

LIVING U

People enjoy learning about a wide range of topics with Living U, the Living Branches lifelong learning institute. This month, we are looking forward to hearing and seeing presentations about musical compositions that feature animals (May 6 and May 13), United States license plate history (May 7), the wondrous world of bats (May 16), and the Sundance kid (May 22). We will also enjoy a tour, concert, and tea at St Philip’s Orthodox Church (May 15) and create a summer flowering container (May 20). For more information, please contact Maribeth Benner, Living U Coordinator, at ext. 44204.

SARA SYSTEM

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 PASTORAL CARE DESK

Spring Into the Best—Without Fear

As the season shifts and the world begins to bloom again, it’s a reminder that new life is possible—even after long seasons of waiting, uncertainty, or pain. But stepping into the “new” can be scary. The unknown can make us hesitate. Fear whispers, “What if you fail?” or “What if you’re not enough?”

But Scripture reminds us: “God has not given us a spirit of fear, but of power, love, and a sound mind” (2 Timothy 1:7). We don’t walk into new seasons alone. We walk with a God who goes before us, walks beside us, and carries us when we’re weak.

This month, as flowers bloom and the days grow longer, let it be a symbol of what God is doing in you. He’s not asking you to be fearless—He’s asking you to lean on Him. Let Him carry your anxieties. Let Him steady your heart. Let Him lead you into the best that’s ahead.

You don’t have to figure it all out. You just have to say yes. Yes, to trusting. Yes, to growing. Yes, to springing forward—into purpose, promise, and peace.

Because with God, the best isn’t behind you. It’s just beginning.

Pastor Christian Winters

Special Service:

Service of Remembrance:
Friday, May 9 at 2:00 p.m.

Service of Remembrance Rebroadcast:
Saturday, May 10 at 2:00 p.m. channel 1978.

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!



10% off total check
Not Valid on Sundays

Expires: June 1, 2025

SUMMITNEWS

SOUDERTON MENNONITE HOMES

“IT’S SERVICE TIME, ON THE FRONT PORCH”
Thursday, May 1
6:30 p.m.
Summit View Auditorium

Join us for an amazing evening with a couple that symbolize “service”, Keith and Dottie Reed. We will spend the evening with Keith and Dottie as they share their lives and stories about their love for blessing others. From the classroom to the woodshop, we will hear the stories about the joy of serving and blessing others. You don’t want to miss this! Mark your calendar and we hope to see you then.... bring a friend.

3RD THURSDAY WITH Terry S. Derstine
Thursday, May 15
6:30 p.m.
Summit View Auditorium

As a local entrepreneur, Terry started several businesses in our immediate community. He and his wife have experienced the pain of a daughter addicted to legal drugs. In the midst of their pain, God gave Terry a clear vision that started them on the journey to Sweatshirt of Hope. His vision expanded. Today, Terry’s vision brings law enforcement, non-profit organizations, churches, and the business community together to create a healthier and more transparent community.

A LIFE OF MY OWN:
MEETING ELEANOR ROOSEVELT
Tuesday, May 20
1:30 p.m.
Summit View Auditorium

After exploring the life of President Roosevelt, we want to give equal time to his acclaimed wife. Join acclaimed actress, Linda Kenyon as she steps on our stage as Eleanor Roosevelt. Eleanor is a strong woman whose life has had a lasting impact. She became an inspiration to people of goodwill. This play illuminates some steps along her journey. Celebrate Eleanor with an afternoon getting to know her a little bit better.

HEAR OUR VOICES:
THE STRUGGLE FOR WOMEN’S RIGHTS
Presented by: Sandy Kaufman, M.Ed.
Thursday, May 29
1:30 p.m.
Summit View Auditorium

Known as the “Victorian Age”, the 64-year reign of Queen Victoria was a witness to extraordinary changes in culture and society, innovations and inventions, across the world. The history of the Victorian era conventionally focuses solely on the creations and innovations of the 19th century. What are often ignored are the significant and important roles played by many women who stepped out of their traditional roles to assume leadership in gaining their rights as citizens. Victorian women became a force in the abolition of slavery, the fight for better wages and financial independence, educational opportunities and the 42-year struggle for women’s suffrage. This is the history of many of these selfless and heroic women whose roles in the fight for equality are often ignored and forgotten.

GARDEN OF HEALTH
Friday, May 30
2:00 p.m.
Summit View Auditorium

Join us as Carol Bauer shares her story on how she started the non-profit food bank, Garden of Health and expanded to the Garden of Hope in Harleysville. The Garden of Hope is run solely by volunteers and all food is donated locally to over 35 food pantries, low-income senior housing and community programs in Bucks and Montgomery Counties. We will be collecting food to donate to the food bank – keep your eye out for flyers with more information.

RESIDENTIAL LIVING

RL PATIO COMMUNAL
GARDEN PLANTING

Friday, May 2
1:30 p.m.
RL Patio

In addition to our Community Gardens on the RL grounds, we have 2 stand-alone garden containers on the RL patio. This is a communal garden in which residents choose herbs and lettuce to plant and care for on the patio. All residents are able to stop down and take what they need. Please sign up to assist with garden planting this afternoon at the RL bulletin board.

SPRING PRESSED FLOWER
JAR CRAFT CLASS

Monday, May 5
10:45 a.m.
Family Room

Join Sandra Currier and celebrate May flowers. Design a pressed flowers jar to use in your home or give as a gift to a loved one. Residents are encouraged to bring your own jar. Sign up at the RL bulletin board and see a photo of this creative craft.

BYOM (Bring your own meal)

Monday, May 5, 12, 19, and 26
5:30 p.m.
Family Room

RL WALKING TACOS AND
FITNESS WALK

Monday, May 5
Noon (after the 11:30 walk)
RL Patio

Celebrate Cinco de Mayo with Walking Tacos after a walk with Kristin. These tacos are a Scattergood family favorite- Fritos/Dorito bag topped with mild chili and all the fixings. Sign up to reserve your walk and walking taco at the RL bulletin board. Cost \$2.00

RESIDENTIAL LIVING
MOTHER’S DAY TEA
FEATURING JULIE HENNING
THURSDAY, MAY 8

1:30 p.m.
Summit View Auditorium

We honor all ladies: mothers, daughter, sisters and aunts that live here. Join Julie Henning, storyteller extraordinaire, as she leads a memorable program focusing on her relationship with her mother, Pearl Buck. We honor our heritage, and the important roles women have had through time. Our culinary team will provide a beautiful tea with desserts for this special afternoon.

Please bring your favorite teacup.

Sign up for this event no later than Noon on Monday, May 5. RL residents may sign up at the RL bulletin board. Please contact Heather Scattergood with any questions at ext. 42225. Cost is \$2.00 and will be billed to your account.

FRIENDSHIP AND
FELLOWSHIP

Monday, May 12
11:00 a.m.
Family Room

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. Please bring your favorite coffee mug and a willingness to engage in a conversation card game. Light refreshments will be served. All RL residents are welcome! Sign- up at the RL bulletin board to reserve your space.

GRATITUDE OF SCIENCE

Thursday, May 22
11:00 a.m.
Family Room

We will continue to explore the ways in which gratitude impacts our lives physically, emotionally, and spiritually. You will receive gratitude journals to begin your journey! Please contact Heather with any questions. Don’t forget to sign up at the RL bulletin board.

ACTIVITY PLANNING SESSION

Thursday, May 22
1:00 p.m.
Family Room

MUSIC & MEMORIES WITH
SETH LAUCKS

Friday, May 23
1:45 p.m.
Family Room

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NURSES NICHE - FROM THE RL NURSE

Behavioral Health Interventions to Treat Pain

(excerpts from WebMD & LVHN.org)

Persistent or intermittent pain that lasts for more than three months is referred to as “chronic pain.” This type of pain can interfere with daily activities and is linked to other difficulties such as increased stress, depression, anxiety and feeling misunderstood and demoralized.

According to the U.S. Pain Foundation, 51.6 million American adults (21% of the population) live with chronic pain. About 17.1 million adult Americans live with high-impact chronic pain, or pain at a level that limits work and life activities. Statistics show that pain is the No. 1 reason Americans access the health care system.

All pain is processed in the brain, that’s not to say, “it’s in your head”, it’s real, and using behavioral health interventions can help alleviate pain.

Decades of clinical science show certain behavioral interventions — which aim to redirect the anxiety, stress, fear, and cycles of negative thought that naturally accompany pain — can lessen pain levels, reduce need for some medications, increase mobility, and even improve medical outcomes, typically with no known risks or side effects.

Locally, Lehigh Valley Health Network (now part of Jefferson Health) offers “Empowered Relief® Chronic Pain Management Program”. To learn more go to <https://www.lvhn.org/news/empowered-reliefr-chronic-pain-management-program-highlighted-new-lvhn-video>

Wellness Talk with RL nurse – Janice Carroll

Thursday, May 22

3:30 p.m.

Family Room

Join Janice to discuss fall risks and tips to protect yourself from falls.

MONDAY BIBLE STUDY

For over 30 years there has been a Bible study group meeting at 1:30 p.m. in the Family room. Starting as the ministry of a local church, it has been fostered by Heather Scattergood and Virginia Fahlgren. The format has been to have lessons provided via TV/DVD of well-known speakers like Dr. David Jeremiah and others, with conversation related to the topic following. There is no registration, open attendance.

TRANSITION:

Beginning May 5 at 1:30 p.m., the study will move to FRIENDSHIP ROOM A&B. The PROPHECIES OF DANIEL will be the focus of the new study.

FROM THE DESK OF THE RL SOCIAL WORKER

Representative Steven Malagari will be visiting Souderton Mennonite Homes for a “meet and greet” with our residents on **Monday, May 19th at 10:00 a.m. in the Summit View Auditorium**. The event will provide an opportunity to learn about services you are eligible for, information on the community and events, and an opportunity for questions. If you have any questions, please contact Leah DiPersio 215-723-9881 Ext. 42312.

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:

- Colin Ingram, Associate Director of Development, at ext. 44304.

Honoring our Legacy Giving Donors

All Legacy Giving donors will be honored at a special Legacy Giving Luncheon on Wednesday, May 14, 12 noon at Souderton Mennonite Homes in the SMH Friendship Rooms, or Thursday, May 15 and Thursday, May 29, 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 Colin Ingram at ext. 44304.

FROM THE DESK OF THE VOLUNTEER OFFICE

Let’s get outside! Contact Suzanne at 215-723-9881 ext. 42298 for these opportunities

May flowers will be growing, so weeds will need pulling. If you love the outdoors, like the exercise of stretching and bending, we need your help keeping the Living Branches signage areas beautiful. Make your own schedule. It doesn’t take long, but it makes a difference!

Be a Walking Buddy for residents who love the outdoors too but need a companion.

Be the Bingo caller at the Willows on the weekend.

If you would like the flexibility to record your volunteer hours on your cell phone or computer using the VICNET link, let me know! It’s easy and efficient. suzanne.zomberg@livingbranches.org

FROM THE CANVAS OF THE ART COMMITTEE

In June the SMH Art Gallery would like to display beach photos or paintings. Do you have a beach scene or painting of a beach that you would be willing to share? Please contact Libby Musselman.



FROM YOUR RA
PRESIDENT, Thelma Mack

COFFEE STATION:

We have heard your request/desire for Souderton Mennonite Homes to have a coffee station. Starting May 2025, Mondays, Wednesdays, and Saturdays from 7:30-9:00 a.m. – as a trial – you may enjoy a cup of coffee in the Family Room. This is a resident-run effort. We are looking for one or two volunteers to help with this project.

DONATIONS: Since it is not a budgeted item, your suggested donation of 50 cents per cup will be appreciated. This will help determine the continuation of the station.

Please bring your own cup. A generous RAEC member got us started with a case of coffee pods.

REMINDER: Plan to attend the annual General Meeting of the Association at 2:00 p.m. in the Summit View Auditorium on Monday, June 2, 2025. FEATURING – Reflections from the past year, introduction of Living Branches’ Board members, 3rd Floor Choir and introduction of the new RA Executive Committee.

KRISTEN’S FITNESS CORNER
The Wonders of Walking

There is nothing better for your health than walking. Yes, this simple activity that you've been doing your whole life is now being touted as "the closest thing we have to a wonder drug," in the words of Dr. Thomas Frieden, former director of the Centers for Disease Control and Prevention. Walking comes with a host of benefits. For example, regular walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes
- Improve your mood, cognition, memory and sleep
- Improve your balance and coordination
- Reduce stress and tension

Start with short walks and build your endurance. Even short walks can lower blood sugar and improve health. If you are unable to get out and walk, the NuStep machine in the fitness center is a great seated alternative.

FITNESS NEWS & SPECIAL EVENTS:

Walking Tacos for Cinco de Mayo – Join Kristen for an outdoor walk on Monday May 5, followed by Heather’s walking taco lunch on the patio. These tacos are in a Fritos/Doritos bag topped with mild chili and all the fixings. The walk begins at 11:30 a.m. from the RL lobby. All levels welcome. Sign-up is required. There are 15 spots available.

Step Into Spring: Join our May Walking Challenge. Log your walks, bike rides and NuStep miles this month. Reach your goal and win a prize! We will also combine miles as a community and “walk” across Pennsylvania. How far can we get? Details in the fitness center.

Stronger Memory Relaunch: Thursday, May 15 @ 2:00 p.m. In the Family Room. We are relaunching our Stronger Memory program. Learn about the simple tasks you can do to improve cognition.

Souderton Pool Membership: Souderton Borough would like to offer Souderton Mennonite Homes residents a discount on a pool membership. It will cost residents \$105.00 for the summer. Forms are outside of the fitness center and can be returned to the Borough Hall with payment.

The Pavilion: The Pavilion is officially open on May 1st! Residents are welcome to use the games and game courts at any time if the Pavilion is not reserved. To reserve the Pavilion for a special event please see the front desk. Shuffleboard is played on Mondays at 3:30 p.m. and Fridays at 3:00 p.m. All are welcome. No sign up is required.

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.

**Mother’s Day throughout
Souderton Mennonite Homes**



Celebrate Mother’s Day throughout the campus this month. Each area of care will feature a special Mother’s Day Event. Check your calendars for information and sign-up.

LOOKING AHEAD TO JUNE

Residential Living only
“MEET THE DOCTOR”
DR. PAUL WEIDNER, MD.
Friday, June 6
1:00-2:00 p.m.
Summit View Auditorium
(not televised)

Dr. Weidner is an Orthopedic Surgeon with Upper Bucks Orthopedics (A Grandview Medical Practice). He is also the Chief of Surgery/Orthopedics at Grand View Health. Dr. Weidner primarily performs joint replacements and will discuss knee and hip joint pain. There will be a Q&A session afterward to ask him your questions. You must sign up by May 30th for this event. Signup sheets are located on the table outside the RL nurse office.

HEALTH CARE

We are excited for spring and will be planting our seeds for our garden cart. Once the weather warms up, we will spend time outside enjoying the courtyard! We will celebrate Mother’s Day with a tea and talk about funny things our mothers told us.

We are planning a lady’s lunch in the café on Thursday, May 15th. If interested, the cost of your meal will be billed to your account. 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

MAY TRIPS

MONTGOMERY THEATER – “BEEHIVE”
Thursday, May 1
2:30 p.m. to 5:00 p.m.

IRON PIGS BASEBALL GAME
Tuesday, May 6
9:30 a.m. to 2:30 p.m.

RED CEDAR GRILLE DINE AROUND
Friday, May 16
11:45 a.m. to 2:30 p.m.

CASTILLO’S DINNER DINE AROUND
Tuesday, May 27
4:30 p.m. to 8:00 p.m.

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

LANDIS SUPERMARKET
Tuesday, May 6
Tuesday, May 20
10:00 a.m. - 12:00 p.m.

TRADER JOE’S (NOTE DATE CHANGE)
Monday, May 12
9:30 a.m. - 12:00 p.m.

ALDI/DOLLAR STORE
Tuesday, May 27
10:00 a.m. - 12:00 p.m.

Currently Scheduled Future Trips:

*****Wednesday, June 18 – ACT II Playhouse**
“A Grand Night for Singing”

****Please sign up on the Trips Bulletin Board if you are interested in attending Sight and Sound to see “Noah” on July 30, 2025.**