

# SUMMITNEWS

## FROM THE DESK OF THE VOLUNTEER OFFICE

Spring forward into Volunteering at Living Branches. Opportunities exist inside and outside, there is something for everyone! Serve in the new Serenata neighborhoods. Join the garden committee or help grounds crew in our many gardens. If you enjoy visiting with residents, spring is a great time to take those visits outside. Ask to serve in our gift shops, as an audio/visual assistant, or as a worship leader, song leaders, Scripture reader, usher, musician, or speaker. For more information on these, and all the opportunities at Living Branches, contact Suzanne at 215-723-9881 ext. 42298 [suzanne.zomberg@livingbranches.org](mailto:suzanne.zomberg@livingbranches.org)

## SARA SYSTEM

### What should I do in the event of an emergency?

Call 911 and press your SARA alert, by holding the button on your SARA device for 2 seconds, until it vibrates and rapidly flashes red.

**Reminder** - 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

## FROM THE PASTORAL CARE DESK

When we are at home, in our rooms, we are still “in the world.” No matter where we are, our surroundings remind us of our earthly home, with its trappings of materialism and brokenness. When Jesus first sends His followers into the world with the message of the Kingdom of Heaven, instructing them to heal, to raise the dead, and to cast out demons, Jesus also pointedly warns them to “be as shrewd as snakes and harmless as doves.” (Matthew 10:16) In other words, Jesus says, “be wise as serpents and innocent as doves.” He wants them to be perceptive and discerning as they go about their mission, so that they can navigate conflict and danger while upholding what is good and true, so their message is not distorted.

Sometimes, that’s a tall order! What was true then is still true today. Our villages, cities, and communities are mixed with a wonderful variety of people and experiences. Still, among them are people, systems and attitudes that can harm us, deceive us, betray us, or corrupt us. Jesus compares His followers to “sheep among wolves,” suggesting that they may be outnumbered by those who would refuse them and their message of Good News.

Jesus says this not to discourage us, but to encourage us to be aware and ready. Be ready to give testimony – God will give you the right words at the right time – but also know when to move on, if necessary. As people of faith and people with minds and hearts oriented to God, we should be aware of what and who is around us and test every message against the truth. And so, we exercise our agency in making good choices, statements and actions, *and* we exercise our faith in God, knowing God is in control and moving in ways beyond our understanding. May you go into this world without fear, but with great joy in the One who gives us life and wisdom.

## SOUDERTON MENNONITE HOMES

**MARDI GRAS MUSIC AND CHEERFUL SONGS**  
**Tuesday, March 4**  
**2:00 p.m.**  
**Summit View Auditorium**

**ASH WEDNESDAY SERVICE**  
**Wednesday, March 5**  
**2:00 p.m.**  
**Summit View Auditorium and channel 1979**

We will have a Catholic minister from St. Maria Goretti to offer ashes to Catholic residents. All are invited.

**“ON THE FRONT PORCH” WITH HENRY MOORE**  
**Thursday, March 6**  
**6:30 p.m.**  
**Summit View Auditorium**

Join us for a fun evening with an amazing man, Henry Moore. We will spend the evening with Henry as he shares his life and the many opportunities that God has given him to use his skills. Henry’s stories will bring back many memories that you have from those “ancient” days of your life too!

**PRE ST.-PADDY’S CELEBRATION WITH BAGPIPER, JAMES RUUF**  
**Friday, March 14**  
**2:00 p.m.**  
**Summit View Auditorium**

Renowned bagpiper James Ruuf will be here for our celebration. James is the Pipe Major and Director of the City of Bethlehem Bagpipe Band of Bethlehem, Pennsylvania. The band has about 18 bagpipers, 1 bass drummer, 4 snare drummers, and 3 tenor drummers. They perform at various events throughout the Lehigh Valley and beyond.

**PRIDE OF ERIN IRISH DANCE**  
**Monday, March 17**  
**10:45 a.m.**  
**Summit View Auditorium**

Celebrate St. Patrick’s Day with this special group. Irish Dance is a long-held tradition. This rich dancing history began with the Celts over 2,000 years ago. Since it was believed that dancing had both spiritual and social significance, dances were performed at religious events, festive occasions, social gatherings, and celebrations. Please welcome this group of talented dancers as they step dance in their soft shoes for us. You get to enjoy the sight and sounds without it being too loud in the Summit View Auditorium.

**3RD THURSDAY PROGRAM GUEST MARK BERGEY, CEO BERGEY FAMILY CORPORATION**  
**Thursday, March 20**  
**6:30 p.m.**  
**Summit View Auditorium**

Mark is a 4th generation child of the Bergey family of auto, tire, and truck dealerships based in Franconia. Having celebrated their 100th Anniversary in 2024, Bergey’s, is “Driven to Serve” Bergey’s has a team of 1800 members serving in 50+ locations. Mark will share from his personal experience what it’s like growing up in the Bergey Clan, participating in the 100-year-old family-owned business and what it’s like living out Christian principles in the world of business in 2025.

## Auxiliary Rocker-Thon to Benefit The Agape Fund

The Souderton Mennonite Homes Auxiliary will be hosting the annual Rocker-Thon on Friday, March 28. This event benefits the Agape Fund, which provides grants to residents who are no longer able to cover the full cost of their care. Sign-up instructions and donation information will be posted near the Corner Store. If you have questions, please contact: - Alta Yoder at extension 42229.



10% off total check  
 Not Valid on Sundays

Expires: April 1, 2025

## RESIDENTIAL LIVING

### FRIENDSHIP AND FELLOWSHIP

**Monday, March 3**

**11:00 a.m.**

#### Family Room

Are you looking to meet residents here at SMH with the hope of developing friendships that are outside of this activity. Join Heather for an introduction to Friendship & Fellowship. Please 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 space.

### BYOM (Bring your own meal)

**Monday, March 3, 10, 17, 24 and 31**

**5:30 p.m.**

#### Family Room

Enjoy winter evenings and meet new friends. Sign up at RL bulletin board. See Heather with any questions.

### FASNACHTS AND COFFEE

**Tuesday March 4**

**9-10:30 a.m.**

#### Family Room

Fasnacht Day is an annual Pennsylvania Dutch celebration on the day before Ash Wednesday. The tradition is to eat the very best foods before the Lenten season begins. Take this opportunity to pick up your traditional PA Dutch fastnacht.

### ACTIVITY PLANNING SESSION

**Thursday, March 6**

**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 more. That's entirely up to you.

### RL GIRL SCOUT COOKIE BINGO

**Wednesday, March 12**

**3:30 p.m.**

#### Family Room

We are bringing back this crowd pleaser of an event. Make sure to sign up at 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.

### "MEET THE DOCTOR"

**Wednesday, March 19**

**12:30-1:30 p.m.**

#### Summit View Auditorium (not televised)

Meet Dr. J. Todd Alderfer, MD. Dr. Alderfer is a Cardiologist and co-owner of Alderfer & Travis Cardiology. You must sign up by March 14th for this event. Signup sheets are located on the table outside the RL nurse office.

### BAKED POTATO BAR

**Thursday, March 20**

**Noon**

#### Family Room

Join friends for Baked Potato buffet. We'll provide potatoes, paper products and drinks.

Please sign up and bring a favorite side dish or topping to share! Please sign up at the RL bulletin board.

### EASTER THEMED BUNNY FELT CRAFT WITH SANDRA

**Monday, March 24**

**10:45 a.m.**

#### Family Room

Join favorite RL director and crafter, Sandra, and make felt bunnies for this spring season. A photo of this craft is on the RL bulletin board and is for all level crafters! Sign up at the RL bulletin board.

### RL ARTIST RECEPTION

**Tuesday, March 25**

**6:30 p.m.**

#### Summit View Auditorium

We thrilled to host an *Intergenerational Art Show* featuring the talent of Dock Academy Students. Please come and welcome the students and their families, learn about the artists through a short film made at Dock Academy, and enjoy the art gallery. Refreshments will be available. All RL residents are strongly encouraged to stop by this reception and let the students know how much we appreciate them!

### SPRING INTO VOLUNTEERING WITH SUE ZOMBERG

**Wednesday, March 26**

**2:00 p.m.**

#### Family Room

Join our Volunteer Coordinator as she shares opportunities and needs for 2025. Take this time to think about where your talents may be used here. Light refreshments will be served.

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## NURSES NICHE - FROM THE RL NURSE

Drug Disposal Program

(from <https://www.montgomerycountypa.gov/3666/Drug-Disposal-Program>)

More than 126,000 pounds of unused prescription and over-the-counter medicines and pills have been collected in Montgomery County since the drug disposal program began in 2010. The aim of the program is to make Montco homes safer in order to prevent overdoses and accidents, while also providing a method for residents to safely dispose of these unwanted, expired medications. The program is a partnership with the Police Chiefs Association of Montgomery County and the District Attorney's Office.

**Accepted:** (throughout the year at their MedReturn boxes)

Prescription and over-the-counter tablets and capsules  
Inhalers and nasal sprays  
Creams and ointments  
Pet medicines  
Vaping products with batteries removed

**Not accepted:**

Needles  
Liquid meds  
Intravenous/injectable solutions  
Marijuana and Illegal Drugs

\*Remember to 'black out' your name.

There is a MedReturn Box at the Souderton Police Department (24/7), 31 W. Summit St., Souderton, PA 18964. All you must do is walk into the foyer and the box is to your left.

## FROM THE DESK OF THE RL SOCIAL WORKER

### SCAMS AND FRAUD PRESENTATION:

Harleysville Bank, in partnership with AARP, is pleased to host an important scam and fraud presentation here at Souderton Mennonite Homes on Tuesday, March 25th, from 11:00 AM to 12:00 PM in the SVA. This event is designed to inform residents about the latest frauds targeting the area and to provide practical strategies to avoid scams. As scammers become more sophisticated, it is important to stay up to date on the latest scams. Please join us for this informative session and empower yourself with the knowledge to stay safe from scams and fraud. For more information, please contact Leah DiPersio at 215-723-9881, Ext. 42312.

### RENT REBATES:

A friendly reminder: when you meet with your tax accountant, please ask if they can provide you with a completed PA-1000 form. For PA rent certificates (PA-1000RC), please reach out to Leah. The PA rent Certificate (**PA-1000RC**) needs to be filled out by Souderton Mennonite Homes. Thank you. If you have any questions, please contact Leah DiPersio at 215-723-9881, Ext. 42312

### TAX APPOINTMENTS AT INDIAN VALLEY LIBRARY:

If you would like to set up a tax appointment at the Indian Valley Public Library, please call 215-723-9109. These appointments are for straightforward returns and will last about an hour and a half. They ask that you bring any tax documents you have, your return from the previous year, and your ID. Please call for an appointment as soon as possible, as spots are filling up. These appointments are held on Monday, Wednesday, and Saturday.

## SCIENCE OF GRATITUDE AND GRATITUDE JOURNALS

Thursday, March 28

11:00 a.m.

2<sup>nd</sup> Fl. Lounge

As we begin the Lenten season, we can take time to pause and reflect on what has been and what lies ahead. 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 science behind gratitude and how we can better incorporate it in our lives this year.

## SOUNDS OF THE SEASON WITH SETH LAUCKS

Friday, March 28

1:45 p.m.

Family Room

Come out to the Family Room as we celebrate 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.

## 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: 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 YOUR RA PRESIDENT**  
**Thelma Mack**

REMINDER: The RA Nominating Committee requests your response to the ballot that you will receive in your in-house mailbox around March 18. Your response is due at the Front Desk c/o of Dave Friesen by Saturday, March 29, 2025.

Your participation is important and appreciated by the RA Executive Committee (RAEC) for them to continue their work in behalf of all residential living residents here at SMH.

The RAEC members are committed to work at fulfilling the purpose of the Association which is to . . .

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

HOLD Monday, June 2<sup>nd</sup> for the 2:00 p.m. annual General Meeting of the Association.

## KRISTEN'S FITNESS CORNER

### The Importance of Grip Strength

Grip strength is how firmly and securely you can hold onto things, and how heavy the things you can grip are. Strong grip strength is associated with reduced risk of cardiovascular disease, falls, cognitive impairment and other health conditions.

It's common to see a decrease in grip strength due to age-related loss of strength and muscle mass. Additionally, other causes such as carpal tunnel, arthritis, and nerve or tendon damage can inhibit grip strength. As a result, a person may experience trouble holding and opening items and other activities such as carrying groceries, brushing teeth or buttoning clothes.

There are three major types of grip strength you can improve:

- **Crush:** This refers to how strong your grip is using your fingers and the palm of your hand.
- **Support:** Support refers to how long you can hold onto something or hang from something.
- **Pinch:** This refers to how firmly you can pinch something between your fingers and thumb.

To improve grip strength, you can incorporate

exercises that engage your hand and forearm muscles, like squeezing a stress ball, using hand grippers and exercises that naturally require a strong grip such as dumbbell bicep curls.

### FITNESS NEWS & SPECIAL EVENTS:

**Fun with Balance Training:** Tuesday, March 11 @2:00 in the Friendship Room. Join Kristen for a special balance demo class. We will do fun drills learned at Kristen's seminar The Biomechanics of Balance and Fall Prevention. This class will be limited to 10 participants. Sign-up is required.

**Shamrock Seated Volleyball:** Monday, March 17 @2:00 p.m. in the Summit View Auditorium.

**Spring Fling Cornhole Tournament in the SVA:** Friday, 3/21 @2:00 p.m. in the Summit View Auditorium. Sign-up is required.

**Wellness Talk: The Importance of Grip Strength:** Thursday 3/27 @ 2:00 p.m. in the Family Room. Grip strength is easily overlooked when it comes to our overall health. Learn how improving grip strength can help your daily life and get some examples of grip strength exercises.

**Physician Clearance Forms:** An updated physician clearance form is needed each year to use the SMH Fitness Center. Please see Kristen for a form if you have not updated recently.

## LIVING U

Living U spring courses begin this month on an interesting variety of topics. We will enjoy classes on foraging for mushrooms (3/4), native American jewelry (3/5), Peace Valley stories (3/6), ancient Christian questions (3/11 and 3/12), photography and stories from a trip to Yellowstone NP (3/13), the Mennonite communal background of our Living Branches community (3/17), Green Lane Reservoir history (3/18), American journalism (3/25 and 4/1 and 4/8), and stories of American presidents' retirements (3/27 and 4/3 and 4/10). For more information, contact Maribeth Benner, Living U Coordinator, at extension 44204.

## RL TRIPS

### BOOKED TRIPS FOR 2025:

**Wednesday, April 30 – Voices of Gwynedd Spring Concert – depart 6:30 p.m.**

**Thursday, May 1 – Beehive, the Musical – Montgomery Theater – depart 2:30 p.m.**

**Tuesday, May 6 – Iron Pigs Baseball – Morning game**

**Wednesday, June 18 – A Grand Night for Singing – ACT II Playhouse – depart 1:00 p.m.**

**Wednesday, July 30 – NOAH – Sight and Sound – depart 8:15 a.m.**

**Thursday, September 4 – Iron Pigs Baseball – Evening game**

**Thursday, November 20 – Over the River and Through the Woods – Montgomery Theater**

## 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

**Bella Fiona – Dine Around (lunch)  
Friday, March 7  
11:30 a.m. - 2:00 p.m.**

**Boscov's – Coventry Mall  
Monday, March 24  
12:30 p.m. to 4:00 p.m.**

**Water Wheel Restaurant Dine Around  
Wednesday, March 26  
4:30 p.m. to 8:30 p.m.**

## GROCERY/SHOPPING TRIPS

Sign up on the Lower-Level Trip Board for Tuesday morning grocery trips.

**LANDIS SUPERMARKET  
Tuesday, March 4  
Tuesday, March 18  
10:00 a.m. - 12:00 p.m.**

**TRADER JOE'S  
Tuesday, March 11  
9:30 a.m. - 12:00 p.m.**

**ALDI AND DOLLAR STORE  
Tuesday, March 25  
10:00 a.m. - 12:00 p.m.**

## FUTURE TRIPS:

**\*\*\* NOAH – Sight and Sound – Wednesday, July 30<sup>th</sup>. Show starts at 11:00 a.m. We have 20 seats reserved. Please consider this trip and contact me if you might be interested. Cost would include transportation and the show at approximately \$95 per person.**

## SUPER BOWL TAIL GATE PARTY

The SMH Community prepared for the 2025 Super Bowl by starting the pregame hoopla with our first ever "Super Bowl Tail Gate." We started by singing the Eagles Fight Song followed by making predictions about the results of the game. The winners of the prizes of Tale Gate Trail Mix provided by Moyers Specialty Foods were Ann Leatherman, Jean Shaffer, Lucy Detwiler and Karen Detweiler. Congrats to our winners! Many of residents participated in Scoreboard Passing Game and the Through the Goal Posts Challenges. Nelda Metzler and Dave Friesen won those events with many winning 2nd place footballs for their efforts. We all got our fill with snacks and tasty root beer! Laughter was next on the agenda as we watched the NFL's Greatest Football Follies. Seeing such great athletes from years gone by make some of the funniest mistakes was a great experience. We finished by singing the Eagles Fight Song again and we ran out of the locker room to watch the greatest game ever. By the way, because of our singing efforts the Eagles dominated the Kansas City Chiefs 40-22! Super Bowl Champs!

**RESIDENT SURVEY REMINDER** – Thank you so much for your thoughtful responses to the resident surveys you receive. We value the information you provide us. As a reminder, for current residents, surveys are sent once per year in the anniversary month of your move to Souderton Mennonite Homes. They come to you either as an email or a phone call. If you share a residence with someone, the resident survey you receive is meant to be completed collaboratively. Should you have differing opinions on a particular survey topic, you are welcome to elaborate in the comments section. All comments are shared with us, so we will receive the information.