

DOCKET

SAVE THE DATE

**RESIDENTIAL LIVING PICNIC AT FISCHER'S PARK
THURSDAY, JUNE 9 11:00 a.m. – 3:00 p.m.
10:30 a.m. & 11:30 a.m. SHUTTLES**

The Residential Living Services Team has planned the annual RL picnic to be held at the Bull Pen Pavilion at Fischer's Park, located on Bustard Road in Towamencin Township on Thursday, June 9, beginning at 11:00 a.m. Bring along your folding chairs, your lawn and table games, and dress comfortably according to the weather! At the picnic your lunch will include hotdogs, potato salad, chips, watermelon, bottled water, and Rita's water ice. The price per person is \$3.50 to be billed on your statement after the picnic. We will have limited shuttle service with two pick-up times at 10:30 a.m. and 11:30 a.m. A return shuttle will begin at 2:30 p.m. Please make your reservations with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org

**PERKIOMEN TOURS & TRAVEL
PHILADELPHIA FLOWER SHOW – FDR PARK OUTDOORS
FRIDAY, JUNE 17 9:30 a.m. – 3:00 p.m. (TRIP)**

Join us on this chartered tour with Perkiomen Tours & Travel on Friday, June 17 at 9:30 a.m. as we enjoy outdoors, the Philadelphia Flower Show, the largest and world's longest horticultural event, to take place at FDR Park, the 348 acre iconic park located in Philadelphia. This year the theme is "IN FULL BLOOM" which connotes good health, positive wellbeing and a passion for life that illuminates in a gorgeous and colorful spectacle. The price of this trip is \$76.00 per person which includes transportation, admission to Philadelphia Flower Show, and Perkiomen Driver gratuity. There will be local food trucks, a beer garden, and seating at the Boathouse that overlooks the lakes. Located in the Design District, you will also find vendors with an array of different foods options you can purchase on your own. Sign up with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org Approximate return home to Dock Woods is 4:15 p.m. **The Flower Show is rain or shine!**

FITNESS & AQUATICS COMMITTEE ACTIVITIES....

HORSESHOES
CORNHOLE
OPEN BOCCE TUES., THURS. 9:30 A.M.
ROUND ROBIN BOCCE - SCHEDULED BY PARTICIPANTS.

TEAM CROQUET PRACTICE TUES., THURS., SAT. 1:30 P.M. (FOR THE TOURNAMENT ON JUNE 4 AT THE MENNONITE HERITAGE CENTER)

DOCK CROQUET MON-FRI 9:30 A.M.

BACKYARD CROQUET - SCHEDULED BY PARTICIPANTS.

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

Dr. Andrea Pellegrino, TriValley
Primary Care (Quakertown) or
Brigitte Harken, CRNP Call
215-536-0655

Dr. Gwen Rosenthal,
Optometrist Call: 610-667-4123
Dr. Patricia Reiff, Associates in
Hearing Call 215-855-4217

DOCK WOODS

THE WOLVES & MOOSE OF ISLE ROYALE WITH KY AND LISA KOITZSCH

MONDAY, MAY 9 2:00 p.m. CHAPEL

Join wildlife biologists Ky and Lisa Koitzsch in the Chapel at 2:00 p.m. as they share their experiences studying wolves and moose during the winter in Isle Royale National Park. Isle Royale is a remote island wilderness located in the frigid waters of Lake Superior 15 miles from the shores of Ontario and Minnesota. Since the 1940's, Isle Royale has been home to populations of both wolves and moose, and since 1958 researchers have been studying the wolf-moose predator-prey system. Ky and Lisa reside in Fayton, Vermont. They have been studying wolves and their prey in Isle Royale and Yellowstone National Park since 2008. Ky is also the son of Karen Koitzsch, a resident of Dock Gardens. Mark your calendars and come learn about this longest continuous study of any predator-prey system in the world. A shuttle will begin to pick up at each entity at 1:20 p.m.



**ISLAMIC ART...MORE TO IT THAN YOU MIGHT HAVE THOUGHT!
WITH ASHEQ FAZLULLAH**

MONDAY, MAY 16 2:00 p.m. CHAPEL

You are invited to join Asheq Fazlullah as he reviews Islamic art and the religious traditions and guidelines regarding the making and usage of images. In this visually focused program, Asheq will touch upon the scriptural basis in regulating images in Islam, how God is depicted, how prophets and other revered figures are shown, Quranic art and contemporary art, Islamic Architecture, and present day film depictions of the Prophet Muhammad. Asheq grew up in the Delaware Valley, a graduate in Economics from Penn State, University Park, and currently serves with Campus Ministry at Villanova University in the role of Muslim student advisor, and as an affiliate advisor for interfaith and Muslim life at Swarthmore College. Mark your calendar and enjoy these informational teachings about classical Islamic art. A shuttle will begin to pick up at each entity at 1:20 p.m.

TRAVEL PRESENTATION OF ISRAEL, EGYPT, and JORDON WITH MAXIME JAOUEN

WEDNESDAY, MAY 25 2:00 p.m. CHAPEL

Retired pastor, Maxime Jaouen from the Lansdale United Methodist Church will be sharing a summary of his tour experiences. This visual presentation details history, religion, architecture and much more during multiple trips to Israel, Egypt and Jordan over the period of 2000 to 2019. So save the date and come and enjoy this exceptional travelogue. A DONATION will be received following the program. A shuttle will begin to pick up at each entity at 1:20 p.m.

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COMMUNITY EVENTS

HORSESHOES AND QUOITS TUESDAY, MAY 3 2:00 p.m. Horseshoe Pits off Gehman Rd

Won't you join us for a relaxing game of horseshoes or quoits? The weather is looking up and outside is so inviting this time of year. Enjoy some comradery and fresh air as we enjoy these friendly outdoor games.

CORNHOLE WEDNESDAY, MAY 4 2:00 p.m. (FA)

The resident Fitness and Aquatics Committee invites all residents to a fun afternoon of friendly competition. If you are not sure what "cornhole" is, perhaps think: "beanbags." Come join us in the Fisher Auditorium and have some fun and fellowship together!

MOTHER'S DAY TEA FRIDAY, MAY 6 2:00 p.m. FA

"The loveliest masterpiece of the heart of God is the heart of a mother." St. Therese of Lisieux... You are invited to come and celebrate Mother's Day for the Mother's Day Tea. Bring along your favorite tea cup or mug and enjoy the delicious dessert with your cup of tea as you delight in the Mother's Day Program with Sheila Milz. Sheila has been involved in music since she was a child and for over 30 years, she has used her vocal and guitar music in many venues spanning 14 states, serving adults and children. At this program you will be learning about some history and traditions of Mother's Day along with a fun-filled musical presentation. Sign up with Eileen Burks by either emailing or calling her at

Eileen.burks@livingbranches.org, or 215-368-4438, extension 44121. Seats are limited so be sure to make your reservations. A shuttle will begin to pick up at each entity beginning at 1:20 p.m.

LONGWOOD GARDENS PRESENTATION WITH BOB & BARBARA MULLEN TUESDAY, MAY 10 2:00 p.m. CH

If you love the beauty of flowers, we invite you to join Bob and Barbara Mullen at 2:00 p.m. in the chapel as we view through the lens of their camera the beauty of the flowers displayed at Longwood Gardens. We have had the pleasure to view the Mullen's photography of birds and nature in the past. I know you will be delighted to see their most recent gallery of photos. Bob is our custodial supervisor of housekeeping and laundry at Dock Woods. Bob and his wife are pleased to share their hobby with us. A shuttle will begin to pick up at each entity beginning at 1:20 p.m.

RL MAY BIRTHDAY CELEBRATION WEDNESDAY, MAY 11 2:00 p.m. 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@livingbrnches.org by Tuesday, May 10 if you plan to attend and receive your birthday plant. We have invited Music Memories with Bill and Michelle for your afternoon entertainment. A shuttle will begin to pick up at each

entity beginning at 1:20 p.m.

MEN'S BREAKFAST FRIDAY, MAY 13 8:00 a.m. FA

This month the guest speaker is KEITH HEAVENER, AKA the "FUN(D) GUY." Keith is going to tell all! Who is he really? Where did he come from? How did he become a Living Branches employee? And, what are his responsibilities as director of fund development? We will also be updated and learn about the Living Branches Capital Campaign. Please make your reservation by emailing Eileen Burks at Eileen.burks@livingbranches.org or calling her at 215-368-4438, extension 44121 by Tuesday, May 10. The price of the breakfast is \$7.65 per person, plus tax. Ladies are welcome to hear the presentation at 8:30 a.m.

PA HOUSE OF REP. DISTRICT 61 AIDE FRIDAY, MAY 20 9:00 a.m. (CC LOBBY)

Just a reminder that Meg Diehl, Constituent Service Advisor, will be available in the Community Center Lobby to provide a variety of services (including notary) to you on the third Friday of each month in the Community Center Lobby. This service is in addition to the full time office hours at Representative Liz Hanbidge's District Office in Blue Bell.

RESIDENT BIRTHDAYS AND UPDATES

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RESIDENTIAL LIVING TRIPS

EVERGREEN LANE FARM TOUR WEDNESDAY, MAY 18 1:00 p.m. (TRIP)

The Living Branches coach will be traveling to Harleysville to enjoy a 1:30 p.m. tour of the Evergreen Lane Farm, Aquaponics Specialist. Aquaponics is a food production system that couples aquaculture with hydroponics whereby the nutrient-rich aquaculture water is fed to hydroponically-grown plants where nitrifying bacteria convert ammonia into nitrates. On the one hour tour, we will learn about this process and observe the food grown and will have time to shop in the gift shop before returning home to Dock Woods. The price of this trip is \$3.00 per person to be billed on your statement following the trip. Sign up with Eileen Burks by calling 215-368-4438, extension 44121, or emailing Eileen.burks@livingbranches.org. The coach will pick up at each entity beginning at 1:00 p.m.

HUNTERDON HILLS PLAYHOUSE "I LEFT MY DIGNITY IN MY OTHER PURSE" THURSDAY, MAY 19 9:00 a.m. (TRIP)

The Living Branches coach will be transporting residents and guests with reservations to Hampton, N.J. to enjoy the served lunch and afternoon show, "I Left My Dignity In My Other Purse." The coach will pick up at each entity. Approximate return home to Dock Woods is 5:30 pm.

RL DINE AROUND YELLOWHOUSE HOTEL THURSDAY, MAY 26 4:15 p.m. (TRIP)

The Living Branches coach will be traveling to Douglasville, PA to enjoy the evening dinner at the Yellowhouse Hotel. At the restaurant you will receive the limited menu, be seated at tables of 4 and 6, and receive separate checks. (Please bring along smaller bills to pay your check). Sign up with Eileen Burks by calling 215-368-4438, extension 44121, or emailing Eileen.burks@livingbranches.org. The coach will pick up at each entity beginning at 4:15 p.m.

INDIAN VALLEY PUBLIC LIBRARY MOVIE "WEST SIDE STORY" TUESDAY, MAY 31 1:15 p.m. (TRIP)

The Living Branches coach will be transporting Dock Woods residents to the Indian Valley Public Library to enjoy the 2:00 p.m. movie, "West Side Story." This 2021 American musical romantic drama is the adaption of the 1957 stage musical directed and co-produced by Steven Spielberg. Starring Ansel Elgart (Tony), and Rachel Zegler (Maria), this film adaptation explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds. The price of this trip is \$3.50 per person. Sign up with Eileen Burks by calling her at 215-368-4438, extension 44121 or Eileen.burks@livingbranches.org. The coach will pick up at each entity beginning at 1:15 p.m.

LEHIGH VALLEY IRON PIGS BASEBALL GAME FRIDAY, JUNE 24 5:00 p.m. (TRIP)

The Living Branches coach will be traveling to Allentown, PA to enjoy the 7:05 p.m. baseball game with the Lehigh Valley Iron Pigs vs. the Norfolk Tides (Baltimore Orioles affiliate). Upon arrival there will be time for you to purchase food and beverage. After the game there will be a spectacular fireworks display. The price of the trip is \$21.95 per person, which includes the game ticket and transportation. Sign up with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org. Guests are welcome.

OCEAN CITY, NEW JERSEY DAY TRIP MONDAY, JUNE 27 8:00 a.m. (TRIP)

The Living Branches coach will be traveling to Ocean City, New Jersey to enjoy the day on the beach,, strolling along the boardwalk, and tasting some of your favorite foods while shopping at the boardwalk shops. On route the coach will make a rest stop, and upon arrival the coach will drop us off at the Music Pier entrance on 8th street. At 4:00 p.m. we will depart for home and approximate arrival at Dock Woods is 7:00 p.m. The price of this trip is \$21.20 per person for the transportation. Sign up with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org

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COMMUNITY EVENTS

JOYFUL SOUND OF MUSIC MINISTRY FRIDAY, MAY 20 7:00 (CH)

Please join us for this Spiritual Life Committee sponsored evening program with the Joy Yoo family. This multi-talented family will serenade us by violin, flute, cello, harp and piano. We have long-awaited their return. You will truly enjoy their performance. An offering will be graciously accepted.

AMICI OPERA COMPANY - VERDI'S "MACBETH" SUNDAY, MAY 22 2:30 p.m. (CH)

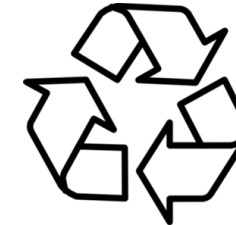
Returning to Dock Woods for their 23rd season is the Amici Opera Company, under the direction of Ralph Tudisco. At 2:30 p.m. in the Chapel, the fully staged Opera Company, in costume, will be presenting Verdi's "Macbeth." Residents of Living Branches are free with their ID card. There is a fee charged to guests at sign in located at the Chapel porch hallway.



"MAY DAY" CHAIR BINGO MONDAY, MAY 23 2:00 p.m. (RR)

You are invited to join us in the recreation room for some refreshing games of chair bingo! We will play a variety of games with a NEW bingo sheet per game. Bring along a pencil, or magazine to

support your bingo sheet. Make your reservations by calling or emailing Eileen Burks at 215-368-4438, extension, 44121 or Eileen.burks@livingbranches.org. Hope to see you there!



ZERO WASTE LIVING WITH EVE M. PUHALLA, Ph.D. THURSDAY, MAY 26 2:00 p.m. (CH)

The Dock Stewards invite you to attend the 2:00 p.m. presentation of, "Zero Waste Living" presented by Eve M. Puhalla, Ph.D., on Thursday, May 26 in the Chapel. Eve is a graduate of Lehigh University, The University of Findlay, and Elizabethtown College. She has almost 30 years of educational experience teaching preschool through graduate level. She is currently a Penn State Master Watershed Steward who volunteers to conserve, restore, and enhance water sources and educate and support communities in watershed stewardship. Eve is a dedicated recycler and enjoys organic gardening. Zero waste living is a life-style choice that supports the elimination of trash and the adoption of practices that emulate sustainable natural life cycles. This presentation will focus on basic zero waste theory and practice that you can easily implement into your life choices and begin the process of reducing the volume of trash you generate. A shuttle will begin to pick up at each entity at 1:20 p.m.



Our Living U classes for the month of May will blossom with beauty, history, and interest. We will continue two of our multi-session courses that began in April. The Supreme Court (May 3, 10, 17, and 24) and Mozart and the Movie *Amadeus* (May 5). In addition, we will learn about the history of the Hatfield Township and Borough (May 12) and about two Wonderful Composers, the French Charles Camille Saint-Saens and the Russian Nicolai Rimsky-Korsakov (May 19 and 26). If you would like to find out more about Living U, the lifelong learning institute of Living Branches, or register to attend these courses, please contact Maribeth Benner, Living U coordinator, at extension 44204. Guests are welcomed!

REPORTS

SARA SPOTLIGHT

Where can I use my SARA device?

Your SARA device works anywhere on campus - both indoors and outdoors. It works in your home, in stairwells, in garages, in the parking lots and along the walking paths.

Are the pendants waterproof? Yes

The pendant can be worn in the shower and can be submerged to a depth of 3 meters

FUND DEVELOPMENT

AmazonSmile

Are you planning to bless the mothers and fathers in your life with something special this spring? Do your shopping online and use www.smile.amazon.com. Select Living Branches as your designated charity and then shop as you normally would on the site. Amazon will donate 0.5% of your purchase total to the Living Branches Benevolent Care Fund, which benefits residents who can no longer afford the full cost of their care. It does not cost you anything more and it will make a difference for neighbors and friends at Living Branches for years to come.

Employer Matching Gifts

Every year we receive a few matching gifts from residents and family members who have a connection with an employer or previous employer, who offers a matching plan to their employees or retirees. If you are one of those thoughtful donors, thank you for going the extra mile and including us in your annual plan for contributions. There may be more of you out there who could be using this benefit to double your donations. If you are aware of local or regional companies that have a matching gift program, please notify Keith Heavener, Director of Fund Development, at extension 44115 or Dena Winner, Fund Development Associate, at extension 44304.

IRA Changes for 2022

Thursday, May 19, at 10:00 a.m. in Fisher Auditorium

Free financial guidance and breakfast treats!

Join Jeff Godshall and Randy Nyce from Everence Financial (everence.com) to learn about recent changes

that may affect your IRA planning and RMDs (Required Minimum Distributions). Please RSVP to Rose Hackman at Rose.Hackman@livingbranches.org by May 10. Shuttle service will be provided for Villa and Dock Acres residents upon request. If you have questions, contact Keith Heavener at 215-723-9881, extension 44115 or Dena Winner at 215-723-9881, extension 44304

VOLUNTEERS

THE ACORN SHOP

The Acorn Shop is the place to go when looking for Mother's day and Graduation gifts and cards! It's hard to miss all the beautiful new door wreaths and candle rings, artificial plants in decorative pots and wonderful new purses that are gracing the Acorn Shop!

Demdaco's Willow Tree angels and figurines and select jewelry are still 50% off during May for all your Moms & Grads. **All Purses, wallets and coin purses are 20% off during May.** Stop in and take a look at the great selection for gift giving or for yourself!

DOCK'S GIFTS & TREASURES SHOP

Many of you have seen or purchased items from our Nook outside of the Café. This is but a small sampling of the goods available for sale. Other treasures are awaiting a new home as well, in our Gifts and Treasures Shop. Plan a time when you can stop in to look over our full array. We're open Monday-Friday day, from 1-3 P.M.

Our May Sale is ½ price on any drinking glasses, wine glasses, parfaits or juice cups.

Also, remember to take advantage of our birthday club. On your birthday (the day before or the day after if it falls on a Sunday), ANYTHING is ½ price purchased in the Gifts & Treasures Shop location. ***This does NOT include the Nook*** Proof of your birthdate is required!

Keep us in mind when you do your "spring cleaning"! We are always looking for items such as furniture, household items, small appliances, books, toys, games, jewelry, decorative items, etc.! (We do not carry any clothing items.) Items should be clean and in good working order, please!

The Price of a Pandemic

As an organization it has been our top priority to consider the toll that Covid-19 takes on the health and mental wellbeing of our residents and staff. Our employees have fought to keep residents healthy, our communities clean, and to modify operations based on the present guidance and positivity rates.

Over the last several months, we have seen yet another dark side of the pandemic: price increases and supply chain issues. This sheds light on an important question: what exactly is the price of a pandemic?

All it would take is a simple Google search to discover what the United States has spent on Covid so far, or to learn that staffing shortages are prevalent across the nation. When we hear about these matters on the news, they are often addressed on a much broader scale.

How can we measure its impact at Living Branches, though?

"It was a purchasing nightmare," said Robert Buckman, a purchasing representative for Living Branches. "Prior to the pandemic, we hardly ever had to order gowns or face masks."

Robert reflected on the early days of the pandemic, and explained how the need for personal protective equipment (PPE) has drastically changed. In the past Living Branches would order PPE for influenza outbreaks or other gastrointestinal viruses, but extra supplies would often "sit around after the outbreak subsided."

"We have seen an astronomical increase in the amount of spending for not only PPE, but for peripheral things such as extra food, housekeeping supplies, etc." he said.

Robert recounted the nationwide distress over scarce products and transportation costs from overseas shipments when the pandemic first began. It wasn't only in March 2020 that Robert saw prices skyrocket or usual stock become unavailable, though.

He added that he still recognizes inflationary pressures and any difficulties with purchasing as an offshoot of the pandemic. Things have settled down for the most part, Robert said, in regards to the initial pandemic chaos, but there are times where random products such as plastic cups or paper towels will be difficult to find, or are especially expensive.

Over the last year, Living Branches has incurred expenses of at least \$900,000 toward raising employee wages. Full-time employees now receive at least \$15 per hour, and the vast majority of rates for certified nursing assistants and student workers were raised substantially as well.

With every financial decision made, Living Branches keeps our residents and the team members who serve them at the forefront. In recent times living out these values has meant prioritizing the purchase of all necessary pandemic-related items and ensuring competitive rates for our employees.