

# DOCKET

## DOCK WOODS

### RL TRIPS CONTINUED....

yet personal story will come to life like never before.” The price of this trip is \$127.00 per person which includes a family style meal at Hershey Farms, show, transportation, and driver’s gratuity. Approximate return home to Dock Woods is 7:00p.m. Sign up by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org). Vaccinated guests are welcome to sign up. Masks are required!

### DOCK STEWARDS



Dock Stewards is a group that has been formed on the Dock Woods campus and presided over by resident Deb Bartlett. It’s been formed for the purpose of keeping our residents informed of various ways to dispose of our waste products. What are we supposed to recycle and how? What are we to dispose of and how? This group was started to help encourage all of us to be good stewards of our campus and our larger environment. A representative/spokesperson will be chosen from each area; Acres, Gardens, Manor and Villas. Please watch the Docket for updates, suggestions and evidences of the committee’s activities. The first meeting of this group is Thursday, January 6 at 1:00 p.m. in the DG RR.

### CAREGIVER SUPPORT GROUP

This past year a Caregiver support group began to meet once a month for mutual sharing and learning. Facilitated by Pastor Sandy Landes and Mary Ann Pulaski, an RN who lives in Dock Acres with experience in Adult Day Care, the support group is planned for those who have a spouse or close friend who needs nursing or memory care, either at home or in a care unit here at Dock Woods. We know that caregiving can be challenging and we need the support of others through conversation, storytelling, prayer and friendship. If you are a caregiver or know someone who is serving in this capacity, please consider this opportunity for support. This group is open to Dock Woods residents and family members of Dock Woods residents. Any questions or concerns, please contact Pastor Sandy Landes, 215-368-4438 extension 44171.

### WELLNESS CENTER

Grandview Hospital Lab Services are available by appointment only for residents of 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 9:00 a.m., Tuesdays at 7:30 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\*\***

### “EVERYWHERE, THE GLINT OF GOLD” TREASURES FROM THE TOMB OF TUTANKHAMUN

**WEDNESDAY, JANUARY 5 2:00 p.m. CHAPEL**

You are invited to join Dr. Stephen Phillips, Ph.D., the Curatorial Research Coordinator in the Egyptian Section of the University of Museum of Archaeology and Anthropology, at 2:00 p.m. in the Chapel on Wednesday, January 5. Come enjoy part II of “Everywhere, the Glint of Gold,” Treasures From the Tomb of Tutankhamun. This lecture first recounts the extraordinary chain of events leading up to Howard Carter’s discovery of King Tut’s tomb. We will see amazing images of the breathtaking array of spectacular ancient artifacts it contained, including gold, precious stones, sculpted alabaster, and beautifully carved wooden objects. Come and spend time inside King Tut’s tomb- without having to travel to Egypt! And celebrate the 100<sup>th</sup> anniversary (November 4) of the greatest archaeological discoveries of all time. A shuttle will begin to pick up at each entity at 1:20 p.m.

### THE DOCK PLAYERS PRESENT: “WHAT DAY IS THIS?”

**TUESDAY, JANUARY 25 2:00 p.m. CHAPEL**

Get ready for another original show featuring the DOCK PLAYERS as they present, “WHAT DAY IS THIS?” at 2:00 p.m. in the Chapel on Tuesday, January 25. Chief writer, Joyce Shultz and writer Mary Rittenhouse Schwartzentruber and 30 cast members will be sharing their interpretation of being a senior citizen. You might not agree on politics, religion, or our preferred hospital; but we can probably agree that we are getting older. Don’t be surprised if you recognize yourself in the play! Through the five acts you will learn about the Fund Development/FUN Department, change, aging, staying alive, Who Has Talent? and the finale. We expect a sell-out show at a good price, FREE ! We suggest you get your seat early! A shuttle will begin to pick up at each entity at 1:20 p.m. Let the show begin!!

### MARTIN LUTHER KING, JR. DAY PROGRAM

**MONDAY, JANUARY 17**

**2:00 p.m. CHAPEL**

“Faith is taking the first step even when you don’t see the whole staircase” MLK. In celebration of Martin Luther King, Jr. Day on January 17, we have invited Nicole Husbands, Young Adult & Outreach Services librarian from the Indian Valley Public Library for a 2:00 p.m. lecture in the Chapel to celebrate Dr. Martin Luther King, Jr and share an overview of his life and legacy. We invite you to come and learn about some of Dr. King’s connections to Philadelphia and the surrounding area. In Dr. King’s speech, “I Have A Dream,” King urges his listeners, 250,000 + attendees at the March on Washington to take their faith in meaningful change back to their hometowns – they must continue to struggle together, face incarceration together, and “stand up for freedom together” in order to truly make America a great nation. Mark your calendars for an informative lecture. A shuttle will begin to pick up at each entity at 1:20 p.m.

## COMMUNITY EVENTS

### **SUNDAY, JANUARY 9 7:00 p.m. – OLD FASHIONED HYMN SING (CH)**

Back by popular demand....join us on Sunday, January 9 for the ever so enjoyable Old Fashioned Hymn Sing sponsored by your Spiritual Life Committee. This is a wonderful time to enjoy those fabulous hymns we grew up singing. Bring a neighbor and enjoy this DW community event.

### **TUESDAY, JANUARY 11 2:00 p.m. - DA/DG/VL/DM Resident Meeting will be Virtual**

Airing on Tuesday, January 11 the Quarterly Resident Meeting will 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.

### **WEDNESDAY, JANUARY 12 2:00 p.m. – RL JANUARY BIRTHDAY CELEBRATION (FA)**

ALL Residential Living residents are invited to attend the monthly birthday celebration. If you are a birthday celebrant, please call or email Eileen Burks at 215-368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org) by Tuesday, January 11 if you plan to attend and receive your birthday plant. This month we have invited vocalist/guitarist Steven Barth for the afternoon entertainment. At the birthday celebration we will be serving birthday cake and ice cream

to all who plan to attend. A shuttle will begin to pick up at each entity beginning at 1:20p.m.

### **FRIDAY, JANUARY 14 8:00 a.m. - MEN'S BREAKFAST (FA)**

This month we are ringing in the New Year 2022 on the right side of everyone's financial picture, as we are pleased to have MATT NOVAK, financial planner and RANDY NYCE, Stewardship Consultant, from Everence Financial to guide us through 2021 and into 2022. A lot has happened over the past few years, and the New Year may have more surprises for us. Come to the Men's Breakfast no matter where you have been, where you are, or where you might be financially in the future. Please make your reservations by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org) by Tuesday, January 11. 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.

### **TUESDAY, JANUARY 18 10:00 a.m. - LIVING U KICK-OFF (CH)**

A wonderful array of Living U courses are in store for you this spring. Many new and returning teachers will share of their knowledge and wisdom on a wide variety of topics. You are

## RESIDENT BIRTHDAYS AND UPDATES

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

invited to come and hear about these upcoming opportunities at a Living U **Spring 2022 Kickoff on Tuesday, January 18, 2022 at 10:00 a.m. in the Dock Woods Chapel** or you can watch it live on channel 2. Course registrations for the spring semester will open on Tuesday, January 18 and close on Friday, February 4. For more information, please contact Maribeth Benner, Living U Coordinator at extension 44204.

### **WEDNESDAY, JANUARY 19 8:30 a.m. - LADIES BREAKFAST (FA)**

Attention ladies! You are invited to attend the January ladies breakfast. This month we have the pleasure of Ben Hartranft and father Glenn joining us as our guest speakers. "BENERGY1 PRESENTATION" will be Ben's amazing story about his life's journey as a person with Autism, and his mission to build a community of people who will set an example of kindness and inclusion for all. Ben's passion has made a huge impact on many lives. This is a presentation you don't want to miss! 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](mailto: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

## RESIDENTIAL LIVING

### LANSDALE COMMUNITY CONCERT, N.P.H.S. SATURDAY, JANUARY 8 6:00 p.m. (TRIP)

The Living Branches coach will be transporting residents with a season membership to the North Penn High School to enjoy the 4<sup>th</sup> concert of the season 7:30 p.m., featuring Philly Pops. The price of this trip for transportation is \$5.10 per person. Sign up with Eileen Burks by calling or emailing her at 215 368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org) The coach will begin to pick up at each entity at 6:00 p.m. Remember your tickets and masks!

### RL DINE AROUND – THE METROPOLITAN THURSDAY, JANUARY 27 4:30 p.m. (TRIP)

The Living Branches coach will be traveling to Montgomeryville, PA to enjoy dinner at The Metropolitan. At the restaurant your will be seated at tables of four and six, order off the menu and receive separate checks. Sign up with Eileen Burks by calling or emailing her at 215-368 4431, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org). The coach will begin to pick up at 4:30 p.m. traveling to each entity.

### DUTCH APPLE DINNER THEATRE - "SINGIN' IN THE RAIN" MARCH 10, 2022 9:00 a.m. (TRIP)

The Living Branches coach will be traveling to Lancaster, PA to enjoy the hot buffet lunch and afternoon show "SINGIN' IN THE RAIN." From the golden age of movie musicals, Singin' in the Rain brings us the starlet, the leading man and a love affair that could change lives...and make or break careers. The story focuses on Don Lockwood and Lina Lamont who are a hot item on screen but, behind the scenes, things aren't always what they seem! The price of this show is \$75.30 per person 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](mailto:Eileen.burks@livingbranches.org) The coach will begin to pick up at 9:00 a.m., traveling to each entity. Masks are required!

### HUNTERDON HILLS PLAYHOUSE - "SHERLOCK HOLMES RETURNS! THE MUSICAL" THURSDAY, MARCH 31, 2022 9:00 a.m. (TRIP)

The Living Branches coach will be traveling to Hampton, NJ to enjoy the served hot lunch and afternoon show, "Sherlock Holmes Returns! The Musical." Join Sherlock Holmes, Dr. Watson, and a talented cast of colorful characters in this song,

dance, and comedy-filled spectacular! Backed by the renowned Hunterdon Hills Playhouse orchestra, come and celebrate the 40<sup>th</sup> Anniversary! This is a must-see event! The price of this trip which includes the served lunch, show and transportation is \$90.13 per person to be billed on your statement after the trip. Sign up by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org) The coach will begin to pick up at 9:00 a.m., traveling to each entity. Masks are required!

### PERKIOMEN TOURS & TRAVEL SIGHT & SOUND THEATRE "DAVID" FRIDAY, APRIL 1, 2022 10:00 a.m.(TRIP)

Join us on this chartered tour with Perkiomen Tours & Travel on Friday, April 1, 2022 at 10:00 a.m. as we enjoy the newest original stage production of "DAVID." This state-of-the-art live experience will use theatrical wonders to take audiences inside the story of the legendary figure who notoriously rose from shepherd to king after defeating the giant Goliath. "David was many different things: a shepherd, king, poet, and a warrior. Through this new live stage production, this powerful

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## COMMUNITY EVENTS

presentation at 9:00 a.m. A DONATION will be received following the presentation.

### THURSDAY, JANUARY 20 2:00 p.m. - CORNHOLE TOURNAMENT (FA)

The Resident Fitness and Aquatics Committee invites all residents to a fun afternoon of friendly competition. If you aren't sure what "cornhole" is, perhaps think: "beanbags." Come on down and have some fun!

### FRIDAY, JANUARY 21 9:00 a.m. -10:30 a.m. – REP. LIZ HANBIDGE MOBILE OFFICE HOURS (Bistro/Lobby)

In addition to the full-time office hours at her district office in Blue Bell, monthly MOBILE office hours are provided. On the third Friday of each month, Meg Diehl, Constituent Service Advisor will be here in the Bistro Lobby to provide services which include: SEPTA Senior Citizen Card Applications, Birth and Death Certificate Applications, Handicapped Plate and Placard Applications, Driver License and non-Driver Identification Applications, PACE/PACENET Application, Vehicle Applications, PA tax forms, Concerns about state road conditions. Mark your calendars!

### MONDAY, JANUARY 31 2:00 p.m. JANUARY BLUES CHAIR BINGO (RR)

Come beat the January Blues, and enjoy multiple games of "January Blues Chair Bingo" as we play a variety of games with NEW bingo sheets per game. Bring along a pencil, or marker and a large book or magazine to hold your bingo sheet. Make your reservations by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or [Eileen.Burks@livingbranches.org](mailto:Eileen.Burks@livingbranches.org) Hope to see you there!



### UPCOMING EVENT RL VALENTINE'S DAY BUFFET MONDAY, FEBRUARY 14, 2022

5:30 p.m. FA/BISTRO  
LOVE IS IN THE AIR... SAVE THE DATE and make your reservations with Dining Services by calling or emailing them at 52407 or e-mail [fooddw@livingbranches.org](mailto:fooddw@livingbranches.org) beginning February 1 for the 5:30 p.m. Valentine's Day Buffet in the FA/Bistro. \$22.95 for those paying with their dining dollars. \$22.95 plus tax for those without dining dollars. As you enjoy the atmosphere and delicious menu, we will have some Valentine's Day raffles followed by entertainment with Steve Pollack and guest from Night & Day Entertainment. Seating will be limited, so make your reservations soon!



## 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  
David DeVita, CFP®,  
CFA™, CIPM  
267-898-0524

### THE ACORN SHOP

Thank you for a wonderful Holiday Season in the Acorn Shop! Take advantage of our **"After Christmas Sale"** going on December 27 -31. Christmas merchandise will be **50% off!** All purses, wallets, coin purses and cosmetic bags are **20% off** during the entire month of January! Our post-holiday hours will revert to Monday - Wednesday, 9:30 - noon, and Thursday and Fridays 12:30 - 3:00. Any changes will be posted on channel 2 and on the door of the Acorn Shop. 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 2022. As always, the profits from the Acorn Shop support the Sharing Fund!

### DOCK'S GIFTS & TREASURES SHOP

The Gifts & Treasures Shop will have a "Buck a Bag" book sale during January! Stock up for your cozy winter reading!

### RESIDENT COUNCIL ANNOUNCEMENT

The following residents have been elected by their peers to serve as a representative to the Dock Woods Residential Living Resident Council beginning January 2022. Congratulations to all!

Members of Council elected to their first term of service:

**Anne Bishop, Gwen Eagleson, Judy Mumaugh,  
William Richards**

Members of Council re-elected to a second term of service:

**Susan Johnson**

Other members of the Council returning to complete their term of service:

**Pamela Hunt, Allen Irwin, Ruth Kinsey, Mary Rittenhouse Schwartzentruher, Frances Sargent,  
Eva Seeton**

Thanks to the following members of the 2021 Council for their time and service. Their work is much appreciated:

**Suzanne Kehler, David Olson, Eileen Prusinski,  
Robert Thompson**

## REPORTS CONTINUED....

### DINING

New Year's Day brunch starts at 12:00 p.m. in the Fisher Auditorium. Reservations are necessary.

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

When ordering take out from the Hearthside Bistro please have orders in by 10:30 a.m. for lunch and 3:30 p.m. for dinner.

Christopher's is 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 or to make reservations, direct dial 215-565-2407 or email your orders to [fooddw@livingbranches.org](mailto:fooddw@livingbranches.org)

### 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.

## TELLING OUR STORIES

In the decade before I became a pastor, I spent five summers in the New Hampshire Writing Program. I taught elementary, middle and high school students, helping them to find their voices and tell their stories. I worked with three colleagues to record their memoirs--about serving in the Belgian Resistance as a teenager, about surviving the civil war in Lebanon, about pastoring for a quarter century in rural Montana. I have loved reading and hearing and writing stories for as long as I can remember. Stories can heal us, reveal us, inspire us, move us, challenge us, comfort us, grow us. I believe that everyone has a story, if not a whole book (or even a collection), within them. I have talked with enough of you to know what a rich treasure of stories exist among us. In an effort to encourage one another to tell and share our stories, the Pastoral Care department, with the invaluable assistance of Charlynnne, will be posting a weekly writing prompt on Channel 2 and on bulletin boards around the campus. Once a month (4<sup>th</sup> Thursdays in the Rec Room from 2-3), we will gather to share our works in progress, on whatever topics. My own current interest is hearing personal reflections on the global pandemic and/or the experience of widowhood. So get your notebook and favorite pen and resolve this new year: "Never a day without a line." Don't worry about grammar or spelling or neatness--just write what you know. Revision comes later. (Dates are listed on the RL calendar)

*Pastor Donna*