

LOOKING AHEAD

I did the first message of the New Year at Dock Woods for 2020. It was a year that began with such promise--as most new years do, I suppose--but offered unprecedented challenges instead. This is not to say that there weren't blessings all around; we just had to look a bit harder or in unfamiliar places to find them.

As we begin 2021, with the hope of a vaccine to protect us from the Corona Virus in sight (if not in arm), I offer you these words from scripture about new beginnings. May we be sustained by them, whatever 2021 may bring.

"And he who was seated on the throne said, "Behold, I am making all things new." Also he said, "Write this down, for these words are trustworthy and true." Rev. 21:5

"The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness." Lam. 3:22-23

"Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert." Is. 43:18-19

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." 2 Cor. 5:17

"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope." Jer. 29:11

"But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." Is. 40:31

"I will give them an undivided heart and put a new spirit in them..." Ez. 11:19

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Prov. 3:5-6

"May he give you the desire of your heart and make all your plans succeed." Ps. 20:4

"You crown the year with your goodness, and your paths drip with abundance." Ps. 65:11.

Pastor Donna



WELLNESS CENTER

Lab Services are available by appointment only through Grand View Hospital for Dock Acres, Dock Gardens, the Villas and residents of Dock Manor who have joined the Wellness Center. Please bring your lab and therapy orders to the Welcome Center receptionist at least 48 business hours before your requested appointment and put to the attention of Maria Popp, Wellness Nurse. Maria will call you to get on the GVH schedule. Labs are drawn Tuesdays at 9:00 a.m. and Thursday at 7:30 a.m. in the conference room off of the Welcome Center.

The Wellness Clinic is open by appointment at this time. If you would like to schedule a time to see Maria, please call her between the hours of 7:00 a.m. and 3:30 p.m. Monday-Friday to set this up.

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 or 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

DOCKET

DOCK WOODS

CELEBRATING JANUARY 2021 AS "INTERNATIONAL MONTH"

We invite you to join us for 31 days in January as we travel the globe together. Learn fun facts about other countries, enjoy exciting Living U Zoom class interviews with some of our past IVEP'er's (International Volunteer Exchange Program), Nur Ninda Natalia (Lia) from Indonesia, Sally Makeen in Kuwait (from Egypt), Rubina Budha Thala from Nepal, and Bemnet Tsegaye from Ethiopia. There will be other presentations with speakers from Ontario Canada, Bolivia, Africa and Nigeria. To add to the monthly excitement Dock Woods has been selected to receive four Outreach Programs from the Penn Museum every Friday at 2:00 p.m. on Channel 2 highlighting the countries Iraq on January 8, The Middle East on January 15, Mexico and Central America on January 22, and Africa on January 29.

Along with our Zoom travels and Channel 2 programs, we encourage you to share with us, through writing, a story about one of your travels in another country. Please submit this story by January 15 to Eileen Burks at Eileen.burks@livingbranches.org and we hope to read your stories on Channel 2 on Monday, January 25th at 2:00 p.m. How wonderful it is that technology can bring the world right into our homes. I don't think it is a small world after all. Enjoy the lyrics below of "It's a Small World"

It's a world of laughter, a world of tears. It's a world of fears, there's so much that we share, that it's time we're aware, it's a small world after all. It's a small world after all, it's a small world after all, it's a small world after all. It's a small, small world...

I hope this song will inspire you and brighten up your day!



START THE NEW YEAR CREATIVELY

Perfect time to reflect on the places we've been and places we hope to be going. Whether you made a resolution or simply are looking for a fresh start, we invite you to join us for Letter Writing Week, January 11 through January 15. Some ideas include: 1) New Beginnings - compose a poem about "new beginnings", 2) Friendly Friday - write about your goals for the New Year and share your ideas written in a letter to a dear friend or relative, 3) Reflection - reflect on the end of the year. What were some of the year's highlights?, 4) Quickly write down the first five words that come to mind. Create a story using these as the main ideas. 5) Descriptive Writing - use descriptive language to write about January. Be sure to use all five senses while describing the way the month feels. We hope to invite you to share your writing project. We will narrate and air it on Channel 2. Happy Writing!!

REPORTS

FUND DEVELOPMENT

Need Financial Advice?
Living Branches Preferred Trust Providers are Available to Help

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 advisors on-call at your convenience. We have partnered with both Everence Trust Company and Univest 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 eligible to receive these services at discounted rates. Set up a free, no-obligation appointment at your convenience:

Everence:
Jeffrey L. Godshall, CFP/CTFA
215-703-0111



Univest:
Linda J. LaVay, CTFA/AEP
267-898-0611



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

The Fund for Creative Arts Therapy was recently added to the Living Branches Foundation, which exists to maintain life-enriching experiences for residents in all levels of care. This 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. Request a copy of the special Memory Care 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. For additional information contact:

▪ Keith Heavener, Director of Fund Development at Living Branches 215-368-4438 extension 44115

▪ Dena Winner, Fund Development Associate at Living Branches 215-368-4438, extension 44304

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. New menus are sent with delivery items. If you need a menu please let us know when you order. **Take-out from Christopher’s is offered two nights a week, Wednesdays and Fridays.** 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

Travel the World will be featured in January. See your weekly menus for more details.

Hearthside Bistro will close at 1:30 p.m. New Year’s Day, January 1, 2021.

SARA SPOTLIGHT

How does staff respond if I press my pendant?
Staff will physically locate you by recorded mapped locations in the SARA system and will assist you with obtaining the appropriate care or response.

Who Responds to SARA Alerts? Responding staff could be any staff person on duty at the time of your alert notification.

BIRTHDAYS AND UPDATES

This page was removed to protect the privacy of our residents.

RESIDENTIAL LIVING ACTIVITIES

INTERNATIONAL FACTS ABOUT COUNTRIES WITH BRENT and EILEEN
WEDNESDAY, JANUARY 13 2:00 p.m. (CH2)

You are invited to join Brent Daubenspeck and Eileen Burks via Channel 2 as they share interesting facts about different countries. The world is a huge place! All countries have interesting facts about them and you should know some of them! You will be amazed by some of these fascinating facts about different countries that are almost too strange to be true. “Did you know there are about 195 countries across the globe? We hope you can spare one hour of your time and view us on channel 2 and learn about the countries across the world that are guaranteed to surprise you. Mark your calendars!

TRAVEL STORIES READ BY BRENT and EILEEN
MONDAY, JANUARY 25 2:00 p.m. (CH2)

See front cover for more information.

RESIDENT COUNCIL ANNOUNCEMENT

The following residents have been elected by their peers to serve as representatives to the Dock Woods Residential Living Resident Council beginning January 2021. Congratulations to all!

Members of Council elected to their first term of service: Pamela Hunt, Allen Irwin, Ruth Kinsey, Frances Sargent, Eva Seeton, Mary Rittenhouse Schwartzentruber

Members of Council re-elected to a second term of service: None

Other members of the Council returning to complete their term of service: Susan Johnson, Suzanne Kehler, Eileen Prusinski, David Olson, Robert Thompson

Thanks to the following members of the 2020 Council for their time and service. Their work is much appreciated: Gwen Eagleson, Doris Fenton, James Gresh, Caroline Heizmann, William Hildebrand, and Joyce Rosenberry

THE ACORN SHOP

Thank you for a wonderful Holiday Season in the Acorn Shop! Take advantage of our “After Christmas Sale” going on December 28 –31. Christmas merchandise will be 50% off! All purses, wallets, coin purses and cosmetic bags are 20% off during the entire month of January! We are so grateful to all who patronize our shop and are happy to serve you. Thank you for your business in the past. We look forward to seeing you often in 2021. As always, the profits from the Acorn Shop support the Sharing Fund!

DOCK’S GIFTS & TREASURES SHOP

The Thrift Shop is currently not open. Please call before dropping off any donations. If you are in need of particular items call to schedule an appointment with Kathy (215-368-4438 extension 44230). There is a booklet with pictures of furniture currently for sale. Stop by the Nook to browse what’s available or call Kathy Martin with your questions.

Worlds Tallest Mountains

B	E	C	H	O	O	Y	U	M	O	M	H	K	A
T	S	E	R	E	V	E	E	A	N	A	D	U	A
N	N	L	R	A	U	B	O	N	A	S	T	R	P
E	T	I	E	U	M	A	M	A	N	H	P	A	E
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U	U	E	E	E	T	T	T	U	D	B	A	P	V
A	R	A	Z	L	O	A	A	A	E	R	E	O	I
N	B	D	D	L	H	B	G	O	V	U	P	S	R
I	H	N	O	A	L	R	R	L	I	M	D	H	T
W	A	N	R	U	P	A	N	N	A	L	A	I	S
D	R	M	A	K	A	L	U	C	H	O	O	Y	U
O	G	A	S	H	E	R	B	R	U	M	R	U	T
G	O	T	E	M	A	K	U	A	U	N	B	I	R

BROAD PEAK
NANDA DEVI
ANNAPURNA
LHOTSE
MASHERBRUM
EVEREST
MUZTAG
CHO OYU
GODWIN AUSTEN
MAKALU
RAKAPOSHI
CHO OYU
MANASLU
TRIVOR
GASHERBRUM
KAMET
BATURA

Play this puzzle online at : <https://thewordsearch.com/puzzle/62/>