

## WELLNESS CENTER

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. 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.**

**To make an appointment with the following doctors:**

Please inform them that you will be seen at Dock Woods.

Dr. Alexandra Parish and Dr. Stephanie Varghese  
Montgomery Podiatry  
Call: 215-361-5769

Brigitte Harken, CRNP,  
TriValley Primary Care  
Call: 215-723-7833 or Call Maria, the RL nurse if you need to see Brigitte urgently.

Dr. Madelynn Petrancuri and Dr. Holly Forst  
Live Better Hearing + Balance (Associates in Hearing)  
Call: 215-855-4217

Dr. Adam Millis, Optometrist  
Health Drive 888-964-6681

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



We enjoyed many interesting classes and field trips with Living U teachers and students this fall. Finishing off with one final class this month, on Thursday, December 7 we will listen to grand and glorious sacred music and carols in our second session of the Music of the Christmas Season course. For information and to register, contact Maribeth Benner, Living U Coordinator at 215-368-4438 extension 44204.



### DOCK STEWARDS

Is your holiday wrapping paper recyclable? If wrapping paper is metallic, has a lot of tape on it, has glitter on it, or has a texture to it, it is not recyclable. However, un-laminated paper-based wrapping paper (can have a print design) and pre-recycled wrapping paper are usually recyclable. A good way to test is to crush wrapping paper into a ball. If it stays bunched up, it is more than likely recyclable. Decorative ribbons, bows, glitter-laden holiday cards as well as tissue paper are not recyclable. Source: Earth911 website

## DOCK WOODS

### DOCK WOODS TREE LIGHTING RECEPTION

*"And she gave birth to her first born son and wrapped Him in bands of cloth and laid Him in a manger, because there was no place for them at the inn." – Luke 2:7*

You are invited to join us as we begin to celebrate the holiday season at Dock Woods at the **2023 Tree Lighting Reception on Tuesday, December 5 at 6:30 p.m. in the Bistro/Fisher Auditorium.** This Christmas celebration will begin with some sweet desserts followed by the 7:00 p.m. program presented by the Indian Valley Middle School Select Choir under the artistic direction of Diane Ramage and the Chamber Ensemble under the direction of Michelle Claus. At 8:00 p.m. the official 2023 lighting of the Christmas Tree will take place gathered together in the Bistro Lobby followed by carol singing and maybe a surprise guest? A shuttle will begin to pick up at each entity beginning at 5:50 p.m. Joy to the World!

### POINSETTIA SALES

The legend of the Poinsettia, which is called the "Flowers of the Holy Night," is about the a Mexican girl who offered weeds (the Poinsettia) as a gift to Jesus on Christmas Eve. When she arrived at church they blossomed into the red plants that we enjoy every Christmas. We invite you to come purchase your official Christmas flower at the Poinsettia Sales to be held on **Monday, December 4 at 9:00 a.m. until 11:30 a.m. in the Bistro Lobby in front of the fireplace.** On a first-come, first served basis, there will be two sizes available in red, white or pink, with red or green foil per plant. The five inch Poinsettia has three to four blooms for \$5.00 per plant, and the six inch Poinsettia has five to seven blooms for \$7.50 per plant. Cash or checks made payable to Dock Woods will be accepted.

### DOCK WOODS CHOIR CHRISTMAS CANTATA

You are invited to attend the Dock Woods Choir Christmas Cantata on **Wednesday, December 20 at 2:00 p.m. in the Derstine Chapel.** The Dock Woods Choir, under the direction of Bill Kuhfuss, will present the Christmas Cantata, "Born a King," by John W. Peterson. Guest soloists are Tina Hershberger and Charlene Rogers, accompanied by Beth Casmass at the piano. An offering will be received following the concert. A shuttle will begin to pick up at each entity beginning at 1:20 p.m.

### VICTORIAN TEA AND PROGRAM

Join our tradition at Dock Woods and join us at the Victorian Tea & Program at 2:00 p.m. in the Fisher Auditorium on December 14. Bring along your favorite tea cup or mug and enjoy a hot cup of tea as you relax and enjoy the delicious Victorian dessert. This year we invited historic candy maker and entomologist Suzanne Wainwright-Evans who will share about the Clear Toy Candy history whose recipes are traced back as early as 1772. Do you remember receiving clear toy candy as a child for Christmas? Learn why Suzanne uses a mixture of sugar, cream of tartar and water, and different molds from the 1800-era which made this holiday treat serve as a candy and a toy. Please make your reservations with Eileen Burks by calling or emailing her 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 1:20 p.m.

COMMUNITY EVENTS

THE STORY OF THE ATTACK ON PEARL HARBOR PRESENTED BY HERB KAUFMAN  
FRIDAY, DECEMBER 1  
2:00 p.m. DERSTINE CHAPEL

You are invited to join Historian, Herb Kaufman in the Derstine Chapel at 2:00 p.m. on Friday, December 1 as he presents, “A Tiger Jumped Through the Window,” the story of the attack on Pearl Harbor. Explore the history of the acquisition of Pearl Harbor, the political background, eyewitness accounts and historical analysis of the attack that brought the United States into World War II. Come learn about the Japanese planning & secret innovations, secret code breaking efforts and much more. A shuttle will pick up at each entity beginning at 1:20 p.m.

CHRISTMAS HYMN SING WITH ROMA & FRIENDS  
WEDNESDAY, DECEMBER 6  
2:00 p.m. (DERSTINE CHAPEL)

As we celebrate the Christmas season we invite you to join Roma Schankweiler and her guest musicians for a one hour Christmas Hymn Sing at 2:00 p.m. on December 6 at the Derstine Chapel. The guest musicians are David Curry, Bill Kuhfuss, Raymond Stephano, and Perry Townsend, all residents of Dock Woods. This Hymn Sing will include everyone’s favorite hymns and Christmas Carols, and we will all sing together. You will also enjoy some special piano arrangements performed by Roma. Be sure to mark your

calendars as this afternoon will certainly lift your Holiday Spirit. A shuttle will begin to pick up at each entity beginning at 1:20 p.m.

BIBLICAL LANGUAGE BIBLE STUDY  
WEDNESDAY, DECEMBER 6, 13, 20, 27  
7:00 p.m. (CR C)

\*\*\*Please note that the time has changed to 7:00 p.m.\*\*\*

MEN’S BREAKFAST  
FRIDAY, DECEMBER 8  
8:00 a.m. (FA)

This month the guest speaker is Mike Hertzler, Fitness and Aquatics Coordinator at Dock Woods. Stop by and learn a bit more about his role as fitness and aquatics coordinator. Mike will share what is currently happening in fitness and aquatics. He’ll talk a little about his upbringing, family, experiences/background in senior living programming. Mike will share some health and wellness tips with you, and how to live a long healthy life. The price of the breakfast is \$8.25 per person plus tax. 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, December 5. Ladies are welcome to hear the presentation at 8:30 a.m.

RESIDENT BIRTHDAYS AND UPDATES

MONTGOMERY COUNTY CONCERT BAND “CLARINET ENSEMBLE”  
FRIDAY, DECEMBER 8  
2:00 p.m. (DERSTINE CHAPEL)

You are invited to come and enjoy the 2:00 p.m. concert at the Derstine Chapel on Friday, December 8. This talented clarinet ensemble is a small group of musicians that are members of the Montgomery County Concert Band, and perform at different retirement communities and venues. The ensemble has prepared a variety of music from different genres and are sure to delight you with the sweet sounds of their clarinets for this one hour concert. Following the concert a **donation** will be received. A shuttle will begin to pick up at each entity beginning at 1:20 p.m.

CORNHOLE  
MONDAY, DECEMBER 11  
2:00 p.m. (FA)

PENN VIEW BRASS BAND  
TUESDAY, DECEMBER 12  
7:00 p.m. (DERSTINE CHAPEL)

You are invited to come and enjoy the sounds of Christmas featuring the Penn View Brass Band at 7:00 p.m. in the Derstine Chapel on Tuesday, December 12. This 30 member authentic British style brass band, under the artistic direction of John Shaw will be performing an hour concert with a variety of Christmas selections. Following the concert a **donation** will be received. A shuttle will begin to pick up at each entity beginning at 6:20 p.m.

This page was removed to protect the privacy of our residents.

## RESIDENTIAL LIVING TRIPS

### **DUTCH APPLE DINNER THEATRE "A CHRISTMAS CAROL, THE MUSICAL" THURSDAY, DECEMBER 7, 2023 9:00 a.m. (TRIP)**

The Living Branches coach will be transporting residents with reservations to Lancaster to enjoy the hot buffet and afternoon show, "A Christmas Carol, the Musical." The coach will pick up at each entity beginning at 9:00 a.m. Approximate return home to Dock Woods is 6:00 p.m.

### **LANSDALE COMMUNITY CONCERT - N.P.H.S. SATURDAY, DECEMBER 9 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 third concert of the season at 7:30 p.m., featuring "Celtic Angels Christmas" Celtic Knight Dancers and Trinity Brass Ensemble. The price of this trip for transportation is \$4.90 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 pick up at each entity beginning at 6:00 p.m. Remember your ticket!

### **RL DINE AROUND-BAY PONY INN THURSDAY, DECEMBER 14 4:30 p.m. (TRIP)**

The Living Branches coach will be traveling to Lederach to enjoy dinner at 5:30 p.m. at the Bay

Pony Inn. You will be seated at tables of four and six and you will receive separate checks. 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 pick up at each entity beginning at 4:30 p.m.

### **PERKIOMEN TOURS & TRAVEL SIGHT& SOUND THEATRE "MIRACLE OF CHRISTMAS" TUESDAY, DECEMBER 19, 2023 10:30 a.m. (TRIP)**

The Perkiomen Tours & Travel luxury coach will be transporting residents and guests with reservations to the Sight & Sound Theatre to enjoy the "Miracles of Christmas." The Perkiomen Coach will depart from the Fisher Auditorium entrance ONLY at 10:30 a.m. Approximate return to Dock Woods is 7:30 p.m.

### **INDIAN VALLEY PUBLIC LIBRARY MOVIE - "THE PUBLIC" TUESDAY, DECEMBER 26 1:15 p.m. (TRIP)**

The Living Branches coach will be transporting residents to the Indian Valley Public Library to enjoy the 2:00 p.m. movie, "The Public." The Public is a 2018 American drama film directed and written by Emilio Estevez, who also stars in the film alongside the ensemble cast. Some of the actors are Alec Baldwin, Jena Malone, Christian Slater, and Gabrielle Union. This movie is about an act of civil disobedience which turns into a

standoff with police when homeless people in Cincinnati take over the public library to seek shelter from the bitter cold. The price of this trip is \$3.50 per person for transportation. 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 pick up at each entity beginning at 1:15 p.m.

### **CANDY CANE DONATIONS**

We are seeking candy canes throughout the month of December to treat our holiday entertainers and choirs. Donations can be placed in the boxes located in the Dock Manor Lobby, and below the Dock Gardens mail boxes. Your DONATIONS are sweetly appreciated.



## COMMUNITY EVENTS

### **CANDY CRAFTERS CHRISTMAS CANDY SALES WEDNESDAY, DECEMBER 13 9:00 a.m. to 3:30 p.m. (BISTRO LOBBY)**

Are you looking for that special Christmas gift? Join Bev Nace, from Candy Crafters in the Bistro Lobby in front of the fireplace as she displays a variety of homemade candies and holiday gift items for sale at very reasonable prices. The candies are delicious, and there is always an abundance of great selections. Checks and cash are accepted. Enjoy shopping!

### **RL DECEMBER BIRTHDAY CELEBRATION WEDNESDAY, DECEMBER 13 2:00 p.m. (FA)**

ALL RL residents are invited to attend the monthly birthday celebration. If you are a December 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, December 12 if you plan to attend and receive your birthday plant. This month we have invited Jay Daniels, pianist/vocalist to entertain us. A shuttle will pick up at each entity beginning at 1:20 p.m.

### **GENERATIONS CHAMBER ENSEMBLE FRIDAY, DECEMBER 15 2:00 p.m. (DERSTINE CHAPEL)**

Please join the Generations Chamber Ensemble in the Derstine Chapel as they perform their holiday concert. This instrumental ensemble, directed by Jim Garcia,

performs throughout the broader communities sharing their chamber music which delights their audiences. Be sure to invite a friend or neighbor to join you for this enjoyable one hour concert. A shuttle will begin to pick up at each entity beginning at 1:20 p.m.

### **AMICI OPERA COMPANY SUNDAY, DECEMBER 17 2:30 p.m. (DERSTINE CHAPEL)**

You are invited to join artistic director and founder of Amici Opera Company Ralph Tudisco in the Chapel at 2:30 p.m. for the afternoon opera. This month enjoy Verdi's "DON CARLO," a fully staged opera in costume. Residents of Living Branches receive free admission with their ID badge. There is a fee charged to guests at the sign-in table located at the Chapel porch hallway entrance.

### **JEFFERSON HEALTH OUTREACH PROGRAM MONDAY, DECEMBER 18 2:00 p.m. (DERSTINE CHAPEL)**

Please join a member of the outreach team from Jefferson Health for this month's presentation, "Have a Peaceful and Less Stressful Holiday Season." Learn how to enjoy your favorite holiday traditions in a stress free way! Are you grieving? Learn how to be kind to yourself and navigate your way through the holidays. A shuttle will pick up at each entity beginning at 1:20 p.m.

### **DOCK MENNONITE ACADEMY "CHAMBER SINGERS" THURSDAY, DECEMBER 21 2:00 p.m. (DERSTINE CHAPEL)**

The Chamber Singers from Dock Mennonite Academy, under the direction of Michelle Sensenig, will be performing some selections from their holiday repertoire in the Derstine Chapel. Following their concert we will all have the opportunity to sing some favorite Christmas Carols with these talented vocalists. A shuttle will begin to pick up at each entity beginning at 1:20 p.m.

### **NEW YEAR'S EVE BUFFET SUNDAY, DECEMBER 31 4:30 p.m. (FA/BISTRO)**

ALL Residential Living residents are invited to sign up and attend the New Year's Eve Buffet to be held at 4:30 p.m. in the Fisher Auditorium/Bistro on Sunday December 31. This is a reservation ONLY buffet and reservations must be made by Fri., 12/22/2023 by calling the 52407 dining service voicemail extension or email at [fooddw@livingbranches.org](mailto:fooddw@livingbranches.org). The price of this buffet is \$23.95 with dining dollars. Menus will be available outside the Bistro. At 5:30 p.m. we will ring in the New Year 2024 with music performed by the "Suite Brass Quintet." Be sure to wear your dazzling attire! The shuttle will begin picking up at 3:50 p.m.

### **SEATED CHAIR VOLLEYBALL THURSDAY, DECEMBER 28 2:00 p.m. (FA)**



REPORTS

Title: “Advent is Coming...How Will We know?”  
By: Pastor Tami Good

Theologian Karl Barth once said that we are to hold the Bible in one hand and the proverbial newspaper in the other. As we are attuned to what is happening in the world around us, the social and political landscapes both differ from and mirror the life that surrounded Jesus. Just like those we read about in the Advent scriptures, we too have questions...many questions. As is the case too often, questions in the church are cast aside, and those who ask them are left feeling alone and lonely. But Advent is a time to lean into our questions. To wonder and wander and wait together for the Messiah, the Christ child, the Light.

This Advent, which begins Sunday, December 3<sup>rd</sup>, we will explore the question, “How will we know?” While we don’t aim to come up with definitive answers, we do challenge each other to lean into the ways that our faith invites us to sit together, to discern the times, and to watch and wait. Even when we have questions and doubts, it’s good to be reminded that God is still with us; still then, God is working. Advent is a time when we wait together and search for clues of the work that God is doing in our midst.

Our themes for Advent this year will be:

**December 3:** “How will we know...how long?” When the answer is not forthcoming, how do we wait?

**December 10:** “How will we know...what now?” What are we called to do in the midst of waiting?

**December 17:** “How will we know...what’s next?” How do we find hope and joy in the questions of faith that may lead not to answers, but more questions?

**December 24:** “How will we know...why not me?” Come celebrate the birth of Christ through song, scripture and candle lighting.

**December 31:** “How will we know...who knows?” A time to recognize the signs of God’s work all around us and celebrate the faithfulness of God.

**January 7: (Epiphany):** “How will we know...what we know?” Christmas has ended, but our questions remain. How are we to be witnesses to Christ’s birth?

As we prepare our hearts for Messiah’s grand entrance, may our souls sing out just as the prophets did so long ago, “I wait for the Lord, my soul awaits, and in his word, I hope.” (Psalm 130:5)

FUND DEVELOPMENT

Friends of the Sharing Fund  
Dinner 2023

The dinner for the Friends of the Sharing Fund was held on October 25 at the Dock Woods campus. The event was a success with an excellent turn out and strong support for the Sharing Fund, which benefits residents at Dock Woods and The Willows of Living Branches. After a delicious dinner provided by dining services, we enjoyed hearing inspiring music provided by Nathan and Kate Grieser (grandchildren of David and Maxine Derstine) and hearing stories and memories about David and Maxine Derstine as told by Ed Brubaker, Lauren Moyer (granddaughter of David and Maxine), Daryl Derstine (son of David and Maxine), and Lee Yoder (former principal of Dock Mennonite Academy). The new name for the Chapel was unveiled “David and Maxine Derstine Chapel.” Thank you for your very generous support of the 35th Annual Friends of the Sharing Fund Dinner – your gifts make a difference!



VOLUNTEER CORNER

Just a reminder as we approach the end of the year, please make sure you are logging your volunteer hours! There are a few ways you can do that. You can handwrite your hours in one of our logbooks around campus, you can enter them online through VicNet, our online volunteer tracking system, or you can call them in to the volunteer office or leave a note under the volunteer office door. This helps us to recognize you for your service as well as helping Living Branches keep its not-for-profit status. Feel free to call Jennifer Wilson at extension 44189 if you have any questions or need help getting caught up on your hours.

REMINDER:

As the holidays approach please remember that employees are not permitted to accept tips, gratuities or gifts from residents or residents’ family members.

THE GIFTS & TREASURES SHOP AND THE NOOK

It’s Christmastime in our newly renovated shop. Our shelves are full of wonderful décor and gifts for family and friends. Be sure to stop by before it’s all gone. December’s sale is 25% off any one item (excluding food, drinks, toiletries and stamps) and all Christmas items will be 50% off during the week of

December 18-22. The shop hours are Monday through Friday, 1:00-3:00 p.m. and Saturday, 1:00 to 4:00 p.m.

ACORN SHOP

December has arrived and the Acorn Shop has been transformed into a winter wonderland full of holiday décor and gifts. Christmas is just around the corner so get ready to shop until you drop. During the month of December get 25% off any one item (excluding food, drinks, toiletries and stamps) each time you visit. Friday, December 8 will be a tax free shopping day and will offer free gift wrapping on all purchases. Our turkey giveaway will continue until the drawing on Monday, December 18. Get a chance to enter with every purchase over \$5.00. The Acorn Shop hours are Monday through Friday, 9:30 to 3:30 p.m. and Saturday 1:00 to 4:00 p.m.

SARA SPOTLIGHT

*What should I do with my pendant when I go off campus?*

The SARA pendant will not work off campus. If you are going away overnight, you should leave your pendant in your home. 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.