

VILLA NEWS

Check the calendar for these monthly events:

- Villa Men’s Luncheon, 1st Wednesday of the month at noon in the Café
- Villa Ladies Luncheon 3rd Tuesday of the month at 11:30 a.m. TBD
- Villa Dinner 2nd and 4th Thursdays of the month at 5:00 p.m. TBD

FROM THE VOLUNTEER DESK

February is the month for LOVE. Volunteers show their love every day at Souderton Mennonite Homes and our residents are the beneficiaries of this love. To learn how you can share your love at Souderton Mennonite Homes, please contact Lynne Allebach at 215-723-9881 ext. 42289.

Volunteer Openings:

- Wheel and escort residents to hair care on weekday mornings
- Male volunteers to visit and/or be a small group leader for our men
- Personal Care Movie Night host on Thursday and Friday evenings
- Bingo caller for Park View
- Sewer to do light mending for residents of Souderton Mennonite Homes



10% off total check
Not Valid on Sundays

Expires: March 1, 2023

FUND DEVELOPMENT

YEAR END UPDATE – THANKS FOR YOUR GENEROSITY!

Thank you! These words are not said often enough, but please know we are so thankful for your continued support of the Living Branches Foundation year after year. Due to the generosity of residents, staff members, and the surrounding community, we raised \$44,410.75 for benevolent care during our Annual Year End Giving appeal. Our mission, "Together we empower older adults and families to lead lives of purpose and joy" is expressed through our desire to provide care for our residents, regardless of their ability to pay. Your gifts allow us to make that mission a reality through our benevolent care ministry. The Foundation’s needs are growing every year, and we appreciate your support. Thank you for your gifts and your concern for our residents. We are truly grateful!

- Keith Heavener, Director of Fund Development
- Rose Hackman, Fund Development Assistant

DID YOU KNOW?

Your purchases at our gift and thrift shops benefit the benevolent care ministry of the Living Branches Foundation. The proceeds of the Dock Woods’ Acorn Shop and the Gifts and Treasures Thrift Shop go directly to the Sharing Fund. Likewise, the proceeds from The Corner Store go directly to the Agape Fund. Stop by, shop at our shops, and support our residents who need financial assistance.

MARK THE DATE: AUXILIARY ROCKER-THON

The Souderton Mennonite Homes Auxiliary will be hosting the annual Rocker-Thon on Friday, March 24. 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 included in the March edition of the Summit News and posted near the Corner Store. If you have questions, please contact:

- Alta Yoder at extension 42229

SUMMITNEWS

SOUDERTON MENNONITE HOMES

**47th ANNUAL VALENTINE CELEBRATION
FEATURING THE BUCKS COUNTY WOMEN’S CHORUS
Tuesday, February 14
2:00 p.m.
Must R.S.V.P.
Summit View Auditorium**



The 40-voice Bucks County Women’s Chorus (BCWC) was founded in 2012 for the purpose of bringing together women of all ages and skill levels who love to sing. The ensemble has, since that time, become known throughout the region for its fun and uplifting performances and is in high demand throughout the Greater Philadelphia area. During the last 10 1/2 years, BCWC has presented more than 100 concerts in the local region, and in 2018 and 2019 was invited to sing at the White House Holiday Open House. Members of BCWC also embark on an international concert tour every other year. Thus far, their travels have taken them to Italy, Hungary, Austria, Finland, Sweden, Estonia, and Ireland, where they have sung in incredible venues on their own as well as with local ensembles from those destinations. In 2024, the ensemble heads to Spain and France.

Artistic Director Patricia Guth is the founder of Bucks County Women’s Chorus (BCWC) and a long-time conductor and music educator. A graduate of the prestigious Westminster Choir College in Princeton, New Jersey, Pat has taught in both public and private schools and led several church choirs before retiring in 2018 after 42 years in music ministry. She is also an accomplished accompanist. Pat’s foremost musical goal is to spread the love of singing to all, regardless of age and skill level, and she believes that BCWC has been an excellent vehicle for this. Substitute accompanist Lee Milhous is filling in today for the group’s regular accompanist, Susan Clark. Lee is also a graduate of Westminster Choir College and is renowned throughout Bucks County for his musical skills. He currently serves as music director and conductor for the Bucks Co. Gilbert and Sullivan Society, accompanist for the Valley Forge Chorale, accompanist for Play on Philly, and is the director of music at St. Ignatius of Antioch RC Church in Yardley.

This Valentine’s Day program will feature songs of love, with genres ranging from Broadway show tunes and standards to pop favorites. Please note that dining services will be providing appetizers in each area of care following this performance.

Happy Valentine’s Day

See page 6 for more Full Facility activities

RESIDENTIAL LIVING

**RL MUSICAL AFTERNOONS
WITH HOLLY BUTCHER**
Thursday, February 2
Thursday, February 16
1:00 p.m.
Family Room

Described by our residents as “multi-talented and brings spirituality to her music,” Holly, our music therapy intern, is sure to be an encouragement.

VALENTINE BINGO
Thursday, February 9
1:30 p.m.
Family Room

Bingo never disappoints! Join friends for an afternoon of fun and laughter as you play bingo for special valentine themed prizes. Don’t forget to sign up at RL Bulletin Board to reserve your seat!

**VALENTINE KISSES SNACK
CART WITH RUEBEN AND
CAROL**
Friday, February 10
See calendar for times in
your neighborhood

Enjoy a special sweet treat as we continue celebrating Valentine’s Day all month long. Just listen for the music and check your calendar for times!

SUPER BOWL LVII
Sunday, February 12
6:30 p.m.
Family Room

Enjoy the spirit of Super Bowl LVII on our big screen TV with refreshments. There is no better way to watch the game than with friends. Please sign up at the RL bulletin board to reserve your spot for this event! Contact Heather Scattergood at ext. 42225 for more information.

**RL PET VISITS WITH TRACY
AND NELLIE**
Sunday, February 19
1:00 p.m.
Family Room

Join local Souderton resident Tracy Young and her four legged friend, Nellie! They will be in Residential Living the first and third Sundays of the month. 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.

FASTNACHTS AND COFFEE
Tuesday, February 21
9:00 a.m. – 10:30 a.m.
Family Room

Faschnacht 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.

**SWEETHEART FLOWER
ARRANGING CLASS**
Thursday, February 23
1:00 p.m.
Family Room

Flowers can stimulate your sense of smell, sight, and touch. A distinct fragrance can also trigger memories, encourage reminiscing, and reduce feelings of stress and anxiety. Sign up at the RL bulletin board, and enjoy a winter flower arranging class.

WAWA HOAGIE LUNCH
Tuesday, February 28
Noon
Family Room

Always a favorite... please sign up for your turkey or Italian hoagie with chips and dessert. Please sign up at the RL bulletin board to reserve your spot.

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

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FULL FACILITY


**JANUARY/FEBRUARY
BIRTHDAY PARTY WITH
SHEILA MILZ**
Friday, February 3
1:30 p.m.
Summit View Auditorium


Residents having a birthday in January and February will receive an invitation the first week in February. Join your birthday friends that live here at Souderton Mennonite Homes for an afternoon of birthday celebration. RSVP instructions will be on your invitation.


**FOOTBALL TRIVIA AND
FUN FACTS WITH PAM
TRAVOR**
Saturday, February 4
2:00 p.m.
Summit View Auditorium

"The harder you work, the harder it is to surrender." Find out which football coach said this; and many other fun, interesting facts about the Super Bowl. Join Pam as she shares her knowledge of football and football foods! We hope to see you there. Who do you think will win for a chance to play in the LVII Super Bowl?

 49ers

 Eagles

 Bengals

 Chiefs

THE SPIRIT OF LINDBERGH
A one man performance of Charles Lindbergh's flight
Tuesday, February 7
2:00 p.m.
Summit View Auditorium

Neill Hartley portrays Charles Lindbergh in The Spirit of Lindbergh, an exciting adventure based on his historic 1927 flight across the Atlantic Ocean. See "Lucky Lindy" planning his trip, navigating in the cockpit, and arriving in Paris. Experience first-hand the incredible journey that riveted the world and transformed aviation forever!

The Spirit of Lindbergh is a fully staged one-man presentation sure to delight, entertain and educate audiences. Following the performance, there is a short informational section detailing Lindbergh's life and an explanation of the plane. The presentation is completed with a question and answer period with the audience. Neill Hartley is a professional actor who has performed with many local and regional theaters and is on the theater faculty of the University of the Arts in Philadelphia, PA.

**HOW OUR LIBRARY WORKS
WITH KAREN DETWEILER**
Thursday, February 9
2:00 p.m.
Summit View Auditorium

Join Karen, Library chair person, as she shares how to use the library and what you may find there!

**HISTORY'S MYSTERIES
AMERICAN PRESIDENTS
WITH HERB KAUFMAN**
Monday, February 20
2:00 p.m.
Summit View Auditorium

From elementary school through college we learn about the history of many of our American presidents. However, much of this is folklore and often myth. Much of presidential history is kept secret, made up of political creations, and rarely examined. Many of these stories and legends have seeped into the story of American history and are repeated as fact in schools, history books, and on televised history programs. But are these stories actually true, or are they American folklore, distorted or altered to provide a more interesting account?

This program delves into the mysterious catacombs of history and brings forward many unusual and often controversial incidents and events: including secret operations, attempted assassinations, folktales, presidential mythology, curiosities, and unusual personal histories of our American Presidents.

**MARDI GRAS PLAYFUL SONGS
WITH BILL MONAGHAN**
Tuesday, February 21
2:00 p.m.
Summit View Auditorium

After you've enjoyed your fastnacht, come this afternoon to celebrate before the beginning of Lenten season with Bill Monaghan.

LIVING U

**LIVING U'S LAST DAY TO
Register FOR SPRING
CLASSES**
Wednesday, February 1
9:30 - 11:00 a.m.
Bistro at Dock Woods or
online

Register on the website at LivingBranches.org/LivingU.

Call Maribeth Benner, Living U Coordinator, at 215-368-4438 extension 44204 for more information.

SPECIAL SERVICE



ASH WEDNESDAY SERVICE
Wednesday, February 22
2:00 p.m.
Summit View Auditorium

All are welcome to worship and receive ashes.



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

We have returned to the good old days. Come and visit with our neighbor Addie Gehman.

A WORD FROM YOUR
RA PRESIDENT

As you read this, the RA Nominating Committee is in the process of interviewing prospective candidates for our new RA executive committee. We take this task very seriously and solicit your prayerful support.

Jim Maust, RA President

RL TRIPS

Contact Sandra Currier to sign up:
Call 215-723-9881 ext. 42312
or email
Sandra.Currier@livingbranches.org

**DINE-AROUND-
BRICK TAVERN INN**
Wednesday, February 8
5:00 p.m. – 8:00 p.m.

MORVEN MUSEUM
Princeton, NJ
Wednesday, February 15
8:30 a.m. – 3:30 p.m.

GROCERY/SHOPPING
TRIPS

Sign up is on the Trips board by the fitness center

LANDIS SUPERMARKET
Tuesday, February 7
Tuesday, February 21
10:00 a.m. – 12:00 p.m.

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

LOOK AHEAD:
MARCH

**PHILADELPHIA FLOWER
SHOW**
Wednesday, March 8
8:30 a.m. – 4:00 p.m.

**DINE AROUND
VOLCANO HOT POT**
Wednesday, March 15
5:00 p.m. – 8:00 p.m.

KAT’S KORNER
Fitness Coordinator

Did you know February is American Heart Month? The “Heart” truth is that heart disease is the leading cause of death for both men and women globally! Think of your heart as the engine of your body and its primary responsibility is to pump blood through 60,000 miles of networking vessels coursing throughout your body. Your heart works continuously, beating about 100,000 times a day to help supply fresh oxygen and nutrients to your muscles, organs, and other tissues, while helping to remove waste products as well. As you age, the heart can undergo some changes including development of arrhythmias, stiffer heart valves, or thicker chamber walls. The most common aging change is increased stiffness of the large arteries, called arteriosclerosis, which can make it more difficult for your heart to pump blood to the rest of your body. Engaging in regular exercise, about 30 minutes per day, can help to lower your risk for heart disease. Most importantly, exercising regularly can help to keep your heart muscle strong and pumping efficiently. A few forms of heart healthy exercises include walking, swimming, cycling, or any form of cardiovascular exercise.

While engaging in cardiovascular or aerobic exercise it is important to keep track of your heart rate to gauge if you are doing too much or not enough to reap the heart strengthening benefits of this form of exercise. Heart rate is simply the number of times your heart beats in a minute. Normal resting heart rate for adults range from 60-100 per minute. When you perform exercise, you want to keep an eye out that you are meeting your target heart rate and not exceeding your maximum heart rate. Maximum heart rate (MHR) is on average the highest number of beats per minute your heart can pump under maximum stress. MHR is based on age and can vary from person-to-person. The most common method to calculate max heart rate is 220 minus your age. Target heart rate (THR) is considered a safe zone in which you

can train and seek the most benefits of exercise. THR is usually given as a percentage of your maximum heart rate and a safe zone is considered anywhere between 55-85% of your MHR. For example, a person whom is 70 years old has a MHR of 150 beats per minute (bpm). A target heart rate range of 55-85% of their MHR would be anywhere between 83 -123 bpm. If you have any questions regarding heart rate and/or how to check it manually, please ask Kat the fitness coordinator. As always, consult with your physician before starting any new exercise program.

SEATED VOLLEYBALL
Monday, February 6
2:00 p.m.
Summit View Auditorium

Seated or “Buns” Volleyball is a thrilling and fun game of volleyball using a smaller court, lower net, and players remain seated throughout the game. If you are up for some fun this New Year, come out to this thrilling event!

HAPPY HEART EXERCISE
Friday, February 17
2:00 p.m.
Summit View Auditorium

To recognize American Heart Month, Kat will be teaching a fully standing aerobics class that will get you moving and grooving.

WELLNESS SOCIAL- NEUROBICS
Wednesday, February 22
2:00 p.m.
Family Room

Training your mind is just as important as training your body. Come learn more about the brain training exercises known as neurobics!

HEALTH CARE

In February, we celebrate chocolate month, heart month, bird feeding month, Super Bowl Sunday, Valentine’s Day, and President’s Day. Wear red on Friday, February 3, for National Wear Red Day/Women’s Heart Health. Fastnachts will be served with breakfast on Sunday, February 12. Tuesday, February 14, wear red, pink, or purple for Valentine's Day. R.S.V.P. with Michelle if you would like to attend the 47th Annual Valentine's Celebration. Throughout the month, we will make some delicious recipes, including easy chocolate croissants, chocolate cherry pudding, and cupcakes. Pastor Deb will be on the unit to lead her Wednesday morning Bible study. The music therapy team will get our toes tapping and our hands clapping on Wednesday afternoons, Thursday, and Friday mornings. For service projects, we will make heart-shaped dog treats for the Corner Store and fold some more plastic bags for RL residents to turn into plastic bag mats.

PERSONAL CARE

We have had a delightful start to 2023! Get excited for all the things we are about to do for the month of February! Tuesday, February 7, we will have Hymn Sing with Donna Godshall, in the Friendship Room (FRAB), at 3:30 p.m.; unless otherwise noted.

Thursday, February 9, Stretch and Flex exercise time will begin at 9:30 a.m. and be every 2nd Thursday of the month. Food Forum, with Dining Services, Monday, February 13, at 2:00 p.m. in FRAB. This will now be held every 2nd Monday of the month. Resident Council will now be held on the Thursday following the Food Forum.

Mark your calendars and clear your afternoon for our Valentine’s Day Formal on Tuesday, February 14. R.S.V.P. with Heather, in PC, if you would like to attend.

Be on the lookout for the Spring Clothing Exchange; we are now accepting donations in the 4SR, see Heather in PC, or Joey.

Lastly, the new Living U brochures have arrived! See Heather, in the 4SR or Joey, in the Social Worker's office, for a copy and/or assistance with signing up for

FROM THE PASTORAL CARE DESK

We are Living Branches. The name of our community also describes who we are as we live and work together in the name of Christ. This is our theme verse, “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit.” John 15:5a Jesus declares that we will bear fruit as we stay connected to him.

As I interact with residents, staff, and family visitors at all three of our campuses, I am reminded of how God is bearing fruit in our lives. I see so many examples of caring, kindness, and joy. Today I saw a volunteer helping a resident eat their lunch. I heard a small group praying for our community. I noticed people being patient with someone who is grieving. I heard people laughing together as they shared a funny story. The fruit of God’s work in our community is continuing as we are living branches, remaining close to Jesus as our source.

I am reminded of another verse in John 10:10. Jesus said, “I have come that they might have life and have it abundantly.” I see and experience abundant life in our communities. How do you participate and contribute to the growth opportunities and relational connections in your home setting? As a pastoral team at Living Branches, we invite residents to stay connected to Jesus through the many different spiritual growth activities offered. We look forward to bearing fruit together and living the abundant life Jesus offers.

Pastor Sandy Landes, Dock Woods

MY COINS COUNT

Throughout the month of February, bring your coins and place them in the My Coins Count collection jug in the back of the Summit View Auditorium. The proceeds from My Coins Count will be designated toward Mennonite Central Committee’s education initiatives around the world.

Check your calendars and Sunday bulletin for offering totals, devotion schedule and Catholic Communion.