

**APPLE ORCHARD**   
**Café**

10% off total check  
Not Valid on Sundays

Expires: April 1, 2024

It's time to  
**Spring Ahead**

Daylight Savings Time  
March 10, 2024  
Turn your clocks forward  
an hour Saturday night  
before going to bed.

Welcome back the Dock Woods Choir! Enjoy an afternoon listening to the annual tradition of the Easter Story sung by the Dock Woods Choir. This special event resonates with the audience as it brings the Holiness of Easter to life. Mark your calendars for this special event!

RESIDENTIAL LIVING

DICE & SEQUENCE GAMES  
Saturday, March 2  
6:30 p.m.  
Family Room

Join friends in the Family Room for these crowd pleasing games. This resident run activity encourages you to share in a game and meet new friends. Sign up at the RL bulletin board to participate!

EASTER THEMED CRAFT  
WITH JULIA SMITH  
Monday, March 4  
10:00 a.m.  
Family Room

Join favorite crafter, Julia, and make a stained glass cross for Easter. A photo of this craft is at the RL bulletin board and is for all-level crafters! Sign up at the RL bulletin board

BYOM (Bring your own meal)  
Monday, March 4, 11 and 25  
5:30 p.m.  
Family Room

This favorite resident-run activity continues into 2024 and is a great way to enjoy winter evenings and meet new friends. Sign up at the RL bulletin board. See Heather with any questions.

RL ARTIST RECEPTION  
TUESDAY, MARCH 5  
3:30 p.m.  
Café

We are having an Intergenerational Art Show featuring Arts Committee Members and their family members. Stop by to meet the artists and hear about their artistic process.

ACTIVITY PLANNING  
SESSION  
Thursday, March 7  
10:00 a.m.  
Family Room

All RL residents are invited to join in a monthly planning session. The purpose of this meeting is to collaborate and brainstorm resident ideas. So, we plan programming that resonates with each of you! You can come for one month or many. That’s entirely up to you.

EASTER BUNNY FELT PINS  
WITH SANDRA  
Monday, March 18  
9:30 a.m.  
Family Room

Please join Sandra as she guides you to make a felted pin for Easter. Samples are available to see at the RL bulletin board. Sign up to reserve your spot and be amazed at your talent.

OLD-FASHIONED EASTER  
BONNET DIY CLASS WITH  
HEATHER  
Tuesday, March 19  
11:00 a.m.  
Family Room

This resident requested activity is perfect for the first day of spring! An Easter bonnet is any new or fancy hat worn by tradition as a Christian head covering on Easter. It represents the tail end of a tradition of wearing new clothes at Easter, in harmony with the renewal of the year and the promise of spiritual renewal and redemption. Join friends and

create Easter Bonnets to be worn on Thursday, March 21, at Stull’s Music concert. The more creativity, the more fun we will have. Please sign up for this activity at the RL bulletin board.

HEALTH & WELLNESS TALK –  
FOR LADIES ONLY  
Wednesday, March 20  
3:00 p.m.  
Family Room

Join Janice Carroll, RL nurse, as she discusses urinary incontinence. We’ll talk about types of incontinence, treatments and products.

MUSIC & MEMORIES WITH  
SETH LAUCKS  
Friday, March 22  
1:45 p.m.  
Family Room

Come out to the Family Room as we head into spring. 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.

EASTER EGG BASKET RAFFLE  
March 24-27  
Apartment Entrance Lobby

Guess how many eggs are in the basket! Winners announced on Thursday, March 28<sup>th</sup>.

GIRL SCOUT COOKIE BINGO  
Tuesday, March 26  
1:30 p.m.  
Summit View Auditorium

We are bringing back this crowd-

Purposely Left Blank

FROM THE DIRECTOR OF RL

Please use the black basket on the shelf in the apartment lobby entrance for small items for donation. Please refrain from placing items on other shelves in the lobby or tables throughout RL. The goal is to keep a neat and welcoming atmosphere here at Souderton Mennonite Homes.

As spring approaches, remember that bird feeders need to be inward facing so that your neighbors are not gifted with droppings from above.

NURSES NICHE - FROM THE RL NURSE

Brain Injury Awareness and how it relates to you.

The month of March has many health observances such as: colorectal cancer (remember my March 2023 article?), MS education, Kidney awareness, etc.

Another health observance for the month of March is Brain Injury Awareness. See below about traumatic brain injury and the connection it has with the elderly.

From MayoClinic.org:

“Falls from bed, or a ladder, down stairs, in the bath, and other falls are the most common cause of traumatic brain injury overall, particularly in older adults and young children.”

From the CDC:  
Falls are the leading cause of traumatic brain injury in the elderly.

Taking steps to prevent falls such as exercise, checking for household hazards, correcting vision problems will reduce your risk for falling, therefore reducing your risk for serious injury such as hip fracture and/or traumatic brain injury. (from CDC STEADI initiative)

Recently Kristen, Souderton Mennonite Homes’ Fitness Coordinator, introduced the CDC’s STEADI initiative: Stopping Elderly Accidents, Deaths, and Injuries. Her focus is to prevent falls and repeat falls through strength and balance activities, and exercise. In some of the CDC studies, physical exercise was shown to reduce the risk for repeat falls by 30-60%.

If you have fallen, are afraid to fall, or have any questions; about falls, the STEADI program, using the fitness center, or exercise classes, please reach out to Kristen, or anyone on the RL team.

HEALTH CARE

March comes in like a lion and goes out like a lamb (or so they say). March brings us daylight savings time, St. Patrick’s Day, Easter Sunday and spring! We will be making Easter bonnets for the Easter parade, have a spring fling, learn about Johnny Appleseed and make cinnamon apple monkey bread, brush up on healthy eating for National Nutrition month with a game of “Healthy You” Jingo, make our own leprechaun crafts and create a spring collage. Some special events in the Summit View Auditorium will be the Generations Chamber Ensemble, Irish dancers, Bill Monaghan’s Irish music and the Stull’s music where we will showcase our Easter bonnets.

RESIDENTIAL LIVING CONT.

pleaser of an event. Make sure to sign up at the RL bulletin board to save a spot for this activity. First, we’ll learn a bit about the history of Girl Scout Cookies and then play bingo to win your favorite cookies- Thin Mints to Peanut Butter Patties and everything in between.

PA Property Tax/Rent Rebate Program

Did you know that you may qualify for the PA Property Tax/Rent Rebate Program this year? PA has increased income limits for this program. To learn more about this program and to see if you qualify please contact Residential Living Social Worker, Elise Stanislaw at ext 42312.

GROCERY/SHOPPING TRIPS

Sign up on Apartment Entrance Lobby Trip Board for Tuesday morning grocery trips.

LANDIS SUPERMARKET  
Tuesday, March 5  
Tuesday, March 19  
10:00 a.m. - 12:00 p.m.

TRADER JOE’S  
Tuesday, March 12  
9:30 a.m. - 12:00 p.m.

ALDI/DOLLAR STORE  
Tuesday, March 26  
10:00 a.m. - 12:00 p.m.



ON THE FRONT PORCH  
Thursday, March 7  
6:30 p.m.  
Summit View Auditorium

We had a great time of chatting with Grant Dunbar this past month. Coming up for March will be Karen Detweiler. I can’t wait to hear her stories about being a vet and how she got into that as a career! Come and join us “On The Front Porch”!

Dick Close

FROM THE RL RESIDENTS’ ASSOCIATION PRESIDENT

The PURPOSE of the ASSOCIATION:

- 1. To stimulate mutual support and enhance the wellbeing of all members.
- 2. To work in alignment with Administration and Board to create mutually beneficial relationship.
- 3. To promote and encourage members to serve the broader community.

-Thelma Mack

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

DINE AROUND – TILLIE MINT’S TEA ROOM  
Thursday, March 7  
10:15 a.m. to 12:30 p.m.

DINE AROUND – PLUMSTEADVILLE INN  
Wednesday, March 13  
4:45 p.m. to 8:30 p.m.

BEAN BAG SERVICE PROJECT  
Tuesday, March 26  
9:45 a.m. to 11:45 a.m.

WEAVERS AND SHADY MAPLE  
Wednesday, March 27  
9:00 a.m. to 3:00 p.m.

RL TRIP LOOK AHEAD AND SAVE SOME DATES:

April 24  
Black Creek Greenhouse

April 29  
Peddler’s Village – Birdhouse Competition & Display

May 7  
Iron Pigs Baseball Game

May 21  
Bean Bag Service Project

June 12  
Forever Plaid – Act II Playhouse

KRISTEN’S FITNESS CORNER

Sleep and Aging  
According to the National Institute of Aging, older adults need about the same amount of sleep as all adults—7 to 9 hours each night but there are many reasons why seniors may not get enough sleep. Feeling unwell or being in pain can make it hard to sleep. Racing thoughts and some medicines can keep you awake. Whatever the reason, if you don’t get a good night’s sleep, the next day you may feel irritable, be forgetful, feel depressed and even be more likely to trip or fall. Being older doesn’t mean you have to be tired all the time. You can do many things to help you get a good night’s sleep.

- Here are some ideas:
- Follow a regular sleep schedule. Go to sleep and get up at the same time each day.
  - Avoid napping in the late afternoon or evening, if you can.
  - Develop a bedtime routine. Take time to relax before bedtime each night.
  - Try not to watch TV or use your computer, cell phone, or tablet in the bedroom. The light from these devices may make it difficult for you to fall asleep.
  - Keep your bedroom at a comfortable temperature, not too hot or too cold.
  - Exercise at regular times each day but not within 3 hours of your bedtime.
  - Avoid eating large meals close to bedtime—they can keep you awake.
  - Stay away from caffeine late in the day.

RECREATION ROUND UP  
RESIDENT – RUN PROGRAMS

This spring our newly formed recreation committee, headed by Dick Close, is looking for ways to bring more recreational opportunities to Souderton Mennonite Homes’ residents.  
  
Our initial plan is to highlight a different activity each month based on the survey sent out in February. Your feedback is appreciated!  
**Shuffleboard** is featured in March.

FITNESS NEWS AND SPECIAL  
EVENTS:

**Join the Walk to Lancaster Challenge in March!** Help us walk the scenic route to Shady Maple. A map will be set up in the fitness center that will track our miles as we journey to Shady Maple with several fun pit stops along the way. **Participate for a chance to win prizes.** Pick up your challenge card in the fitness center.

WELLNESS TALK  
THE IMPORTANCE OF SLEEP  
Wednesday, March 6  
1:15 p.m.  
Family Room.

Tips for getting better rest to boost your energy and your memory.

UPDATES AND REMINDERS:

- ❖ Look for our new Move 5 Minutes More in March video coming to channel 1978.
- ❖ There is no time limit on returning your **Steady** surveys. This program is ongoing.

SPECIAL SERVICES

HOLY THURSDAY SERVICE  
Thursday, March 28  
2:00 p.m.  
Summit View Auditorium

Communion will be offered. All are welcome.

EASTER SUNDAY CATHOLIC COMMUNION  
Sunday, March 31  
10:45 a.m.  
4 Seasons Room

Eucharistic Minister, Paulina Gallardo from St. Maria Goretti Parish will be here to offer communion to all of our Catholic residents.

FUND DEVELOPMENT  
WHAT IS A CGA?

A charitable gift annuity (CGA) is a great way to donate to the Living Branches Benevolent Care Ministry while securing your financial future. It’s a one-time gift that provides you with fixed payments for life and frees you from managing funds that you intend to eventually give away. Additionally, there are tax benefits included at the time of your gift. Any remaining funds are donated to the charities of your choice after your passing. Gift annuities are available through the Living Branches Preferred Trust Providers: Everence Financial Services and Univest Financial Services. For more information, contact: Keith Heavener at 215-368-4438, ext. 44115, or Colin Ingram at 215-368-4438, ext. 44304.

MEMORIAL GIFTS

Memorial gifts are one of the most common donations we receive for the benevolent care ministry. A memorial gift is a special way to honor a Living Branches resident, family member, friend or co-worker who has passed away. Gifts can be given to Living Branches Benevolent Care Fund, Sharing Fund, Agape Fund or any one of our other funds.

Checks should be made out to Living Branches Foundation. Please enclose a simple note that tells us which fund you prefer, and who it is in memory of. The family of the deceased will get a report monthly from us letting them know who has given in memory of their loved one.

Stop by the Fund Development office if you have questions or need more information about memorial gifts or call Rose at 215-368-4438, ext. 44305.

FROM THE PASTORAL CARE DESK

I recently attended a meeting where the information below was shared with the group of pastors. In this season of Lent, pastors find themselves stretched to meet all the expectations of their congregations, as well as their own. Now and throughout the year, let us be mindful to think on these things to know about our pastors...

1. They love God and you a lot. (Be mindful.)
2. They are painfully limited human beings. (Be realistic.)
3. They probably have a pretty low view of their “Performance”. (Be kind.)
4. They wish they were a better preacher. (Be awake.)
5. They really do want God’s best for you and your family. (Be open-hearted.)
6. Their work knows no time or locational boundaries. (Be patient.)
7. They hear much more negative information than positive. (Be encouraging.)
8. They have chosen a vocation in which few remain. (Be praying.)
9. They have chosen a highly leadership-intensive call. (Be lead-able.)
10. They need help. (Be available.)
11. Their God-given vision is bigger than themselves and the church. (Be faith-filled.)
12. They want to personally meet all the needs, but know they can’t. (Be understanding.)
13. They are going to say some dumb things every now and then. (Be forgiving.)
14. They are greatly encouraged by your faithfulness. (Be there.)
15. They are passionate for God’s word to be made practical to you. (Be hungry.)
16. They long for church to be your spiritual oasis. (Be loving.)
17. They dream for your and your family’s spiritual health. (Be receptive.)
18. They need to hear that you pray for them. (Be interceding.)
19. They are just regular people. (Be real.)

(From Sundries, Fans of John Shelby Spong, FB)

Pastor Lynne Allebach