

SUMMITNEWS

SOUDERTON MENNONITE HOMES

LIVING U

With many flowers blooming and plants growing, the earth feels bright and alive in the month of May. In life, we continue to grow and learn every day, and our Living U classes this month provide great opportunities for education. We hope to learn about:

Presidential Elections (5/2), Religion and School Curriculum (5/7 and 5/14), Beginner Croquet (5/8), Plants, Herbs, and Trees of the Bible (5/9), Herb Containers (5/21), the Michener Art Museum field trip (5/22) and Indian America: The Spirit World (5/29). For more information, contact Maribeth Benner, Living U Coordinator at extension 44204.

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


FROM THE DESK OF THE VOLUNTEER OFFICE

Volunteer Opportunities

We need your voice! Our Pastors are seeking scripture readers for Sunday mornings. All materials are shared in advance and support is available. Contact Pastor Deb or Pastor Lynne.

We are looking for 8-10 volunteers who can help as "Water Givers" in the Souderton Mennonite Homes health center. If you did this important duty pre-COVID, or are interested for the first time, contact the volunteer office! We will hold a training for interested or curious volunteers early in May. Contact Suzanne at 215-723-9881 ext. 42298.


Are you recording your volunteer hours in the logbooks? If you would like the flexibility to record your hours using the VICNET online app, let me know! It's easy and efficient. suzanne.zomberg@livingbranches.org



Looking for a few good book- loving volunteers- Are you available to assist with re-shelving and other tasks in our library? This is a small-time commitment with big benefits to our residents. Please contact Karen Detweiler or Heather Scattergood for additional information.

**REMINDER!
DON'T FEED THE CRITTERS!**

They may be cute, but please refrain from discarding food scraps on the grassy areas. It gives an unsightly appearance and attracts creatures for feeding.



10% off total check
Not Valid on Sundays

Expires: June 1, 2024

MOTHER'S DAY TEA FEATURING JOY SAWATZKY Thursday, May 9 2:00 p.m. Summit View Auditorium

On this day we honor the many mothers, daughters, sisters, and aunts who live at Souderton Mennonite Homes. All ladies are invited to join in this special afternoon! Join Joy Sawatzky, storyteller extraordinaire, as she leads a memorable program focusing on this beautiful time of celebrating Mothers. Refreshments and hot teas will be served as you enjoy your afternoon. Please sign up for this event no later than May 6. RL can sign up on the RL bulletin board. PC and Healthcare residents must sign up with your Life Enrichment Coordinator. Any questions, please contact Heather Scattergood at ext. 42225. Seating is limited. Please bring your favorite teacup.

MCCLURE MUSIC DUO Thursday, May 16 2:00 p.m. Summit View Auditorium

Doug and Wendy McClure have been sharing their love for music and each other for over 40 years. They both have extensive careers and ties to music. Doug has sung with the Mendelssohn Club at Carnegie Hall and Wendy was the Cherub Choir Director at Central Schwenkfelder Church. Please join us for a wonderful afternoon of talent as we welcome the McClure Duo to Souderton Mennonite Homes!

SOUDERTON ALUMNI MEN'S CHORUS Monday, May 20 6:30 p.m. Summit View Auditorium

The Souderton Alumni Men's Chorus, under director Jon Leight, will be here for a delightful evening of song. Many of you have seen this wonderful group of men harmonize together, and if you haven't you won't want to miss this event.

THE MAGIC OF LIONEL: JOSHUA LIONEL COWEN An exciting One-Man history Tuesday, May 21 2:00 p.m. Summit View Auditorium

Neill Hartley is Joshua Lionel Cowen in this exciting and magical one-man show about the founding and history of one of the greatest toy companies ever created! A fully staged presentation that will entertain and educate audiences of all ages. See young Joshua Lionel Cowen as he begins building "electrical novelties." Then follow his climb to the top of the toy industry, as he creates Lionel Toy Trains, one of the most beloved and successful toy companies of all time. Experience the magic of toy trains and the timeless pleasure of model railroading. Learn about Joshua Lionel Cowen's incredible skill at marketing with indelible images that have helped sell more than 50 million train sets and more than 300 miles of track each year! Neill Hartley is a professional actor who tours with a series of one-man shows, has performed with many local and regional theaters, and is on the theater faculty of the University of the Arts in Philadelphia, PA. "Lionel Toy Trains are truly the Standard of the World."

ARTS/CRAFTS/HOBBY OPEN HOUSE Wednesday, May 29 1:30-3:00 p.m. Summit View Auditorium

The Arts/Crafts/Hobby Show is here! Residents, please sign up to participate in this wonderful event. Last year we had over 30 residents share their works with us. We love to share your passions including a variety of artwork and other memorable hobbies with us.

Continue on page 2

FULL FACILITY

CONTINUED ARTS/CRAFTS/HOBBY OPEN HOUSE

Wednesday, May 29
1:30-3:00 p.m.
Summit View Auditorium

This Open House allows all residents to peruse the SVA through aisles of tables set up with hobbies and brief descriptions of the work. Note: all contributors must drop off their works with Heather in the SVA on Wednesday, May 29 between 11:00-11:30 a.m. Please contact Heather Scattergood with any questions at ext. 42225. To register, sign up at the RL bulletin board or see your Life Enrichment Coordinator in Health Care and Personal Care.

WOMEN IN HISTORY: MYTHS, LEGENDS, AND LORE

Presented by Herb Kaufman
Thursday, May 30
2:00 p.m.
Summit View Auditorium

Many women have made huge impacts on society. Every day stories are repeated in schools, museums, and television programs because they are catchy, humorous, or entertaining; yet they are far from actual historical reality. This program examines the true and fascinating stories of women from ancient times through the American Revolution who are often described inaccurately and seeks to enlighten us about their true individuality and describe their accurate place in history.

RESIDENTIAL LIVING

ACTIVITY PLANNING SESSION

Thursday, May 2
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.

RL WALKING AT SOUDERTON PARK WITH WALKING TACOS AT THE RL PATIO

Thursday, May 2
11:30 a.m.
RL Carport Lobby

Join us for a new adventure with Kristen and Heather. Walk over to Souderton Park and enjoy a Scattergood favorite- walking tacos. These tacos are in a Fritos/Doritos bag topped with mild chili and all the fixings. Sign up to reserve your walk and walking taco at the RL bulletin board.

BYOM (Bring your own meal) Monday, May 6,13,27 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.

NEW GAME ALERT GLENNI DOG

Friday, May 10
1:45 p.m.
Family Room

We are bringing a new game to you this month called *Glenni Dog*. It is a mix of the Sorry board game and a card game all rolled up in one. It originates from England. Sign up at the RL bulletin board to learn how to play the game with Heather.

MOSTLY WHAT GOD DOES BOOK STUDY WITH HEATHER

Tuesday, May 14
11:00 a.m.
Family Room

Mostly What God Does is a book by Savannah Guthrie of the TODAY Show. She has written a book full of faith essays. We will take a look at one essay each month we meet and discuss it as it relates to scripture together over coffee. You do not need to attend each month's session. Please sign up at the RL bulletin board.

GRATITUDE OF SCIENCE PART 2

Thursday, May 16
10:00 a.m.
Family Room

This is a follow-up for residents who took this initial class in January. We will continue to explore how gratitude impacts our lives physically, emotionally, and spiritually. Contact Heather with any questions. You may sign up if you did not attend the first session. We will get you up to speed in no

This Page Purposely Left Blank

NURSES NICHE - FROM THE RL NURSE

What's in your bottle? Is bottled drinking water safe?

The use of bottled water in America, and around the globe, has increased and is projected to increase. "The bottled water market saw 73% growth from 2010 to 2020, and consumption is on track to increase from around 350 billion litres in 2021 to 460 billion litres by 2030, according to the U.N. University's Institute for Water, Environment and Health." Bottled water is convenient to take in the car, to the gym, and sometimes on vacation (if you question the drinking water supply).

The water in bottled water can come from other municipalities drinking water or from springs. It is regulated by the U.S. Food & Drug Administration (FDA) as a food product. Bottled water companies must also adhere to the FDA's Quality Standards, Standards of Identity (Labeling Regulations) and Good Manufacturing Practices which requires companies to label their waters to define where the water comes from and if it has been purified or carbonated. Read the label on your bottled water. Approximately 25 percent of the bottled water consumed in the U.S. comes from municipal water supplies; sometimes further treated and filtered, sometimes not. (North Penn Water Authority)

If there were contamination of the water supply; a chemical spill into one of the supporting creeks, rivers, or reservoirs, bottled water is a life saver.

But what about the plastic?

Plastic bottled water containers are made from polyethylene terephthalate (PET), polycarbonate (PC), and high-density polyethylene (HDPE) plastics. PET accounts for 78.8 percent of plastic water bottles, PC for 12 percent, and HDPE for 9.2 percent. (Int'l Bottled Water Association). The FDA has approved all these safe for food contact. (These are regulatory accepted levels.) However, there has been research stating plastics leech chemicals into the food and beverage they contain, causing harmful side effects to humans.

Plastics generally have the following recycling label:



Plastics with the #1, 2, 4 and 5 are considered the safest and generally do not contain BPA or phthalates. #'s 3, 6, and 7 most likely contain BPA and phthalates. Check your bottle.

Leeching is more likely to occur when the plastic is exposed to heat causing degradation of the plastic into the food or beverage.

Generally, bottled water is a safe alternative to tap water. If you're worried about plasticizers leeching into your water opt for a glass or stainless-steel water container.

RESIDENTIAL LIVING CONTINUED

time! Don't forget to sign up at the RL bulletin board.

IDEAS FOR RESIDENT-RUN ACTIVITIES WITH JIM MAUST Friday, May 17 2:00 p.m. Family Room

Are you looking to expand your horizons with a new resident run activity? We are looking for residents to share their ideas for a new variety type programs that will be held monthly on the 3rd Thursday evening in the Summit View Auditorium. Please sign up at the RL bulletin board.

BOOK SWAP Thursday, May 23 1:00 p.m. - 3:00 p.m. Family Room

Interested in a good book to read on your patio or while sitting outside? If so, stop by this event. Please bring a book you no longer want and take a book/books of choice with you to enjoy! Note: you DO NOT need to drop off a book to take one but you may only drop off up to 3 books.

WHAT'S NEW VOLUNTEERS? Friday, May 31 2:00 p.m. Family Room

Welcome back Sue Zomberg, Volunteer Coordinator, at Souderton Mennonite Homes to share volunteer opportunities at Souderton Mennonite Homes. Refreshments will be provided.

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

IRON PIGS BASEBALL GAME Tuesday, May 7th 9:45 a.m. to 3:00 p.m.

BLACK CREEK NURSERY and WINDMILL CAFE Friday, May 17th 9:30 a.m. to 3:00 p.m.

BEAN BAG SERVICE PROJECT Tuesday, May 21st 10:00 a.m. to 11:30 a.m.

NACEVILLE HOTEL DINE AROUND Thursday, May 30th 4:45 p.m. to 8:00 p.m.

RL TRIP LOOK AHEAD AND SAVE SOME DATES:

Wednesday, June 12th – Forever Plaid – Act II Playhouse

GROCERY/SHOPPING TRIPS

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

LANDIS SUPERMARKET Tuesday, May 7 and May 21 10:00 a.m. - 12:00 p.m.

TRADER JOE'S Tuesday, May 14 9:30 a.m. - 12:00 p.m.

ALDI/DOLLAR TREE Tuesday, May 28 10:00 a.m. - 12:00 p.m.



ON THE FRONT PORCH Thursday, May 2 6:30 p.m. Summit View Auditorium

This past month we had a wonderful visit with Grace Wolfgang. To hear her life story and laughter was fantastic. This coming month we will spend time with Doris Kolb. You will not want to miss this "time on the Front Porch" as Doris will share her many funny life stories with us. Look forward to seeing you.

Dick Close

QUESTION: "Will the ambulance service take you to the ER of your choice?"

ANSWER: It depends on so many things- the level of services provided for the problem at the local hospitals, the urgency, and the Dr on call directing the EMTs. If there is a preference and time allowed, they will try to meet the request. Our local ambulance is VMSC (Volunteer Medical Service Corps) (215) 855-3779

2024 CALENDAR:

Hold Monday, June 3, 2:00 p.m. for annual General Meeting of the Association.

Thelma Mack

KRISTEN'S FITNESS CORNER SUGAR AND YOUR HEALTH

Sugar is a hot topic when it comes to health according to experts at Harvard Medical School.

Sugar occurs naturally in all foods that contain carbohydrates, such as fruits and vegetables, grains, and dairy. Consuming whole foods that contain natural sugar is okay. These foods also have high amounts of fiber, essential minerals, and antioxidants, and dairy foods contain protein and calcium.

Since your body digests these foods slowly, the sugar in them offers a steady supply of energy to your cells. A high intake of fruits, vegetables, and whole grains also has been shown to reduce the risk of chronic diseases, such as diabetes, heart disease, and some cancers.

Problems occur when you consume too much added sugar — that is, sugar that food manufacturers add to products to increase flavor or extend shelf life.

In the American diet, the top sources of added sugar are soft drinks, fruit drinks, flavored yogurts, cereals, cookies, cakes, candy, and most processed foods. But added sugar is also present in items that you may not think of as sweetened, like soups, bread, cured meats, and ketchup. The result: we consume way too much added sugar to the detriment of our health.

WELLNESS TALK Wednesday, May 8 1:00 p.m. Family Room

Join Fitness Coordinator Kristen Natoli to learn about sugar and how it impacts your health. We will look at what food and drinks to watch for and how to spot hidden sugar in food labels.

RECREATION ROUND – UP:

Bocce – Bocce at the Pavilion coming soon! Check the calendar for dates.

Cornhole - Join us Thursday, May 30 @ 11 am at the Pavilion for Cornhole.

Pool – Learn to play pool! Tuesdays @ 6 pm in the 1st-floor Game Room

No experience is necessary for any of these activities. Spectators are also welcome!

HEALTH CARE

"May is the month of promise and the sweet beginnings of summer."

We will celebrate May Day by making floral arrangements and playing some May Day bingo. To celebrate the Kentucky Derby, we will play a fun horse race game and enjoy some mint julep mocktails. We will learn about the history of Cinco de Mayo and make Mexican pizzas. To celebrate National Wildflower Week, we will plant our garden and play wildflower bingo. To honor our law enforcement during National Police Week, we will put together little gifts of thanks to drop off at the local police stations. Memorial Day will be full of fun including morning exercise, trivia, red, white, and blue bingo, and a patriotic sing-along. We encourage residents and family members to spend time in our courtyard to enjoy the beauty of the flowers, look for turtles, and listen to the calming sounds of the water fountain. Sunglasses, sunscreen, and hats are available in the activity room.

FUND DEVELOPMENT

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 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
- Colin Ingram, Donor Relations & Development Associate, at extension 44304.

Honoring our Legacy Giving Donors

All Legacy Giving donors will be honored at a special Legacy Giving Luncheon on Tuesday, May 14, 12 noon at Souderton Mennonite Homes in the SMH Friendship Rooms, or Tuesday, May 21 and Thursday, May 23, 12 noon, at Dock Woods in Fisher Auditorium. Invitations were mailed in mid-April. If you are interested in learning about or becoming a Legacy Giving donor, please contact:

- Keith Heavener at ext. 44115
- Colin Ingram at ext. 44304.

FROM THE PASTORAL CARE DESK

"Mary, Mary, quite contrary...How does your garden grow? With silver bells, and cockle shells, and pretty maids all in a row." Springtime always brings this nursery rhyme to mind. Watching the daffodils and tulips peak out of the cold wintery ground reminds me that even in death, new life can be sprung. The colors and sweet smells of spring chase away the shivers of the winter months.

In Matthew 14 Jesus sits with a large crowd near a lake and teaches. He begins with a farmer and some seeds. As he scatters, some drop onto a footpath, some shallow soil, some among the thorns, and others fall on fertile soil. Each seed 'suffers' a different fate. Some are eaten, some wilt under the sun, some are choked out by the thorns, while others produce a crop that yields a hundred times over. The beauty in this parable is that the farmer didn't discriminate as to where the seed was given. Instead, it was scattered lavishly. One might say, foolishly. The farmer didn't stop to question whether the soil was ready for the seed or if it was the perfect vessel. No, it was given to all; without question; faithfully giving each soil a chance to let something grow.

As we begin this spring season, take a moment to ask God, "How should my garden grow?" Maybe there is someone around you who is stuck in the shallow soil or caught on the thorny path. Perhaps you are just the person who can bring some sunshine to their dreary day and turn their winter into spring. Just as the farmer, spread God's light and love lavishly, foolishly, and abundantly.

-Tamira Good

SPECIAL SERVICE

**Service of Remembrance
Friday, May 3
2:00 p.m.
Summit View Auditorium and Channel 1979**

**Rebroadcast:
Saturday, May 4
2:00 p.m.
Channel 1978**