.m.

Giant/Walmart Store
Tuesday, June 24
10:00 a.m. - 12:00 p.m.

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