

DOCKET

DOCK WOODS

RESIDENTIAL LIVING TRIPS CONTINUED

**PERKIOMEN TOURS & TRAVEL
SIGHT & SOUND THEATRE-“DANIEL”
TUESDAY, JUNE 18, 2024
10:30 a.m. (TRIP)**

Mark your calendars and join us on this chartered trip with Perkiomen Tours & Travel to Sight & Sound Theatre, premiering “Daniel.” Taken from his people, Daniel is exiled far from home in the powerful kingdom of Babylon. Now this faithful servant must navigate his new life inside a palace filled with golden statues and shifting empires. From the fiery furnace to the infamous den of lions, *Daniel* is a spectacular theatrical experience for the whole family. Witness one of the Bible’s most hope-filled stories as it comes to life. Come and experience this brand new original stage production. We will depart from the Fisher Auditorium entrance ONLY at 10:30 a.m., enjoy the included family-style lunch at Fulton Steamboat Inn, enjoy the 3:00 p.m. show and return to Dock Woods at approximately 7:30 p.m. The price of this trip is \$160.00 per person which includes the motor coach transportation, lunch, tax, tip, show and Perkiomen driver’s gratuity. Sign up by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org Guests are welcome!

SAVE THE DATE

**MAINE’S SOUTHERN COAST PRESENTATION
OCTOBER 15-18, 2024
WEDNESDAY, MAY 15 - HIGHLIGHTS
2:00 p.m. (FA)**

Mark your calendars and join Perkiomen Tours sales representative, Andrea Karom in the Fisher Auditorium for a preview of the upcoming 4-day tour to Maine with the PowerPoint presentation. Some highlights are the lodging at the Anchorage by the Sea Hotel in Ogunquit, Maine, narrated tours through Kennebunk and Kennebunkport, Lobster cruise, Freeport Village, home to the LL Bean flagship store, stop at the Portland Head Lighthouse, and narrated Portland Harbor Cruise. Be sure to save the date, and invite family and friends to join us at this upcoming presentation for our October 4-day Perkiomen Tour.

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****

**WINTER ON THE NILE: PART II
EGYPT’S GOLDEN AGE OF TRAVEL 1850-1950 WITH
DR. STEPHEN PHILLIPS
MONDAY, APRIL 8
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 II of Winter on the Nile-Egypt’s Golden Age of Travel, 1850-1950. This presentation focuses on the history of Shepheard’s Hotel in Cairo. This hotel was an equal in luxury and an international destination, by every measure and as famous as The Ritz in Paris and The Savoy in London. Come enjoy this richly illustrated lecture that will take you on a journey through Egypt through her “Golden Age” of tourism, between the years 1850-1950, and right up to the present day. A shuttle will pick up at each entity beginning at 1:20 p.m.

**PETER LOCKMAN CLASSICAL CELLO CONCERT
THURSDAY, APRIL 18
2:00 p.m.
(DERSTINE CHAPEL)**

You are cordially invited to join Peter Lockman in the Derstine Chapel at 2:00 p.m. for an afternoon cello performance. Peter has performed throughout the United States, Europe and Korea and has appeared at Carnegie Hall, the White House, and the Wiener and Graz Musikvereins. He earned his Bachelor of Music at DePauw University studying with Eric Edberg and Master of Music at Indiana University studying with Eric Kim. He acted as the principal cellist at both universities, was a finalist in the DePauw Concerto Competition for three consecutive years, and soloed with IU’s Philharmonic Orchestra as winner of the Jacobs School of Music Cello Competition. Peter will perform classics from the early days of Western music to modern jazz standards. His music has a broad range of expression: invigorating, romantic, dance, and folk. He will perform from a wide selection including but not limited to, Thais: Mediation, Les Berceux, and Cassado Cello Suite. The shuttle will pick up at each entity beginning at 1:20 p.m.

**REBELLION and REVENUE:
THE FASCINATING STORY OF
MONEY AND TAXES
PRESENTED BY HERB
KAUFMAN
FRIDAY, APRIL 26
2:00 p.m.
(DERSTINE CHAPEL)**

Every year on April 15, all Americans grit their teeth and reach into their wallets to pay their annual income taxes. Join Herb Kaufman at 2:00 p.m. in the Derstine Chapel as he shares when the first income tax was introduced and the tumultuous story of a sweeping change in American culture, from a rural society to a powerful industrial nation. The story of American money and taxes is a fascinating tale with an amazing cast of characters including Benjamin Franklin, Alexander Hamilton, Abraham Lincoln, and Franklin D. Roosevelt. This presentation weaves an intriguing tale of money, taxes, and the individuals that made them a part of our life today. The shuttle will pick up at each entity beginning at 1:20 p.m.

COMMUNITY EVENTS

HYMN SING WITH ROMA & FRIENDS THURSDAY, APRIL 4 2:00 p.m. (DERSTINE CHAPEL)

You are invited to join pianist, Roma Schankweiler, and her guest musicians, Bill Kuhfuss, Raymond Stefano, and Perry Townsend for the afternoon hymn sing. This hymn sing will include everyone's favorite hymns. Remember to invite your neighbor. A shuttle will pick up at each entity beginning at 1:20 p.m.

DA/DG/VL/DM QUARTERLY RESIDENT MEETING TUESDAY, APRIL 9 2:00 p.m. (DERSTINE CHAPEL)

Join us in Derstine Chapel for this quarterly resident meeting. 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. It will also be recorded and re-broadcast that week. A shuttle will pick up at each entity beginning at 1:20 p.m.

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

ALL Residential Living residents are invited to attend the monthly birthday celebration. If you are an April birthday celebrant, please call or email Eileen Burks at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org by Tuesday, April 9 if you plan to attend and receive your birthday plant. This month vocalist John Bauer is your afternoon birthday entertainer. A shuttle will pick up at each entity beginning at 1:20 p.m.

MEET & GREET WITH "TINA" THURSDAY, APRIL 11 2:00 p.m. (FA)

We would like to invite you to join us in welcoming our new Fitness and Aquatic Coordinator, Tina Cook. During this time Tina will give updates on programming coming as well as talk about fall prevention and how fitness and the aquatic center can help with your balance. Tina loves shenanigans, so bring your best jokes to share at the end!! Light refreshment will be offered. A shuttle will pick up at each entity beginning at 1:20 p.m.

MEN'S BREAKFAST FRIDAY, APRIL 12 8:00 a.m. (FA)

This month the guest speaker is James (Jim) Tufano, resident of Dock Woods. Jim will be speaking about the "Highlights of His Life." The price of the breakfast is \$8.25 per person plus tax. Please make your reservation by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org by Tuesday, April 9. Ladies are welcome to hear the presentation at 8:30 a.m.

PENNFIELD 9TH GRADE ORCHESTRA FRIDAY, APRIL 12 11:00 a.m. (DERSTINE CHAPEL)

Join artistic director Blair Higgins and the Pennfield 9th grade Orchestra Majors in the Derstine Chapel for an **11:00 a.m.** concert. These 16 dedicated student musicians make up about 60% of the 9th grade orchestra and they've elected to take orchestra class to further develop their skills and

prepare their program for Dock Woods. From all walks of life, these talented students are also artists, athletes, science fair competitors, Reading Olympians, club presidents and gifted scholars. They will be performing famous pops from all genres-movies, musicals, rock music and more! The shuttle will pick up at each entity beginning at 10:20 a.m.

SOUNDS OF SPRING-TIME WITH SETH FRIDAY, APRIL 12 2:00 p.m. (CC LOBBY)

Come and share the joy of Spring-time in song! We will be joining together in religious music, popular songs about Spring, and other fun favorites that you'll recall from way-back-when, so come ready to pick your favorite style of song to play. All are welcome to join in. No musical experience or skills required.

AMICI OPERA COMPANY SUNDAY, APRIL 14 2:30 p.m. (DERSTINE CHAPEL)

You are invited to join artistic director and founder of Amici Opera Company, Ralph Tudisco in the Derstine Chapel for the afternoon opera, Rossini's "Barber of Seville." This fully staged opera in costume is free with your ID badge for Living Branches residents. There is a fee charged to guests at the sign-in table located at the Derstine Chapel porch hallway entrance.

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

Please join a member of the

RESIDENT BIRTHDAYS AND UPDATES

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

RESIDENTIAL LIVING TRIPS

HUNTERDON HILLS PLAYHOUSE – “BEEHIVE” WEDNESDAY, APRIL 17 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, “Beehive.” This 1960’s musical is a celebration of the female voices of the 1960s. This musical review will transport audiences with timeless hits such as *My Boyfriend’s Back*, *Son of a Preacher Man*, and *You Don’t Own Me*. The story is told through the lens of six women as they sing their way through 40 of the most iconic songs of this impactful decade. The price of this trip which includes the served lunch, show and transportation is \$96.95 per person to be billed on your statement after the trip. Sign up with Eileen Burks at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org. The coach will begin to pick up at each entity at 9:00 a.m. Approximate return home to Dock Woods is 5:30 p.m.

RL DINE AROUND THE METROPOLITAN THURSDAY, APRIL 25 4:30 p.m. (TRIP)

The Living Branches coach will be traveling to Montgomeryville, to enjoy dinner at 5:30 p.m. at The Metropolitan. You 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 215-368-4438, extension 44121 or Eileen.burks@livingbranches.org. The coach will begin to pick up at each entity at 4:30 p.m.

INDIAN VALLEY PUBLIC LIBRARY MOVIE “A HAUNTING IN VENICE” TUESDAY, APRIL 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, “A HAUNTING IN VENICE.” This 2023 American mystery film is loosely based on the 1969 Agatha Christie novel *Hallowe’en Party*. This film is described as a “supernatural thriller.” 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. The coach will pick up at each entity beginning at 1:15 p.m.

NPHS SPRING DRAMA “HUNCHBACK OF NOTRE DAME” WEDNESDAY, MAY 1 12:00 p.m. (TRIP)

The Living Branches coach will be traveling to the North Penn High School to enjoy the 1:00 p.m. dress rehearsal of the spring drama, “The Hunchback of Notre Dame.” Seats fill up quickly. The show begins at 1:00 p.m. and there is an intermission. All seniors are welcome! The price of the trip for transportation is \$4.90 per person to be billed on your statement after the show. 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 12:00 p.m.

DUTCH APPLE DINNER THEATRE “RAGTIME THE MUSICAL” THURSDAY, MAY 9 9:00 a.m. (TRIP)

The Living Branches coach will be traveling to Lancaster to enjoy the hot buffet lunch and afternoon musical, “Ragtime.” Set in early twentieth-century New York, three distinctively American family tales are woven together. The price of the trip which includes the hot buffet lunch, show and transportation is \$83.00 per person to be billed on your account after the trip. Sign up by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org. The coach will begin to pick up at each entity at 9:00 a.m. Approximate return home to Dock Woods is 6:00 p.m.

LEHIGH VALLEY IRON PIGS BASEBALL GAME FRIDAY, JUNE 21 5:00 p.m. (TRIP)

The Living Branches coach will be traveling to Allentown, to enjoy the 7:05 p.m. baseball game with the Lehigh Valley Iron Pigs vs. the Norfolk Tides. There will be time for you to purchase food and beverage. After the game there will be a spectacular fireworks display. The price of this trip is \$23.25 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. The coach will pick up at each entity beginning at 5:00 p.m.

COMMUNITY EVENTS

outreach team from Jefferson Health for this month’s “Spring Forward to Enhance Your Mental Health!” Embrace positive thoughts and activities to improve mental health. Be sure to mark your calendars and join us for this very informative health chat presentation. A shuttle will pick up at each entity beginning at 1:20 p.m.

LADIES BREAKFAST TUESDAY, APRIL 16 8:30 a.m. (FA)

This month the ladies breakfast committee has invited Reverend John Nguyen, known as Father Chung, as the guest speaker at the ladies breakfast. Father Chung is the Pastor at Saint Maria Goretti Parish in Hatfield. He will share how and why he came to America, what happened to him after he arrived, and how God led him to where he is today. The price of the breakfast is \$8.50 per person plus tax to be billed after the breakfast. Please make your reservation by calling or emailing Eileen Burks at 215-368-4438, extension 44121, or 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 following the presentation.

STATE REP. LIZ HANBIDGE AIDE THURSDAY, APRIL 18 9:30 a.m. (CC LOBBY)

Constituent service advisor, Melanie Catanese, will be available at a table in the Community Center Lobby, to provide a variety of services for you. She will be available for one hour.

CHEF DEMO TUESDAY, APRIL 23 2:00 p.m. (FA)

Join us for a Cross Campus Chef Demo Event on Tuesday, April 23 at 2:00 p.m. in the Fisher Auditorium for a presentation with some tasty facts. We will be featuring Earth Day for this presentation so come hear what our chef has to say and taste some of our chef’s recipes! A shuttle will pick up at each entity.

“WINE IN THE WOODS” TUESDAY, APRIL 23 4:30 p.m. (CHRISTOPHER’S)

Baseball season has begun and we invite you to wear your favorite baseball attire at our one hour Wine in the Woods social. Just a reminder that this is a BYOB wine hour; you bring your own wine and take home your remaining wine after the event. Wine glasses will be available along with other beverages. Appetizers will be available for you to enjoy! Please make your reservation with Eileen Burks by calling or emailing her at 215-368-4438, extension 44121, or Eileen.burks@livingbranches.org.

EARTH DAY DEMO “PLANET vs PLASTICS” THURSDAY & FRIDAY, APRIL 25 & 26 11:30 a.m. - 12:30 p.m. (CC LOBBY 4/25 & DM Lobby 4/26)

Visit the Dock Stewards at the Planet vs Plastics Earth Day Demo and find out some easy alternatives to using plastic. Both demos will be held from 11:30 a.m. to 12:30 p.m. We will have examples of common plastic items that we use every day

and ideas of how to use non-plastic items instead. There will be some challenges to try and PRIZES to win. Come and find out about some easy and simple changes you can make in your life style that will benefit our planet Earth.

SERVICE OF REMEMBRANCE THURSDAY, APRIL 25 2:00 p.m. (DERSTINE CHAPEL)

Join us for our Service of Remembrance to honor and remember the residents of Dock Woods who have passed away in the last several months. Twice a year, we take the time to gather in our chapel to hear their names, to listen to a short bio of each person and to place ourselves into God’s presence as we give thanks for their lives. We will remember those residents who have passed from October 2023 through February 2024. All residents are invited to join us as we remember our friends and neighbors together.

“APRIL SHOWERS” CHAIR BINGO MONDAY, APRIL 29 2:00 p.m. (RR)

Join us in the Recreation Room and play a new bingo sheet each game. We will play a variety of games and win some prizes! Bring along a pencil or marker, and a large book to place your bingo sheet on. Please make your reservations by calling or emailing Eileen Burks at 215-368-4438, extension, 44121, or Eileen.burks@livingbranches.org.

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FUND DEVELOPMENT

Planned Giving – Income and tax savings for you now, and support for Living Branches now and later

Your gifts can make a difference, and your giving can benefit you! Here are 5 ways:

- 1) QCDs are more popular than ever: If you need to take Required Minimum Distributions (RMDs) AND you make regular charitable gifts, a Qualified Charitable Distribution (QCD) may be the best way for you to give. A QCD is given directly from your IRA to charitable organizations like Living Branches. It takes the place of the RMD and saves you from paying taxes on that portion.
- 2) Gift of Securities – Give your old stock (with a low basis) that has appreciated in the rising market and avoid capital gains.
- 3) Life Insurance Gift – Eliminate an old or unneeded life insurance policy by making a gift of the cash balance to support a charity.
- 4) Life Income – Establish a charitable gift annuity or charitable remainder trust and receive lifetime payments. Ask us for a free illustration outlining your benefits.
- 5) Charitable Bequests – Make a gift to support our work that costs you nothing today. Provide for your loved ones first and then the charity of your choice with a bequest made in your will or trust.

While tax laws may be changing, there are still many ways you can make a gift that will make a difference. Even with the changes, making a gift can still provide benefits to you. Contact one of our Preferred Trust Providers for more information:

Univest Foundation (877-723-5571), Everence Financial Services (215-703-0111)

The Fund Development Team is also here to answer your questions. Feel free to reach out to:

Keith Heavener, Director of Fund Development, ext.44115 or keith.heavener@livingbranches.org

Colin Ingram, Donor Relations & Development Associate, ext. 44304, or colin.ingram@livingbranches.org

Online Donations Gladly Accepted!

Just a reminder! Living Branches Foundation continues to accept donations online at livingbranches.org/donate. The Foundation's primary goal is to raise funds for the benevolent care ministry which enables us to care for all residents, including those who have been wise stewards of their money but have outlived their resources. We appreciate your support.

Save the Date!

Tuesday, April 16, at 2:00 p.m. in Fisher Auditorium

"Financial Tips for 2024: Five Ways You Can Strengthen Your Finances"

Join Jeff Godshall and Randy Nyce from Everence Financial (everence.com) to do a check-up on your finances. We will look at five ways to make sure your financial life remains strong and healthy. Our time will conclude with a Q & A session, so come with your questions. Invitations will be sent to RL residents in early-April. If you have questions, feel free to contact:

Keith Heavener at 215-368-4438, ext. 44115
Colin Ingram at 215-723-9881, ext. 44304

SARA SPOTLIGHT

Reminder - SARA is for emergency situations.

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

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

VOLUNTEERS

April is National Volunteer Appreciation Month. We love our volunteers and are so appreciative of everything you do! Look for special happenings the week of 4/21-4/27 as the volunteer department expresses its gratitude for all of the wonderful ways you have

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enriched our community with your many contributions. More details to come.

THE ACORN SHOP

Spring has sprung and there is an abundance of beautiful, new spring items throughout the Acorn Shop! For the month of April all decorative plants, wreaths and flowers will be 25% off. You are sure to find something pretty to spruce up your home or a special gift for a loved one. Watch for 50% off pop-up sales during the month too! While in the shop, be sure to chat with some of our wonderful volunteers. The Acorn Shop hours are Monday through Friday, 9:30 a.m.- 3:30 p.m. and Saturday, 1:00-4:00 p.m. Thank you for your support!

DOCK'S GIFTS & TREASURES SHOP

Donations continue to flow into the Gifts & Treasures Shop and spring items are filling the shelves. For the month of April any thrift item made with glass will be 50% off! This could include glassware, vases, picture frames, knick-knacks, furniture with glass inserts, etc. Treat yourself to something special or grab a gift for friends and family. Our friendly volunteers are always willing to help you during your visit. The Gift & Treasures Shop hours are Monday through Friday, 1:00-3:00 p.m. and Saturday, 1:00-4:00 p.m. Be sure to check out the nice thrift items available for purchase on the Nook Shelf located outside of the Acorn Shop!

LIVING U UPDATE

April is an uplifting time of year to enjoy Living U classes or a trip. This month we are looking forward to courses about stories from Peace Corp experiences in Chad (April 2), the healing power of music (April 4), caring for persons near the end of life (April 9), options of streaming services and devices for media viewing (April 11), presidential election history (April 18, 25, and May 2), and appreciation of beautiful dance music written by classical composers (April 23 and 30). We will also take a field trip to the historic Laurel Hill East Cemetery (April 16). For more information, please contact Maribeth Benner, Living U Coordinator at extension 44204.

PASTORAL CARE

THE GIFT OF SABBATH

Recently I had the opportunity to learn more about the gift of Sabbath. Maybe the first thing that comes to our mind is the fifth commandment; to honor the Sabbath by keeping it holy. Jesus honored the Sabbath by setting aside time to worship, but he also "broke the rules" by healing on the Sabbath.

How do we set aside the time needed to stop and rest, not only our bodies but our minds? How do you find yourself to be rejuvenated spiritually? For some people, attending worship is a way to be restored in your faith, to be re-centered in Christ. I propose that there may be many "Sabbath" practices that will restore us and help us to honor God. Jesus says in Mark 2:27, then he said to them, "The Sabbath was made for man, not man for the Sabbath."

I wonder if we who are followers of Jesus can think differently about how to practice Sabbath, modeling the pattern God set when he ceased his "creating work" on the seventh day. God looked at His creation and declared it "very good." Just as God stopped to enjoy all that God had done, so God also asks us to stop and enjoy God's presence and his creation.

What would help you to grow in your ability to trust in God's goodness on a regular basis? Sometimes I think about doing "enough." Is it possible for us to stop and learn to trust God in the midst of chaos, or an undone list, or a messy relationship, etc.? It may be that we are discovering anew the gift of Sabbath any day of the week.

Pastor Sandy Landes

Dock Woods