

SUBURBAN DOG TRAINING CLUB

MONDAY, JUNE 28, 2021

2:00 p.m. (Croquet/grass area outside DM)

You are invited to join the Suburban Dog Training Club at 2:00 p.m. on the outside lawn as they share their current dog training techniques and tricks for your afternoon enjoyment. This fun event will take place outside on the grass lawn at Dock Manor. We invite you to bring along your lawn chairs and enjoy a variety of dogs and their handlers. Just a reminder to social distance, and suggested by the handlers to not touch any of the dogs due to some of the club's Covid restrictions. Just a reminder that this event will be weather permitting. Mark your calendars!



Just a note that Eileen Burks will be out of the office May 27 through June 4 Returning Monday, June 7 for Sign-up's.

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, Tri Valley Primary Care (Lansdale)
or Brigitte Harken, CRNP,
Tri Valley Primary Care
Call: 215-361-5010

Dr. Andrea Pellegrino, Tri Valley Primary Care (Quakertown)
or Brigitte Harkin, CRNP
Call 215-536-0655

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****

FROM INCARCERATION to REHABILITATION: INSIDE the NEW LEASH ON LIFE USA INMATE DOG-TRAINING INITIATIVE

You are invited to join Dr. Stephen Phillips in the **Fisher Auditorium on Wednesday, June 16 at 2:00 p.m.** as he presents "FROM INCARCERATION to REHABILITATION: INSIDE the NEW LEASH ON LIFE USA INMATE DOG-TRAINING INITIATIVE. This presentation begins with a discussion of the canine/human interaction as far back in time as ancient Egypt, interwoven with the theme of incarceration, which also goes at least as far back in time as ancient Egypt. The NEW LEASH program places six at-risk shelter dogs, each in danger of euthanasia, into the Philadelphia prison system where they live in the cells with twelve inmates for a period of twelve weeks. Come and learn about this program, the amazing results of improving the lives of the inmates, reducing recidivism, lowering interpersonal violence in the cell block, and saving the lives of dogs. Truly a win-win inspiration, just when we need positive inspirations the most! Beginning on Monday, June 7 you may make your reservations with Eileen Burks by calling her at 215-368-4438, extension 44121 or by emailing her at Eileen.burks@livingbranches.org. Seating is limited, masks and social distancing will be observed. This program will also be broadcast LIVE on channel 2.

FATHER'S DAY CONCERT - "MUSIC MEMORIES" WITH BILL & MICHELLE - OUTSIDE FA ENTRANCE

Father's Day is a day of honoring fatherhood and paternal bonds, as well as the influence of fathers in society. In the US, Father's Day is celebrated on the third Sunday of June. This year on Sunday, June 20, typically, families will gather to celebrate the father figures in their lives. On **Monday, June 21 at 2:00 p.m.** we have invited "Music Memories with Bill & Michelle" back for a Father's Day concert in honor of all our fathers and father figures. WEATHER PERMITTING, the hour-long concert will take place outside the FA entrance, under the carport. We invite you to bring along your folding chairs and join us outside along the sides of the building and on the outside on the community center patio. Special refreshments will be served following the concert. You may begin to make your reservations with Eileen Burks beginning on Monday, June 7 by calling her at 215-368-4438, extension 44121 or by emailing her at Eileen.burks@livingbranches.org. Seating is limited, masks and social distancing will be observed. This program will also be broadcast LIVE on channel 2.

"HISTORY'S MYSTERIES: OF THE REVOLUTIONARY WAR & COLONIAL ERA: What they didn't teach you in high school"

Please join historian, Herb Kaufman in the **Chapel at 2:00 p.m. on Tuesday, June 29** as he presents, "HISTORY'S MYSTERIES: OF THE REVOLUTIONARY WAR AND COLONIAL ERA: What they didn't teach you in high school." Many people love to read historical fiction. But, this is historical reality. Legends and lore have become a significant part of American history, the Revolutionary War, and the colonial era. This program focuses on these mysterious misrepresented and often imagined incidents and events. You will learn what really happened on the Fourth of July, the true story of the Liberty Bell, and the truth about the Revolutionary War as well as colonial myths, stories and events that they never taught you in high school. You may begin to make your reservations with Eileen Burks beginning on Monday, June 7 by calling her at 215-368-4438, extension 44121, or by emailing her at Eileen.burks@livingbranches.org. Seating is limited, masks and social distancing will be observed. This program will also be broadcast LIVE on channel 2.

RESIDENTIAL LIVING EVENTS

MUSICAL MEDITATION WITH NICK

**FRIDAYS, JUNE 4, 11, 18, 25
9:30 a.m. (RR)**

Did you know combining music with meditation can deepen the positive effects of both, and bring you greater stress relief. Listening to music improves your mood by releasing the feel-good brain chemical, dopamine. Meditating while listening to music refreshes you from within and rejuvenates your mind. We invite you to join music therapy intern Nick Zaborowski every Friday at 9:30 a.m. in the recreation room for a 30-minute music meditation relaxation session as he plays gentle and peaceful guitar music while reading from a script that encourages the group to relax their mind and body. If you plan to attend these sessions, please make your reservation with Eileen Burks beginning Monday, June 7. You may call her at 215-368-4438 extension 44121 or email her at Eileen.burks@livingbranches.org. Seating is limited, and masks and social distancing will be observed.

FRIDAY AFTERNOON MUSIC WITH NICK

**FRIDAYS, JUNE 4, 11, 18, 25
2:00 p.m. (DG N FISH POND LOBBY)**

Mark your calendars to join Nick Zaborowski, music therapy Intern for 30 minutes every Friday at 2:00 p.m. located at the Dock Gardens N (fish pond) lobby. Nick will play a variety of songs on his

guitar and sing popular tunes with you sharing the beat with a variety of instruments he will provide. Singing is permitted with masks and social distancing observed. Hope to see you there!

RL JUNE BIRTHDAY PROGRAM WEDNESDAY, JUNE 9

2:00 p.m. (FA) (LIVE) CH2

If you are celebrating a birthday this month, we welcome you to sign-up with Eileen Burks beginning Monday, June 7. Mark your calendars to join us at the monthly birthday program and receive your birthday plant. This month we have invited guitarist/vocalist Steven Barth to provide an hour of music for our birthday entertainment. If you would like to attend this program after the birthday celebrants have had a chance to register, please contact Eileen and she will be happy to put you on the waiting list. Following the program, all residents in attendance will receive a piece of cake to go! Sign up by calling or emailing Eileen Burks at 215-368-4438, extension 44121 or Eileen.burks@livingbranches.org. Remember to wear your mask and observe social distancing. Best wishes! Broadcast lie on Channel 2.

RL ANNUAL PICNIC/FISCHER'S PARK

**THURSDAY, JUNE 10
SHUTTLES 10:30 a.m. & 11:00 a.m.**

The Living Branches coaches will be transporting residents with shuttle reservations to the Bull Pen Pavilion at Fischer's Park located on Bustard Road for the annual RL picnic. The shuttle will pick up at each entity at your selected reservation time. The picnic begins at 11:00 a.m. and we ask those who plan to drive to carpool as parking will be limited. At 2:00 p.m. the shuttles will begin to transport residents back to Dock Woods. Don't forget to bring along your table board games, sunscreen and masks. We will be observing the social distancing outside while we enjoy our picnic foods and games. Let the summer begin!



RESIDENT BIRTHDAYS AND UPDATES

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

JUNE

*Named for the Roman goddess Juno, patroness of marriage and the well-being of women.
Also from the Latin word juvenis, "young people."*

PUZZLE OF THE MONTH

When does a caterpillar improve in morals? (*Answer at bottom right.)

FISHING TIPS

The best times to fish are when the fish are naturally more active.

The Sun, Moon, tides, and weather all influence fish activity. For example, fish tend to feed more at sunrise and sunset, and also during a full Moon (when tides are higher than average). However, most of us go fishing when we can get the time off, not because it is the best time. But there are best times, according to fishing lore.

Best Fishing Days and Times

One hour before and one hour after high tides, and one hour before and one hour after low tides.

During the "morning rise" (after sunup for a spell) and the "evening rise" (just before sundown and the hour or so after).

During the rise and set of the Moon.

When the barometer is steady or on the rise. (But even during stormy periods, the fish aren't going to give up feeding. The smart fisherman will find just the right bait.)

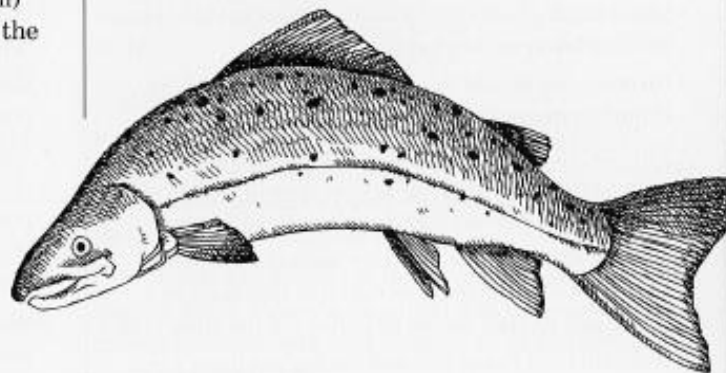
When there is a hatch of flies—caddis flies or mayflies, commonly.

When the breeze is from a westerly quarter, rather than from the north or east.

When the water is still or rippled, rather than during a wind.

How to Estimate the Weight of a Fish

Measure the fish from the tip of its nose to the tip of its tail. Then measure its girth at the thickest portion of its midsection. Multiply its length by the square of its girth. For fat-bodied fish (bass, salmon), divide this product by 800. For slender-bodied fish (trout, northern pike), divide by 900.



Answer: When it turns over a new leaf!

"FLAG DAY" CHAIR BINGO

MONDAY, JUNE 14
2:00 p.m. (RR)

Wear your red, white, and blue and join us as we play multiple games of chair bingo with a NEW bingo sheet per game. Bring along a pencil, or marker and a large book or magazine to place your bingo sheet on. Please make your reservations with Eileen Burks beginning on June 7 by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org Remember to wear your mask and observe social distancing.

SELECT REHABILITATION PRESENTATION: FORGETTING-IS IT MY AGE OR A PROBLEM?"

WEDNESDAY, JUNE 23
2:00 p.m. (CH)

You are invited to join Tara Sidwar OTR/L, Regional Director of Operations Select Rehabilitation in the Chapel at 2:00p.m. as she presents, "Forgetting: Is it my age or a problem?" Everyone has walked in a room only to ask " why did I come here?" or misplaced their keys, wallet, etc... Along with aging, events such as these often occur more regularly leading individuals to ask themselves..."Is this Normal?" This presentation will review the difference between natural aging forgetfulness versus symptoms of a greater problem. Come learn the differences between normal aging dementia, Alzheimer's disease and mild

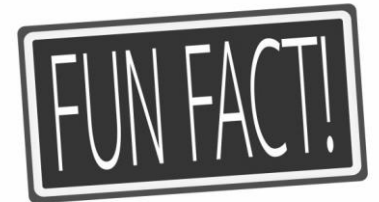
cognitive impairment while reviewing screening methods, techniques to keep the brain healthy and how to determine if greater intervention is required. Select Rehab has been a partner of Living Branches since 2017. Come and learn more about this organization that employs thousands of rehabilitation professionals and provides services to you and others across the nation. Beginning on Monday, June 7 you may begin to make your reservations with Eileen Burks by calling her at 215-368-4438, extension 44121 or by emailing her at Eileen.burks@livingbranches.org Seating is limited, masks and social distancing will be observed. This presentation will also be broadcast LIVE on channel 2.

CAMPUS WALK WITH BRENT & EILEEN

THURSDAY, JUNE 24
10:00 a.m. (MEET OUTSIDE THE FA ENTRANCE)

Enjoy the morning, put on your sneakers, and join Brent & Eileen for this morning summer walk together on campus. We will all gather outside the Fisher Auditorium entrance and walk throughout our beautiful campus. Just think that you can burn 150-200 calories by walking with us for 30 minutes! Don't forget that this walk will also provide vitamin D with the sunshine and reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers.

Just a reminder: in large groups we wear our masks outside. Mark your calendars and join us, WEATHER PERMITTING!



FRIDAY FUN FACTS WITH BRENT & EILEEN

FRIDAY, JUNE 25
9:30 a.m. CHANNEL 2 LIVE

Tune in to channel 2 for the morning show with Brent & Eileen and get your notebooks ready to record some of the June Fun Facts. This month we will review some of the April Fun Facts that did not air due to technical problems, and introduce to you topics that include Men's Health Month, National Rose Month, Flag Day, Father's Day, and the great outdoors. Don't forget to set your dials to Channel 2 and learn some interesting fun facts!!

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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.

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

FUND DEVELOPMENT

Leave a Legacy

Thank you for your generous support of the Living Branches Foundation. Your contribution to our benevolent care ministry is vitally important to many Living Branches residents. Estate gifts enable us to plan for the support of our residents who need financial assistance for the long term. During the fiscal year that ended on June 30, 2020, the Living Branches Foundation provided grants to 128 residents at our communities who were in need of financial assistance, with a total cost of more than \$3.8 Million. Donating part of your estate to the Living Branches Foundation through your will or trust will provide security for these residents for many years to come. More importantly, an estate gift allows you to leave a legacy – a legacy of compassion, selflessness, and service – because your gifts do make a difference. To learn more, contact: Keith Heavener at extension 44115 or Dena Winner at extension 44304.

Review of Will & Estate Documents

If you are in the process of planning for eventual gifts through your will or estate after your passing or if it's time to update your giving plan, providing detailed instructions is very important and is a gift you can offer to your family. Most of us have our wills and advance directives written on a tablet and kept in a desk drawer for future reference. But do they answer all the questions that need to be addressed, and does your family know what's on that tablet? The recent seminars presented by Everence Financial Services outlined six important questions to make sure your wills and advance directives are truly making your wishes known. If you were unable to attend one of the sessions and would like to watch the seminar online, please use this link: <https://youtu.be/sybhDe5jQ9k> If you would like hard copies of the information, please contact: Keith Heavener at extension 44115 or Dena Winner at extension 44304.

Spotlight on SARA

Be WYSE on campus - Wear Your SARA Everywhere

Resident Testimonial

"Within the past year I have needed to use my SARA several times due to falls on campus. On one occasion, I fell in the parking lot and even though there were people around, I knew the fastest way to get the help I needed was to push my SARA alert. On another occasion, another resident tripped and fell into me. We both were on the floor and unable to get ourselves up. Fortunately, I was wearing my SARA. I felt confident each time knowing that when I pushed for assistance, help was on the way. You never know when accidents might happen. SARA provides me with assurance that help is just minutes away."

If you have your SARA button, please wear it. Emergencies can happen anytime and anywhere.



The Acorn Shop

June is a busy month, with Father's Day, graduations and weddings! The Acorn Shop has many options for lovely gifts & cards. Moyer Foods are 10% off through Father's Day.



Dock's Gifts & Treasures Shop

Food items and cards are available in the Community Room in Dock Manor, Monday – Friday, 1:00 p.m. – 2:30 p.m. Please call 215-368-4438, extension. 44230 if you have any questions, or would like to schedule an appointment to view furniture or if you are in need of other household goods.

ABIDING

The Revised Common Lectionary for this Easter season included several readings from Jesus' "farewell discourse" in John's gospel. This was delivered to his disciples as they were gathered in the upper room following the meal and foot washing. At the center of the four chapters that make up this discourse is the verse from which our community takes its name and that is embroidered on a banner in the chapel: "I am the Vine, you are the branches . . . Apart from me, you can do nothing" (15: 5). What the ellipsis replaces are these words, "Those who abide in me and I in them, will bear much fruit." It was the frequent use of "abide" in this passage that caught my attention. Pastor and blogger Debie Thomas writes, "It's a tricky word. Passive on the one hand and active on the other. To abide is to stay rooted in place. But it is also to grow, to change and to multiply. It's a vulnerable-making verb: if we abide, we'll get pruned. It's a risky verb: if we abide, we'll bear fruit that others will see and taste. It's a humbling verb: if we abide, we will have to accept nourishment not of our own making. And it is a relentlessly communal verb--if we abide, we will have to exist with our fellow branches. We will have to live a life that is messy, crowded, tangled and gorgeous. A life that's deeply rooted and wildly fertile." "Abide" is a tricky word. Beyond its layered meaning in this text are "to tolerate," "to accept," "to withstand" and "to await." These, too, are part of the experience of our complex but beautiful interconnectedness. The abiding of which Jesus speaks comes with a promise and an invitation—a promise of fruitfulness and an invitation to ask for those things that matter most, confident that God will provide. May we all be living branches, our fruit visible to feed a world in need.

Pastor Donna