

**FRIDAY FUN FACTS WITH BRENT & EILEEN
FRIDAY, APRIL 30
2:00 p.m. CHANNEL 2 **LIVE****

Back by popular demand is Friday Fun Facts with Brent & Eileen at 2:00 p.m. ****LIVE**** on Channel 2. This month, April has highlighted many interesting and unique observances. Some of the April observances to be discussed are Stress Awareness Month, Jazz Appreciation Month, National Frog Month, National Poetry Month, and Holy Humor Month to name a few. Tune in on Channel 2 and join us for an hour of Friday Fun Facts!

DOCK WOODS COMMUNITY GARDEN - 2021

We look forward to another successful year in the Dock Woods Community Garden. We welcome any new residents; or those who were unable to participate last year due to the Covid restrictions; and all former gardeners. If you have an interest in gardening, please submit your application by email. If you cannot use email please forward your application to: Larry Godley 549 Dock Drive by mail or personally. After receiving the application the Garden Committee will allocate the plots and post a plot plan as in past years. Community Gardening requires all of us to work together as responsible gardeners. All gardeners must agree to and abide by the Garden Committee Guidelines.

Garden Committee

Merlin Grieser 215-412-7124

mmgrieser@gmail.com

Larry Godley 215-361-2665

larrygodley@dwcnet.org

Noah Kolb 215-361-6884

noahkolb@gmail.com

ALL APPLICATIONS MUST BE RECEIVED BY APRIL 20, 2021

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 address it to the attention of Maria Popp, Wellness Nurse. Maria will call you to get on the GVH schedule. Labs are drawn Mondays at 7:30 a.m., Tuesdays at 9:00 a.m. and Thursday at 7:30 a.m. in the conference room off 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

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

**NATIONAL HUMOR MONTH WITH BRENT and EILEEN
THURSDAY, APRIL 1
9:30 a.m. CHANNEL 2 **LIVE****

Did you know that April is *National Humor Month*? Have you ever heard the expression, *"Laughter is the best medicine?"* Brent and Eileen will be sharing how humor is one of the most essential qualities to human life. Human beings love to laugh, and the average adult laughs 17 times a day. As we celebrate the month and film live on *April Fool's Day*, we invite you to email a story, joke, photo, or an expression of something that makes you laugh. We would love to share your humor as we all have our physical and mental health sharpened with the humor and laughter it creates. As Josh Billings, a researcher from the late 1800's shared, *"There ain't much fun in medicine, but there's a heck of a lot of medicine in fun."* Have fun and start your day at 9:30 a.m. as we begin to laugh our way into a healthier sense of wellness.

**BLUEBIRD PRESENTATION WITH BETSY NUTT
FRIDAY, APRIL 16
9:30 a.m. (CH) CHANNEL 2 **LIVE****

You are invited to join Penn State Master Gardener Betsy Nutt, a member of the speaker's bureau of the Bluebird Society of Pennsylvania in the Chapel on Friday, April 16 at 9:30 a.m. and ****Live**** on channel 2. For many generations Betsy's family has been involved with bird study and conservation. Her eldest son is a master falconer. Betsy and her husband have always loved bluebirds and have established a bluebird trail on their small farm in Blue Bell. There they raise Romney sheep, have an orchard, many kinds of berries, a vegetable garden that sustains them for the year with frozen produce, and perennial flower gardens throughout the property. With an emphasis on the importance of native plants, Betsy is delighted to share with us her love for her birds and gardens. This presentation will discuss the biology of bluebirds and the habitat necessary for attracting them and conserving them. If you would like to attend the morning class, please make your reservations with Eileen Burks by calling her at 215-368-4438, extension 44121. Seating is limited, temperature checks and masks are required, and social distancing will be observed.

**"MEET THE JUDGE" CIVICS 101
THURSDAY, APRIL 29
9:30 a.m. (CH) CHANNEL 2
****LIVE******

Please join Magisterial District Judge Edward Levine in the Chapel at 9:30 a.m. and ****Live**** on Channel 2 as he will be updating and explaining the State Judicial System and what the local courts handle. Judge Levine will also be sharing some interesting stories and anecdotes he has seen in court. The Judge's district covers Lansdale Borough, Towamencin Township, Hatfield Borough and parts of Hatfield Township. Following the presentation there will be some Q & A time with the Judge. If you would like to attend the morning class, please make your reservations with Eileen Burks by calling her at 215-368-4438, extension 44121. Seating is limited, temperature checks and masks are required, and social distancing will be observed.



RESIDENTIAL LIVING EVENTS

“BREAKING NEWS! A REVIEW OF RECENT DISCOVERIES FROM ANCIENT EGYPT” WITH STEPHEN R. PHILLIPS, Ph.D. FROM THE PENN MUSEUM TUESDAY, APRIL 6

9:30 a.m. (CH)/CHANNEL 2

You are invited to 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, April 6 at 9:30 a.m. in the Chapel and ****Live**** on channel 2 to learn about the recent New

Discoveries from Ancient Egypt. Over the past two years, Egyptologists from Egypt, and from countries around the world, have made an array of exciting new discoveries, revealing that the sands of Egypt still hold many secrets. This behind-the-scenes presentation brings these new discoveries to light, including: a tomb in the hills opposite Luxor containing mummies and hundreds of statuettes, a tomb with a well-preserved garden at its entrance, a spectacular 100 foot deep rock-cut tomb found near the Step Pyramid at Saqqara that may be the first “Funeral home” ever discovered from ancient Egypt, and a mummy with a solid gold tongue. These are the new discoveries that Egypt announced as recently as mid-February 2021! If you would like to attend the morning class, please make your reservations with Eileen Burks by calling her at 215-368-4438,

extension 44121. Seating is limited, temperature checks and masks are required, and social distancing will be observed.

PIANO CONCERT WITH HANNAH YU THURSDAY, APRIL 8 9:30 a.m. (CH) CHANNEL 2 **LIVE**

This Easter season we have invited concert pianist, Hannah Yu to perform a morning classical and sacred piano concert in the Chapel at 9:30a.m. and ****Live**** on channel 2.

Hannah will begin with *Bach, Italian Concerto, Mozart, Pain Sonata No. 11 in A major, K, 331, Schubert, Impromptu in G flat major, Op. 90 No. 3, Debussy, The Girl with the Flaxen Hair* followed by *In the Garden, Be Thou My Vision* and other hymn arrangements. If you would like to attend this morning concert, please make your reservations with Eileen Burks by calling her at 215-368-4438 extension 44121. Seating is limited, temperature checks and masks are required, and social distancing will be observed.

MUSIC THERAPY WITH INTERN NICK ZABOROWSKI FRIDAYS, APRIL 9, 16, 23, 30 2:00 p.m. (RR)

Beginning on Friday April 9 at 2:00 p.m. in the Recreation Room located in the North Wing of Dock Gardens, Music Therapy Intern Nick Zaborowski will share his vocal/guitar talents for 30 minutes. Every Friday in April we invite you to join Nick

as he plays a variety of songs that you can share the beat with the variety of instruments that he will provide. Space is limited and this is the first come first served reservation each week. An afternoon of great music will certainly sooth your soul and lift your spirits up! Mark your calendars!

CAMPUS WALK WITH BRENT & EILEEN WEDNESDAY, APRIL 14 2:00 p.m. (MEET AT THE FA ENTRANCE)

It is time to put on your sneakers and join Brent and Eileen for the first spring walk together on campus. Did you know that 30 minutes of walking everyday can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance? A 30 minute walk can burn around 150-200 calories! If you would like to get outside, walk, burn calories, and enjoy the vitamin D from the sunshine, you may meet us at the entrance of the Fisher Auditorium and we will all walk for an hour throughout the Dock Woods campus. Just think! Walking everyday can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers. Weather permitting! Hope you can join us! Wear your masks!

RESIDENT BIRTHDAYS AND UPDATES

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

QUARTERLY RESIDENT MEETING

TUESDAY, April 13 2:00 p.m. - DA/DG/VL/DM Resident Meeting will be Virtual

The Quarterly Resident Meeting will be broadcast on Channel 2 at 2:00 p.m.

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.

EASTER FUN FACTS

What is the true meaning of Easter Sunday? Why does the date of Easter change every year? How is Easter calculated? Why are eggs associated with Easter? Here are some answers from The Old Farmer's Almanac.

What Is Easter Sunday?

Easter is the most important holiday on the Christian calendar—and has been regularly observed from the earliest days of the Church.

Easter Sunday celebrates Christ's resurrection from the dead, following crucifixion. It marks the end of Holy Week, the end of Lent, and the last day of the Easter Triduum (Holy Thursday, Good Friday, and Easter Sunday), as well as the beginning of the Easter season of the liturgical year.

The resurrection represents the triumph of good over evil, sin, death, and the physical body.

When Is Easter Sunday?

Easter is a "movable feast" and does not have a fixed date; however, it is always on a Sunday.

How Is the Date of Easter Determined?

Would you believe that the date of Easter is related to the full Moon? Specifically, Easter is celebrated on the first Sunday after the paschal full Moon on or just after the vernal equinox.

For simplicity, the equinox is considered to be March 21 (a fixed spring date set by the Church), although in astronomy, it's not always that day. The paschal full Moon always falls on the 14th day of a lunar month; because ancient calculations (made in AD 325) did not take into account certain lunar motions, it may differ from the actual full Moon date by a day or so.

Easter always falls on a Sunday between March 22 and April 25.

What Folklore Is Associated with Easter?

Eggs, traditionally forbidden during Lent, symbolize new life.

The Easter Bunny recalls the hare, the Egyptian symbol of fertility.

Where Did the Word "Easter" Come From?

The origin of the word "Easter" is unclear.

It may have derived its name from the Anglo-Saxon dawn goddess Eostre, whose feast was celebrated each spring at about this time.

Or, it may have derived from words meaning "rising," "dawn," or "east."



APRIL SHOWERS CHAIR BINGO THURSDAY, APRIL 15 2:00 p.m. (RR)

April showers bring May flowers but at chair bingo it brings prizes, prizes, and more prizes! You are invited to come and play a number of BINGO games in your seat, with a new BINGO sheet per game. Bring along a pencil or pen and a large book or magazine to place your bingo sheet on. Seating is limited, so be sure to make your reservations with Eileen Burks at 215-368-4438 extension 44121. All residents attending the chair bingo will need to be screened, wear masks, and practice social distancing.

NATIONAL PARKS AND THEIR CONTEXT WITH TIM BETZ MONDAY, APRIL 19, 2021 9:30 a.m. CHANNEL 2 **LIVE** CHAPEL

As we celebrate National Park Week April 17 -25 we have invited historian Tim Betz, the executive director of the Morgan Log House to join us at 9:30a.m. in the Chapel as he presents, "National Parks and their Context". This presentation focuses on the formation of national parks within the context of American history, particularly through movements such as environmental protection and historical preservation. These will be explored through art history and the tradition of American Landscape

painting. Tim is currently teaching art history at Kutztown University of Pennsylvania and is currently working on his PhD in history at Lehigh University. In addition to being a historian, Tim is also an artist and a beekeeper. If you would like to attend the morning class, Please make your reservations with Eileen Burks by calling her at 215-368-4438, extension 44121. Seating is limited, temperature checks and masks are required, and social distancing will be observed.

"CONVERSATIONS ABOUT NATURE" WITH JOHN HENSCHEL THURSDAY, APRIL 22 2:00 p.m. CHANNEL 2 **LIVE** (RR)

This annual Earth Day event is celebrated around the world each year to raise awareness related to environmental issues. Today we invite you to join Naturalist, John Henschel at 2:00 p.m. in the Recreation Room where he will be sharing conversations with us about his love of nature through various experiences as well as his wood carvings of reptiles, amphibians and associated critters that inhabit our corner of earth. John has shared his wildlife talks at Bear Creek Resort, and is also known as a first person storyteller portraying Jonny Appleseed. If you would like to attend this afternoon event, please make your reservations with Eileen Burks by calling her at 215-368-4438 extension

44121. Seating is limited, temperature checks and masks are required, and social distancing will be observed. Come and help us to observe this year's theme of Earth Day, "Restore Our Earth."

INTRODUCTION TO ART THERAPY WITH DANA SHAFER "PRINTMAKING ACTIVITY" MONDAY, APRIL 26 2:00 p.m. CHANNEL 2 **LIVE** (RR)

You are invited to join Dana Shafer candidate in art therapy and counseling from Drexel University, as she introduces printmaking as a technique used to produce multiple copies of the same image. During the class you will create your own individual artwork as well as contribute to a larger, communal art piece that will put each of your creations side by side. If you would like to attend the class, make your reservation with Eileen Burks at 215-368-4438, extension 44121. The class size is very limited, temperature checks and masks are required and social distancing observed at the art tables. Mark your calendars and learn something new. This class is also being broadcasted live on channel 2.

REPORTS

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 distributed weekly with in-house mail. If you need a menu please let us know when you order.

Take-out from Christopher's is offered two nights a week.

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

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



Do you want to learn new things and enjoy hearing from others? Living U classes this April will stretch the mind and encourage the heart. Our schedule includes: John Falter and Other Nearly Forgotten Artists of Hilltown Township (April 8), Global Education: Now and Then (April 13 and 20), An Introduction to the Music of Johann Sebastian Bach (April 15 and 22) and Why Do Good Christians Disagree About Politics and What Does Our Lord Want Us to Do About It? (April 27 and 29). Contact Maribeth Benner, Living U Coordinator, at ext. 44204 if you are interested in joining in these classes.

FUND DEVELOPMENT

Planned Giving – Income and tax savings for you now, and support for Living Branches now and later

Your gifts can make a difference, and your giving can benefit you! Here are 5 ways:

- 1) IRA Rollover Gift – If you are 72* or older you can avoid extra income taxes this year by making a charitable gift from your IRA. * The change in the RMD age requirement from 70½ to 72 only applies to individuals who turn 70½ on or after January 1, 2020.
- 2) Gift of Securities – Give your old stock (with a low basis) that has appreciated in the rising market and avoid capital gains.
- 3) Life Insurance Gift – Eliminate an old or unneeded life insurance policy by making a gift of the cash balance to support a charity.
- 4) Life Income – Make a gift from a gift annuity or charitable remainder trust and receive lifetime payments. Ask us for a free illustration outlining your benefits.
- 5) Charitable Bequests – Make a gift to support our work that costs you nothing today. Provide for your loved ones first and then the charity of your choice with a bequest made in your will or trust.

While tax laws may be changing, there are still many ways you can make a gift to make a difference. Even with the changes, making a gift can still provide benefits to you. Contact one of our Preferred Trust Providers for more information:

- Univest Foundation (877-723-5571),
- Everence Financial Services (215-703-0111)

The Fund Development Team is also here to answer your questions. Feel free to reach out to:

REPORTS CONTINUED

- Keith Heavener, Director of Fund Development, extension 44115 or keith.heavener@livingbranches.org
- Dena Winner, Fund Development Associate, extension 44304 or dena.winner@livingbranches.org

Did You Get a Stimulus Check?

If you need a suggestion of what to do with your stimulus check, we recommend the Living Branches Benevolent Care Fund (Checks can be made out to “Living Branches Foundation”). Other options are non-profits that are assisting with food donations during the pandemic, your church offering, or your favorite mission outreach.

Online Donations Gladly Accepted!

Just a reminder! Living Branches Foundation continues to accept donations online at livingbranches.org/donate. The Foundation’s primary goal is to raise funds for the benevolent care ministry which enables us to care for all residents, including those who have been wise stewards of their money but have outlived their resources. We appreciate your support.

THE ACORN SHOP

Easter is almost upon us. Come in for some Bergin’s Easter Eggs – while supplies last and other Easter and spring décor. Pick up some today! Ladies scarves are 20% off during the entire month of April. Thank you for supporting the Acorn Shop!

SARA SPOTLIGHT

Reminder - SARA is for emergency situations

What should I do with my pendant when I go off campus overnight? If you are going away overnight, you should leave your pendant in your home. The SARA pendant will not work off campus. If you forget to leave it at home please do not **leave your SARA device in your car. The extreme temperatures can potentially render the device inoperable.**

PASTORAL PONDERINGS

By the time you read this, we will be on the last leg of our journey on the way of the cross with Resurrection Sunday just beyond the horizon. The unexpected joy of the Easter season is paralleled by Spring’s arrival in full force and by statistics suggesting that the worst of the COVID-19 pandemic is behind us. Causes for celebration abound, whatever form they may take.

In conversations—in person and by phone—across our campus over the last year, I have heard again and again that it was faith and family and friends that got us through and continue to sustain us. I have discovered Dock Woods to be a place where faith is at the heart of the community and is shared freely. I am grateful to each of you who contributed to our Advent devotional “in the bleak midwinter” (Christina Rossetti) to lift our spirits.

I come from a tradition that takes the priesthood of believers seriously and practices multi-voiced worship. Pastors (retired or not) are not the only ones who can provide pastoral care! There are many ways before us for you to share your stories and gifts as we emerge changed persons from our prolonged quarantine. These include becoming a member of the **Spiritual Life Committee** (which meets next on April 13 in the Rec Room @ 2:00 p.m.), becoming a **worship volunteer** (see Lynne Allebach)—worship leader, song leader (when we can sing again), musician, scripture reader, actor—or offering a **daily devotion on Channel 2** (contact me or Pastor Sandy) once a week, once a month, once a year.

We are a community rich in experiences, personalities, and love for God and neighbor. I look forward to learning from you and with you as the world recovers and rejoices.

Pastor Donna