

August 2021

RIDGE REPORTER

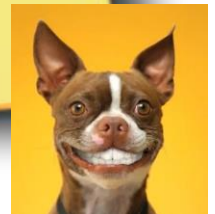
From the Desk of Heather Kessler . . .

Hair Salon Update

The safety of our residents is of the upmost importance in our communities. Keeping resident's safety at the forefront, a letter was distributed to inform you that we are in the process of applying for a salon license through the Pennsylvania Board of Cosmetology. This license is required for all salons in Pennsylvania. The salon must be inspected and pass inspection prior to operating per the State Board of Cosmetology Regulations. During the application process, the salon cannot be open/operating prior to passing inspection. Per the State Board of Cosmetology website, the inspection will be scheduled after the completed application is reviewed, approved and all discrepancies are resolved.

Therefore, at this time, the Sanatoga Ridge Community Salon is closed. I will keep you updated on this process as the timeline is undefined at this point. The beauticians should have been in contact with their clients on next steps. I apologize for any inconvenience. Please reach out to me with any questions.

Heather



Sanatoga Ridge Community
Certificate of Appreciation

is hereby granted to

Patty Bleakley

to certify that she exemplifies the values of the *WISHES* program as

EMPLOYEE OF THE QUARTER

Second Quarter 2021

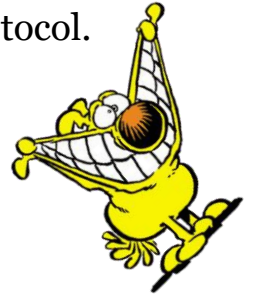
New to SRC/BRC is our Team Member of the Quarter. I am excited to share with you our first official team member of the quarter - Patty Bleakley.

Patty was nominated by her fellow co-workers and continues to do an amazing job at all she does for our communities. Please join with me in congratulating Patty.

Heather

Face Masks on the Sanatoga Ridge Bus

Reminder: Anyone who is not vaccinated must wear a mask when going on bus trips on the SRC bus. This is to protect our residents on the bus, as residents are usually sitting in close proximity. We are going by the “honor” system. We do not want to cancel future bus trips because people are not following our community’s bus transportation protocol.



Roofing Plan

Recently, there was an insurance claim that SRC filed regarding some of the roofs here on the SRC campus. As a result of that claim, the following roofs will be getting replaced starting in August. (*Exact dates to be determined.*)

A01-06; B01-04; B17-20; C01-04; C17-20; F15-20; G12-17

As we learn more about the roofing schedule we will be sharing that with the specific Courts involved. Please know, as the roofs are replaced, the areas around the section of homes being worked on will be an active work zone. Please do not cross the yellow caution tape that will be blocking specific work areas.

Residents will be notified several days in advance of their own replacement date. For safety reasons, residents will not be allowed to come and go in and out of their house during active roof replacement. Replacement of each roof is estimated to be several hours. If you have help come in, or if you are a resident that helps a neighbor at one of the above locations, please share the information received from the office.

Once receiving their roof replacement date, residents should make plans to be away from the house during the replacement of the shingles, or choose to stay inside the house for the duration of the removal.

Our goal is to create a safe environment, so no one gets hurt when the old shingles are being removed, roofs are being worked on, etc. There will be a dumpster placed in front of the section of homes as the shingles are being removed.

Due to supply delivery and equipment locations, we will need to coordinate where residents park during the days the work is being completed, and will coordinate that with the specific Court once we have the schedule.

In addition, please do not talk with the roofers or stand near or in the work zone. We are trying to prevent any possible accidents from happening.

If you have any questions or concerns please call the office.

Grounds Manager Update

Congratulations to Scott Huhn on being promoted to Grounds Manager! Scott joined our team earlier this year and has excellent experience for this role. As we know, Nick Krause announced at the June resident meeting, he would be graduating in August and will be pursuing other opportunities.

We thank Nick for his dedication to SRC/BRC all of these years and are thankful he will be staying on our grounds team in a part-time capacity. Scott is actively transitioning to the Grounds Manager role under Nick's leadership at this time. This official transition will occur on Friday, August 20. Please join us in congratulating Scott in his new role. In addition, we wish Nick nothing but the best in his new opportunities.

After Hours Messages

Office hours are Monday through Friday from 9 AM to 4 PM. The office is closed for lunch between 12 Noon and 1 PM. Once the office is closed at the end of the day, phone messages are not checked until the next business day. Please remember to push your on-call button (or call the on-call number directly (610-326-4043)) for assistance should you have an urgent item that cannot wait until the next business day (e.g., air conditioner not working, pipe leaking).

Maintenance or Landscape Items

Do you have a maintenance or landscape item that needs to be fixed or looked at? Our staff members have specific assignments for the day and may not have time to address your issue while they are at your home.

Please call the office to have it scheduled through our work order process. Calling the office ensures your issue is documented, assigned to the appropriate staff member, and tracked to completion. This also allows us to compile vital information on recurring issues or installation dates.

Office Drop Box

Thank you for your cooperation in placing your monthly fee payments, surveys, and correspondence into the office drop box. This practice has been working very well. Thank you again for your cooperation!

You Spoke, We Listened!

Thank you to all the residents who participated in last month's Meals Survey. There was great participation in the survey demonstrating a renewed interest in having prepared meals delivered to the Community. We are currently in the process of talking with both Landis and Redner's Markets about making arrangements for such a program. Please look for more details to come in the September Ridge Reporter.



Hose Connections

Please turn off the water to your house or common areas (ponds, garden, etc.) when you are done. If the hose were to burst or the sprayer malfunction, water would be running uncontrolled. This is especially dangerous for people who have hose connections in the garages and mechanical rooms. In those cases, it could flood the house.



Power Washing and Porch Washing

Power washing was completed by the end of July. Front Porch washing will be done by the end of August. If your siding or power washing was missed, please call the office. Patio enclosures, patios, and porch pads will not be done. We are so thankful for our team members for doing a wonderful job!

SRC Shearing

- This year's shearing of shrubs will be outsourced to Penn Outdoor.
- Their goal is to have all marked shrubs sheared in 10 days (weather permitting).
- We ask that you remove personal items from beds and temporarily place them on your porch.
- Only shrubs that are marked by the SRC landscaping crew will be sheared.
- Due to undeterminable weather, we cannot give specific dates to when Penn will be in each Court. Please keep this in mind when understanding the time frame.

Deadline to call by is August 20

SRC landscaping crew will start marking shrubs August 23

Penn is planning to start in September

We ask you to not bother or delay the shearing crew. The fee that the communities are charged is based on how effectively the shearing crew can complete its task. Anything we can do to make them more efficient will save the community money. Instead, for issues and concerns, please call the office directly.

Community Mailboxes

Don't wait until the 1st of the month. Please check your community mailboxes frequently. Information gets placed in these mailboxes throughout the month. Sometimes by waiting until the 1st of the month, you have "old news".



Phone Lists

Updated resident phone lists (both alphabetically and by court number) can be obtained at the office.



Treadmill

We are actively researching treadmills! Our goal is to order a new one for the fitness room in the next few weeks. Thank you for your understanding during this transition.

Not Home For a Little?

If you are going on vacation, having a stay in the hospital or rehab, please call the office and let us know. We get calls from concerned neighbors and it eases our mind and your neighbors that you are OK.



Drop In Toilet Tank Tablets

Please refrain from using the dissolvable toilet bowl cleaners that you drop into the toilet tank. These tablets can impact the plumbing and prevent the toilet from flushing correctly or not at all.



Using Command Hooks in Your Home

If you use Command hooks in your home, when removing them you must follow removal instructions on the package carefully (strips must be removed very slowly). If they are not followed correctly, it will result in much wall damage by tearing the drywall. If you cannot remove them without tearing the wall, consider using a nail instead.



Neighbor Check

Want to do something nice that does not cost anything or takes a lot of energy but has a great reward?

Check on your neighbor.

Sometimes just a "hello" by a phone call or knock on the door makes someone's day!



Did you know . . .

Did you know that table tennis is the most popular indoor sport in the world? Why not join the crowd. Table Tennis is open in the Club Room located on the 2nd floor in the Community Center.

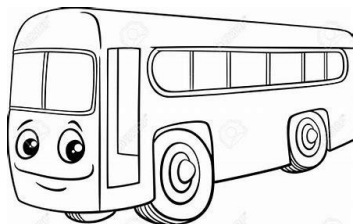
By the way, the Club Room is also home to the other activities. Check your Ridge Reporter calendar to see what else meets here!



Billiards and Ping Pong?

Have you noticed that the doors are open and lights are on in the Game Room? Why not join your neighbor in a game of billiards or ping pong?

Bus Drivers Needed



We are looking for a few volunteers willing to drive the SRC Bus for Community Trips and Lunch Bunch in addition to being a back-up driver. The only qualifications needed are a valid driver's license and the ability to assist residents onto and off of the Bus. If you are interested in serving in this capacity, contact the Office.



Words on Wheels



The W.O.W. (Words on Wheels) Bookmobile is here on the 2nd and 4th Mondays in the Community Center parking lot.

To pre-order a book for pick up, you may do so online at www.mc-npl.org, or by calling them at 610-278-5100, Ext. 7.

For any questions, please call the same number as above.

Happy reading!

Announcements



Happy Birthday!

- 2 David Landes H-206
- 5 Joan Evan N-13
- 16 Ruth Ann Wade C-07
- 17 Jean Dupell M-05
- 20 Richard Evan N-13
Kitty Krause E-02
- 23 Link Davis G-11
- 25 Doris Langan M-11



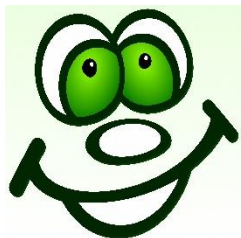
Happy Anniversary!

- 18 Ken & Helen Christman M-03
Richard & Joan Evan N-13
- 21 Bill & Pat Higgins G-05
- 25 Bob & Sandy Edleman N-11
Charles & JoAnn McFarland M-01



August is known for many things:

- The dog days of summer
- National Watermelon Day (Aug. 3)



Our thoughts and prayers are with the family at this difficult time.

Rose Wilkinson (A-01) passed on Wednesday, July 21.
Rose moved into SRC July 2006.



Welcome To The Neighborhood!

We'd like to extend a warm welcome to our newest resident!

Please stop by and introduce yourself!

Anna Wallace (A-02)
from Royersford, PA



Library News

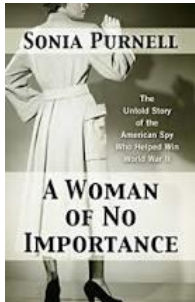
- FREE BOOKS! Are located on the 1st & 2nd shelves to the left as you enter the Library.
- Do counted cross-stitch or other crafts? Check out the patterns on the FREE shelf.
- Need something new to read? The bottom 2 shelves are NEW ADDITIONS!
- If you have outstanding books from the library, please return them to the drop slot just inside the library.

If you have any questions, please contact Nancy Ewing. Thank you for your help!

Book Club

Monday, August 2 – 2 PM

The Book Club meets the 1st Monday of each month at 2 PM in the SRC Dining Room. A Woman of No Importance by Sonia Purnell will be discussed at the August meeting. September's book will be Mrs. Lincoln's Sisters by Jennifer Chiaverini.



August 2

Contact Jeanette Granger for more information.



September 6

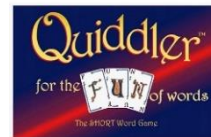
Game Night

Friday, August 6 – 6 PM

Join your neighbors for Game Night. A variety of table games will be played in the Club Room including Dominoes, Phase 10, Quiddler and Skip-Bo.

Bring your favorite game. Not sure how to play?

Don't worry. We will show you how!



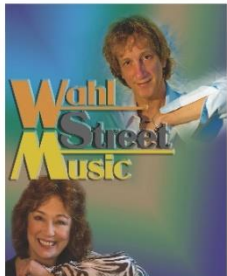
Wahl Street Music

Wednesday, August 11 – 3 PM

Join us in the SRC Auditorium on Wednesday, August 11 at 3 PM to be entertained by Wahl Street Music. Dewey and Jeani Wahl, a husband and wife duo, have been singing and playing together for decades.

Since 2010 the duo has specialized in upbeat golden oldies. They supplement their live vocals, guitar and keyboard with their pre-programmed backing tracks for a full band sound.

Come out and tap your toes, clap your hands and maybe sing along with some of your favorite tunes.



Keeping Busy

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Attention SRC Singers

Thursday, August 19 – 4 PM

If you are interested in joining the “SRC Singers”, a Sing-A-Long will be held on Thursday, August 19 at 4 PM in the Community Center Auditorium.

There will not be any auditions. The Sing-A-Long will help us get acquainted and tune up our vocal chords!

Please call Vivian Specia at 610-323-4882 if you are planning to attend so that there will be enough song sheets for everyone.

Friday, August 20 – 6 PM – Movie Night . . . “Sully”

Due to copyright rules, Movie Night is for residents only.

“Sully” will be shown in the SRC Auditorium on Friday, August 20 at 6 PM. Doors open at 5:30 PM.

Please note that there will be no intermission or snacks.



On Thursday, January 15, 2009, the world witnessed the "Miracle on the Hudson" when pilot Chesley "Sully" Sullenberger (Tom Hanks) glided his disabled plane onto the frigid waters of the Hudson

Social Committee

Monday, August 23 – 2:30 PM

The Social Committee will meet Monday, July 19 at 2:30 PM in the Dining Room. All are welcome to help plan fun activities for our community.

End of Summer Social – September 9

Check your mailbox for the invitation!

Please RVSP as soon as you can for the end of summer social. Your invitation with more details is in your mailbox. Due to parking constraints at the community center, please carpool with neighbors or walk to the social if at all possible.



Lunch Bunch

Final Lunch Bunch arrangements are being made for Friday, September 10. The location will be published in the September Ridge Reporter. The SRC Bus will be available for a fee of \$3 per person for the Bus Driver payable at sign-up.

Grocery Bus Trips Make a Comeback!

The much-anticipated weekly grocery trips are coming back! The SRC bus will begin making trips to local markets on September 13! The schedule will be as follows:

- 1st and 3rd Mondays – Landis Market
- 2nd & 4th Mondays – Redner's Market
- The bus will begin picking residents up at 10 AM in their Courts
- Expect to shop for about 45 minutes to 1 hour and then head back to SRC
- Bus driver will drop residents off in their Courts

If you are interested in participating in these trips, please call the office no later than noon on Friday, September 10 to be added to the list.



Wii Bowling – Starting in September!

Competition will begin again in September. We compete on the 3rd Wednesday of each month at 2 PM in the Club Room.

Currently, we have 11 players, plus 2 subs. We could use a few more players to complete our teams. If interested, lessons can be given. It's lots of fun.

Call Joe Kijak at 484-624-3209 to participate.

Resident Christmas Luncheon

The Annual Resident Christmas Luncheon will be held
Friday, December 3.

We will plan the menu and set the price in September as soon as Wegmans finalizes their pricing. Look for more details in upcoming Ridge Reporters.



Mah Jongg Players Wanted

Please contact Linda Rennard (D-12) should you be interested in learning or playing Mah Jongg. Date/time to be determined based on interest.

Attention Golfers

If you are interested in joining a men's senior golf group, please contact Dave Dreibelbis (484-624-5815) for details. A different course is played every Tuesday.





Dominoes

Dominoes are played Mondays at 6 PM in the Club Room.

Yoga

Both chair yoga and floor yoga classes offered weekly in the SRC Auditorium.

TUESDAY EVENING CHAIR YOGA

6:30 PM

WEDNESDAY MORNING FLOOR YOGA

9:30 AM

Come join in the fun for some stretching, balancing, deep breathing and some laughs.



For questions or concerns, please call Susie Rhinehart
610-310-1537.



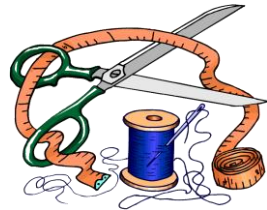
Pinochle

Thursdays at 2 PM – Dining Room



Sewing Club

Summer hiatus. Will resume in September.



SRC Water Aerobics

WHEN: Mondays and Wednesdays
Time: 7 PM
Where: Sanatoga Swim Club Pool



Our “bottles” and noodles are already there, so we are ready to go!

Note: Residents who do not currently have a pool membership can pick up a ‘day pass’ at the SRC Office prior to attending class. Please return all passes to the SRC Office. Thank you!

TRAILBLAZERS

Walking

is



More

Than Steps!

Let's Get Out and Walk!

There is more to walking than just taking steps.

Walking has numerous physical and mental health advantages. You would be surprised how easy and far you can walk when you have someone to chat with along the way!

Check out the 1/4, 1/2 and 1 mile paths marked on the sidewalks in the Community.

Stop by the Office to pick up the map.



Horseshoes

The horseshoe pits are ready to go! They are near the Community Garden located near Court G. The “shoes” are in the shed (please return them after use). There will be wipes available to wipe down the “shoes” before use. Help yourself and pitch a few!



Donna & Richard Landis Farm Stand

Local produce will be sold Monday mornings from 9 to 11 AM in Court N Pavilion. The produce will come from Donna Richard Landis' Farm off Metka Road in Limerick. Payments will be on an honor system. Please call Nancy Ewing (L-10) if you have any questions.

WIGGIN  **SHREDDING**
.**COM**

Save the Date & Your Personal Papers!

Shred event on Saturday, September 18 at SRC.

Watch the Ridge Reporter for more information.

Pottstown FARM

What is the Pottstown FARM?

FARM stands for Farm and Artisan Regional Market. They have been focused on bringing fresh, locally grown, sourced, and created products to Pottstown. They work with community groups to educate and entertain and they remain committed to the health and well being of the town and region.

Where is FARM?

FARM is located in Smith Plaza, Pottstown. This beautiful plaza in front of Pottstown's Borough Hall is the perfect, shaded spot to spend a Saturday morning shopping and meeting friends.



Get Fresh!

Post this on your fridge, and remember to **EAT FRESH ALL SUMMER LONG!**

Every other Saturday
MAY 15 THRU OCTOBER 30
9AM-1PM

POTTSTOWN FARM
Farm & Artisan Regional Market

SMITH FAMILY PLAZA, 100 HIGH STREET
DOWNTOWN POTTSTOWN

MAY: ☐ 15 ☐ 29
JUNE: ☐ 12 ☐ 26
JULY: ☐ 10 ☐ 24
AUGUST: ☐ 7 ☐ 21
SEPTEMBER: ☐ 4 ☐ 18
OCTOBER: ☐ 2 ☐ 16 ☐ 30

SPECIAL EVENTS:

- ★ May 15: 10am & 12pm Teacher Appreciation Week Activities
- ★ July 10: 10am & 12pm Five Saints Distillery Demonstration
- ★ August 22: Operation 143 Food Drive
- ★ September 4: 11am Butterfly Tagging w/Ron Richael
- ★ October 2: 10am & 12pm Pottstown Hospital-Tower Health, Healthy Living
- ★ October 30: Halloween Party at the Farm
Evening fundraiser, details to come!
- ★ November 27: Small Business Saturday Event

POTTSTOWNFARM.ORG 

What Did I Miss?



Anakai Ney!

The voice of Jamaican-born singer/songwriter Anakai Ney had us all captivated with her incredible songs of jazz, contemporary pop, and classic rhythm and blues. Drawn from influencers Ella Fitzgerald, Lizz Wright, and Eva Cassidy, Anakai's first memory is of singing to her family at age 2.

LEGEND FOR AMOUNT OF WALKING

1 Little
Walking

1111 Plenty of
Walking

- RSVP by deadline a must
- Sign up with the Office
- Limited seating
- Must have at least 10 participants for SRC Bus trip
- **Payment is by Check Only (Payable to SRC)**

11

Tuesday – August 10 – Shady Maple

First, have lunch. After that, go to the shop, downstairs and then go to Good's. There is also Shady Maple grocery store – always a favorite!

Payment and RSVP to the Office by Friday, August 6

LEAVE BEREAN PARKING LOT: 10:30 AM

Cost: \$5.00

11

Thursday – September 2 – Dutch Apple Dinner Theatre – Grumpy Old Men (Perkiomen Tours)

Don't miss this laugh-out-loud story of family, friendship, love and romance in a fresh new musical that's guaranteed to delight! Come along with family and friends and experience the fun and memorable experience at the Dutch Apple Dinner Theatre, consistently providing top quality productions, award-winning food and exceptional service in the simple yet sophisticated charm of the theatre.

Payment and RSVP to the Office by Friday, July 30.

LEAVE BEREAN PARKING LOT: 10:15 AM

Cost: \$95.00

111

Tuesday – October 5 – Shopping Trip and Lunch in Ephrata

Our first stop will be at the Morgantown Thrift Shop then we will venture up Route 322 to Fox Meadows Creamery and Country Market. Your lunch there could consist of a half of a variety of sandwiches and 4 scoops of many flavors of ice cream for \$10 (at your own expense). From there we will continue on Route 322 to Esbenschade's Garden Centers. Last stop before coming home will be Weaver Nut Sweets & Snacks to satisfy your sweet tooth.

Payment and RSVP to the Office by Monday, September 20.

LEAVE BEREAN PARKING LOT: 10:00 AM

Cost: \$6.00 (lunch at your own expense)

11

Thursday – November 19 – Holidays at Mount Hope Dinner Theater

Held in Victorian Mount Hope Mansion, this unique setting is the perfect backdrop for this one-of-a-kind theatrical dining experience. Meet and mingle with the holiday characters and carolers inside the Mansion and enjoy some traditional Christmas tales tableside as you dine.

RSVP to the Office by Friday, October 15.

LEAVE BEREAN PARKING LOT: 11:00 AM

Cost: \$66.00

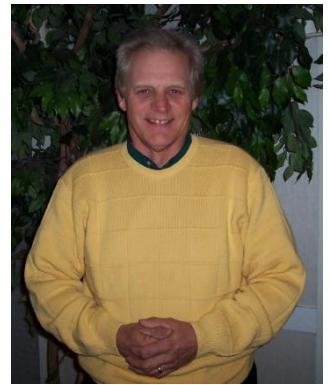
Monday, October 11 thru Friday, October 15 – New England Trains and Cruises (Kline Transportation)

Historic Essex, Boston, Winnipesaukee Scenic Railroad, Portland, Dover to Woburn.





Jim Hallman Memorial Site



Some newer residents never had the privilege of knowing Jim. However, many of our residents and many of our staff got to know Jim over his years of employment here at SRC and BRC. We are certain that some of our former landscapers who worked under Jim's guidance could tell you many stories about Jim's quiet sense of humor.

Jim started working at SRC in September 2001 after many years as the landscaper/designer at the Gruber Estates in North Coventry (now Bellewood Country Club). The beautiful landscaping and grounds that we all see and enjoy today at SRC and BRC were all designed by Jim. His legacy will definitely live on at our communities.

At the Residents' Committee Meeting on June 7, 2021, the SRC residents approved the purchase of a plaque to be placed at the site where the tree was planted in memory of Jim.

The secluded memorial site is located at the top of the maintenance building driveway tucked away to the right. There is a bench also located in the area for you to sit, reflect, and enjoy the surroundings.





SMILE!



Put on a happy face and be prepared to give your facial muscles a great workout!

- Your face has 44 muscles in it that allow you make more than 5,000 different types of expressions, many of which are smiles. And when you're happy, your body pumps out all kinds of feel-good endorphins. An article on Smithsonian.com showed that smiling, even forced, causes our bodies to produce physiological changes that reflect the emotion, such as changes in heart and breathing rate.
- Take every opportunity to make someone smile. One of the easiest ways to get someone to smile is to smile at them first—just like a yawn, smiles are contagious!
- Make a list of things that make you smile and then post them in a place you'll see them often.
- Have a smile-off with someone and see who can smile the longest.
- When you get up in the morning, smile. Think happy thoughts in that one moment; it will set the tone for your day.
- Have a contest with yourself to see if you can smile more times each day during smile week than the day before. Be bold and set a quota for yourself for the week—even 1,000 smiles!
- Get into the habit of visualizing your smiles. The key to achieving what you want may lie in your ability to visualize it. By smiling during your visualizations, you cue your brain that what you are really wanting to happen, actually did, and then your body and mind can change more easily to the desired behavior.
- Smile at yourself in the mirror. By practicing, you find out what a genuine smile feels like. People who smile a lot are perceived to be positive role models.
- The next time you're stressed, don't fall apart. Instead, take a few deep breaths and smile! Smiling may help to reduce symptoms associated with anxiety. When that smile signals to your brain that you're feeling happy (even though you aren't), your body will usually slow its breathing and heart rate.
- People usually look their best—and happiest—when smiling.
- Smile out of gratitude for all the blessings that surround you in life.
- Connect with your family, friends, and neighbors by immediately sharing your smile with them.
- Surround your home in framed photos of you and your loved ones SMILING!
- In the words of the very funny and talented Will Ferrell, who played Buddy in the holiday movie Elf: “I just like to smile! Smiling's my favorite”.

