

# SUMMITNEWS

## MAY 2022 LIVING U UPDATE

Our Living U classes for the month of May will blossom with beauty, history, and interest. We will continue two of our multi-session courses that began in April

May 3, 10, 17 and 24 - The Supreme Court

May 5 - Mozart and the Movie Amadeus

May 12 - The history of the Hatfield Township and Borough

May 19 and 26 - Two Wonderful Composers, the French Charles Camille Saint-Saens and the Russian Nicolai Rimsky-Korsakov

If you would like to find out more about Living U, the lifelong learning institute of Living Branches, or register to attend these courses, please contact Maribeth Benner, Living U Coordinator, at ext. 44204.

## FROM THE VOLUNTEER COORDINATOR'S OFFICE

This is a reminder to all volunteers to submit copies of updated COVID cards when you receive a booster. Your status impacts whether or not you are required to test on a regular basis. If you are not sure if you have submitted this information, feel free to contact Lynne Allebach (ext. 42289) or Jennifer Wilson (ext. 44189).

## COVID-19 PROTOCOLS FOR RESIDENTIAL LIVING

Please refer to this instruction sheet if you are experiencing illness or have been exposed to COVID-19. If you are experiencing any signs of illness:

- 1. Immediately contact the Residential Living Nurse at ext. 42203**
  - Provide your symptoms and other information related to your illness
  - If your call is after hours or on the weekend, please leave a voicemail with this information
- 2. Contact your primary care physician (PCP). Share the following information with your PCP:**
  - Your symptoms
  - That you live in a retirement community
  - That the community you live in strongly encourages COVID-19 testing
- 3. Your PCP will determine and provide the following:**
  - Your diagnosis and treatment plan
  - An order or guidance for COVID-19 testing
- 4. Arrange for COVID-19 testing as soon as possible. Testing is encouraged 2 days after symptoms begin. If first test is negative, testing will be repeated between days 5-7.**
  - You can either arrange testing through your PCP, make an appointment for testing through CVS or Rite Aid, or the Residential Living Nurse will arrange testing at your home.
- 5. Anyone being tested for COVID-19 due to symptoms is asked to stay home until testing is completed and results are provided.**



10% OFF TOTAL CHECK  
NOT VALID ON SUNDAYS

EXPIRES: June 1, 2022

## SOUDERTON MENNONITE HOMES

### NORTH PENN SINGERS

Tuesday, May 3  
7:00 p.m.  
Summit View Auditorium

### MOTHER'S DAY MAIN EVENT BON APPETIT WITH JULIA CHILD

Thursday, May 5  
2:00 p.m.  
Summit View Auditorium



Ladies, in honor of all the mothers, daughters, sisters, and aunts residing here at Souderton Mennonite Homes, join Linda Kenyon as she brings to life the story of American cook, author, and television personality Julia Child. Julia introduced French cuisine and cooking techniques to her American audience. Linda is an experienced actress with a resume that includes credits on the stage, in film, and on television. You may remember her as Eleanor Roosevelt.

### LET'S DO THIS –BILL FREED AUTOBIOGRAPHY

Tuesday, May 10  
2:00 p.m.  
Summit View Auditorium

We love to celebrate the talents of Souderton Mennonite Homes' residents. Three years ago, Bill Freed decided to write his life story to pass along to his great-grandchildren. He wants them to know who he is as a person. For guidance on his writing, Bill contacted John Ruth, a local historian, author, and speaker. Join Bill as he shares his experience writing *Let's Do This*, scheduled to be published later in the spring.

### LEARNING LANE- FAMOUS PHOTOGRAPHS

Thursday, May 12  
2:00 p.m.  
Summit View Auditorium

Pam Travor will reflect on famous photos and the stories they tell.

### SIGHT AND SOUND PRESENTS "JESUS"

Thursday, May 12  
6:30 p.m.  
Channel 1979

### BROADWAY MUSIC WITH BILL MONOGHAN

Monday, May 16  
2:00 p.m.  
Summit View Auditorium

Join Bill as he takes you for a walk through his incredible collection of Broadway music that you will be sure to enjoy!

### THE VICTORIAN WOMAN: PRESENTED BY SANDY KAUFMAN

Tuesday, May 24  
2:00 p.m.  
Summit View Auditorium

The role of Victorian women was expected to be limited to childbearing and housewife. Women were expected to live a highly restrictive life with their life centered on their husband and subsequently their children.

### CONSTRUCTION PROJECT UPDATE WITH ED

Wednesday, May 25  
2:00 p.m.  
Summit View Auditorium

## RESIDENTIAL LIVING

The pen next to an event indicated that sign up is needed to participate in the event.

### MUSIC SESSIONS WITH MIKAYLA

Tuesday, May 3 and 17  
2:00 p.m.

Patio

Music therapy is the clinical use of music to accomplish individualized goals such as reducing stress, improving mood and self-expression. It is an evidence-based therapy well-established in the health community. We are thrilled to have Mikayla Long, our Music Therapy intern from Temple University. Many of you know Mikayla and have heard her beautiful voice. Join her as she hosts music sessions this month.

### WANT TO PLAY GUITAR?

Wednesday, May 11  
10:00 a.m.

Family Room

The multi-talented Addie Gehman is offering an introductory class to the guitar. You are invited to come down and learn a bit about playing guitar. If interested after this session, you may schedule complimentary lessons that will be held 2x/month beginning in June. Many of you know Addie and have heard her playing guitar here. She began guitar lessons at age 14 and started teaching guitar at Clemens Studio 2 years later. She taught for 31 years. Please take time this day to expand your mind and possibly learn something new!

### APRIL SHOWERS BRING MAY FLOWERS

Friday May 13  
11:00 a.m.

Family Room



Are you looking for more color to add to your home this spring? If so, this is the activity for you! Bring your own vase and make yourself a centerpiece. Cost is \$3.00. Sign up is needed at the RL bulletin board to reserve your spot for this class.

### SAVORY SATURDAY CART WITH CAROL AND REUBEN

Saturday, May 14

Check your calendar for more details. Listen for the music.

### WOMEN OF THE BIBLE- ABIGAIL

Tuesday, May 24  
10:00 a.m.

Family Room



Often in life, it's not the easiest of times but the hardest that can bring out the best in people. Abigail's life and Bible story is a powerful reflection of this very truth. Instead of wallowing in self-pity and defeat over her circumstances, she acted courageously and used great wisdom when faced with a threatening scenario. Don't forget to sign up to reserve your spot.

### TREAT SURPRISE CART WITH RUEBEN AND CAROL

Wednesday, May 25

Check your calendar for more details. Listen for the music.

### RESIDENTIAL LIVING EXPRESSIONS QUARTET

Thursday, May 26

2:00 p.m.  
Summit View Auditorium  
sign up needed



The Essence Saxophone Quartet is a group of four players known for performing a variety of music from Classical, Jazz, Religious, and Popular Oldies. They have performed at Circle of Season Charter School, Make Music Upper Perk, and soon for a service at Huff's Church. This special Residential Living event will feature refreshments and space for dancing, should the music move you! You must sign up for this event at the RL bulletin board or contact Heather Scattergood at ext. 42225. The band looks forward to sharing their music with you!

### MUSIC WITH SETH ON THE PATIO

Friday, May 27  
1:30 p.m.

RL PATIO

Heading into the Memorial Weekend come sing along to your favorite songs. Holiday popsicles will be available to go after this program.

## RESIDENT BIRTHDAYS AND UPDATES

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## THE PRICE OF A PANDEMIC

As an organization it has been our top priority to consider the toll that Covid-19 takes on the health and mental wellbeing of our residents and staff. Our employees have fought to keep residents healthy, our communities clean, and to modify operations based on the present guidance and positivity rates.

Over the last several months, we have seen yet another dark side of the pandemic: price increases and supply chain issues. This sheds light on an important question: what exactly is the price of a pandemic?

All it would take is a simple Google search to discover what the United States has spent on Covid so far, or to learn that staffing shortages are prevalent across the nation. When we hear about these matters on the news, they are often addressed on a much broader scale.

How can we measure its impact at Living Branches, though?

“It was a purchasing nightmare,” said Robert Buckman, a purchasing representative for Living Branches. “Prior to the pandemic, we hardly ever had to order gowns or face masks.”

Robert reflected on the early days of the pandemic, and explained how the need for personal protective equipment (PPE) has drastically changed. In the past Living Branches would order PPE for influenza outbreaks or other gastrointestinal viruses, but extra supplies would often “sit around after the outbreak subsided.”

“We have seen an astronomical increase in the amount of spending for not only PPE, but for peripheral things such as extra food, housekeeping supplies, etc,” he said.

It wasn't only in the first few months of 2020 that Robert saw prices skyrocket or usual stock become unavailable, though. He recounted the nationwide distress over scarce products and transportation costs from overseas shipments when the pandemic first began.

He added that he still recognizes inflationary pressures and any difficulties with purchasing as an offshoot of the pandemic. Things have settled down for the most part, Robert said, in regards to the initial pandemic chaos, but there are times where products such as plastic cups or paper towels will be difficult to find, or are especially expensive.

Over the last year, Living Branches has incurred expenses of at least \$900,000 toward raising employee wages. Full-time employees now receive at least \$15 per hour, and the vast majority of rates for certified nursing assistants and student workers were raised substantially as well.

With every financial decision made, Living Branches keeps our residents and the team members who serve them at the forefront. In recent times living out these values has included purchasing all necessary pandemic-related items and ensuring competitive rates for our employees.

## FUND DEVELOPMENT

### IRA CHANGES FOR 2022: GETTING THE MOST OUT OF AN IRA

Tuesday, May 17

10:00 a.m.

#### Friendship Rooms

Free financial guidance and breakfast treats! Join Jeff Godshall and Randy Nyce from Everence Financial (everence.com) to learn about recent changes that may affect your IRA planning and RMDs (Required Minimum Distributions). Please RSVP to Rose Hackman at Rose.Hackman@livingbranches.org by May 10. Shuttle service will be provided for villa and cottage residents upon request. If you have questions, contact Keith Heavener at 215-723-9881, ext. 44115 or Dena Winner at 215-723-9881, ext. 44304

## FUND DEVELOPMENT

### AMAZONSMILE

Are you planning to bless the mothers and fathers in your life with something special this spring? Do your shopping online and use

www.smile.amazon.com. Select Living Branches as your designated charity and then shop as you normally would on the site. Amazon will donate 0.5% of your purchase total to the Living Branches Benevolent Care Fund, which benefits residents who can no longer afford the full cost of their care. It does not cost you anything more and it will make a difference for neighbors and friends at Living Branches for years to come.

### EMPLOYER MATCHING GIFTS

Every year we receive a few matching gifts from residents and family members who have a connection with an employer or previous employer, who offers a matching plan to their employees or retirees. If you are one of those thoughtful donors, thank you for going the extra mile and including us in your annual plan for contributions. There may be more of you out there who could be using this benefit to double your donations. If you are aware of local or regional companies that have a matching gift program, please notify Keith Heavener, Director of Fund Development, at extension 44115 or Dena Winner, Fund Development Associate, at extension 44304.

## RESIDENTIAL LIVING EVENTS AND TRIPS

### CORNER STORE BINGO

Tuesday, May 31

2:00 p.m.

Family Room



It's time to raise the stakes of our bingo game with our prizes this month, Corner Store gift certificates. Join friends for an engaging time this afternoon. Please sign up at the RL bulletin board to reserve your spot!

### WAWA HOAGIE FEST

Tuesday, May 31

4:30 p.m.

RL Patio



Residents requested a hoagie night with chips and root beer. Enjoy dinner el fresco on the RL patio with friends without leaving the comfort of your community. Sign up for this deal at the RL bulletin board. The price of your meal will be billed to your account.

### THUMBS UP

Randy for researching oven door issue, returning and removing oven door for resident to clean and then reinstalling door.

Roger for salting and then shoveling icy spot at resident's car.

### RL TRIPS



Contact Dena Winner at 215-368-4438 ext.44304 to sign up:

### DINE AROUND

#### RISING SUN INN

Wednesday, May 18

4:30 p.m. – 7:30 p.m.

### GROUNDS FOR SCULPTURE

Hamilton, N.J.

Monday, May 23

8:30 a.m. – 3:30 p.m.

### BOSCOVS COVENTRY MALL

Tuesday, May 24

1:00 p.m. – 4:30 p.m.

### GROCERY/SHOPPING TRIPS

#### LANDIS SUPERMARKET

Tuesday, May 3

Tuesday, May 17

10:00 a.m. – 12:00 p.m.

#### TRADER JOE'S

Tuesday, May 10

9:30 a.m. – 12:00 p.m.

#### WALMART / GIANT

HARLEYSVILLE

Wednesday, May 25

1:00 p.m. – 3:30 p.m.

## KAT'S KORNER Fitness Coordinator

Do you notice yourself becoming less upright or stooping more as you age? As with so many other things related to aging, postural changes, including loss of height and changes in our gait (natural walking pattern), are a normal part of the aging process. Starting at around the age of 30, both men and women begin to endure gradual changes in posture. On average, a person will lose about half an inch of height every 10 years after about the age of 40, and it becomes more pronounced after the age of 70. All of these changes are a normal part of aging. So why does this happen? There can be many factors that determine or predispose us to have altered posture as we age. Our body is an interconnected chain made-up of bones, muscles, and joints that all work together to produce movement and posture. Age has an effect on all three of these systems, which can change our posture over time. First, the bones that make our spine, called intervertebral discs, can harden and lose their flexibility overtime. This hardening of our spinal discs can result in a compression of the total length of the spine and a forward tilt called kyphosis. The loss of bone density is medically determined as osteopenia and osteoporosis and can also contribute to changes in the spine. Secondly, muscle mass shrinks as we age and may be replaced by fat or other fibrous tissue, which can weaken our ability to keep our body upright. Lastly, joint movements become stiffer and less flexible because the amount of synovial fluid inside the synovial joints decreases, and the cartilage becomes thinner. Good news! There are lifestyle changes that we can make today that can help slow down these changes from occurring and increase our quality of life. The following lifestyle choices positively affect our posture with age.

1. Daily Exercise: keep moving, and stay active.
2. Diet: eat a balanced diet rich in vegetables, fruits, low in sodium and cholesterol.
3. Calcium and vitamin D Supplements: these

help with bone density. Ask your doctor if these are recommended for you.

4. Limit alcohol use
5. Be mindful of your posture.

Good posture when sitting down: keep your chin parallel to the floor, your shoulders, hips, and knees at even heights, and your knees and feet pointing straight ahead. When standing, follow the same as sitting, but with your spine neutral, don't flex or arch to overemphasize the curve in your lower back. Your arms at your sides with elbows straight and even, your core muscle braced or tight and body weight evenly distributed on both feet.

It's never too late to start living a healthy and active lifestyle and enjoying the benefits too!

### FITNESS AND WELLNESS ACTIVITIES IN PERSON CLASSES SIGN UP OUTSIDE OF THE FAMILY ROOM



- Monday-** Lymbr 11:00-11:30 a.m.  
**Tuesday-** Cardio Drum 11:00-11:30 a.m.  
**Wednesday-** Balance Basics 2:00-2:30 p.m.  
**Thursday-** Strong Together 2:30-3:00 p.m.  
**Friday-** Happy Heart 2:30-3:00 p.m.

\*\*Please refer to the Calendar, as there may be changes to times or days

### BALANCE TESTS WITH SELECT REHAB

**Friday, May 6, 11:00 a.m.**  
**Wednesday, May 18, 10:00 a.m.**  
Fitness Center

### SUNS OUT, FUNS OUT

**Wednesday, May 11, 2:00 p.m.**  
The Pavilion

### WELLNESS SOCIAL GET EGGCITED ABOUT EGGS

**Monday, May 23, 2:30 p.m.**  
Apple Orchard Café

## HEALTH CARE

Health Care is enjoying spring and we take advantage of the beautiful weather by spending time outside in the courtyard as often as possible! We planted our spring seedlings for our garden cart and will watch them grow in the greenhouse for the next few weeks. We will focus on Mothers, etiquette and manners this month as an ode to Mother's Day. Keep your eye out as we saw one of our turtles out and about in the courtyard so more will be coming out of hibernation over the next few weeks. The environmental services team has been working hard to get the fountain turned on as well as cleaning up the pond in the courtyard so we can enjoy the calming sounds of water. Hats and sunglasses are available for residents and we also have sunscreen for those who would like to apply before heading out into the sun. We look forward to creating some memorable moments this month!

## PERSONAL CARE

Check your May calendar for some of the many exciting programs scheduled. Visits from Amelia the labradoodle, music with Donna Godshall, and our CAT intern Mikayla, flower arranging, themed morning trivia, and fun snacks like red, white, and blue smoothies on May 26, to celebrate Memorial Day.

We will celebrate our first outing since COVID. Our friends at the Willows will join us for a trip to Longacre's Modern Dairy for ice cream. Contact Melissa Maguire in the 4 season's room or at 215-723-9881 ext. 42222 to sign up.

Don't forget about our Tuesday morning walking group at 10:30 a.m.; come with us and start your day with some fresh air and a nice walk with friends. We meet in the 4 season's room, and go on our walk from there. (Weather permitting, we will walk inside if the weather is not appropriate for an outdoor walk).

## WEDNESDAY MORNING BIBLE STUDY 10:00 A.M. CHANNEL 1979 IN-PERSON ATTENDANCE WELCOME, PC RESIDENTS MUST WEAR THEIR MASKS.

**A new series by Dr. David Jeremiah called  
*Searching for Heaven on Earth – 31 Days to  
HAPPINESS***

**May 4 Futility of Life**  
Ecclesiastes 1:1-11

**May 11 Sorting Out Your Life**  
Ecclesiastes 1:12-2:26

**May 18 The Problem with God**  
Ecclesiastes 3:1-15

**May 25 When Your World Doesn't Make Sense**  
Ecclesiastes 3:16-4:16

## SUNDAY OFFERINGS

**March:**  
\$1,055.95 Mosaic Mennonite Conference  
\$1,055.95 Mennonite Mission Network

**May:** Mennonite Disaster Service & Helping Hands Ministry (Keith Reed through Souderton Mennonite Church)

## CATHOLIC COMMUNION Sundays, May 1, 15 and 22 10:45 a.m. Four Seasons Room

## SARA SPOTLIGHT

### Where can I use my SARA device?

Your SARA device works anywhere on campus - both indoors and outdoors. It works in your home, in stairwells, in garages, in the parking lots and along the walking paths.

### Are the pendants waterproof? Yes

The pendant can be worn in the shower and can be submerged to a depth of 3 meters