

# DOCKET

## DOCK WOODS

### RESIDENTIAL LIVING TRIPS CONTINUED....

#### 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 (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 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](mailto:Eileen.burks@livingbranches.org). The coach will pick up at each entity beginning at 5:00 p.m.

#### SHREDDING TRUCK EVENT Saturday, May 4 9:00 a.m. to 11:00 a.m. (FA)

Residents are invited to bring unnecessary personal documents to the Fisher Auditorium entrance where the Titan shredding truck will be located. The Titan shredding truck is powerful; there is no need to remove staples, paper clips or file folders. The truck will not accept binder clamps, ring binders, hanging folders or cardboard. The shredding is done on-site and is secure. There is no fee for this service and all shredded material is recycled.



### 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\*\***

#### OLDER AMERICANS MONTH MAY 2024

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current persons to our country. Every President since President John. F. Kennedy has issued a formal proclamation during the month of May asking the entire nation to pay tribute in some way to older persons in their communities. This year the theme for 2024 is POWERED BY CONNECTION, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Join us at Dock Woods as we continue to promote the benefits that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues. Remain engaged by attending the monthly programs, fitness classes, Living U Lifelong Learning, and signing up for trips. You can overcome many obstacles just by being involved in all our community events, social clubs, and volunteer opportunities. HAPPY OLDER AMERICANS MONTH!

#### MOTHER'S DAY TEA FRIDAY, MAY 10 2:00 p.m. (FA)

*"A Mother is your first friend, your best friend, your forever friend." - Unknown*

You are invited to come celebrate Mother's Day at the Mother's Day Tea! Bring along your favorite tea cup or mug and enjoy the delicious dessert and the beautiful harp music performed by Joanna Mell. Joanna is an accomplished harpist and harp teacher with over thirty 30 years of experience. She performs exquisitely on Celtic and concert harps. You will find this one hour performance to be beautiful and refreshing. 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). Seats are limited, so be sure to make your reservations. Men are welcomed to attend. A shuttle will pick up at each entity beginning at 1:20 p.m.

#### ART SHOW THURSDAY, MAY 30 2:00 p.m. - 4:00 p.m. ( FA)

You are cordially invited to attend the afternoon Art Show presented by Sally Yates' Tuesday morning art class to be held in the Fisher Auditorium. Artists currently attending the art class, previous students, and any new artists residing at Dock Woods will have their art displayed for two hours. Light refreshments will be available as you stroll along enjoying the art gallery. A shuttle will begin to pick up at each entity at 1:20 p.m. and continue on the hour until 4:00 p.m. If you would like to submit a piece of art, or have questions about this event, contact resident, Sally Yates at 215-361-6843.

#### PA ANTIQUES APPRAISERS ASSOCIATION EVENT WEDNESDAY, MAY 22 1:30 p.m. - 3:30 p.m. (DERSTINE CHAPEL)

Join us for Appraisal Day on May 22 for two hours in the Derstine Chapel. We have invited PA Antiques Appraisers' Association (PAAA) for this FREE antique appraisal event. This active organization of professionals is committed to provide reliable, accurate, and timely appraisals. Experts, Bill D'Anjolell and Peter LoPresti will have your antique items evaluated at no cost to you! They can appraise glassware, precious metals, clocks, watches, toys books, postcards and more (NO jewelry or guns). There is a limit of two free appraisals per person. Each resident will receive a numbered card at the event and will be called to the appraisers tables in this order. All residents are welcome to attend this special event even if you do not have an antique to be appraised. This is a fun event to watch and learn! A shuttle will pick up at each entity beginning at 12:50 p.m.

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## COMMUNITY EVENTS

**CORNHOLE**  
**FRIDAY, MAY 3**  
**2:00 p.m. (FA)**

**'ROCK N' ROLL REMEMBERED'**  
**- MUSIC WITH SETH**  
**FRIDAY, MAY 3**  
**2:00 p.m. (outside Bistro**  
**Porch)**

Remember when we were "Twistin' the Night Away?" How about when we used to "Twist & Shout?" Or when we found our thrill on "Blueberry Hill?" Well, on May 10, "That'll Be the Day"! Put on your "Blue Suede Shoes" and join us for 'Rock N' Roll Remembered'. We will be coming together to sing & play some of the best Rock N' Roll from the 1950s and 60s. We will also have time for requests to be taken from our "musical menu" of genres, so come ready to pick your favorite style of song to play. All are welcome to join in – No musical experience or skills required!!

**DOCK MENNONITE TOURING**  
**CHOIR & CHAMBER CHOIR**  
**MONDAY, MAY 6**  
**2:00 p.m. (DERSTINE CHAPEL)**

To begin OLDER AMERICANS month at Dock Woods we have invited the Dock Mennonite Touring Choir to begin our celebration. Artistic director, Michelle Sensenig, is excited to share the musical talents of the Touring Choir followed by the beautiful repertoire of music sung by the Chamber Singers. The Touring Choir has been

touring since the beginning of April and will end their Spring Tour with a European Tour for two weeks in June. Mark your calendars, and invite a new neighbor to join you. This is an event you don't want to miss! A shuttle will pick up at each entity beginning at 1:20 p.m.



**BRAZIL PRESENTATION W/**  
**LUISA SARAIVA NOLETO**  
**TUESDAY, MAY 7**  
**2:00 p.m. (DERSTINE CHAPEL)**

We invite you to join Luisa Noleto, a Rotary exchange student attending Souderton Area High School. In early March 2024, she moved to the home of Ed and Lucy Brubaker, where she will live until the end of June, when she returns to her home in Brazil. Luisa is from Brasilia, the capital of Brazil. Her mother is an agronomist and her father is a forest engineer. She has a younger sister Maria, who lives at home. She has other relatives who live close by in Brasilia. Luisa is a talented young woman; she enjoys playing the guitar, piano and ukulele. She enjoys animals and being in nature. A highlight of her year in the U.S. was to be in the musical Les Misérables at Souderton High School. She and the other students did a

fantastic job! In this program you will learn more about Luisa and her country of Brazil. We hope to see you there. A shuttle will pick up at each entity beginning at 1:20 p.m.

**RL MAY BIRTHDAY**  
**CELEBRATION**  
**WEDNESDAY, MAY 8**  
**2:00 p.m. (FA)**

ALL Residential Living residents are invited to attend the monthly birthday celebration. If you are a May 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, May 7 if you plan to attend and receive your birthday plant. This month we have invited for the first time at Dock Woods, Vocalist/guitarist, Dick Lentz as the birthday entertainer. A shuttle will pick up at each entity beginning at 1:20 p.m.

**WINTER ON THE NILE:**  
**PART III-EGYPT'S GOLDEN AGE**  
**OF TRAVEL 1850-1950**  
**W/DR. STEPHEN PHILLIPS**  
**MONDAY, MAY 13**  
**2:00 p.m. (DERSTINE CHAPEL)**

You are welcome to join Dr. Stephen Phillips in the Derstine Chapel as he concludes Part III-WINTER ON THE NILE. This presentation focuses on the history and development on the Nile River cruise industry from the 19<sup>th</sup> century to the present day. Relive what it was like to sail leisurely some 500 miles up the Nile River a century ago on

## RESIDENT BIRTHDAYS AND UPDATES

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



## RESIDENTIAL LIVING TRIPS

### NPBS SPRING DRAMA "HUNCHBACK OF NOTRE DAME" WEDNESDAY, MAY 1 12:00 p.m. (TRIP)

The Living Branches coach will be transporting residents with reservations to North Penn High School to enjoy the 1:00 p.m. dress rehearsal of the spring drama, "The Hunchback of Notre Dame." This show begins at 1:00 p.m. There will be an intermission. There are seats available on the Dock Woods coach, and the price for transportation is \$4.90 per person. The coach will pick up at each entity beginning at 12:00 noon.

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

The Living Branches coach will be transporting residents with reservations to Lancaster, PA to enjoy the afternoon hot buffet lunch and show, "Ragtime 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.

### RL DINE AROUND VERSANTE ITALIAN RESTAURANT THURSDAY, MAY 23 4:00 p.m. (TRIP)

The Living Branches coach will be traveling to Schwenksville, to

enjoy dinner at 5:30 p.m. at Versante Italian Restaurant. 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](mailto:Eileen.burks@livingbranches.org). The coach will begin to pick up at each entity at 4:00 p.m.

### INDIAN VALLEY PUBLIC LIBRARY MOVIE "A BEAUTIFUL DAY IN THE NEIGHBORHOOD" TUESDAY, MAY 28 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 Beautiful Day in the Neighborhood." This 2019 American biographical drama film is based on the true story of a real-life friendship between Fred Rogers (Tom Hanks), and journalist Lloyd Vogel, (Matthew Rhys). Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers. He approaches the interview with skepticism, as he finds it hard to believe anyone can have such a good nature. Roger's empathy, kindness, and decency soon chips away at Vogel's jaded outlook on life, forcing the reporter to reconcile with his own painful past. 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.

### PERKIOMEN TOURS & TRAVEL SIGHT & SOUND THEATRE- "DANIEL" TUESDAY, JUNE 18 10:30 a.m. (TRIP)

Mark your calendars and join us on this chartered trip premiering *Daniel*. Taken from his people, Daniel is exiled far from home in the powerful kingdom of Babylon. 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](mailto:Eileen.burks@livingbranches.org). Guests are welcome!

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## COMMUNITY EVENTS

steamers such as the one depicted in Agatha Christie's classis mystery, DEATH ON THE NILE. Stops along the way include visits to ancient temples, glimpses of rural Egyptian life along the riverbanks, and stop at the Winter Palace Hotel in Luxor. A shuttle will pick up at each entity beginning at 1:20 p.m.

### SOUDERTON ALUMNI MEN'S CHORUS TUESDAY, MAY 14 2:00 p.m. (DERSTINE CHAPEL)

As we continue to celebrate Older Americans Month we have invited the Souderton Alumni Men's Chorus, under the direction of Jon Leight, to perform an evening concert in the Derstine Chapel. We are excited to listen to this all male chorus that originated from alumni of Souderton Area High School and has currently invited male vocalists from the broader community to complement the chorus with a great blend of voices. Following the concert a DONATION will be received. A shuttle will pick up at each entity beginning at 6:20 p.m.

### MAINE'S SOUTHERN COAST PRESENTATION WEDNESDAY, MAY 15 2:00 p.m. (FA)

You are invited to join Perkiomen Tours sales representative, Andrea Karom, in the Fisher Auditorium as she introduces the upcoming 4-day

Perkiomen tour to Maine on October 15, 16, 17, 18. You will learn about the lodging, daily highlights and pricing of this trip. After the presentation, Andrea will share the date to begin signing up, and how to register directly with Perkiomen Tours. Guests are welcome to join you on this trip. A shuttle will pick up at each entity beginning at 1:20 p.m.

### AMICI OPERA COMPANY SUNDAY, MAY 19 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, Concert of Arias, Duets and Songs. This is a fully staged opera in costume, and is free with your ID badge for residents of Living Branches. There is a fee charged to guests at the sign-in table located at the Derstine Chapel porch hallway entrance. Invite your neighbor to join you at this great musical experience.

### JEFFERSON HEALTH OUTREACH PROGRAM MONDAY, MAY 20 2:00 p.m. (DERSTINE CHAPEL)

Please join a member of the outreach team from Jefferson Health for this month's presentation, "STROKES ARE NO JOKE!" Learn about the latest updates on Stroke and stroke treatments at Jefferson Abington

Hospital and Jefferson Lansdale Hospital. A shuttle will pick up at each entity beginning at 1:20 p.m.

### "WINE IN THE WOODS" TUESDAY, MAY 21 4:30 p.m. (CHRISTOPHER'S)

Wear your RED, WHITE, and BLUE and celebrate Memorial Day 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 social. 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](mailto:Eileen.burks@Livingbranches.org)

### SEATED CHAIR VOLLEYBALL FRIDAY, MAY 31 2:00 p.m. (FA)

## REPORTS

### FUND DEVELOPMENT

#### 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 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

Colin Ingram, Donor Relations and Development Associate, at extension 44304.

#### Honoring our Legacy Giving Donors

All Legacy Giving donors will be honored at a special Legacy Giving Luncheon on Tuesday, May 14, 12 noon at Souderton Mennonite Homes in the SMH Friendship Rooms, or Tuesday, May 21 and Thursday, May 23, 12 noon, at Dock Woods in Fisher Auditorium. Invitations were mailed in mid-April. If you are interested in learning about or becoming a Legacy Giving donor, please contact: Keith Heavener at extension 44115 OR Colin Ingram at extension 44304.

### SPOTLIGHT ON SARA

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.

### LIVING U UPDATE

With many flowers blooming and plants growing, the earth feels bright and alive in the month of May. In life, we continue to grow and learn every day, and our Living U classes this month provide great opportunities for education. We hope to learn about Presidential Elections (5/2), Religion and School Curriculum (5/7 and 5/14), Beginner Croquet (5/8), Plants, Herbs, and Trees of the Bible (5/9), Herb Containers (5/21), the Michener Art Museum field trip (5/22) and Indian America: The Spirit World (5/29). For more information, contact Maribeth Benner, Living U Coordinator at extension 44204.

### VOLUNTEERS - MAY 2024

Are you looking for a new way to give back to the Dock Woods community or do you know somebody who is? How about helping to distribute water in Dock Terrace? We currently have an opening for the second and fourth Thursday of each month. You would be teamed up with an experienced "water giving" volunteer who would be able to show you the ropes and get you trained quickly. You would then share the responsibility with this same volunteer to give water to the residents. If this sounds like something that you would be interested in doing, please contact Jennifer Wilson at 215-368-4438, ext. 44189 or [jennifer.wilson@livingbranches.org](mailto:jennifer.wilson@livingbranches.org) for more information.

### ACORN SHOP

May has arrived and Spring is in full bloom! Brighten up your home this month with 25% off any item that lights up! This could include lamps, nightlights, flashlights, candles, decorative items, toys, etc. There will also be weekly pop-up sales throughout the month. Stop in often to be sure to get the best deals! Also, check out our 50% off table which has different items appearing every day. The Acorn Shop hours are Monday through Friday, 9:30-3:30 pm and Saturday, 1:00-4:00 p.m. Thank you for your support!

## REPORTS CONTINUED....

### GIFTS & TREASURES SHOP

April showers certainly brought us some beautiful May flowers! All this month get 50% off any item with flowers. This could include pictures, dishes, purses, scarves, wreaths, puzzles, knickknacks, vases with flowers in them, etc. Go ahead and get creative! You're sure to find something to brighten up your home. Check out the Nook Shelf, located outside of the Acorn Shop, for many beautiful thrift items on display for purchase. The Gifts & Treasure Shop hours are Monday through Friday, 1:00-3:00 pm and Saturday, 1:00-4:00 p.m.



### DOCK STEWARDS

We all love PROGRESS! Right? The truth is that RECYCLING materials such as aluminum and glass is progressing with great success. Recycled aluminum saves producers 95% of the energy needed to manufacture new aluminum. And in the U.S. alone, nearly 75% of all aluminum ever produced is still used today. Another RECYCLING accomplishment is glass. Germany and Switzerland have approximately a 90% recycling rate for glass. With no loss in quality or purity, glass can be recycled endlessly. In California, glass bottle recycling reaches over 80%. What about us - Dock Woods residents? Shall we join the team of concerned stewards and relinquish our dependence of plastic? Shall we increase our energy efficiency and choose glass and aluminum? Let's go!

Source: Earthday2024.org

### PASTORAL CARE

*"Mary, Mary, quite contrary...How does your garden grow? With silver bells, and cockle shells, and pretty maids all in a row."* Springtime always brings this nursery rhyme to mind. Watching the daffodils and tulips peek out of the cold wintery ground reminds me that even in death, new life can be sprung. The colors and sweet smells of spring chase away the shivers of the winter months.

In Matthew 14 Jesus sits with a large crowd near a lake and teaches. He begins with a farmer and some seeds. As he scatters, some drop onto a footpath, some on shallow soil, some among the thorns, and others fall on fertile soil. Each seed 'suffers' a different fate. Some are eaten, some wilt under the sun, some are choked out by the thorns, while others produce a crop that yields a hundred times over. The beauty in this parable is that the farmer didn't discriminate as to where the seed was given. Instead, it was scattered lavishly. One might say, foolishly. The farmer didn't stop to question whether the soil was ready for the seed or if it was the perfect vessel. No, it was given to all; without question, faithfully giving each soil a chance to let something grow.

As we begin this spring season, take a moment to ask God, *"How should my garden grow?"* Maybe there is someone around you who is stuck in the shallow soil or caught on the thorny path. Perhaps you are just the person who can bring some sunshine to their dreary day and turn their winter into spring. Just as the farmer, spread God's light and love lavishly, foolishly, and abundantly.

Pastor Tami Good