

Be Not Afraid

We are afraid. This year that began with such promise has included a global pandemic with widespread job loss and economic consequences, sustained protests in the street against racial injustice and inequities, the hottest summer on record amid wildfires and natural disasters in every part of the world. It is little wonder that we are afraid in the face of so much uncertainty and divisiveness. Our fear makes us vulnerable to the rhetoric of fear mongers who use it to their advantage. Yet “fear not” is the most repeated admonition in the Bible. In the birth narratives of Jesus alone, Zechariah, Mary, Joseph and the shepherds all receive the message, “Be not afraid.” How we long for the comfort of these words to quiet our own anxious hearts!

As we await the coming of the Christ Child again this Advent season, I propose that we do so with a devotional booklet created by Living Branches residents and staff called simply, Be Not Afraid. To take us from the first Sunday of Advent on November 29th through the Twelfth Night celebration of Epiphany or Three Kings’ Day on January 6, we will need 39 half-page reflections on a favorite passage that includes fear, being afraid, or reasons not to be. Please give me a call at 215-368-4438 extension 44227, send me an e-mail (donna.merow@livingbranches.org), or stop by my office in Dock Woods with your chosen passage and begin thinking and writing. A list of possible verses will be available from campus pastors if folks need ideas. Submissions are due on or before November 1 (when we gain an extra hour for our efforts) to allow time for editing, copying and assembling. Do not be afraid! God is with us!

Blessings,

Pastor Donna

Margaret Zook, who has served Living Branches as our director of church and community relations for the past six years, concluded her time at Living Branches on August 30, 2020. She will be assuming a new role with Mosaic Mennonite Conference as the director of collaborative ministries. Margaret has developed many church and community relationships during her time at Living Branches, and I am pleased to share that Living Branches will still be able to connect with Margaret, as we are a Conference Related Ministry with Mosaic Mennonite Conference. I appreciate Margaret’s excellent work these past six years; she served us faithfully and well.

Edward Brubaker, President/CEO

DOCKET

DOCK WOODS

FIRE PREVENTION MONTH 2020

October is Fire Prevention Month! The goal of Fire Prevention Month is to raise fire safety awareness, and help ensure your home has a plan and is ready for the unexpected. In 1922, the National Fire Protection Association (NFPA) named the second week of October Prevention Week in commemoration of the Great Chicago Fire in 1871. Today we celebrate Fire Prevention Week and Month by raising fire safety awareness and educating families, our Dock Woods residents, and communities across the United States. The NFPA’s 2020 campaign for Fire Safety Month is “Serve Up Fire Safety in the Kitchen.” Did you know that unattended cooking is the #1 cause of home fires? You may learn more about Fire Prevention Month and the importance of fire safety here. (<https://www.nfpa.org/Public-Education/Staying-safe/Preparedness/Fire-Prevention-Week>) . Mark your calendars and join us on Friday, October 9 at 2:00 p.m. The Towamencin Fire Department will have a Fire engine on display outside the Fisher Auditorium entrance for one hour. Remember to wear your mask, and 6 foot social distancing will be observed.

ANNUAL COMMUNITY MEETING VIRTUAL BROADCAST - MONDAY, OCTOBER 12 2:00 p.m. (Ch 2)

Communications with our residents and employees is an important part of our culture. The ultimate goal of our communications is that residents and employees are well informed about our organization so we can all feel engaged with our mission and purpose. One of the ways we communicate with residents is through an Annual Community Meeting. This meeting will be held virtually this year and all residents are invited to tune in.

The agenda for these meetings will include reports from the campus executive director, the chief financial and technology officer, and the CEO. A special highlight will focus on technology and the opportunities it brings to enhance residents’ lives at Living Branches. The goal is for you to come away from the meeting with a greater understanding of our operations, our finances and our future.

The video will be broadcast again throughout the week at 10:00 a.m. and 6:00 p.m. on Dock Woods cable channel 2.

POLICE APPRECIATION EVENT - TUESDAY, OCTOBER 20 7:30 a.m. – 9:00 a.m. – FA CARPORT ENTRANCE

Dock Woods would like to thank and honor the men and women from the Towamencin Township Police Department for their service and protection of our Dock Woods campus. We will be serving hot coffee and homemade muffins from 7:30 a.m. to 9:00 a.m. under the carport at the Fisher Auditorium entrance for our men and women in blue! If you would like to help bake these delicious homemade muffins on Monday, October 19 at 2:00 p.m. in the recreation room kitchen, please contact Eileen Burks at 215-368-4438, extension 44121. Please bring along your muffin tin, mixing bowl, large spoon, and a spatula. We will package the muffins for the drive through. Let’s thank our men and women in blue!

RESIDENTIAL LIVING ACTIVITIES

ART CLASS TUESDAYS, OCTOBER 6,13,20,27 9:30 a.m. (RR)

You are invited to join Art Class instructor, Sally Yates as she continues to instruct art class for one hour on Tuesday mornings at 9:30 a.m. in the Recreation Room. The class will be set-up for four people to attend and instructor Sally Yates. First come-first served. Social distancing and masks are required. Remember to bring along your art supplies. If you have any questions feel free to contact Sally at 215-361-6843 or 16843.

ASSOCIATES IN HEARING - "HEALTH PROBLEMS LINKED TO HEARING LOSS" - TUESDAY, OCTOBER 6 2:00 p.m. - CHAPEL

Did you know that some health problems are linked to hearing loss? New research is beginning to connect untreated hearing loss to many common health problems such as depression, cardiovascular disease, dementia, tinnitus and others. This presentation will describe how each ailment is correlated with hearing loss and show you the importance of addressing your overall hearing health. Come out and hear from Dr. Patricia Reiff and Dr. David Flynn of Associates in Hearing to learn how hearing devices can improve your health in area other than your auditory system. Learn about the latest hearing technology and how their features can help improve even the most challenging listening environments. Sign up by calling Eileen Burks at 215 368- 4438 extension, 44121, or by emailing her at Eileen.burks@livingbranches.org. Seating is limited to 25 residents. All residents with reservations will need to be screened at the Welcome Center or Dock Manor Entrance before entering the chapel. Masks are

required and six foot social distancing will be observed. Space is limited. Sign up with Eileen Burks by calling 215-368-4438 extension 44121 or email at Eileen.burks@livingbranches.org.

MEDICARE PART D OPEN ENROLLMENT PRESENTATION THURSDAY, OCTOBER 8 2:00 p.m. (CH)

You've survived COVID-19, now comes Medicare's Annual Open Enrollment Period! Join Trish Sneddon, CSA® Financial Services Representative Everence® on Thursday, October 8 for this presentation on open enrollment. This presentation will help you make sense of the hype and those fear-inducing ads...well, at least the ones related to Medicare.

- What has changed with Medicare due to COVID-19?
- What hasn't changed with Medicare, regardless of what the commercials say?
- What are they selling anyway?
- Which Medicare plans work at Living Branches, and which ones DON'T
- General updates on the Medicare Part D prescription plan program and Medicare's Annual Open Enrollment Period

Sign up by calling Eileen Burks at 215 368- 4438 extension, 44121, or by emailing her at Eileen.burks@livingbranches.org. Seating is limited to 25 residents. All residents with reservations will need to be screened at the Welcome Center or Dock Manor Entrance before entering the chapel. Masks are required and six foot social distancing will be observed. Space is limited. Sign up with Eileen Burks by calling 215-368-4438 extension 44121 or email at Eileen.burks@livingbranches.org.

FLU SHOTS – DW RESIDENTS (PATIENTS OF TRI VALLEY PRIMARY CARE) OCTOBER 14 1:00-3:00 p.m. (RR) or OCTOBER 21 10:00-12:00 p.m. (CR C)

For residents who are Tri Valley patients, Brigitte Harken, CRNP, will be administering high dose flu shots on the dates listed above. It is so important to get a flu shot every year and even more urgent this year due to the COVID-19 pandemic. Residents who are not patients of the Tri Valley offices can get their shots at Walgreens, CVS, ShopRite and most other primary care doctor's offices. If you are a Tri Valley patient, please call Maria Popp, wellness nurse at 215-368-4438 extension 44158 to schedule an appointment with Brigitte Harken. We will be scheduling the appointments five minutes apart and request that you come on time so physical distancing can be maintained. If you have any questions please call Maria Popp.

"THE SPHINX THAT MOVED TO PHILADELPHIA" LECTURE WITH DR. STEPHEN PHILLIPS, Ph.D. THURSDAY, OCTOBER 22 2:00 p.m. (CH)

You are invited to attend a lecture presented by "Dr. Steve" Phillips, Ph.D. from the University of Pennsylvania Museum of Archaeology and Anthropology. This lecture tells the history of the Penn Museum's sphinx (the largest sphinx in the entire Western Hemisphere) – from its discovery in Egypt at Memphis in the early 20th century, its subsequent transport to Philadelphia, concluding with a behind the scenes look at the engineering and human effort involved in moving such an object, both monumental and

RESIDENT BIRTHDAYS AND UPDATES

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

HOTLINE INFORMATION

Bistro: 215-368-4438, extension 44145

Dining Reservations: 215-565-2407 or extension 52407

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

Information Technology: 215-412-5511 or extension 25511

WELLNESS CENTER

Lab services will continue for Dock Acres, Dock Gardens, Villas, and residents of Dock Manor who have joined the wellness center on Tuesdays and Thursdays by appointment and held in Conference Room A.

In lieu of the wellness clinic hours, Maria Popp the wellness nurse is still available to see residents by appointment Monday through Friday 8:45-10:45 a.m. except for the 2nd and 4th Friday of the month when she is available 1:30-3:30 p.m. Please call the wellness nurse Maria Popp 215-368-4438 extension 44158 if you need an appointment to see her. This is being done to adhere to social distancing guidelines for our independent and assisted living residents.

To make an appointment with the following doctors:

Please inform them that you will be seen at Dock Woods.

Dr. Arthur Donley,
Podiatrist
Call 215-361-5769

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

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

Dr. David Flynn,
Associates in Hearing
Call 215-855-4217

The Arrival of Fall Means it is Time to Get Your Annual Flu Shot!

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine for everyone six months of age and older as the first and most important step in protecting against this serious disease. The flu vaccine is especially important this year due to the ongoing COVID-19 pandemic since many of the symptoms of these viruses can present similarly.

The flu shot is formulated differently each year to protect against the most common circulating strains of flu, since flu viruses are constantly changing. Although the flu vaccine is not 100% effective, handwashing, good respiratory hygiene, and staying away from others when ill are effective methods of decreasing the likelihood of an influenza outbreak. In addition, practices like mask usage, social distancing, washing your hands and avoiding large crowds, which are preventative measures being used to slow the spread of COVID-19, can also help to prevent the spread of influenza. Don't forget to make your appointment to get your flu shot today!!

Merewyn Sheeran, RN, CIC

priceless, in today's world. Come learn what the sphinx represented to the ancient Egyptians, and How did they move it? Sign up by calling Eileen Burks at 215-368-4438, extension 44121, or by emailing her at Eileen.burks@livingbranches.org. Seating is limited to 25 residents. entering the Chapel. Masks are required and six foot social distancing will be observed. All residents with reservations will need to be screened at the Welcome Center or Dock Manor entrance before entering the chapel.

"I WANT MY MUMMY" LECTURE WITH Dr. Stephen Phillips, Ph.D. THURSDAY, OCTOBER 29 2:00 p.m. (CH)

You are invited to attend a lecture presented by "Dr. Steve" Phillips, Ph.D. from the University of Pennsylvania Museum of Archaeology and Anthropology. This talk includes unpublished images of the actual mummies of several of Egypt's most famous pharaohs, as well as behind the scenes images of 4,500 year-old mummies as they emerged from the sands during Dr. Phillips' own recent archaeological excavations in the cemeteries adjacent to the Great Pyramids at Giza, Egypt. This lecture presents a history of Western civilization's centuries-long interaction with ancient Egypt's human remains, how attitudes regarding those mummies changed through time, and, how mummy-related folklore still influences the modern world. Sign up by calling Eileen Burks at 215-368-4438, extension 44121, or by emailing her at Eileen.burks@livingbranches.org. Seating is limited to 25 residents. All residents with reservations will need to be screened at the Welcome Center or Dock Manor entrance before entering the chapel. Masks are

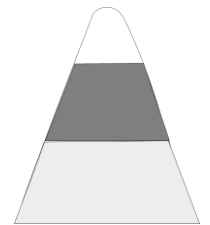
required and six foot distancing will be observed.

COSTUME PARTY PARADE FRIDAY, OCTOBER 30 2:00 p.m. (outside FA carport entrance)

You are invited to join us outside the Fisher Auditorium entrance/Community center parking lot for our annual costume party/parade. This year we invite you to bring along your folding chairs and join Vocalists, Lori and James for an hour of lively music, and an outside costume parade with refreshments and treats! The costume categories to be judged are: **The Most Orange & Black,** **The Funniest, The Most Creative,** **The Prettiest, Super Hero, The Best Couple, the Most creative Mask.** Keep in mind this event is weather permitting. All residents must wear a mask. (Suggested costume is to decorate your mask), and six foot distancing will be observed.

WANTED: CANDY DONATIONS

Candy donations will be collected throughout the month of October for the costume party treat bags! Candy Collection boxes will be placed in the Dock Manor Lobby, below the daily bulletin board, and below the Dock Gardens resident mailboxes located in the Community Center. Your donations are SWEETLY appreciated!



REPORTS

FUND DEVELOPMENT

POSTPONED TILL 2021: Friends of the Sharing Fund Dinner

The 34th Annual Friends of the Sharing Fund Dinner will be postponed till 2021. This event benefits the Dock Woods and The Willows Sharing Fund, which provides grants to residents who are no longer able to cover the full cost of their care. Donations to the Benevolent Care Fund are accepted anytime online at livingbranches.org/donate or can be sent (check payable to Living Branches Foundation) to Living Branches Foundation, 275 Dock Drive, Lansdale, PA 19446. If you have questions, please contact Keith Heavener at extension 44115 or Dena Winner at extension 44304.

Thank You!

The Fund Development Team would like to thank you for your support of the Online Auction, Virtual Hymn Sing, and the Livestream Gospel Music Fest that were held in August. Donations from these events amounted to over \$18,000 before expenses, and the net proceeds will benefit the Agape Fund, which is the benevolent care fund that provides for the residents of Souderton Mennonite Homes who can no longer afford to pay the full cost of their care. If you would like to see the Hymn Sing or Gospel Music Fest, you can still watch them at livingbranches.org/blog-home. Donations to the Agape Fund are accepted online at livingbranches.org/donate or can

be sent (check payable to Living Branches Foundation) to Living Branches Foundation, 275 Dock Drive, Lansdale, PA 19446.

ANNUAL DISCLOSURE STATEMENT

Each year we prepare a disclosure statement for the Department of Insurance, which regulates life plan communities. This year's disclosure statement will be available at 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 statement will be delivered to you.

MARKETING

Satisfaction Surveys

Your feedback is important to us! Living Branches residents will again have the opportunity to complete official satisfaction surveys beginning in the month of October. These surveys will follow the same format as they did last October, and memos with specific information will be shared before the surveys begin. Feel free to contact Alex Metricarti at 215-368-4438 extension 44206 if you have questions.

THE ACORN SHOP

Have you had an opportunity to visit the **Acorn Shop** lately? Stop in often to see what's new! Don't forget to bring your list and get a jump on your Christmas shopping! **All ladies fashions are 25% off** for the month of October (tops, wraps, ponchos, sweaters, scarves). Take advantage of our great selection while supplies last!

Jazz up your own style or stock up on some early Christmas gifts! We also have a nice assortment of fall items to spruce up your décor! **All fall merchandise will be 25% off October 21-31!** Christmas gifts and decorations will be appearing throughout the month of October, so don't forget to bring your list and get a jump on your Christmas shopping!

DOCK'S GIFTS & TREASURES SHOP

The Gifts & Treasures Shop remains closed at this time, but always watch Channel 2 for any updated information for any status changes. The Nook in the main building is still open and has lots of "Treasures." Payment for items should be made in the Acorn Gift Shop during current business hours, or at the receptionist (after shop hours) with **exact change or check**. The photo "library" of furniture items has been updated and is hanging on the door frame of the Nook. Take photos of the pictures to share with family and friends who may be looking for items! **Christmas items** are being prepared for sale and will be out for sale the beginning of October! We have lots of beautiful things!

DINING SERVICES

Dining Services will continue weekly menus for the Hearthside Bistro. Please call extension 52407 to place your orders, direct dial 215-565-2407 or email your orders to fooddw@livingbranches.org. Take-out from Christopher's is now offered two nights a week!

Take out is now available on Wednesday's AND Friday's from Christopher's! Dinner includes: soup or salad, entrée, two sides & dessert for a set price of \$22.95.

Place your order by Tuesday at 2:00 p.m. for Wednesday pick up at 4:30 p.m. OR Place your order by Thursday at 2:00 p.m. for Friday pick up at 4:30 p.m.

Please call extension 52407 to place your orders, direct dial 215-565-2407 or email your orders to fooddw@livingbranches.org

PASTORAL CARE

Prayer Together, a group for RL residents, focused on Spirit-led prayer for our community and world, will meet on the 2nd and 4th Thursday of the month, 10:00 a.m. – 11:00 a.m. in conference room C. We will practice social distancing and masks are needed. Please stop at the Dock Manor or Welcome Center entrance to be screened. RSVP to Pastor Sandy, 215-368-4438 extension 44171.

SERVICE OF REMEMBRANCE

Over several days in August, Ed Brubaker, Dock Woods staff from many departments, and several residents recorded our first-ever virtual Service of Remembrance in the chapel. Our last service was a year ago. We had 79 lives to honor and celebrate between then and the end of July 2020. Families of those we have lost received a link to watch this video with their loved ones at home. For those of you who do not have channel 2, where this has also appeared, we have planned two showings in the chapel: **Friday, October 16 11:00 a.m. and Monday,**

October 19 at 2:00 p.m. Please contact Pastor Donna or Pastor Sandy if you would like to attend since seating remains limited to 25 persons. We look forward to having you join us for this tribute to those who have embraced and enriched our community.



The fall semester of Living U is off to a great start. For the month of October, we are looking forward to five Active Aging Week classes from October 5 to October 9. A MIND-ful Diet, Biological Rhythms, Essential Nutrients, Healthy Brain Aging, and Mindful Aging in Motion are five excellent health-related classes that will be offered. Then, we'll move into a class on Archaeology and American History, a social hour when we will play a game, and we'll wrap up the month with classes on recycling and two little known countries. Many students are participating in the classes through Zoom on their computers, and others are watching some of the classes in auditoriums and meeting rooms. Learning can be fun and inspiring. If you would like to learn more about Living U, please contact Maribeth Benner, Living U Coordinator, at extension 44204.