

SUMMITNEWS

SOUDERTON MENNONITE HOMES

LIVING U

Living U, our lifelong learning institute, will offer topics on a wide variety of interesting topics in November. There are openings in most of the classes, so you are still welcome to register and attend.

Wednesday, November 2 @ 10:00 a.m.
Dock Woods – Fisher Auditorium
Household chemistry products and processes

Thursday, November 3 @ 10:00 a.m.
Summit View Auditorium
Living in the Middle East

Tuesday, November 15 @ 10:00 a.m.
Summit View Auditorium
Off-screen with Neil Armstrong

Thursday, November 17 @ 10:00 a.m.
Dock Woods – Chapel and Zoom
Immigration in southeastern PA

Tuesday, November 29 @ 10:00 a.m.
Tuesday, December 6 @ 10:00 a.m.
Dock Woods – Chapel and Zoom
Music of the Christmas season

Contact Maribeth Benner, Living U Coordinator, at extension 44204 for more information.

FUND DEVELOPMENT

Annual Giving Request for Benevolent Care

As we approach the time when many of us begin to plan for our year-end giving, we want to remind you about the benevolent care ministry at Living Branches. The gap in funding for residents who are no longer able to pay the full cost of their care continues to grow each year, and we appreciate your ongoing support. It is through your faithful gifts that we are able to provide quality care for all of our residents, regardless of their financial status. Year-end mailings will be sent out by the end of November. Contributions should be returned to the Fund Development office no later than Saturday, December 31, 2022, in order to be acknowledged for the 2022 tax year. Thank you for considering Living Branches in your year-end giving!

Legacy Giving Info

The end of the calendar year is also the time when we remind Legacy Giving members about the renewal of their annual support for the benevolent care ministry at Living Branches. New donors are always welcomed. Anyone can become a Legacy Giving member by choosing one of these three options:

- 1) Faith Level - make an annual contribution of at least \$500
- 2) Hope Level - make cumulative gifts during your lifetime of \$25,000;
- 3) Love Level - make a commitment to Living Branches in your will or estate plan.

In return for your gift, you will receive two tickets for special Living Branches events and invitations to special Legacy Giving updates with President/CEO Edward Brubaker. For more information, please contact:

Keith Heavener, Director of Fund Development
215-368-4438, ext. 44115
Keith.Heavener@LivingBranches.org

Or
Dena Winner, Fund Development Associate
215-368-4438, ext. 44304
Dena.Winner@LivingBranches.org



10% off total check
Not Valid on Sundays

Expires: December 1, 2022

GRATITUDE WEEK NOVEMBER 21-25

We will display your notes of gratitude. Look in your area of care for your opportunity to jot down what makes you thankful or a moment of gratitude. Souderton Mennonite Homes has always been a place where we live with grateful hearts. Please share yours!

SAHS GOLD CARD PRESENTATION

Thursday, November 3
1:30 p.m.
Summit View Auditorium

Brenda Oelschlager will be here with information about the Gold Card, which offers district residents 62 and older free admission to fine arts performances, regular-season athletic events at SAHS (Souderton Area High School) district facilities, and discounted rates for some evening school programs. If you are interested in getting a Gold Card, you will have an opportunity to sign up for one.

BILL MONAGHAN AND FRIENDS

Friday, November 4
10:30 a.m.
Summit View Auditorium

Note
Special
Time

Monaghan Music brings the original music of Bill Monaghan to the world as well as provides a full spectrum of musical services. Bill's original music exists in many forms, spanning audio, sheet music, concept albums, film scores, musical plays, ballets, world music, worship music, and more. Bill is bringing friends to share some popular music by Billy Joel, Elton John and the Beatles.

VETERAN'S DAY WITH JOHN NICHOLS

Friday, November 11
1:30 p.m.
Summit View Auditorium

RSVPs
Needed

Join local veteran John Nichols as he shares memories of soldiers that have served our great country and recognizes fellow residents that have also served. If you are a veteran, we would like to honor you as well, be sure to contact Heather at ext. 42225.

HISTORY'S MYSTERIES OF AMERICAN HISTORY WITH HERB KAUFMAN

Monday, November 14
2:00 p.m.
Summit View Auditorium

INDIAN VALLEY DULCIMER SOCIETY CONCERT

Monday, November 21
2:00 p.m.
Summit View Auditorium

The Indian Valley Dulcimer Society, featuring our very own resident, Connie Landis, will perform for us. A dulcimer is a musical instrument with a sounding board or box, typically trapezoidal in shape, over which strings of graduated length are stretched, played by being struck with handheld hammers. Come out and enjoy beautiful music from this talented group.

SOUDERTON ALUMNI MEN'S CHORUS

Monday, November 28
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 will not want to miss this event!

RESIDENTIAL LIVING

COLD AND FLU DISCUSSION WITH JANICE CARROLL RL NURSE
Tuesday, November 1
3:30 p.m.
Family Room

That time of year is upon us again. Please join Janice as she shares tips for navigating this cold and flu season. She will answer your questions, as well.

RL PET VISIT
Sunday, November 6 and 20
1:00 p.m.
Family Room

Join local resident Tracy Young and her four legged friend Nellie. It's a great time to love on Nellie and enjoy conversation with Nellie's "mom", Tracy. Please stop by to say hello! All RL residents are encouraged to meet Nellie.

HOMEMADE JARS OF SOUP MIX CLASS
Thursday, November 10
10:00 a.m.
Family Room

Are you interested in making gifts for loved ones this year? Please join Heather Scattergood for a class on making decorative jars filled with soup ingredients. And, yes you will take one home with you! Please sign up at the RL bulletin board for this class. Cost is \$3.00

HOLLY BUTCHER – MUSIC THERAPIST GROUP SONG CIRCLE
Thursday, November 10
1:30 p.m.
Family Room

Holly Butcher joined the music therapy internship program here at Living Branches last month. Holly will spend time in RL with residents individually in their home and will lead large group music programs. Please take this opportunity to welcome Holly and enjoy reminiscing and song together.

FRIENDSGIVING
Tuesday, November 15
12:00 Noon
Family Room

This time of year is a wonderful time to give thanks for the friendships here at SMH. Join your friends for a "Friendsgiving" luncheon. Sign up to bring a dish and take time to appreciate those around you. Contact Heather Scattergood ext. 42225 with any questions.

7TH ANNUAL TURKEY TROT
Friday, November 18
1:00 p.m.
RL Carport Lobby

Our Trot will begin at the RL Carport Lobby where you will learn about our fun scavenger hunt and guided path throughout the RL hallways. The trot will lead you to the Family Room for our finale

celebration with light fall refreshments and snacks.

NEW RESIDENT TEA
Tuesday, November 29
1:30 p.m.
Summit View Auditorium

We will welcome new residents with an afternoon tea hosted by the Residential Living staff. Executive Director Monique Cole will be introducing the RL staff and discuss the important roles they play here at Souderton Mennonite Homes and in your lives. We will also have some residents share their history and stories. Light refreshments will be available. Residents will receive invitations and must RSVP to attend.

ARE YOU INTERESTED?

We are looking for residents that would be interested in looming recycled bag mats in the Family Room. Our project is taking off and residents have made 10 mats! We have individual and group instruction available. This project can be worked on in your home or in the Family Room. Please contact Heather Scattergood for more information.

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

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NURSE'S NICHE - FROM THE RL NURSE

Dementia – Part One – An Overview (adapted from CDC, NIH, NIA & Mayo Clinic articles)

Dementia is a general term for the impaired ability to remember, think, or make decisions (cognitive functioning) that interferes with doing everyday activities.

Dementia is more common as people grow older (about one-third of all people age 85 or older may have some form of dementia) but it is *not* a normal part of aging. Many people live into their 90s and beyond without any signs of dementia.

Some *normal* age-related memory changes include:

- Occasionally misplacing car keys
- Struggling to find a word but remembering it later
- Forgetting the name of an acquaintance
- Forgetting the most recent events

Common signs and symptoms of dementia include:

Cognitive changes

- Memory loss, which is usually noticed by someone else
- Difficulty communicating or finding words
- Difficulty with visual and spatial abilities, such as getting lost while driving
- Difficulty reasoning or problem-solving

- Difficulty handling complex tasks
- Difficulty with planning and organizing
- Difficulty with coordination and motor functions
- Confusion and disorientation

Psychological changes

- Personality changes
- Depression
- Anxiety
- Inappropriate behavior
- Paranoia
- Agitation
- Hallucinations

Dementia is usually considered as three stages: mild (or “early”), moderate (or “middle”), and severe (or “late”).

Some types of dementia include: Alzheimer’s disease (most common), Frontotemporal dementia (FTD), Lewy Body dementia (LBD), Vascular dementia, and Mixed dementia.

Next month we’ll go more in depth on the stages of dementia.

DAYLIGHT SAVINGS TIME

Turn your clocks back 1 hour before you go to bed on Saturday, November 5.

FROM THE LIBRARY:

Be on the lookout for a flyer that will introduce the new opportunities at the library. In addition, we are developing a free book shelf in the library. This is a shelf where we will have books that are free to whoever would like to take the book. Often we get donations that we already have in the library. Usually we send these duplicates off to Care and Share, but now we will put them on the free book shelf before sending them along. Remember, when donating books to the library we reserve the right to keep the books or move them along. Please do not donate anything that you might want back.



ANNUAL DISCLOSURE STATEMENT

Each year we prepare a disclosure statement for the Department of Insurance, which regulates life plan communities. This year’s disclosure will be available by the end of October. If you are interested in having a copy, please call the administrative office receptionist. Give your name and phone number, and a copy of the disclosure will be delivered to you.

SPECIAL SERVICES

SERVICE OF REMEMBRANCE Friday, November 4 2:00 p.m.

Summit View Auditorium
All residents, and families are invited to attend in person for the first time since 2019. We will honor each of the residents who have died from April 2022-September 2022. The service will be broadcast live on channel 1979 and will be re-broadcast on Sunday, November 6 at 2:00 p.m. on 1978.

THANKSGIVING SERVICE Wednesday, November 23 2:00 p.m.

Summit View Auditorium
For the first time ever, we will have a Thanksgiving Eve Service that will bring all three Living Branches campuses together into one blended service. The celebration will take place in the Dock Wood’s Chapel and will be live streamed to the Summit View Auditorium and the Willows. Pastor Debra will join those in the Summit View Auditorium. The service will be rebroadcast on Thanksgiving Day at 3:00 p.m. on channel 1978.

HARVEST HOME COLLECTION November 1- 23

We will be collecting dry goods for donation to the Keystone Opportunity Center’s food pantry. Donations may be dropped off at the tables in the lobby. If you would like to donate a gift card to a local grocery store, those can be dropped off to Pastor Deb or the receptionist. Our offering will be presented at the Thanksgiving service on November 23.

RESIDENTS’ ASSOCIATION THUMBS UP:

To **Noelle Steglik** and **Brian Debus** for working overtime to problem solve TV issues so that residents could watch their favorite shows over the weekend; **Tasia** who helped a resident settle a credit card discrepancy; **Heather** for adjusting a resident’s iPhone issue and the **housekeeping employee** who on the spur of the moment cleaned up trash room floor spill.

NEIGHBORHOOD NUGGETS:

Last month’s question was about the use of the printer and computers in the Souderton Mennonite Homes library. The lucky winner is Diane Alexander, who was the very first responder, and who answered correctly that all Souderton Mennonite Homes residents have that privilege! Diane will receive a \$10 gift card for El Cactus restaurant.

This month’s question is a bit more challenging, with 3 answers required... Which neighborhood can boast of housing which resident(s) who has lived in the same neighborhood for how many years? Call 215-237-2681 or email joycehuns48@gmail.com with your answer:

1. Neighborhood
2. Resident’s name(s)
3. How many years?

Contest will close 3 days after distribution of Summit News. Look for the lucky winner in the next issue. Happy Thanksgiving to all!

Joyce Hunsberger, Neighborhood Leader

RL TRIPS

Contact Dena Winner to sign up:
Call 215-368-4438 ext. 44304 or email dena.winner@livingbranches.org

SHADY MAPLE & GOODS Friday, November 11, 9:30 a.m.

DINNER & A SHOW -ELEANOR Thursday, November 17

DINE AROUND Joseph Ambler Inn Wednesday, November 30

SOLD OUT

LOOK AHEAD: DECEMBER AND JANUARY

A CIVIL WAR CHRISTMAS Monday, December 5

TERRAIN CAFÉ Monday, December 12

BETHLEHEM AT CHRISTMAS Thursday, December 15

PA FARM SHOW Thursday, January 12

BELLA FIONA RISTORANTE Wednesday, January 18

GROCERY/SHOPPING TRIPS

Sign up is on the Trips board by the fitness center

LANDIS SUPERMARKET Tuesday, November 15 10:00 a.m. – 12:00 p.m.

TRADER JOE’S Tuesday, November 8 9:30 a.m. – 12:00 p.m.

KAT'S KORNER **Fitness Coordinator** **"Fall into Fitness"**

According to the CDC, roughly 36 million falls are reported among adults over the age of 65, resulting in hospitalizations and sometimes death. Although falls are common and can be costly, they are preventable. There are steps you can take now to keep yourself on your feet. Exercise can help prevent falls because it helps to make your muscles stronger, more flexible, improve your balance, and it can increase your endurance. It has been shown that exercises focusing on balance, gait and coordination are 34% more effective at fall reduction, compared to other exercises, such as tai chi, at 19%. To help you work on your balance at home, here are 3 easy-to-follow exercises that can help with improving your balance and coordination. For each of these exercises, position yourself in front of a grab bar or behind a chair as an added support in case you lose your balance.

1. Sit-to-Stand- Helps to build leg strength and improves body mechanics and balance, which are all important in reducing falls. Start by sitting near the front on a sturdy chair so your legs help to push you off the seat. Your feet are planted firmly on the ground and placed about hips width apart. Begin by leaning your chest forward until your torso is over your feet, shifting your body weight forward. Squeeze your gluteal muscles and slowly rise to a stable standing position. Slowly sit back down to the starting position and repeat 5-10 times. A chair with arm rests may help you stand easier with the help of your arms. The goal is to slowly transition to using solely your core, glutes, hips, and legs to help you stand from a chair.

2. Standing marches- Helps to create stability on both sides of the body including your hip flexors and gluteal muscles. The act of marching helps to engage the core muscles, which helps with overall balance. Begin by standing tall with your feet about hips width apart, both feet and head facing forward. Start to lift one knee to a

comfortable height and slowly lower until firmly planted on the floor. Repeat on the other side and continue alternating lifting each knee for 10 repetitions on each side. Try to slow your movement and focus on keeping yourself stable as you lift your knee.

3. Hip Abductions- This exercise helps promote strength and stability in the hip muscles when walking or standing. Begin by standing tall with your feet about hips width apart, both feet and head facing forward. Tighten your abdominal muscles and slowly move your entire leg outward, maintaining balance and alignment with the other leg. Try to keep your lifted leg straight as you lift out to the side to a comfortable height. Then return to the starting position and repeat 10 times. Do the same on the other side. The goal is to keep your posture straight and steady as your leg lifts out.

Regular exercise is important, but always consult with your doctor before engaging in any kind of physical exercise to ensure the program is best suited for your needs.

FITNESS AND WELLNESS ACTIVITIES

In person classes, sign up outside of the family room

Mondays: Lymbr 11:00-11:30 a.m.
Tuesdays: Cardio Drum 11:00-11:30 a.m.
Wednesdays: Balance Basics 2:00-2:30 p.m.
Thursdays: Strong Together 9:00-9:30 a.m.
Fridays: Cardio Drum 2.0 1:30-2:00 p.m.
Balance Basics 2.0 2:30-3:00 p.m.

**Please refer to the calendar, for rooms and other changes to times or days.

Outside Souderton Mennonite Homes

Care & Share is in need of quality control volunteers to process donations. If you would be interested in volunteering or would like to see what this involves.
Please call Bill Wolfgang (215-799-1939)

HEALTH CARE

I've said it once and I'll say it again – we are happy to be back in the dining room and gathering for group programs! We are in full autumn mode and have decorated pumpkins, made feeders for the birds and squirrels and made pumpkin mousse, mummy pizzas and monster mash Rice Krispy treats. Looking ahead to November, we will be reflecting on what we are thankful for and celebrate gratitude week the week of November 21st. Our Veterans will be celebrated for their service on Veteran's Day and Pam will share a day in the life of a pilgrim. We appreciate the continued music therapy programming and music and movement as well as our wonderful pet therapy teams who come to bring extra sunshine to our days! We continue to work on creating memory books; if you are interested in having a memory book put together, please let Michelle or Margie know and we will work together with you and your family to gather information and photos.

PERSONAL CARE

Greetings Everyone! First, I would like to say Congratulations again to all of our Contest Winners! Next, for November, please continue to be on the lookout to sign up for Gratitude Week, Trips, our 'Friends-Giving' Floor Social, and the end of the month 'Take Out Tuesday!' Looking forward to a colorful, action packed, fun-filled month. Lastly, to our Veterans, thank you to all that you do and to all that you have done.

A MESSAGE FROM THE SOUDERTON MENNONITE HOMES ARTS COMMITTEE

Do you have any winter artwork that you would like to share on the Apple Orchard Art Wall December- February? The committee is looking to share a potpourri of winter art mediums. Additionally, new members are welcome. If you are interested in participating in this committee, Please contact Libby Musselman at 215-964-1829.

PASTOR'S CORNER

WEDNESDAY MORNING BIBLE STUDY **10:00 a.m. Summit View Auditorium and** **Channel 1979**

In-person attendance welcome, Personal Care and Health Care residents must wear their masks.

Continuing the series by Dr. David Jeremiah – *Romans VIII – The Greatest Chapter in the Bible*, and beginning a new series for Christmas by Lee Strobel – *The Case for Christmas*

November 2 – The Greatest Promise in the Bible **Romans 8:28**

November 9 – Salvation's Golden Chain **Romans 8:29-30**

November 16 – Five Unshakeable Promises **Romans 8:31-36**

November 23 – More than Conquerors **Romans 8:37-39**

November 30 – Setting the Record Straight **(The Case for Christmas)** **Matthew 1:18 – 2:12**

SUNDAY OFFERINGS

September Offering: \$2,102.05 Perseverance Fire Company & Souderton Ambulance Company
November Offering: MCC Material Resource Center of Harleysville

CATHOLIC COMMUNION **Sundays, November 13 and 27** **10:45 a.m.** **Four Seasons Room**

FUNERAL PLANNING SEMINAR **With Dennis Detweiler from** **Anders-Detweiler Funeral Home** **Monday, November 7** **6:30 p.m.** **Summit View Auditorium**