

RESIDENTIAL LIVING TRIPS CONTINUED.....

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.

EXPANDING HORIZONS

Mark your calendars for the spring sessions of Expanding Horizons which will be held at Lutheran Community in Telford on Thursday, April, 4, 11, 18, 25, 2019 from 9:00 a.m. to 11:30 a.m. Be sure to get your name on a current mailing list as brochures will be mailed to you in early February. Expanding Horizons has promoted adult enrichment for over 20 years, and we would like to invite you to indulge your passion for life-long learning. If you would like to learn more about this educational program please contact Eileen Burks at 215-368-4438, extension 44121. The featured topics at the 2019 Spring sessions are: Cold War Presidents, Local Exploration, Spirituality in a Changing World, and Renaissance Arts & Music. During the sign-up's in March you may reserve your shuttle service to be transported each week at 8:15 a.m. to the Lutheran Community at Telford.

PERKIOMEN TOURS & TRAVEL MULTI- DAY TRIP MARTHA'S VINEYARD & NANTUCKET September 24-27, 2019

If you would like to learn more about the multi-day trip to Martha's Vineyard & Nantucket, stop by Eileen Burks's office and pick up the priced itinerary of this four day trip planned for September 24 through 27. Reservations are currently being made directly with Perkiomen Tours at 215-679-4434, or 800-222-4434. When making your reservations, please share with the sales representative that you would like to sign up for the Living Branches multi-day trip in September 2019. Guests are welcome!



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

Please bring your physical therapy requests and lab requests during this time. The Residential Living Services nurse is only available outside these hours by appointment.

Labs are drawn Monday and Thursday at 7:30 a.m. and Tuesday at 9:00 a.m. you must have an appointment.

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

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

DOCKET

DOCK WOODS

"CANDY CRAFTERS" VALENTINE'S DAY CANDY SALES

Valentine's Day is just around the corner, and for your shopping convenience, Bev Nace of "Candy Crafters" will be set-up in the Community Center Lobby/Bistro on Tuesday, February 5, 2019 at 10:00 a.m. until 3:00 p.m. There will be a variety of homemade candies and gifts for you to purchase just in time to share a special treat with a friend or your "secret" Valentine. Checks and cash are accepted. A portion of the total sales will benefit the DW Sharing Fund. Be sure to mark your calendars!

ASSOCIATES IN HEARING PRESENTATION

Did you know that hearing technology is changing at a rapid rate, and hearing devices are more advanced than ever? Dr. Patricia Reiff and Dr. David Flynn will be discussing what is available with today's new technologies on Wednesday, February 6, 2019 at 2:00 p.m. in the chapel. They will present information about devices, their functions and how they can make your day-to-day life easier; such as rechargeable batteries, hearing apps for your phone and connecting to your household devices. Whether you have trouble hearing your TV, your telephone, music, or just want to improve your dining room experience, hearing aids are able to expand just about any listening situation. Learn from the doctors of Audiology Associates about these latest advancements in hearing technology. A shuttle will begin to pick up at each entity at 1:20 p.m.

MEDICAL PRACTICES OF THE VICTORIAN ERA

You are invited to listen to historian, Herb Kaufman's lecture at 2:00 p.m. in the chapel on Friday, February 22, 2019. This presentation is intended to dispel the myths and explain the differences between the movies and actual medical practices. Hear about the actual period surgical instruments, medicines, and photographs used to provide a first-hand look at Victorian era medical equipment. Hear how the Victorian Era physicians worked tirelessly and diligently to heal the wounded and comfort the sick. A shuttle will begin to pick up at each entity at 1:20 p.m.

HOBBY DAY

Attention collectors!! We invite you to share your hobby display or special collection on Thursday, February 28, 2019 in the Fisher Auditorium at 2:00 p.m. until 4:00 p.m. We will display the treasured hobbies of our residents and welcome a variety of hobbies and collections such as: artwork, woodworking, needlework, glassware, sports memorabilia, doll collections, just to name a few. Make your reservation by February 15 with Eileen Burks at extension 44121 to reserve a table for your hobby. **Set up time will be at 10:00 a.m. on February 28 in the Fisher Auditorium.** We love to see the talent and tastes of our community! A shuttle will begin to pick up at each entity at 1:20 p.m. and again at 2:20 p.m.

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COMMUNITY EVENTS

FRIDAY, FEBRUARY 1 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, iPad, or iPhone. No reservations are required.

FRIDAY, FEBRUARY 1 2:00 p.m. – Computer Class 101 (FA)

You are welcome to come refresh your skills at Computer Class 101. Learn how to retrieve photos from your camera. Instructor, Gail Watts would like to develop ideas for your future classes and would like for you to share your requests at this class. Sign up with Eileen Burks during the February sign-up times or call her at extension 44121. A shuttle will begin to pick up at each entity at 1:20 p.m.

WEDNESDAY, FEBRUARY 6 8:30 a.m. DW Car Club Trip to Philadelphia Auto Show

Dock Woods Classic Car Club is organizing a trip to the Philadelphia Auto Show. The cost is \$7.00 and train ride is \$2.00 plus whatever you spend for lunch at the Reading Terminal Market. We will leave Fisher Auditorium at 8:30 a.m. and be back home around 4:30 – 5:00 p.m. You must sign up at the front reception desk by February 4 if you plan to go.

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

Our guest speaker for the men’s breakfast is Jay C. Glickman, attorney and partner of Rubin,

Glickman, Steinberg and Gifford, P.C. Jay is returning to review and complete a program on estate planning and why it is important. Hear about what we must do when making our wills, and learn about the business and financial powers, medical and health powers of the attorney and living wills. It is important to understand what is covered in these documents and what happens if someone becomes incapacitated and doesn’t have them in place. Jay will provide time for Q & A following the presentation. Please make your reservations with Eileen Burks by calling 215-368-4438, extension 44121 by Tuesday, February 5. The price of this breakfast is \$7.04 per person, plus tax. Ladies are welcome to hear the presentation at 8:30 a.m.

MONDAY FEBRUARY 11 9:30 a.m. – Indoor Mini Golf (FA)

Mark your calendars and come on down for the annual indoor miniature golf held in Fisher Auditorium. Always a fun time, please let the Fitness Center know if you are planning to attend. Putters will be provided. On-campus shuttle will be available.

MONDAY, FEBRUARY 11 1:00 p.m. – 3:00 p.m. – Genealogy 101 (DMCL)

Would you like some assistance 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 February sign-up times for the 1:00 p.m. one-hour session, or 2:00 p.m. one-hour

session. Space is limited to six people per class. Please direct any questions you may have prior to class to Jane at 215-361-6857, or Lyn at 215-412-0116.

MONDAY, FEBRUARY 11 3:00 p.m. – Tasteful Traditions Class (OC1)

As we celebrate President’s Day this month we will also recognize February as National Cherry and Chocolate Month. Come help us prepare a special treat and talk about some of the great leaders of our country, starting with George Washington! If you have any letters or congratulatory certificates from any of our Presidents bring them along for us to learn about your story and why you received them. See you then!

TUESDAY, FEBRUARY 12 9:30 a.m. – PA House of Rep District 61 Aide (CC Lobby)

Legislative Aide Megan Diehl will be here to answer any questions you may have, provide forms and notary service. Rep. Liz Hanbidge will be here as well to say “hello” as the newly elected House representative for our district.

WEDNESDAY, FEBRUARY 13 2:00 p.m. – RL February Birthday Celebration (FA)

All RL residents are invited to attend the monthly birthday celebration. If you are a February birthday celebrant please call Eileen Burks at 215-368-4438, extension 44121 by Tuesday, February 12 if you plan to attend and receive your birthday plant. This month we will enjoy the vocal performance of vocal duo, Lorri

RESIDENT BIRTHDAYS AND UPDATES

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

HOTLINE INFORMATION

Café/Dining Room Menu: 215-368-4438, extension 56789

Dining Reservations: 215-565-2407 or extension 52407

Fitness & Aquatics: 215-565-0236 or extension 50236

Information Technology: 215-412-5511 or extension 25511

RESIDENTIAL LIVING

THE LAYMEN PLAYMEN - *BEAUTY and the BEAST* (TRIP) **Thursday, February 7 – 7:15 p.m.**

The Living Branches coach will be transporting residents with reservations to the Lansdale United Methodist Church to enjoy the 8:00 p.m. show of Disney's *Beauty and the Beast*, performed by the cast of The Laymen Playmen. The Laymen Playmen is comprised of Hatfield resident performers who have provided entertainment through the years. With the generous support of the community they provide funds for the Hatfield Pastors' Fund. This is their 32nd year! The price of this trip is \$5.00 per person for the show to be paid on the bus, and \$3.60 per person to be billed for transportation. The coach will pick up at each entity.

LANSDALE COMMUNITY CONCERT, N.P.H.S. (TRIP) **Saturday, February 9 – 6:00 p.m.**

The Living Branches coach will be transporting residents with a season membership to the North Penn High School to enjoy the fifth concert of the season at 7:30 p.m. featuring the American Spiritual Ensemble. The price for the transportation is \$4.00 per person. Sign up with Eileen Burks during the February sign-up times. The coach will pick up at each entity.

RL DINE AROUND – THE METROPOLITAN **Thursday, February 21 – 4:30 p.m.**

The Living Branches coach will be traveling to Montgomeryville to enjoy dinner at The Metropolitan. At the restaurant you will order off the menu, be seated at tables of 4 and 6, and receive separate checks.

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

INDIAN VALLEY PUBLIC LIBRARY MOVIE: *WONDER* (TRIP) **Tuesday, February 26 – 1:15 p.m.**

The Living Branches coach will be traveling to Telford to enjoy the 2:00 p.m. movie, *Wonder*. This 2017 American comedy-drama film starring Julia Roberts and Jacob Tremblay, is based on the New York Times bestseller about August Pullman, a boy with a rare facial deformity who had undergone 27 different surgeries. He is enrolled for the first time in the fifth grade of a private school after previously being homeschooled. This is an incredibly inspiring and heartwarming story. The price of this trip is \$3.50 per person. Sign up with Eileen Burks during the February sign-up times. The coach will pick up at each entity.

HUNTERDON HILLS PLAYHOUSE - *TAKE ME AWAY* (TRIP) **Friday, March 29 – 9:15 a.m.**

The Living Branches coach will be traveling to Hampton, N.J. to enjoy lunch and the 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! 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 lunch, and show. Sign up with Eileen Burks during the February sign-up times. Guests are welcome.

THE 36TH ANNUAL PETER BECKER FLOWER SHOW - "SUPER POWERS & FLOWERS" **Thursday, March 14 to 16 – 1:30 p.m. (TRIP)**

The Living Branches coach will be providing a shuttle service to Peter Becker Community for RL residents to attend the 36th Annual Flower Show, "SUPER POWERS & FLOWERS." The retired super heroes of Peter Becker Community and their friends at Peaceful Living are called in to battle the enormous botanical super villains. See the botanical beings that have emerged to wreak havoc on the town of Harleysville! Sign up with Eileen Burks during the February sign-up times. The coach will pick up at each entity beginning at 1:30 p.m. for the 2:00 p.m. arrival at PBC. A donation is received at the PBC doors and free parking and shuttle service is provided to all the campus attractions.

COMMUNITY EVENTS

and Jim. A shuttle will pick up at each entity beginning at 1:20 p.m.

THURSDAY, FEBRUARY 14 **5:30 p.m. – RL Valentine's Day Banquet (FA-Bistro)**

Happy Valentine's Day! We welcome residents with reservations to this heartwarming event filled with flowers, delicious food, friendship, and of course the rainbow of reds, pinks and purples that fill the room! The price of the banquet is \$18.49 per person. Be sure to have made your reservations with dining services and have received your banquet ticket. The menu choices are A: Braised Center Cut Pork Loin Chop and B: Alaskan Salmon Cake. Door prizes will be awarded while you enjoy your dinner which will be followed by **The Bel Canto Youth Chorus of The Bach Choir of Bethlehem**. Founded in 1993 and directed by Dr. Joy Hirokawa, this choir has been recognized for their highest standard of musical excellence and style. They are delighted to now be affiliated with The Bach Choir of Bethlehem, providing their choral music education program. A shuttle will pick up at each entity beginning at 4:50 p.m.

FRIDAY, FEBRUARY 15 **9:30 a.m. – Welcome to Laos Class (RR)**

This month IVEP'er, Bong Vilayphone will continue to teach us about his culture in Laos. Bong will also share with us his most recent trip to Canada while attending the IVEP mid-year conference. New residents are welcome to come listen and learn at this one hour class.

SUNDAY, FEBRUARY 17 **6:30 p.m. – Sunday Evening Worship (CH)**

Please join us for an evening of fellowship and music with Michael Bishop. Mike served the Blooming Glen congregation as Minister of Music since 1989 and graduated from Eastern Mennonite College in 1981 with a BA in Music Education. An offering will be gladly accepted. A shuttle will begin to pick up at each entity at 5:50 p.m.

TUESDAY, FEBRUARY 19 **2:00 p.m. – Low Vision Presentation (CH)**

Please join our guest speaker, Jule Ann Lieberman, MS CLVT/CATIS, Assistive Technology Specialist from Pennsylvania's Initiative on Assistive Technology from the Institute on Disabilities at Temple University. Jule Ann has over 20 years of experience providing direct service in technology for persons with low vision. Her progressive vision loss has provided personal insight into the need for adjusting to vision loss and accommodations in the home and the workplace. Mark your calendar. Learn about this valuable information about low vision and circumstances affecting your vision. A donation will be received following the program. A shuttle will begin picking up at each entity at 1:20 p.m.

WEDNESDAY, FEBRUARY 20 **2:00 p.m. – Old Comrade Concert Band (CH)**

Just in time to celebrate President's Day! The Old Comrade Band will be performing their winter concert in the chapel. Enjoy the music that

will certainly get your hands clapping and your toes tapping! Following the concert a donation will be received. A shuttle will begin picking up at each entity at 1:20 p.m.

SUNDAY, FEBRUARY 24 **2:30 p.m. – Amici Opera Company (CH)**

This month Amici Opera Company proudly presents *Massenet's, Don Quichotte*. 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.

LANSDALE COMMUNITY CONCERTS, INC SEASON MEMBERSHIP 2019-2020

The Lansdale Community Concerts, Inc. is now receiving renewal subscriptions for the upcoming 2019-2020 season. If you would like to be a prospective member of the Lansdale Community Concerts series, please contact Eleanor Ruth, resident of 547 Dock Acres, at 215-361-6855. The price for the six concerts will be \$120.00 per person. The concerts will begin at 7:30 p.m. at the North Penn High School.

EILEEN'S FEBRUARY SIGN-UP TIMES

Friday, February 1, 2019 9:30 a.m. – 10:30 a.m. (CC Lobby/Bistro)
Monday, February 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.

REPORTS

DINING SERVICES

February 13 – Full Service Dinner – There are two seatings for this reservation only meal: 4:45 and 5:30 p.m. We will begin taking reservations on Friday, February 1. Please call extension 52407 to make your reservations.

February 14 – Valentine’s Day Banquet – Doors will open at 5:30 p.m. for this reservation only meal. Tickets with entrée choices were given at the time of sign-ups.

February 27 – Full Service Dinner – There are two seatings for this reservation only meal: 4:45 and 5:30 p.m. We will begin taking reservations on Friday, February 1. Please call extension 52407 to make your reservations.

**The phone number to make reservations is 215-368-4438 ext. 52407.

FUND DEVELOPMENT

Year End Update – Thanks for your generosity!

Thank you! These words are not spoken often enough, but please know we are so thankful for your continued support year after year. Due to the generosity of the residents, staff members, and the surrounding community, we have surpassed our goal of \$70,000 for the **Annual Year End Appeal** with a final total of **\$139,003.37**. Our mission to “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. The Foundation’s needs are growing every year and we appreciate your support of this ministry. Thank you for your gifts and for your generosity. We are truly grateful!

Save the Date! Souderton Mennonite Homes

Rocker-Thon

The Souderton Mennonite Homes Auxiliary invites you to save the date for the annual **Rocker-Thon**, which will be held in the Summit View Auditorium at SMH on **Friday, February 22**. You can participate by signing up to rock in a desired time slot during the event or can stop by the SVA to support those rocking and make a

donation! The goal for this year’s event is \$12,000.00. The sign-up sheet will be located in the main lobby and all proceeds will benefit the **Souderton Mennonite Homes Agape Fund**. For more information, please contact Alta Yoder at 215-723-9881.

GIFT SHOPS

The Acorn Shop

Remember the special people in your life! Gifts, and special chocolate treats are available for your Valentines in the Acorn Shop! Treat yourself or someone dear to some of our jewels! All jewelry is on sale for 20% off February 1-11. The Acorn Shop will close February 12 for remodeling. The closure will last for approximately four weeks, but could be for more or less time. Please utilize the Gifts & Treasure Shop in Dock Manor during this time. Dairy, drinks, paper products, stamps, cards and some personal care items will be available for sale there for your convenience. We will have no freezer, so stock up on ice cream and Zook’s Meat Pies before we close the Acorn Shop!

Gifts and Treasures Shop

Have you been to the Treasure Shop lately? New items are being added to the shop and the Nook almost daily! For the month of February, all drinking glasses and glass vases are ½ price! This is also the place to pick up needed household staple items during the Acorn Shop closure. The shop is open Monday through Saturday from 1 to 4 p.m. and we are located next to the Dock Manor lobby. Also, keep us in mind when you do your “Spring cleaning.” Donations are accepted during regular business hours. All profits from the Gifts and Treasures Shop go to the Sharing Fund!

PASTORAL CARE

The pastoral care team is planning a series of four conversations on the topic of racism and what it means for us as followers of Jesus to be a voice of equality in our current culture. These sessions are planned for Mondays at 11:00 a.m. beginning February 4 through Feb 25 in the chapel. Questions can be addressed to Pastors Ray and Sandy. All are welcome to join these conversations.

REPORTS CONTINUED....

VOLUNTEERS

Calling all four-footed volunteers! Do you have a dog or cat that is a certified pet therapy animal? Would you like to bring joy to the residents of Living Branches? If so, please contact Lynne Allebach at 215-368-4438 ext. 42289 to find out about arranging visits with your furry friend.

LIVING BRANCHES HUMAN RESOURCES

Living Branches is thankful for everything our employees do to support and live out our vision. We are currently hiring for more employees to join our team! We currently have open job positions at The Willows, Souderton Mennonite Homes, and Dock Woods in various departments: Nursing, Dining Services, Maintenance, and Administrative Services. We would be so grateful if you would spread the word and refer anyone you think would be a great fit for our organization, as we continue to empower older adults and families to lead lives of purpose and joy. For more information, have them visit our website at www.livingbranches.org/careers. Thank you.



The Spring 2019 semester is filled with delightful classes for your learning enrichment and enjoyment. If you haven’t already done so, we hope you will check out the spring course brochure which came to you in the mail. Extra copies of the brochure and registration forms are available at the Welcome Center desk. Registration is open through February 8, 2019. If you have questions, please contact Maribeth Benner, Living U Coordinator at extension 44204.

CONSTRUCTION CHATS:

They all will be on Tuesdays for the month of February at 3:00 p.m. to 3:30 p.m. in Fisher Auditorium: February 5, 12, 19, and 26.

WELLNESS CENTER

Effective February 1, 2019 Brigitte Harken, CRNP of Dr. Christine Kilczewski’s office will be starting hours at the wellness center from 9:00 a.m.-12:00 p.m. on the first and third Wednesday of every month. She will be treating resident patients of Lansdale Tri Valley Primary Care. To make an appointment with Brigitte, please call the office of Dr. Kilczewski at 215-361-5010 and tell them you would like to be seen at Dock Woods.

ROAST PREACHER

I sold my old 1948 John Deere M today. It was a tractor we used on the farm when I was growing up that Dad had restored about 20 years ago. Matt used it to plow snow. I plowed many a garden and together we used it to pull a straw bale wagon laden with the grandkids through our neighborhood on Christmas Eve singing Christmas carols. On Christmas Eve, we enjoyed this Christmas ritual for the last time.

Oh, I know it makes all the sense in the world to sell the tractor; there’s no place to use it, and no place to store it but emotionally it’s been tough to let it go. The man who bought it must have sensed my inner struggle because he said he’d “give it a good home.”

That tractor had so many memories attached to it – laughter, love and stories, lots of stories. Even just starting it up and hearing that putt putt sound reminded me of dad pulling the front end off the ground trying to pull out a tree, or Zack as an eight year old sitting on grandpa’s lap learning to drive, or of Matt last year doing doughnuts out on the snowy driveway laughing his head off.

This is a new season for me; this season of loss. Matt’s gone, the tractor is gone, my dad is declining with prostate cancer, and my once secure world seems to be coming apart at the seams. I’m not accustomed to living through such earthquakes.

Yet I know for many of you here at Dock these earthquakes are a familiar part of the landscape of your life. There are many losses you have already encountered in life – loss of identity, loss of a spouse, loss of health, loss of independence. For some of you this season of loss has been a disorientating time of life. It has left you reeling; it’s hard to know which end is up, hard to find your way through this spinning world.

Others of you have come through these tsunamis that flooded your life and you have embraced the new terrain of life with courage and confidence. Like Job, whose world collapsed when he lost his health, his family, and all his “John Deere tractors,” you have come to declare, “Though Thou dost slay me, though comfort after comfort is taken away, though the waves of trouble roll over me, and though I go down into the valley of the shadow of death, yet I will trust in thee” (Job 15:13).

Sometimes in this season of loss I have moments where I feel like I’m on solid ground, and then in the next moment I feel like I’m swimming through murky water where I can’t touch the bottom, and I feel deep anxiety. Maybe that’s the story for many of us in the middle of such earthquakes. What’s your story? – Let’s talk.