

RESIDENTIAL LIVING TRIPS CONTINUED...

PERKIOMEN TOURS & TRAVEL
SIGHT & SOUND THEATRE “QUEEN ESTHER” (TRIP)

FRIDAY, OCTOBER 1 10:30 a.m.

The Perkiomen Tours & Travel luxury coach will be traveling to Sight & Sound Theatre in Lancaster, PA to enjoy the 3:00 p.m. show of “Queen Esther.” We will experience the captivating tale of beauty and bravery. This riveting story of the Old Testament comes to life with the magnificent sets, special effects and live animals in this brand new original stage production! The price of this trip is \$126.00 per person, which includes the family style lunch at Good & Plenty, show tickets, transportation, and driver’s gratuity. Approximate return home to Dock Woods is 7:00 p.m. Sign up with Eileen Burks by calling or emailing her at 215 368 4438, extension 44121, or Eileen.burks@livingbranches.org.

MONTESSORI SUCCESS STORIES

The Montessori approach is an effective way to empower older adults to live a life with dignity, respect, choice, meaning and purpose. This approach has been established with the residents of Country Cottage, with many successes. Residents are directly involved and participate in silverware placement for mealtimes. One resident described this as making her feel as she was “contributing and using her time wisely.” Residents also utilize three part cards as an activity specific to interests. A resident described this activity as an accomplishment, and something he was happy to complete. Other residents in Country Cottage water plants, and focus on their enjoyment of gardening. Gardening is very important to many, and provides the residents with a sense of purpose. All of these success stories are able to be directly attributed to the Montessori approach. The staff in Country Cottage looks forward to including what was once a residents’ purpose to further fulfill their lives and care.



September marks the beginning of our Living U Fall 2021 Semester. This month, we will learn about: Mathematics (9/1), Parsley (9/2), Nonviolence (9/8), the History of Hatfield Packing (9/9), Native American Artifacts (9/10), Logistics (9/15), the Underground Railroad (9/17), Postcards from Babylon (9/20), the Souderton Area School District (9/21), the Lenapes (9/23), Music Appreciation (9/27), the Moon (9/28), America’s Impressionism (9/29), and the Nobel Peace Prize (9/30). Please note that the course on the Moon has been rescheduled to September 28. There are so many wonderful ways to enjoy learning – we hope you can join in the classes. If you are interested in attending but haven’t already registered, please call Maribeth Benner at extension 44204 to check if there is still space in any of our courses.

WELLNESS CENTER

Lab Services are available by appointment only by 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 any therapy orders to Maria Popp in the Wellness Center at least 48 business hours before your requested appointment. Labs are drawn Mondays at 7:30 a.m., Tuesdays at 9:00 a.m. and Thursday at 7:30 a.m. in the Wellness Center Clinic.

The walk-in Wellness Clinic is open daily Monday through Friday from 8:45-10:45 a.m. and on the 2nd and 4th Friday of the month from 1:30-3:30 p.m. or by appointment at any other time. You can schedule a time to see Maria during her normal office hours of 7:00 a.m. to 3:30 p.m. Monday through Friday.

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. Patricia Reiff, Associates in Hearing Call 215-855-4217

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

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A Living Branches Community Newsletter

September 2021

DOCKET

RED HILL BAND

TUESDAY, SEPTEMBER 7, 2021 7:00 p.m. (OUTSIDE FISHER AUDITORIUM ENTRANCE)

The Red Hill Band, a 50-member community band founded in 1900, will be performing an evening concert on September 7 at 7:00 p.m. outside the Fisher Auditorium entrance under the carport. These all-volunteer brass, woodwind and percussion musicians range in age from 15 to 82. The Red Hill Band has an extensive repertoire that includes Broadway show tunes, Big Band sounds, some serious compositions and of course, the finest in toe-tapping marches by John Philip Sousa and others. Currently, The Red Hill Band performs about 25 concerts each summer in the Montgomery County area for a variety of fairs, church festivals, park events and retirement homes. This band is committed to provide their volunteer musical talents to the preservation of band concerts; a vital national treasure! Weather Permitting! Mark your calendar and bring along your lawn chair. The shuttle will begin to pick up at each entity beginning at 6:20 p.m.

“THE MUSIC THAT GOT US THROUGH WWII”
Presented by HERB KAUFMAN

MONDAY, SEPTEMBER 13, 2021 2:00 p.m. (CHAPEL)

You are invited to join Herb Kaufman at 2:00 p.m. in the Chapel as he presents “The Music That Got Us Through World War II.” World War II was a glorious time for songs. Families depended on their radio for home entertainment. This was the era of the big band and many young vocalists who became stars. Using CDs and highlighting many original World War II era 78 rpm records, the program includes the music and songs of Glenn Miller, Tommy Dorsey, Judy Garland, Al Jolson, Bing Crosby, the Andrew Sisters and many more. Come and learn about the composers, bands and singers that got us through the war. The shuttle will begin to pick up at each entity beginning at 1:20 p.m.

DOCK WOODS

MONTGOMERY COUNTY FARMLAND PRESERVATION

Presented by STEPHEN ZBYSZINSKI

WEDNESDAY, SEPTEMBER 29, 2021 2:00 p.m. (CHAPEL)

Did you know that as of May 2021, there are 177 farms preserved in Montgomery County under the Montgomery County Agricultural Land Preservation Program? Please join MCPC Farmland Preservation Planner Steve Zbyszinski in the Chapel at 2:00 p.m. on September 29 as he talks about the county farmland preservation program and why 10,000 acres of land is such an important milestone. The shuttle will begin to pick up at each entity beginning at 1:20 p.m.

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LIFE ON THE FARM YESTERDAY AND YESTERYEAR

Presented by BETH A. TWISS HOUTING

MONDAY, SEPTEMBER 20, 2021 2:00 p.m. (CHAPEL)

Please join Beth A. Twiss Houting, the executive director of the Schwenkfelder Library & Heritage Center in the Chapel at 2:00 p.m. on September 20 as she presents “Life on the Farm Yesterday and Yesteryear.” Beth plans to have an interactive discussion with slides about farm life in the 19th and 20th centuries, showcasing new exhibits from the Schwenkfelder Library & Heritage Center. As the new director, Beth has worked for various cultural and educational institutions in Philadelphia and Winterthur in Delaware. She holds a BA in History from Penn State and a MA from the University of Delaware in the Winterthur Program in Early American Culture with a Certificate in Museum Studies. The shuttle will begin to pick-up at each entity beginning at 1:20 p.m.

COMMUNITY EVENTS

DANCE MOVEMENT WITH
RACHEL DE LAUDER
WEDNESDAYS, SEPTEMBER 1, 8,
15, 22 9:00 a.m. (RR)

You are invited to join Rachel De Lauder, Dance/Movement Therapy Intern from Drexel University as she instructs her 60 minute class. This class will focus on fundamental dance techniques for body awareness, posture, self-expression, and self- confidence. Please come in comfortable attire. As you sit and stretch by holding onto your chair you will learn gentle stretching, basic dance steps and creative dance and composition.

RL SEPTEMBER BIRTHDAY
CELEBRATION
WEDNESDAY, SEPTEMBER 8
2:00 p.m. (FA)

ALL RL residents are invited to attend the monthly birthday celebration. If you are a September birthday celebrant, please call or email Eileen Burks at 215 368-4438, extension 44121, or Eileen.burks@livingbranches.org by Tuesday, September 7 if you plan to attend and receive your birthday plant. This month we have invited vocalist/entertainer J.T. Trinacria back to share one hour of lively entertainment. This month we will be serving birthday cake and ice cream to all who will be attending. A shuttle will begin to pick up at each entity beginning at 1:20 p.m.



MEN'S BREAKFAST
FRIDAY, SEPTEMBER 10
8:00 a.m. (FA)

Kevin Lukiewski, president of Greene Tweed, has accepted our invitation to be our first guest speaker this fall. For more than 150 years, Greene Tweed, our industrial neighbor at the corner of Detweiler and Gehman Roads has developed materials and engineered high-performance solutions that have enhanced the safety and performance of critical applications in the aerospace, energy, semiconductor, oil & gas, life sciences, defense, and other industries. Greene Tweed products are sold and distributed worldwide. Please make your reservations by calling or emailing Eileen Burks at 215 368-4438, extension 44121, or Eileen.burks@livingbranches.org, by Tuesday, September 7. The price of the breakfast is \$7.65 per person, plus tax to be billed on your statement after the breakfast. Ladies are welcome to hear the presentation at 8:30 a.m.

FRIDAY FUN FACTS WITH BRENT
& EILEEN
FRIDAY, SEPTEMBER 10
2:00 p.m. CHANNEL 2 LIVE

Did you know that September 12 is National Grandparents Day? Tune into channel 2 and learn about some September fun facts. This month some of the topics that Brent and Eileen will discuss are: The History of Labor Day, National Celiac Disease Awareness Day, National Service Dog Month and World Alzheimer's Month, just to name a few. Get your pen and paper ready to record some fun facts! Happy Friday!

OLD FASHION HYMN SING
WEDNESDAY, SEPTEMBER 15
6:30 p.m. (CH)

Please join members of the Spiritual Life Committee for the highly anticipated return of our old fashioned hymn sing. This highly entertaining and spiritually joyous event is long overdue and we are delighted to be able to have this program again. Bring along your requests and feel free to share why your hymn selection is so meaningful to you. Please remember masks are still required.

DOCK WOODS CHOIR
REHEARSAL
FRIDAYS, SEPTEMBER 17 & 24
10:00 a.m. (CH)

All vaccinated choir singers are welcome to wear your masks and join choir director, Bill Kuhfuss for the first rehearsals of the season as we begin to prepare for the December 21 Christmas Cantata. New singers in all voice parts are welcome. Rehearsals are on Friday in the Chapel for one hour. If you have any questions, call Bill Kuhfuss at 215-393-6794.



SHREDDING TRUCK
SATURDAY, SEPTEMBER 18
9:00 a.m. – 11:00 a.m. (FA
Carport)

Residents should arrive 10 minutes prior to this event and must remain inside their vehicles. This is a no-touch event. The items will be removed from your trunk or truck

RESIDENT BIRTHDAYS AND UPDATES

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

PASTORAL CARE REMINDER

GriefShare is a 13-week program, scheduled to begin September 3 at 10:30 a.m. in the DG Recreation Room. This video-based resource is designed to address the needs of those who are grieving the loss of a family member or friend. Following the shared viewing of the video, a time of discussion and reflection will focus on the issues raised. Participants are encouraged to purchase an accompanying workbook (\$15), in which to take notes and record further processing during the week between meetings. Pastor Donna will lead this first class, which is limited to 10 persons. Please contact her at extension 215-368-4438 extension 44227 or Donna.Merow@livingbranches.org with any questions, to review materials or to make your reservation.

RESIDENTIAL LIVING TRIPS

DUTCH APPLE DINNER THEATRE "MAMA MIA" (TRIP)

**THURSDAY, SEPTEMBER 9 –
9:00 a.m.**

The Living Branches coach will be transporting residents with reservations to Lancaster to enjoy the hot buffet lunch and afternoon show "MAMA MIA." The coach will begin picking up and traveling to each entity at 9:00 a.m. Approximate return to Dock Woods is 6:00 pm. Masks are required on the coach.

OCEAN CITY, NJ DAY TRIP

**TUESDAY, SEPTEMBER 14 –
8:00 a.m. (TRIP)**

The Living Branches coach will be traveling to Ocean City, NJ for a free day to explore the boardwalk, ocean, and delicious foods. The coach will begin picking up residents with reservations at each entity at 8:00 a.m., make a rest stop on route, and arrive at the 8th Street Music pier entrance for drop off and pick-up, for a 4:00 p.m. departure home to Dock Woods. There are some seats available and the price per person is \$19.30, to be billed on your statement after the trip. Sign up with Eileen Burks by calling or emailing her at 215 368-4438, extension 44121, or Eileen.burks@livingbranches.org The coach will pick up at each entity beginning at 8:00 a.m. Masks are required on the coach.

LEHIGH VALLEY IRON PIGS BASEBALL GAME (TRIP)

**FRIDAY, SEPTEMBER 17 – 4:45
p.m.**

The Living Branches coach will be transporting residents with reservations to Allentown to enjoy the 7:05 p.m. game with the Lehigh Valley Iron Pigs vs. the Scranton Rail Riders followed by a spectacular fireworks show. The coach will pick up at each entity beginning at 4:45 p.m. Masks are required on the coach.



RL DINE AROUND - MOCCIA TRAIN STOP (TRIP)

**THURSDAY, SEPTEMBER 23 –
4:30 p.m.**

The Living Branches coach will be traveling to Schwenksville, PA to enjoy dinner at Moccia Train Stop. You will be seated at tables of 4 or 6, order off the menu and receive separate checks. Vaccinated residents may sit together, and unvaccinated residents must be seated separately. Masks are required in the coach. Sign up with Eileen Burks by calling or emailing her at 215 368 4438, extension 44121, or

Eileen.burks@livingbranches.org
The coach will begin to pick up at 4:30 p.m. and travel to each entity.

HISTORIC SUGARTOWN TOUR

**THURSDAY, SEPTEMBER 30
12:15 p.m. (TRIP)**

The Living Branches coach will be traveling to Malvern, PA to enjoy a 2:00 p.m. tour of the 19th century crossroads village, Historic Sugartown. Founded in 1983, Historic Sugartown is located in Willistown Township in rural Chester County, and offers meaningful connections to the past. We will explore a guided tour of the General Store, Carriage Museum, School Room Exhibit, Garrett House, Book Bindery and 19th century Bank Barn. The price of this trip is \$17.40 per person which includes the transportation and guided tour. Please wear comfortable walking shoes, and expect to walk on uneven ground. We will also cross the road during the tour. Sign up with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org The coach will pick up at each entity beginning at 12:15 p.m. Masks are required on the coach.

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COMMUNITY EVENTS CONTINUED

bed; NOT from the passenger compartment area. Boxes or bags should be open and ready for removal. IF NOT PREPARED you will be asked to pull out of the line and re-enter the line when properly prepared. Vehicles will stay 15 feet apart.

No one will be permitted to get out of their vehicle to watch the video monitor on the shred truck, talk to the attendants or assist with dumping. Upon completion you will be asked to exit the shred area promptly and carefully as instructed by the shred truck staff.

CONTAINERS: Maximum of (4) four file boxes or equivalent per attendee (copier box size) or plastic container, items will be emptied from containers and containers are returned to the vehicle by the shred truck staff.

WHAT can be shredded: paper documents, checks, bills, and manila folders.... staples and paper clips DO NOT need to be removed.

WHAT CANNOT BE shredded:

- NO Three ring binders
- NO large black clips
- NO phone books
- NO books
- NO newspapers
- NO non-paper items

**LADIES BREAKFAST
WEDNESDAY, SEPTEMBER 22
8:30 a.m. (FA)**

You are invited to attend the breakfast buffet and enjoy our guest speakers, Pastor Donna Merow, and Pastor Sandy Landes. Our campus Pastors will share their stories and their journeys to

pastoral ministry as well as their various roles and activities here at Dock Woods. The price of the Breakfast buffet is \$8.25 per person, plus tax to be billed on your statement following the breakfast. Please make your reservations by calling or emailing Eileen Burks at 215 368-4438, extension 44121, or Eileen.burks@livingbranches.org A shuttle will begin to pick up at each entity beginning at 7:50 a.m. Men are welcome to hear the presentation at 9:00 a.m. A donation will be received following the presentation.

**SEPTEMBER CHAIR BINGO
MONDAY, SEPTEMBER 27
2:00 p.m. (RR)**

As summer comes to a close we invite you to come and enjoy the September chair bingo. We will 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. Make your reservations by calling or emailing Eileen Burks at 215 368-4438, extension 44121, or Eileen.burks@livingbranches.org. Come and win a few PRIZES!

**SEPTEMBER CAMPUS WALK
WITH BRENT & EILEEN
WEDNESDAY, SEPTEMBER 29
10:00 a.m. (MEET OUTSIDE THE
FA ENTRANCE)**

Looking for a morning summer activity? Put on your walking shoes and join Brent and Eileen outside the FA entrance with the DW walking group this month. We walk for 30 minutes throughout our beautiful campus.

Ladies Croquet

Calling on the ladies of Dock Woods.....Please join us for a friendly, relaxing game of croquet on Wed., 9/8, 9/22, October 6 and 20 at 6:00 p.m. on the croquet grounds of our beautiful campus. Fall evenings are a great time to gather together outdoors and meet new friends by enjoying this stress-free and enjoyable game.

Croquet requires little skill, no special attire or equipment for you to bring. Ladies croquet will offer a wonderful opportunity for us to enjoy each other's company and new-found friendships in the great outdoors of our campus. No previous skill is required; you will learn how to play.

Please call Ruth Kinsey at 215-393-8565 OR Naomi Curry at 215-361-6873 for more information.



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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.

Christopher's is now offering Dine-In Meals on Wednesday. Reservations are necessary.

Christopher's Take-Out will be on Fridays. Place your order by Thursday at 2:00 p.m. for Friday pick up at 4:30 p.m.

Dinner includes soup or salad, entrée, two sides & dessert for a set price of \$22.95.

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

VOLUNTEERS

The Story Core Project is still alive and active on the campuses of Living Branches. Story Core gives residents the opportunity to tell their life stories, to leave a legacy for their families. Once again, we are offering training for volunteers who wish to serve as either scribes for individuals or as facilitators for small writing groups. If you are interested in this training, contact Lynne Allebach for more information. If you would like to get your story down in writing, let us know. We can match you with a scribe or small writing group. There is no right or wrong way to tell your story. The important thing is to tell it! We're here to help you do just that.

THE ACORN SHOP

Summer's glory is fading and thoughts of fall will soon be here. Do you need to spruce up your fall decorations? Come in and see our fall decor.

You're sure to find something beautiful for your home! Watch Channel 2 for any changes to Acorn Shop hours. All signs, plaques and framed artwork is 20% off for the month of September!

GIFTS & TREASURES

Gifts and Treasures is full of useful household items. Have a grandchild going to college? We probably have what they need! All linens (tablecloths, napkins, curtains, towels and shower curtains are ½ price for the month of September! Thank you for supporting Dock Woods Sharing Fund through our gift shops! Open M-F, 1:00-3:00 p.m. Any changes to hours will be posted on Channel 2.

FUND DEVELOPMENT

Friends of the Sharing Fund Dinner- POSTPONED UNTIL 2022

The 34th Annual Friends of the Sharing Fund Dinner will be postponed until 2022. This annual 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 will still be accepted for the Sharing Fund even though this event is not being held this year. If you have questions, please contact Dena Winner (extension 44304) or Keith Heavener (extension 44115).

IRA Qualified Charitable Distribution Reminder - Interested in a special giving opportunity through your IRA?

The IRA Qualified Charitable Distribution (QCD) allows, once you have reached the age of 70½, to donate up to \$100,000 within each tax year directly from your Individual Retirement Account (IRA) without treating the distribution as taxable income. The contribution can be counted toward satisfying your Required Minimum Distribution (RMD) for the year, if applicable. You don't pay taxes on the gift and it may lower your taxable income. You can make a written request for the distribution of the charitable

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gift through your IRA provider. For more details, please contact Dena Winner (extension 44304) or Keith Heavener (extension 44115).

REMEMBERING OUR LOSSES, LIVING WITH HOPE

Our world has undergone an unprecedented global pandemic which has impacted Dock Woods Community in significant ways, creating both challenges and blessings. The Pastoral Care team is offering several group opportunities for residents to gather on August 26 to name some of the losses we have experienced during the past 18 months. We also invited those who were present to reflect on what gives them hope as we live into the future. We used a dove shaped piece of paper to write down our losses and hopes and then folded them into a 3-D shape which you will see hanging in the chapel. Being able to gather together and name the losses we have experienced helps us to connect with ourselves and each other, which we believe is a key part of healing.

The imagery of using the dove harkens back to the biblical account of Noah sending out the dove after the destruction of the known world by a flood. One wonders what gave Noah hope when there was no visible sign of life on earth. In the same way, some of us may wonder where our hope lies when we have uncertainty about the outcome of the pandemic, the political situation, climate change, racial inequality. It may seem difficult to hold on to hope.

But God, in his creative and unique way, gave Noah a sign of life through an olive branch when the dove returned to the ark. What are the signs of life that give you hope amidst the uncertainty with which we live? Pastor Donna and I invite you to look for the signs of life that give you hope each day and take the time to share them with each other.

The symbol of the dove will remain with us for the next several weeks as we gather in the chapel for worship and in various places throughout our community. Please feel free to stop in the chapel to pick up your own dove and to write the losses you personally have experienced along with the hopes you carry. Pastors Donna and Sandy are available to help you fold your dove and to hear your own story of loss and hope. We look forward to hearing your stories of hope throughout this uncertain time.

God promises that we will always have his presence. When Noah finally was able to leave the ark (after more than a year) God gave Noah and his family work to do, care for the earth and to replenish the human population. We are now tasked with the work of caring for each other, the earth and ourselves. As we continue to live into the future, even with its uncertainties, may we practice each day to trust God and to seek the signs of hope all around us.

Pastor Sandy Landes