



A wonderful array of Living U courses are in store for you this spring. Many new and returning teachers will share their knowledge and wisdom on a wide variety of topics. You are invited to come enjoy refreshments and hear about these upcoming opportunities at a Living U Spring 2019 Kickoff Reception on Monday, January 14, 2019 at 10:00 a.m. in the Fisher Auditorium. The shuttle will begin picking up at each entity at 9:20 a.m. For more information, please contact Maribeth Benner at extension 44204.



**KEEP
CALM AND
PUT ON YOUR
THINKING
CAP**

**Tuesday January 29
9:30 a.m. Fisher
Auditorium**

Put on your thinking caps and come on down to Fisher Auditorium for a fun-filled scavenger hunt. The Resident Fitness and Aquatics Committee invites you to come out, bring a friend, and enjoy this fitness adventure. If interested, please stop by the Fitness Center to RSVP.



WELLNESS CENTER

Lab Services are available for Dock Acres, Dock Gardens, the Villas and residents of Dock Manor who have joined the Wellness Center. Please bring your request to the Wellness Center during the Walk-In Clinic Hours **Monday through Friday from 8:45 a.m. to 10:45 a.m. with the exception of the second and fourth Friday of each month - it is open from 1:30 p.m. to 3:30 p.m.** Please bring your physical therapy requests and lab requests during this time. The RL Services nurse is available outside these hours by appointment, RL Nurse Maria Popp, 215-368-4438 extension 44158.

To make an appointment with the following doctors:
(Please inform them that you will be seen at Dock Woods)

Dr. Arthur Donley, Podiatrist
Call 215-361-7848

Dr. Christine Kilczewski,
Tri Valley Primary Care
Call 215-361-5010

Dr. Gwen Rosenthal, Optometrist
Call 610-667-4123

Dr. David Flynn, Audiologist
215-855-4217

**** Please bring your insurance cards & list of medications****

DOCKET

DOCK WOODS

MOOSE RESEARCH PRESENTATION

You are invited to come to the Fisher Auditorium at 2:00 p.m. on Thursday, January 3, 2019 to learn about the moose in Yellowstone National Park and Isle Royale with Ky Koitzsch. Ky is a wildlife researcher and son of DG residents, Richard and Karen Koitzsch. He will be sharing his experiences studying moose, their background and their ecology. Come enjoy this presentation featuring this amazing animal. A shuttle will begin to pick up at each entity at 1:20 p.m.

SOUDERTON ALUMNI MEN'S CHORUS

As we ring in the New Year and continue to celebrate the Christmas season, we have invited the Souderton Alumni Men's Chorus for an evening concert on Monday, January 14, 2019 at 7:00 p.m. in the Chapel. Led by artistic director, Jon Leight. This men's chorus represents four generations of musical performers from Souderton Area High School. They are excited to share their repertoire of musical selections with our engaging audience. Following the concert, a donation will be received. A shuttle will begin to pick up at each entity at 6:20 p.m.

DOCK WOODS CHOIR REHEARSAL

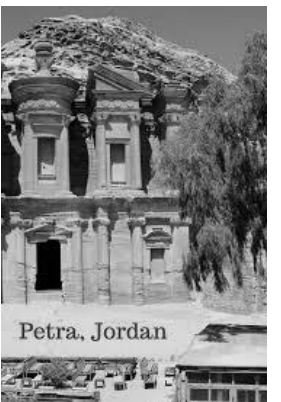
Calling all choir singers! Join us on Friday, January 18, 2019 at 10:00 a.m. in the Chapel for our first rehearsal as we begin to prepare for the Easter Cantata. New singers in all voice parts are welcome. Rehearsals are every Friday for one hour. If you have any questions, call Bill Kuhfuss at 215-393-6794.

DOCK'S MID-WINTER NIGHTMARE BUFFET

Welcome to Dock's Mid-Winter Nightmare Buffet on Wednesday, January 23, 2019 at 5:00 p.m. in the Bistro/Fisher Auditorium. This evening performance will have the reporters asking you questions about the writers and producers of this show, Joyce Shultz, Lorene Aherns, and Mary Rittenhouse Schwartzentruber. We have 14 residents who have auditioned for the leading roles which are the narrators, killer, victim, French maid, detective, doctor, sinister coroner and much more... The question and plot of this show is "WHY KILL JANE SMITH"? Come in your black attire and enjoy the evening buffet. Sign-ups for this Mid-Winter Nightmare Buffet will be held on Wednesday, January 9, 2019 at 10:00 a.m. in the Community Center Lobby. Prices and menu will be available at the sign-up. Following the buffet we ask for you to silence your smart phone or refrain from snoring if you fall asleep as we begin Act 1, "They have all come back from a European (no I think it was a Harrisburg tour)?" The suspense begins! This is an event you don't want to miss and is the first of its kind here at Dock Woods. A shuttle will begin to pick up at each entity at 4:20 p.m.

PETRA, JORDAN: "THE ROSE-RED CITY HALF AS OLD AS TIME"

Please join Dr. Stephen Phillips, Ph.D., the curatorial research coordinator in the Egyptian section of the University of Pennsylvania Museum of Archaeology & Anthropology, on Tuesday, January 22, 2019 at 2:00 p.m. in the Chapel. Nestled in a mountainous basin in a remote, rugged corner of Jordan lies the magnificent ruins of the ancient city of Petra, recently named as one of the "New Seven Wonders of the Ancient World." Come take a virtual tour of this richly illustrated presentation to the "lost" city that dates back more than 2,000 years. Our journey also includes stops at nearby Wadi Rum, and Aqaba, Jordan's resort on the Red Sea. A shuttle will begin to pick up at each entity at 1:20 p.m.



Petra, Jordan

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COMMUNITY EVENTS

FRIDAY, JANUARY 4 11:00 a.m. – Computer “Help Desk” with Gail Watts (DMCL)

Volunteer, Gail Watts, a retired educator, will be available for one hour in the Dock Manor Computer Lab to assist you with any questions related to your computer, I-Pad, or iPhone. No reservations required.

FRIDAY, JANUARY 4 2:00 p.m. - Computer Class 101 (FA)

Sign up with Eileen Burks during the January sign-up times or call Eileen at 215-368-4438, extension 44121 if you plan to come and continue learning about how to retrieve pictures from your phone or camera. This is a refresher course and if you have any special requests for future classes feel free to mention these topics at the class. A shuttle will begin to pick up at each entity at 1:20 p.m.

MONDAY, JANUARY 7 2:00 p.m. – Christmas Chimers (CH)

Come sing your favorite Christmas classics to kick off the end of the Christmas season. Join our chimers as they do the chiming and YOU do the singing! A shuttle will begin to pick up at each entity at 1:20 p.m.

TUESDAY, JANUARY 8 9:30 a.m. – PA House of Rep District 61 Aide (CCLobby)

Megan Diehl, Rep. Liz Hanbidge’s aide will be here to assist you with any government forms, provide notary service, and answer your questions the second Tuesday of every month. Feel free to stop by and say “hello.”

TUESDAY, JANUARY 8 2:00 p.m. - DA/DG/VL/DM Resident Meeting (CH)

Beginning January 2019 we will be combining the quarterly residents meeting and have one combined meeting in the chapel. An agenda will be distributed prior to the meeting. If you have an agenda item please contact Deborah Bell at 215-368-4438 extension 44110. A shuttle will begin picking up at each entity (DA, DG, VL) at 1:20 p.m.

WEDNESDAY, JANUARY 9 2:00 p.m. – RL January Birthday Celebration (FA)

ALL RL residents are invited to attend the monthly birthday celebration. If you are a January birthday celebrant, please call Eileen Burks at 215-368-4438, extension 44121 by Tuesday, January 8 if you plan to attend and receive your birthday plant. This month we will enjoy the vocal performance of entertainer Dean Garofolo “Elvis.” A shuttle will pick up at each entity beginning at 1:20 p.m.

FRIDAY, JANUARY 11 8:00 a.m. – Men’s Breakfast (FA)

Our guest speaker for the men’s breakfast is Thomas Petro, a special agent with the United States Secret Service. He served for over twenty-one years and has spent several years conducting criminal investigations in Philadelphia as well as having been assigned to protection details with the President, Vice President, and visiting Heads of State. Agent Petro served in permanent protection work during the Carter, Reagan,

and Bush administrations. He then entered Federal Service and served as special agent with the Social Security Administration, Office of Inspector General and Office of Investigations. Thomas retired in 2016. Please make your reservations with Eileen Burks by calling 215-368-4438, extension 44121 by Tuesday, January 8. The price of this breakfast is \$7.04 per person, plus tax. Ladies are welcome to hear the presentation at 8:30 a.m.

SUNDAY, JANUARY 13 2:30 p.m. – Amici Opera Company (CH)

This month Amici Opera Company will be presenting Ossenbach’s, “The Tales of Hoffman.” This fully staged opera is FREE for DW residents with their ID badge. Guests may purchase a ticket located at the Chapel porch entrance hallway. The senior rate is \$22.00, adult rate is \$25.00, student rate is \$15.00, and children under 12 are \$10.00.

MONDAY, JANUARY 14 1:00 p.m. – 3:00 p.m. – Genealogy 101 (DMCL)

Would you like some assistance with researching your family tree? Facilitators Lyn Dimmig, and Jane Early will be available for two hours in the Dock Manor Computer Lab to assist you. Sign up with Eileen Burks during the January sign-up times for the 1:00 p.m., one hour sessions, or the 2:00 p.m., one hour session. Space is limited to six people per class. Please direct any other questions you may have to Jane at 215-361-6857, or Lyn at 215-412-0116.

RESIDENT BIRTHDAYS AND UPDATES

This has been removed to protect the privacy of our residents.

RESIDENTIAL LIVING

LANSDALE COMMUNITY CONCERT, N.P.H.S. (TRIP)

Saturday, January 12 – 6:00 p.m.

The Living Branches coach will be transporting residents with a season membership to North Penn High School to enjoy the fourth concert of the season at 7:30 p.m. featuring, "Southeastern Pennsylvania Symphony Orchestra." The price of the transportation is \$4.00 per person. Sign up with Eileen Burks during the January sign-up times. The coach will pick up at each entity.

RL DINEAROUND – RISING SUN INN (TRIP)

Thursday, January 17 – 4:30 p.m.

The Living Branches coach will be traveling to Telford, PA to enjoy dinner at The Rising Sun Inn. At the restaurant you will order off the menu, be seated at tables of 4 & 6, and receive separate checks. Sign up with Eileen Burks during the January sign-up times. The coach will pick up at each entity.

INDIAN VALLEY PUBLIC LIBRARY MOVIE: "I CAN ONLY IMAGINE" (TRIP)

Tuesday, January 29 – 1:15 p.m.

The Living Branches coach will be traveling to Telford, PA to enjoy the 2:00 p.m. movie, "I Can Only Imagine." This inspiring Christian Drama film and true life story behind Bart Millard, whose inspiring song, "I Can Only Imagine" (Mercy Me's chart topping song), that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness. J. Michael Finley is cast as Bart Millard, Dennis Quaid, Arthur, as Bart's father, and Cloris Leachman as Bart's grandmother, Meemaw. The price of this trip is \$3.50 per person.

Sign-up with Eileen Burks during the January sign-up times. The coach will pick up at each entity.

RESIDENTIAL LIVING VALENTINE'S DAY BANQUET

**Thursday, February 14 – 5:30 p.m.
Bistro/FA)**

"Love is patient, Love is kind..." Come make these words of love become a memory for you at the 2019 RL Valentine's Day Banquet to be held on Thursday, February 14 at 5:30 p.m. in the Bistro/FA. On Wednesday, January 30, 2019 at 10:00 a.m. in the Community Center Lobby, dining services will be accepting reservations for this special RESERVATIONS ONLY banquet. Please have your names ready at sign-up, and receive your Valentine's Day Banquet ticket with the two menu choices. The price of this banquet is \$18.49 per person. Mark your calendars!

2019 MARCH TALENT SHOW "ISLAND FANTASY"

**Thursday, March 21 – 2:00 p.m.
FA/Bistro**

Have you ever been on a beautiful island with white sand, beautiful shells, and crystal blue water? Just imagine the sunshine on your back as we feature this year's talent show theme, "Island Fantasy." Just think, you could coordinate a group of your friends to take an adventure with you to Gilligan's Island, sail on the Love Boat, sing some songs from South Pacific or Fantasy Island. It's time to reserve a spot in the show where we invite group skits, vocals,

dance, and comedy! Dress rehearsal will take place in the Fisher Auditorium on Wednesday, March 20 at 2:00 p.m. until 4:00 p.m.. If you have any questions about this annual BIG event, please contact Eileen Burks at 215-368-4438, extension 44121. Sign up now with your life enrichment coordinator.

HUNTERDON HILLS PLAYHOUSE (TRIP)

Friday, March 29 – 9:15 a.m.

The Living Branches coach will be traveling to Hampton, NJ to lunch and afternoon show, "Take Me Away." This spring musical transports the audience to the bustling city of London for a one-of-a-kind, immersive dinner theatre experience! Upon arriving in their dining room, a host of lively street performers will greet you and set the scene as if you are on the bustling streets of Covent Garden, London. When the stage show begins, you will be joined by world famous sleuth, Sherlock Holmes, and his trusted mate, Dr. Watson, on a hilarious musical quest to solve one of the most baffling adventures...the mystery of love! The price of this trip is \$80.43 per person, which includes the transportation, served meal, and show. Sign up with Eileen Burks during the January sign-up times. Guests are welcome.

EILEEN'S JANUARY SIGN-UP TIMES

Wednesday, January 2, 2019 9:30 a.m. – 10:30 a.m. (CC Lobby/Bistro)

Friday, January 4, 2019 9:30 a.m. – 10:30 a.m. (CC Lobby/Bistro)

*If you are not able to come during these times, please contact
Eileen Burks at 215-368-4438, extension 44121.*

COMMUNITY EVENTS

TUESDAY, JANUARY 15 8:30 a.m. – Ladies' Breakfast (FA)

This month we have the pleasure of having Susan Johnson's (DM resident) granddaughter, Dr. Sonya Ephraim from the Institute for Female Pelvic Medicine & Reconstructive Surgery of Abington Physicians at Montgomeryville as our guest speaker. Come and learn how Dr. Ephraim is "Breaking the Silence about conditions that have devastating effects on a woman's life. Did you know that an estimated one in four women suffer from one or more pelvic floor disorders? Dr. Ephraim offers hope to women with pelvic floor disorders and her goal is to start more of a dialogue about these issues. Please make your reservations with Eileen Burks during the January sign-up times, or by calling 215-368-4438, extension 44121. The price of the breakfast buffet is \$7.77 per person, plus tax. A shuttle will pick up at each entity beginning at 7:50 a.m. Men are welcome to hear the presentation at 9:00 a.m. A donation will be collected following the presentation.

FRIDAY, JANUARY 18 9:30 a.m. – Welcome to Laos (RR)

This month our IVEP'er Bong Vilayphone will be teaching us about the different groups of people that reside in Laos and the different languages which are spoken. Each month Bong continues to teach us about his country and we welcome new residents to join the one-hour class. Mark your calendars!

SUNDAY, JANUARY 20 6:30 p.m. – Sunday Evening Worship - Hymn Sing (CH)

We are having an Old Fashion Hymn Sing led by Cy Lever and Fred Cole and accompanied by Norma Lever, who will play requests from the audience. A goodwill offering will be graciously accepted. A shuttle will pick up at each entity beginning at 5:50 p.m.

MONDAY, JANUARY 21 2:00 p.m. – Bolivia Presentation with Maky Samir (CH)

You are cordially invited to attend the power point presentation with Temple University student, Maky Samir. Maky, who currently resides at Dock Village, was a recipient of the Broadening Horizons Fund which helped to provide the most recent mission trip to Bolivia. He will be discussing how this program works. He will also share his photos and stories of how this trip impacted his life and the lives of others. A shuttle will pick up at each entity beginning at 1:20 p.m.

THURSDAY, JANUARY 24 7:00 p.m. - Funeral Conversations, Costs & Choices (CH)

The Pastoral Care and Service Department of Living Branches is hosting a "Funeral Conversations, Costs, and Choices" seminar on Thursday, January 24, 2019 in the Dock Woods Chapel at 7:00 pm. This seminar led by Wren Miller of Huff and Lakjer Funeral Home will help residents and their families explore those tough decisions that often come at the end of life and help equip them with careful planning strategies that can reduce the stress of making quick

decisions at the time of death. Such preplanning can allow families to spend more time supporting and caring for each other rather than covering all the details that often need tending at time of death. We believe this can be a very helpful seminar and hope you will invite your family members for this important conversation and planning time. Shuttle will begin picking up at 5:20 p.m.

FRIDAY, JANUARY 25 2:00 p.m. – January Blues Bingo (FA)

Prizes! Prizes! Prizes! Come warm yourself with a cup of hot chocolate and homemade cookies as we play a variety of bingo games at the January Blues Bingo. Remind your neighbors, and join us for a fun afternoon of warmth, fellowship and fun! A shuttle will begin to pick up at each entity beginning at 1:20 p.m.

MONDAY, JANUARY 28 2:00 p.m. – Perkiomen Tours 2019 Multi-day Trip Presentation (FA)

Please join Perkiomen Tours & Travel representative Andrea Altomare-Karom as she introduces the 2019 multi-day trip to Martha's Vineyard and Nantucket on September 24-27. Come hear about daily itinerary, lodging, meals and pricing. Featured attractions include a visit to Martha's Vineyard and Nantucket. We will stop in Essex, CT for a train or steamboat ride before returning home on day four. At this presentation Andrea will share how reservations will be taken and the dates for the sign-up this year. A shuttle will begin to pick up at each entity beginning at 1:20 p.m.

REPORTS

DINING SERVICES

January 1 – New Year’s Day Buffet – Doors open at 12:00 p.m. Please make reservations by calling extension 52407

January 9 – Mid-Winter Nightmare Buffet sign-ups will be held from 10:00 a.m. – 10:30 a.m. in the Community Center Lobby. The doors will open at 5:00 p.m. Menu will be available at sign-ups. Pricing is as follows: DG, OC, DT - \$14.70; DA,VL,DM \$14.70; Guests \$18.10

January 9 – Full Service Dinner – There are two seatings for this reservation only meal; 4:45 and 5:30 pm. We will begin taking reservations on Monday, January 1st. Please call extension 52407 to make your reservations.

January 23 – Mid-Winter Nightmare Buffet – Doors open at 5:00 p.m. Join us for a delicious meal & suspenseful mystery to figure out whodunit!

January 30 – Valentines Banquet Sign-Ups will be held from 10:00 a.m. – 10:30 a.m. in the Community Center Lobby. The price for this banquet is \$18.49. Menu available at sign-ups.

FUND DEVELOPMENT

Living Branches Preferred Trust Providers – Here to Help You

If you are looking for a seasoned professional to help you meet your financial goals, our Preferred Trust Providers are available to discuss your goals and objectives and share the options and choices available to you. Living Branches understands how important it is to have trained financial experts on-call at your convenience. We have partnered with both Everence Trust Company and Uninvest Bank and Trust Company to provide a full array of trust and financial planning services that are tailored to meet your needs. As a resident of Living Branches you are also eligible to receive these services at discounted rates. Call the representative at Everence or Uninvest to set up a free, no-obligation appointment at your convenience:

- **Jeffrey L. Godshall, CFP – Everence, Souderton office:**
215-703-0111

- **Linda J. La Vay, CTFA/AEP - Uninvest, Doylestown office:**
267-898-0611

For additional information, you may also contact Keith Heavener, Director of Fund Development at Living Branches: 215-368-4438, extension 44115.

NEW: Fund for Creative Arts Therapy – Double the Value of Your Gift

The Fund for Creative Arts Therapy is now part of the Living Branches Foundation, which exists to maintain life-enriching experiences for residents in all levels of care. This new fund will help enhance our residents’ lives through the unique healing and connecting power of music, art and dance. Living Branches is seeking to raise \$1.5 million for this new fund over the next five years, and is offering a One:One matching plan of \$250,000 to encourage donors to support this initiative. See the latest issue of Branching Out for more details about the programs that are included in Creative Arts Therapy, and how you can double the amount of your gift through the matching plan. Please contact Keith Heavener for more information.

ACORN SHOP

Thank you for a wonderful holiday season in the Acorn Shop! Take advantage of our “After Christmas Sale” December 26 – 31. Christmas merchandise will be 50% off! January 2-?, take 25% off our great variety of stylish ponchos, wraps, jackets, vests, hats & gloves to keep you warm this winter! Acorn Shop renovations are tentatively scheduled to begin in January and expected to take approximately six weeks. Some limited supplies of basic items will be available for purchase in the Gifts & Treasures Thrift Shop during the closure. We look forward to a beautiful new and improved Acorn Shop. More information on the temporary closure is anticipated. Thank you for your support. We look forward to seeing you in 2019. The profits from the Acorn Shop support the Sharing Fund!

DOCK’S GIFTS AND TREASURES SHOP

We’ve had a great year in the Dock’s Gifts & Treasures Shop! Thank you for your donations and for shopping with us! New items are being displayed as fast as we can get them cleaned and priced! The shop is open Monday to Saturday from 1:00 to 4:00 p.m. We are located next to the Dock Manor lobby. January’s sale will be our popular “Buck a Bag” book sale AND half price artwork. Come in for some great winter reading. As always, if these hours do not fit your schedule, please call me at 215-368-4438, extension 44230 to make an appointment to shop or drop off donations. We hope to see you soon!

REPORTS CONTINUED....

BARBER RESIGNATION

Due to the leave of absence of our barber and the resignation of our temporary barber, there will be no barber services available for the month of January and February. We hope to have services reinstated this spring and will notify you once the process is complete. Thank you for your patience and understanding during this time of transition.

RESIDENT COUNCIL ANNOUNCEMENT

The following residents have been elected by their peers to serve as a representative to the Dock Woods Residential Living Resident Council beginning January 2019.

Congratulations to all!

Members of Council elected to their first term of service:

Doris Fenton

James Gresh

Joyce Rosenberry

Members of Council re-elected to a second term of service:

Gwen Eagleson

Caroline Heizmann

William Hildebrand

Other members of the Council returning to complete their term of service:

William Bishop

Pearl Fulmer

Suzanne Kehler

David Olsen

Robert Thompson

Thanks to the following members of the 2018 Council for their time and service. Their work is much appreciated:

Dennis Alderfer

Jane Early

Larry Godley

VOLUNTEERS

It is time to begin work on our biennial “LENTEN DEVOTIONAL” for the 2019 Lenten season that begins March 6 with Ash Wednesday. Beginning this month we invite all residents, staff, volunteers, and family members to consider writing a brief devotional for one of the days of Lent. The pastors have a list of the Lenten scriptures for each day. You may contact them and choose a text about which you would like to write. The completed devotional should be no more than 250 words and turned in to Lynne Allebach by February 15. You may also add artwork, poetry, or lyrics of songs to illustrate the text you have selected. Submitted articles may be edited for length and clarity, but we will try to maintain the intent of the writer. These writings will then be distributed to all campuses after March 4, 2019, to anyone to who would like one.

ROAST PREACHER

One of our family traditions at Christmas each year is to have each person compile a list of the gifts they’d like to get for Christmas. Then we share this list around with family members so that hopefully you will receive an item you can use - and not some pair of purple underwear.

So last week I put my list together of things I needed for Christmas. Brenda looked at my list, and crossed out *needed* and changed it to *wanted*. It’s true; needs and wants are often confused in this season of the year.

To be honest I don’t really need much in my life. I have a loving family, my health, a meaningful job, a roof over my head, and food in the fridge, but this year I’ve become increasingly aware of a need that should be on my Christmas list...but I’m not sure I want to put it there.

You see in this season where we celebrate God’s coming to live among us to show us the way to live together with each other and with God (a message to both those who received him and those who received him not), God offered the gift of inclusive love to all people. No strings attached. There was no tag line saying, “Deliver to resident of this address only.” This was a bulk mailing to the whole world; those easy to love and those hard to love.

It is this gift of non-discriminate love that I need this Christmas...but at the same time, I’m not sure I want. If I had my wants I’d rather hold on to my self-righteous attitudes, my prejudices against others who don’t value what I do, my exclusion or retreat from relationships with theologically and politically conservative Christians who see things differently than I.

But if the good news of the Christmas story is to be incarnated in our world today, then I too need to love those who seem to lack a moral compass in their lives, those who promote injustice and discriminate against the poor and the powerless, those who pursue power and prestige at any cost, with the same kind of indiscriminate love that God blanketed on the whole world that Christmas Eve... and gosh that is hard to do.

Maybe it’s easier to just go with a gift you can’t use and enjoy the purple underwear. What do you think – Let’s talk...

Pastor Ray