



**DOCK STEWARDS**

The Bistro has started to use a new type of take-out food container. These containers are a paper based compostable container and are NOT recyclable. They must be put in the trash. Also, the paper cups and paper coffee cups are not recyclable and must be put in the trash. The coffee sleeves are made of cardboard and can be recycled if they are clean and dry. The best thing you can do is bring your own reusable coffee cup.

**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 to schedule

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\*\***



**UPCOMING EVENT - RL VALENTINE'S DAY BANQUET  
TUESDAY, FEBRUARY 13, 2024 5:00 p.m. FA/BISTRO**

LOVE IS IN THE AIR... SAVE THE DATE! Come and enjoy the RL Valentine's Day Banquet on Tuesday, February 13 at 5:00 p.m. in the Fisher Auditorium/Bistro. The menu and pricing will be forthcoming! This year we have invited the Bucks County Women's Chorus as our featured entertainment. Be sure to watch for the date to make your reservations with Dining Service, by calling the 52407 dining service voicemail or email at [fooddw@livingbranches.org](mailto:fooddw@livingbranches.org)

# DOCKET

**DOCK WOODS**

**OLD COMRADE CONCERT BAND**

**THURSDAY, JANUARY 4 2:00 p.m. THE DERSTINE CHAPEL**

Come celebrate 2024 and enjoy the 2:00 p.m. concert in The Derstine Chapel on Thursday, January 4 with the Old Comrade Concert Band. This 25 member concert band, under the artistic direction of Greg Kauriga, has been pleasing audiences for over 34 years and consist of members from Bucks, Montgomery, and Philadelphia counties. A variety of musical selections featuring marches, show tunes, novelty selections and much more will fill this hour concert with music you will truly love! A DONATION will be received following the concert. A shuttle will pick up at each entity beginning at 1:20 p.m.

**SOUDERTON ALUMNI MEN'S CHORUS**

**TUESDAY, JANUARY 16 7:00 p.m. THE DERSTINE CHAPEL**

We invite you to ring in the New Year with the Souderton Alumni Men's Chorus in The Derstine Chapel on Tuesday, January 16 at 7:00 p.m. under the artistic direction of Jon Leight, this all-male chorus, which had originated from alumni of Souderton Area High School, are excited to share the beautiful holiday arrangements at this evening one-hour concert. The chorus has recently accepted male vocalists from the broader community, and you will be amazed by the arrangements performed by these talented musicians. Following the concert a DONATION will be received. A shuttle will pick up at each entity beginning at 6:20 p.m.

**JANUARY BLUES SOCIAL**

**FRIDAY, JANUARY 19 2:00 p.m. FISHER AUDITORIUM**

The holidays are over, the decorations are put away, and the last Christmas cookie is sitting in your cookie jar! Sometimes we just need something to boost our winter blues. We would like to invite you to the 2:00 p.m. social in the Fisher Auditorium on January 19 to join us at the January Blues Social! We have invited Jay Daniels pianist/vocalist to entertain us while we enjoy a warm cup of hot chocolate and oatmeal cookies together. Put on your cozy sweater and fluffy Christmas socks and come join a friend or two and reminisce together about your expectations for 2024. A shuttle will pick up at each entity beginning at 1:20 p.m.

**MARTIN LUTHER KING  
DAY- MONDAY,  
JANUARY 15**

A Dream Can Come True

Martin Luther King had a dream  
For people everywhere.  
He wanted them to get along  
And show how much they care  
By helping one another  
And by always being fair.  
So remember Martin Luther King  
And help his dream come true  
By always treating others  
As you'd want them to treat you.



## COMMUNITY EVENTS

**BIBLICAL LANGUAGE BIBLE STUDY**  
**WEDNESDAY, JANUARY 3, 10, 17,**  
**24,31**  
**7:00 p.m. (CR C)**

**CORNHOLE**  
**FIRDAY, JANUARY 5**  
**2:00p.m. (FA)**

**SELECT REHAB PRESENTATION**  
**“WINTER WELLNESS AND SAFETY”**  
**MONDAY, JANUARY 8**  
**2:00 p.m. (FA)**

Please join Carmela Martin DPT, Therapy Program Director from Select Rehab in the Fisher Auditorium at 2:00 p.m. on Monday, January 8 for the “Winter Wellness and Safety” Presentation. Winter can be a difficult time for some older adults. Long, dark days coupled with cold weather and social isolation can lead to feelings of sadness, anxiety, or depression. In addition, winter storms and cold temperatures can be hazardous. Older adults run a higher risk of health problems and injuries related to the weather, including hypothermia and falls in ice and snow. Stay safe and healthy by planning ahead. We will talk about some safety tips and precautions older adults can adhere to during the winter months. A shuttle will pick up at each entity beginning at 1:20 p.m.

**DA, DG, VL, DM QUARTERLY**  
**RESIDENTS MEETING**  
**TUESDAY, JANUARY 9**  
**2:00 p.m. (DERSTINE CHAPEL)**

Tuesday, January 9 the DW Quarterly Resident Meeting will be in the Chapel

at 2:00 p.m. It will be recorded and re-broadcasted that week. An agenda will be distributed prior to the meeting. Shuttle will begin picking up at each entity at 1:20 p.m. If you have an agenda item please contact Deborah Bell at 215-368-4438 extension 44110.

**RL JANUARY BIRTHDAY**  
**CELEBRATION**  
**WEDNESDAY, JANUARY 10 2:00**  
**p.m. (FA)**

ALL RL residents are invited to attend the monthly birthday celebration. If you are a January 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 9 if you plan to attend and receive your birthday plant. This month we have invited vocalist, JT Trinacria to entertain us. A shuttle will pick up at each entity beginning at 1:20 p.m.

**MEN’S BREAKFAST**  
**FRIDAY, JANUARY 12 (FA)**  
**8:00 a.m. (FA)**

This month we have the pleasure to have Robert Dell, resident of Dock Acres as our guest speaker. Bob would like to take you back to those thrilling days of yesteryear as seen on the silver screen between the years of 1930 to 1954. It all starts in the early days of sound and ends when TV overwhelmed the Hollywood B-Western. Bob will talk about how the films were made, film locations, good guys, bad guys, and sidekicks that fade into the sunset. 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

## RESIDENT BIRTHDAYS AND UPDATES

[Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org) by Tuesday, January 9. Ladies are welcome to hear the presentation at 8:30 a.m.

**JEFFERSON HEALTH OUTREACH**  
**PROGRAM**  
**MONDAY, JANUARY 15**  
**2:00 p.m. (DERSTINE CHAPEL)**

Please join a member of the outreach team from Jefferson Health for this month’s presentation, “Slips, Trips, and Falls! Don’t Do It.” Come and learn about how you can prevent a fall. Following the presentation there will be free blood pressure screenings. A shuttle will pick up at each entity beginning at 1:20 p.m.

**LADIES BREAKFAST**  
**TUESDAY, JANUARY 16**  
**8:30 .m. (FA)**

This month the Ladies Breakfast Committee has invited Dan Emr from Worthwhile Wear, a non-profit, dedicated to reaching lives affected by human trafficking and restoring these survivors with a sense of belonging and worth. Dan will be giving an overview of human trafficking, how he was led to start the ministry and how Worthwhile Wear provides aftercare to survivors of human trafficking. For those wishing to make a donation to this organization, they are willing to accept gift cards from Wawa, Giant or Visa which will help their organization with the healing efforts they are making for the survivors or, you may go to the links on the wish lists for “THE WELL” and purchase items that would benefit the long term housing program. The web site is [info@worthwhilewear.org](mailto:info@worthwhilewear.org) The price of the breakfast is \$8.50 per person plus tax. Please make your reservation by calling or emailing

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

## RESIDENTIAL LIVING

### **RL DINE AROUND- MOCCIA TRAIN STOP THURSDAY, JANUARY 18 4:00 p.m. (TRIP)**

The Living Branches coach will be traveling to Schwenksville to enjoy dinner at 5:30 p.m. at the Moccia Train Stop. You will be seated at tables of four and six and 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 4:00 p.m.

### **LANSDALE COMMUNITY CONCERT – N.P.H.S. SATURDAY, JANUARY 20 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 fourth concert of the season at 7:30 p.m. featuring the “Philadelphia Brass” Brass Quintet. The price of this trip 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 6:00 p.m. Remember your ticket!

### **INDIAN VALLEY PUBLIC LIBRARY MOVIE-“MY BIG FAT GREEK WEDDING 3” TUESDAY, JANUARY 30 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, “My Big Fat Greek Wedding 3.” This 2023 American romantic film takes place in Greece and the family is still mourning both Gus Portokalos and Ian’s father Rodney. Meanwhile Athena and her husband Yianni are caring for Maria due to dementia and the list goes on. A distant relative invites the family to Greece. The family experiences a host of mishaps and uplifting situations that ultimately strengthens their bonds of family. 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.

### **HUNTERDON HILLS PLAYHOUSE THE MAHONEY BROTHERS “NEIL DIAMOND TRIBUTE” WEDNESDAY, FEBRUARY 28 9:00 a.m. (TRIP)**

The Living Branches coach will be traveling to Hampton, N.J. to enjoy the served hot lunch and afternoon show, “The Mahoney Brothers, Neil Diamond Tribute”. The Mahoney Brothers celebrate the success of the legendary Neil Diamond. From Solitary Man to Sweet Caroline to Coming to America and many other crowd favorites. The show takes the audience on a musical journey from Neil Diamond’s beginning as a struggling songwriter to

becoming one of the most iconic singer, songwriters of all time. The price of this trip which includes the served lunch, show and transportation is \$89.60 per person to be billed on your statement after the show. 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 pick up at each entity beginning at 9:00 a.m.

### **DUTCH APPLE DINNER THEATRE-THE ADDAMS FAMILY THURSDAY, MARCH 28 9:00 a.m. (TRIP)**

The Living Branches coach will be traveling to Lancaster, Pa to enjoy the hot buffet lunch and afternoon new musical comedy, “THE ADDAMS FAMILY.” America’s quirkiest family comes to life in this comical feast about love, family, honesty, and growing up as Wednesday Addams, falls in love with a young man from a respectable family. Everything will change on the fateful night they host a dinner for Wednesday’s “normal” boyfriend and his parents. The price of the trip which includes the hot buffet lunch, show, and transportation is \$83.00 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)

## COMMUNITY EVENTS

Eileen Burks at 215-368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org) Men are welcome to hear the presentation at 9:00 a.m. A shuttle will pick up at each entity beginning at 7:50 a.m. A DONATION will be received after the presentation.

### **LIVING U SPRING 2024 SEMESTER KICK-OFF MONDAY, JANUARY 22 1:30 p.m. (FA)**

The lifelong learning institute of Living Branches, Living U, is preparing interesting courses and trips for your enjoyment this spring. Course brochures will arrive in campus mail in early January. You are invited to attend the Spring 2024 Semester Kickoff on Monday, January 22, at 1:30 p.m., in the Fisher Auditorium. This will be an opportunity to learn about the program and hear about the upcoming offerings. A shuttle will begin to pick up persons for this event at 1:10 p.m.

### **“NEW YEAR” CHAIR BINGO MONDAY, JANUARY 22 2:00p.m. (RR)**

Let’s celebrate the New Year, 2024 at the “New Year” Chair Bingo at 2:00 p.m. in the Recreation Room on Monday, January 22. Join us for an hour of enjoyable bingo games. Each game we use a NEW bingo sheet, and we will play a variety of games. We have Prizes! Prizes! Prizes! Bring along a pencil or marker, and a large book to place your bingo sheet on. Please make your reservation by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org).

### **“WINE IN THE WOODS” AT CHRISTOPHER’S TUESDAY, JANUARY 23 4:30 p.m. (CHRISTOPER’S)**

This month we will celebrate the beginning of the NEW YEAR, “2024” as our theme at Wine in the Woods. We will be accepting 50 reservations. This is a BYOB wine hour where you bring your own wine, fill your own glass, and take your remaining wine home with you after the event. Wine glasses will be available along with other beverages. Appetizers will be available for you to enjoy. This month you may wear your glitter and glamour! 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)

### **LIVE BETTER HEARING & BALANCE PRESENTATION WEDNESDAY, JANUARY 24 2:00 p.m. (FA)**

You are invited to a Meet and Greet on Wednesday, January 24 at 2:00 p.m. in the Fisher Auditorium with Dr. Holly Forst (Audiologist). Come and learn about Live Better Hearing & Balance and learn about the latest techniques that can keep you hearing well, and keeping your balance to keep you living a healthy life longer. Dr. Forst will share the day of the week and time that she plans to be at Dock Woods and will take time for a question & answer period. A shuttle will begin to pick up at each entity beginning at 1:20 p.m.

### **AMICI OPERA COMPANY SUNDAY, JANUARY 28 2:30 p.m. (DERSTINE CHAPEL)**

You are invited to join artistic director and founder of the Amici Opera Company, Ralph Tudisco in the Chapel at 2:30 p.m. for the afternoon opera. This month enjoy, Verdi’s, “Simon Boccanegra.” 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 Derstine Chapel porch hallway entrance.

### **A REVIEW OF RECENT DISCOVERIES FROM ANCIENT EGYPT PART III MONDAY, JANUARY 29 2:00 p.m. (DERSTINE CHAPEL)**

You are invited to join Dr. Stephen Phillips, Ph.D. from the University of Pennsylvania Museum of Archaeology and Anthropology as he presents Part III of “Review of Recent Discoveries from Ancient Egypt.” This behind-the-scenes presentation will continue to bring new discoveries to light. Come and review with us the ancient industrial complex in the hills behind the Valley of the Kings and new discoveries found in Egypt. A shuttle will pick up at each entity beginning at 1:20 p.m.

### **SEATED CHAIR VOLLEYBALL WEDNESDAY, JANUARY 31 2:00 p.m. (FA)**

## 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 Uninvest 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

#### Uninvest:

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

### 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 2024.

#### Congratulations to all!

Members of Council elected to their first term of service: **J. Mark Frederick, Caroline Heizmann**

Members of Council re-elected to a second term of service: **Gwendolyn Eagleson, William Richards**

Other members of the Council returning to complete their term of service: **Lowell Delp, Pamela Hunt, Ella Mae Kalbach, Ruth Kinsey, Sharon Moran**

#### Eva Marie Seeton, Mary Rittenhouse Schwartzentruber

Thanks to the following members of the 2023 Council for their time and service. Their work is much appreciated: **Anne Bishop, Judy Mumaugh**

### VOLUNTEERS

We have a new volunteer opportunity available! The Resident Engagement team is looking for volunteers who would be interested in helping to create memory books for our residents in the memory care units. It would involve discussions with the resident and possibly their family, gathering photos, and producing the memory book. Producing the memory book will involve some use of technology, but have no fear if you are not technologically inclined. We will most likely be splitting up the job so that some people are doing the interacting with the resident/family, and others will be scanning photos and producing the memory book pages. They are hoping to get started in January. Please contact Jennifer Wilson at ext. 44189 for more information.

### 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.

### LIVING U UPDATE

Course registration will open at 9:30 a.m. on Wednesday, January 24 and close on Wednesday, February 7. You can register on the Living Branches website yourself, [LivingBranches.org/LivingU](http://LivingBranches.org/LivingU) or you can come to the lobby near the Hearthside Bistro and Fisher Auditorium where someone will assist

## REPORTS CONTINUED....

you with the registration process at the following times: Wednesday, January 24, 9:30 to 11:00 a.m., Wednesday, January 24, 1:00 to 2:00 p.m., Friday, January 26, 1:00 to 2:30 p.m., Wednesday, January 31, 1:30 to 2:30 p.m., Thursday, February 1, 2:00 to 3:00 p.m., Tuesday, February 6, 10:00 to 11:00 a.m.

Contact Maribeth Benner, Living U Coordinator, at 215-368-4438, ext. 44204, for more information.

### ACORN SHOP

Winter has arrived and the shop is filled with many gifts to keep you warm and cozy. All winter items, including blankets, hats, scarves, gloves, slippers, wraps and hand warmers are 25% off in January. We also have individual packets of hot chocolate for sale to warm you up inside. Watch for other pop-up sales throughout the month. Hours are Monday through Friday 9:30 a.m. to 3:30 p.m. and Saturday 1:00 to 4:00 p.m.

### GIFTS & TREASURES SHOP

Wintertime is the perfect time to snuggle up with a nice cup of hot cocoa (individual packets sold in the shop) and work on some fun indoor activities. All books, games, puzzles and craft items will be 50% off during the month of January. You are sure to find something to keep you busy. Stop by often to see the many new donations coming in each day. The shop hours are Monday through Friday, 1:00 to 3:00 p.m. and Saturday, 1:00 to 4:00 p.m.

## PASTORAL CARE

During December, I shared a story with friends in Harmony House (Dock Woods) and at The Willows called "The Baker's Dozen." It's a charming tale of a Dutch baker in colonial New York who begins the tradition of giving out an extra cookie with every dozen of his Saint Nicholas cookies, for a total of 13. Legend says the tradition of the *bakers dozen* spread throughout the colonies and is still kept today by some bakeries.

Perhaps you have traditions that are special to you and your family. In some cases, we don't know how these traditions got started, but we keep them up year after year because of the meaning or joy attached to them.

In January 2023, I began a new tradition, and you are invited to do it, too! It's called "star words" and it's a spiritual practice connected to Epiphany, as the Magi follow a star, leading them to baby Jesus. You select from a group of intention words or guiding words, often written on paper stars. You then place your star word where you will see it all year, and reflect on how God has moved in your life in connection to that word.

Once you have a star word, look up its definition. See if you can find that word in the Bible – how is it used? What does this word remind you of – memories or experiences? Say a prayer or write a reflection using the star word. Close your eyes and let your finger come to rest on a word below, and receive a star word rather than choosing it. Here is a list of star words: Imagine, build, justice, play, align, forgive, pray, wonder, discern, welcome, change, journey, heal, see, vision, clarity, renew, patience, friendship, include, restraint, joy, mercy, release, embrace, warmth, pursue, intention, cherish, gratitude, empathy, simplicity, explore, include, fearless, silence, wisdom, radiate, share, dream, learn, dwell, grace, light, seek, insight.

Use your word to connect with God throughout the year and may God bless you abundantly!

*Pastor Susan Sciaratta*