

UPCOMING EVENTS:

AARP’S DRIVER SAFETY PROGRAM

MONDAY, SEPTEMBER 8 12:00-4:00p.m. (DW EDUCATION CENTER)

AARP Instructor Judy Pfander will be teaching the 4-hour AARP SMART DRIVER COURSE in the Education Center (OAKWOOD COURT BASEMENT) on Monday, September 8. If you are an AARP member the price is \$20.00 per person. If you are not a member the price is \$25.00 per person. Please make your check payable to AARP and sign up with Eileen Burks in August by calling or emailing her at 215-368-4438, extension 44121, or [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org) Please bring to class your AARP membership card, pencil and your driver’s license. The class size is limited. Please give Eileen your check before the class begins.

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. Premier Medical 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 forty-eight business hours before your requested appointment. Labs are drawn Mondays at 9:00 a.m., Tuesdays at 7:30 a.m. and Thursdays 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

Jennifer LeBlanc, Massage Therapist  
484-680-2372 to make an appointment.

DOCKET

DOCK WOODS

“10 WARNING SIGNS OF ALZHEIMER’S”  
FRIDAY, AUGUST 15

2:00 p.m. (DERSTINE CHAPEL)

Did you know that Alzheimer’s disease is the 7th leading cause of death in the United States, as identified by the Centers for Disease Control and Prevention (CDC)? You are invited to learn about the “10 Warning Signs” of the disease presented by Jane Cero, a volunteer community educator with the Alzheimer’s Association. This presentation will help you recognize common signs of the disease in yourself and others, and the next steps to take, including how to talk to your doctor. Following the presentation there will be handouts on the topic for each resident. A shuttle will pick up at each entity beginning at 1:20 p.m.

RED HILL BAND  
TUESDAY, AUGUST 19

7:00 p.m. (DERSTINE CHAPEL)

You are invited to attend the Red Hill Band in concert at 7:00p.m. on Tuesday, August 19 in the Derstine Chapel. Under the artistic direction of George Pinchock, this 50 + member band, which was founded in 1900, has had a long-standing tradition of playing at summer concerts throughout the suburban Philadelphia and Montgomery County areas. This community band includes volunteer brass, woodwind, and percussion musicians ranging in ages from 15 to 94. The Red Hill Band has an extensive repertoire that includes serious compositions, Broadway show tunes, Big Band, and of course, the finest toe-tapping marches by John Philip Sousa and others. Following the concert a DONATION will be received. A shuttle will begin to pick-up at each entity beginning at 6:20 p.m.

“MEET & GREET” TOUR OF DOCK VILLAGE  
WEDNESDAY, AUGUST 27

2:00 p.m. (DOCK VILLAGE OFFICES)

The staff of Dock Village will be having a “Meet & Greet” at the Dock Village Office building. Resident Service Coordinator, Rachel Markley, will be sharing information about the programming that takes place for the children and families that reside at Dock Village. This will include a tour of the building. There will be some time for Q & A. Light refreshments will be available. If you would like transportation, please contact Eileen Burks at 215-368-4438, extension 44121, or email her at [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org)

MEN, MISSIONS AND  
MEMORIES OF WORLD  
WAR II PRESENTED BY  
HERB KAUFMAN

FRIDAY, AUGUST 22

2:00 p.m. (DERSTINE CHAPEL)

Mark your calendars and join historian, Herb Kaufman, as he presents Men, Missions, and Memories of World War II. Learn about the men who were the American fliers who secretly began joining the Royal Air Force, and the pilots who formed Eagle Squadrons, fighting the Nazis in the battle of Britain. This program will open the vaults of history to highlight several of the significant missions that were highly secret and often escape public attention. Finally, this program will present historic memorabilia and the compelling story of the wartime service of an American soldier, Corporal Herman D. Schechtman. A shuttle will begin to pick up at each entity beginning at 1:20 p.m.

COMMUNITY EVENTS

SHADY HOLLOW FARM STAND  
FRIDAYS, AUGUST 1, 8, 15, 22, 29  
11:00 a.m. to 2:00 p.m. (BISTRO LOBBY)

Shady Hollow Farm Stand will be set up in the Bistro Lobby every Friday providing fresh produce for the residents and staff at Dock Woods. Elinor (Ellie) Spring will be sharing the weekly produce offerings which may vary depending on what is seasonally available. Shady Hollow accepts **cash, check , or Venmo**. Mark your calendars and come and purchase some delicious produce and beautiful flowers. (Note on 8/8 they will only be here from 11:00 to 1:30 p.m.)

SEATED CHAIR VOLLEYBALL  
THURSDAY, AUGUST, 7  
2:00 p.m. (FA)

MUSIC WITH SETH  
“GIVE MY REGARDS TO BROADWAY”  
FRIDAY, AUGUST 8  
2:00 p.m. (BISTRO PATIO) or (inside if inclement weather)

On with the show!! Please join me as we come together to sing and play some of the greatest musical numbers from Broadway shows of the 1940s – 1970s. This musical journey to 42<sup>nd</sup> Street will include hits from *The Sound of Music*, *Oklahoma!* *My Fair Lady*, *Annie*, *South Pacific*, *Carousel*, and more! 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!!

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

SUMMER HYMN SING WITH ROMA & FRIENDS  
TUESDAY, AUGUST 12  
2:00 p.m. (FA)

Join pianist Roma Schankweiler and friends in the Fisher Auditorium for the summer Hymn Sing. This summer hymn sing will include everyone’s favorite hymns, and we will all sing together. We will be providing the hymnals, and Roma will be accompanied by a few of our resident musicians. We suggest that you get there early to get a seat at this popular event! A shuttle will pick-up at each entity beginning at 1:20 p.m.

RL AUGUST BIRTHDAY CELEBRATION  
WEDNESDAY, AUGUST 13  
2:00 p.m. (FA)

ALL residential living residents are invited to attend the monthly birthday celebration. If you are an August 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, August 12 if you plan to attend to receive your birthday plant. This month we have invited for the first time performing at Dock Woods, vocalist, guitarist Ron Bevilacqua as your birthday entertainment. A shuttle will pick up at each entity beginning at 1:20 p.m.

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

Please join a member of the outreach team from Jefferson

Health for this month’s topic, “Addressing Mental Health” - Mental Health is our #1 health priority! Recognize a mental health crisis and actions to take to get help for oneself or others! A shuttle will pick up at each entity beginning at 1:20 p.m.

SEATED CHAIR VOLLEYBALL  
THURSDAY, AUGUST 21  
2:00 p.m. (FA)

AMICI OPERA COMPANY  
SUNDAY, AUGUST 24  
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 at 2:30 p.m. for the afternoon Opera, **Verdi’s “ALZIRA.”** Residents of Living Branches receive free admission with their ID badge. There is a fee charged for guests at the sign-in table located in the Derstine Chapel porch hallway entrance.

“DOG DAYS OF SUMMER”  
SEATED CHAIR BINGO  
MONDAY, AUGUST 25  
2:00 p.m. (RR)

PRIZES! PRIZES! PRIZES! Let your friends know about the seated chair bingo held in the Recreation Room at 2:00 p.m. as we enjoy a variety of bingo games on a new bingo sheet per game. Don’t forget to bring along a marker or pencil, and a 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)

RESIDENT BIRTHDAYS AND UPDATES

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

## RESIDENTIAL LIVING TRIPS

### HUNTERDON HILLS PLAYHOUSE “CLUE THE MUSICAL” THURSDAY, AUGUST 7 9:00 a.m. (TRIP)

The Living Branches coach will be transporting residents with a reservation to Hampton, NJ to enjoy the afternoon hot served lunch and show, “Clue the Musical” at the Hunterdon Hills Playhouse. The coach will begin to pick up at 9:00 a.m. at each entity, and approximate return home to Dock Woods is 5:30 p.m.

### PERKIOMEN TOURS & TRAVEL CHESAPEAKE CITY, MARYLAND SCHAEFERS CANAL HOUSE WEDNESDAY, AUGUST 20 9:00 a.m. (TRIP)

Perkiomen Tours & Travel luxury coach will be transporting residents and guests with reservations to Chesapeake City, Maryland, to enjoy the seafood buffet and afternoon show, featuring Johnny Seaton. The Perkiomen Coach will pick-up and depart from the Fisher Auditorium entrance ONLY at 9:00 a.m. Approximate return home to Dock Woods is 5:00 p.m.

### RL DINE AROUND-BAY PONY INN THURSDAY, AUGUST 21 4:30 p.m. (TRIP)

The Living Branches coach will be traveling to Lederach, PA to enjoy dinner at the 5:30 p.m. reservation at The Bay Pony Inn. You will be seated at tables of 4 and 6, 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 4:30 p.m. Invite a new neighbor to sign up and join you!!

### INDIAN VALLEY PUBLIC LIBRARY MOVIE: “IN THE HEART OF THE SEA” TUESDAY, AUGUST 26 1:15 p.m. (TRIP)

The Living Branches coach will be traveling to the Indian Valley Public Library to enjoy the 2:00 p.m. movie, “IN THE HEART OF THE SEA.” This 2015 historical adventure drama starring film stars Chris Hemsworth, Benjamin Walker and others is produced by Ron Howard and is based on the incredible true story that inspired MOBY DICK. This drama is about the sinking of the American whaling ship *Essex* in 1820 and the survival of the sailors, their rescue, and reuniting with their families in Nantucket. The price of this trip is \$3.50 per person for transportation. Sign up with Eileen Burks by calling her at 215 368-4438, extension 44121 or emailing her at [Eileen.burks@livingbranches.org](mailto:Eileen.burks@livingbranches.org) The coach will pick up at each entity beginning at 1:15 p.m.



### OSCAR HAMMERSTEIN MUSEUM & THEATRE ED. CENTER THURSDAY, AUGUST 28 12:30 p.m. (TRIP)

The Living Branches coach will be traveling to the historic Highland Farm in Doylestown, residence of Oscar Hammerstein. This is the cherished estate where Hammerstein penned the lyrics to many of his most famous works, including The Sound of Music, Carousel, The King and I, and Showboat. At 2:00 p.m. with docents we will tour the museum and theatre center. There are two flights of stairs and due to its historical significance, Highland Farm maintains its original landscape, which may include uneven ground. The tour is approximately 90 minutes and the price that includes the tour and transportation is \$20.40 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 12:30 p.m.

### WINE IN THE WOODS TUESDAY, AUGUST 26 4:30 p.m. (BISTRO PATIO) (inclement weather Christopher's)

As we celebrate the “Dog Days of Summer,” let's plan to wear a favorite relaxing tee shirt or favorite summer attire! If the weather permits, we will plan to be outside on the Bistro Patio. Just a reminder that this is a BYOB wine/social hour. Bring your own wine and take home your remaining wine after the social. **Plastic glasses** will be available for you along with other beverages. Appetizers will be available for you to enjoy! 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) In the event of extreme heat, we will move inside to Christopher's.

### 2ND WIND CONCERT FRIDAY, AUGUST 29 2:00 p.m. (DERSTINE CHAPEL)

You are invited to enjoy this afternoon concert in the Derstine Chapel with “2ND WIND.” These nine musicians started performing at their church in 2018, and continue to entertain their audiences in the broader community with hymns, popular, and patriotic music selections. Mark your calendars and come and enjoy an hour of delightful music to complete the summer! A shuttle will pick up at each entity beginning at 1:20 p.m.

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### DOCK STEWARDS

When using the Plastic Bag Collection Box in the Coat Room, please remember that the plastic bags **MUST BE**:

1. CLEAN, DRY AND FREE OF ANY FOOD RESIDUE - no sticky bags or crumbs
2. If the plastic bag is stretchy, it can be put in the box.

### LIBRARY COMMITTEE

Reminder: We cannot accept donations of outdated books or periodicals beyond their 10-year publishing date. Additionally, we have noted an influx of donations we were unaware of and simply put on the shelves in no order. Time has been taken to reorganize and clean out the outdated books that appeared. If you have a donation or question, please consult the committee's staff liaison, Eileen Burks, extension 44121 first. Thank you.

### VOLUNTEERS

**Attention Volunteers!** Save the dates for our Annual Volunteer In-Service meetings in September. This required training will take place at Souderton Mennonite Homes on September 17th at 1:00 p.m., at The Willows on September 19th at 3:30 p.m., and at Dock Woods on September 24th at 10:30 a.m. More information will be coming soon!



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## LIVING U

The Living Branches lifelong learning institute is actively preparing for classes and a field trip this fall. If you have not registered yet and would like to participate in some of these educational opportunities, please contact Maribeth Benner, Living U coordinator, at 215-368-4438 ext. 44204.

## FUND DEVELOPMENT

### Leave a Legacy

Thank you for your generous support of the Living Branches Foundation. Your contribution to our benevolent care ministry is vitally important to many Living Branches residents in your community. Estate gifts are the largest part of our fundraising budget and enable us to plan for the future support of our residents who need financial assistance for the long term. During the fiscal year ending June 30, 2025, Living Branches provided benevolent and unreimbursed care to about 100 residents. The Living Branches Foundation benevolent care funds are only able to provide one-third of the total cost of care for these individuals, so there is still much more work to be done to grow the balances in our benevolent care funds. Donating part of your estate to the Living Branches Foundation through your will or trust provides security for these residents for many years to come. More importantly, an estate gift allows you to leave a legacy – a legacy of compassion, generosity, and service – because your gifts serve your community tangibly. If you have already included Living Branches in your planning, please let us know. To learn more, contact:

Colin Ingram, Associate Director of Fund Development, ext. 44304, [Colin.Ingram@livingbranches.org](mailto:Colin.Ingram@livingbranches.org)

### Alphabet Soup for Better Giving

Have you ever heard people talking in Alphabet Soup language? “If you have an IRA you can make a gift into a QCD to satisfy your RMD. If you mind your P’s and Q’s. Does that sound A-OK?” HUH?! If that sounds like another language, read on. Here is a short guide to understanding the Alphabet Soup for Better Giving:

**IRS—Internal Revenue Service:** you pay your taxes to the IRS. Interestingly, the IRS allows you to reduce your tax bill when you make gifts to your favorite ministries and charities. If you understand the IRS’s alphabet

soup, you can direct your dollars to charity instead of the IRS. **DAF: Donor Advised Fund**—a giving checking and savings account. DAFs have become very popular to maximize your income tax deductions by timing your giving to get the most tax savings. If you have stock that has risen in value, DAFs are also a great tool. When you donate stock, you also give away the tax bill associated with your capital gains. When you do that, you’ll get a double benefit of avoiding taxes while also receiving a tax deduction for the full value of the stock.

**RMD: Required Minimum Distribution**—you are required to start taking distributions from your retirement accounts in your early 70s, even if you don’t need the money for your living expenses. When you receive those RMDs, you will have to pay taxes on the distributions.

**QCD: Qualified Charitable Distribution**—Here is a two-question quiz. 1) Are you required to take an RMD? 2) Do you give regular gifts to your church and charity? If you answered yes to both, a QCD is likely the first and best way for you to make your gifts. QCDs take the place of your RMD and by directing them to church and charity, you will avoid paying any taxes. You can give more effectively with your retirement savings going tax-free directly to the ministries that are important to you.

If it is all still a little soupy, that is OK. This is not a DIY project. We are here to help. Reach out to Colin Ingram and he will help you translate the Alphabet Soup and/or connect you to Everence or Univest. This ABC blurb was written by Randy Nyce, Managing Director, Everence Financial Services.

## ACORN SHOP

Check out the store each week for more items on sale. Small frozen chicken, sausage and beef pies are back for sale!!! Garden and patio 50% off. Included are flowers, vases, and summer purses. Gift certificates are available for any amount at the shop as well. The Acorn Shop hours are Monday through Friday, 9:30 a.m. to 3:30 p.m. and Saturday, 1:00 to 4:00 p.m.

## NOOK SHELF

Be sure to stop at the Nook Shelf located outside of the Acorn Shop to see what impressive thrift items are on sale. Please pay for these items in the Acorn Shop. If the Acorn Shop is closed, you may pay with exact change or

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check made out to Dock Woods and hand it in at the Welcome Center. Check the TV in the hallway and/or the binder on the Nook Shelf to see what furniture items we have available for sale.

## GIFTS & TREASURES SHOP

Stop by daily to see new items! All purses, flowers, vases and summer items are 50% off. If you are a resident and your birthday is this month (August) you will get 50% off one item (furniture not included). Gifts and Treasures Shop hours are Monday through Friday, 1:00 to 3:00 p.m. and Saturday, 1:00 to 4:00 p.m. Donations are appreciated but please do not leave any (including furnishings) outside the door. Contact Alla at 215-350-5027 to make arrangements for your donation(s).

### Will SARA work in a power outage? Yes

All resident SARA pendant\wrist devices have a battery. All SARA repeaters are equipped with rechargeable batteries. Administration is notified of low batteries, and they will contact you for battery replacement. In the event of a power outage, the repeaters will work for up to 24 hours depending on how many SARA alerts are transmitted during the outage SARA servers are on battery backup as well as generator power.

### WANTED: Rummikub players.

Anyone interested in playing on Tuesdays at 6:30 p.m. in the Bistro Lobby can contact: Resident, Kathleen Julia 610-324-8573 or email her at [kmjenjoy77@gmail.com](mailto:kmjenjoy77@gmail.com)



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# PASTORAL CARE

As I write this, it’s one week past the tragic flash flooding in Central Texas, where over 120 people, including many children, perished in an overnight storm over the July 4 weekend. Like a thief in the night, the floodwater swept away trees, buildings and people, with little warning of the approaching disaster.

As we pray for the affected communities and especially the families who lost loved ones, we also learn about the helpers: the first responders, the military, and ordinary people who jumped in to help. Teams from Mexico and Canada have assisted with rescue and recovery. Heads of state from around the world offer condolences and prayers for our nation. Professional athletes and musicians donated millions of dollars toward funeral expenses and aid. The help of compassionate neighbors, near and far, is a tremendous blessing.

The stories of survival and rescue are astounding. In total darkness, survivors leapt through shattered windows, swam in turbulent waters, employed mattresses and branches as flotation devices, and clung to anything vertical. Many awakened and grabbed others along the way. Even a few pets and farm animals were found alive in treetops.

The tenacity to cling to life is inspiring, despite dire and unforgiving conditions. Where does that fight come from, and where else have you seen it? The Apostle Paul writes in Romans 7:21-25, “When I want to do good, evil is right there with me...What a wretched man I am! Who will rescue me from this body of death? Thanks be to God – through Jesus Christ our Lord!” We are reminded that dark and destructive forces lurk nearby, even within. But we have this hope in the One who rescues us, saves us from ourselves, and carries us on wings like eagles to higher ground. Let us continue to fight the good fight of faith, in God’s strong name.

*Pastor Susan Sciarartta*