

RIDGE REPORTER



thank you!

The staff would like to express their appreciation to our residents for the generosity we received during the Christmas season with delicious treats and kind words.

Thank you for making this time of year extra special. Our residents do such a wonderful job decorating their homes to help make the community “shine” during the season.



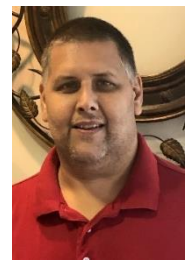
Christmas Child Project

THANK YOU to all the residents who generously gave to the “Christmas Child Project” for the Cluster of Churches, Genesis Pregnancy Care Center and Salvation Army. This surely has brightened the holiday for many families.

Staff Member Update – He’s Back!

Scott is joining our staff to assist in various duties related to grounds, maintenance, and handyman.

Welcome Back Scott!



Staff Member Update – Fond Farewell!

Joseph (DJ as some of our staff and residents refer to him) will be leaving to pursue other interests.

Thank You, Joseph, and We Wish You Luck!



Snow Event Reminders

We ask for your understanding and patience during a snow event. Realty Landscaping has been contracted for snow removal. As always, should you have any issues, please contact the office. Do not approach the contractors directly.

- **If snow is predicted and you MUST get out on that day, please call by 3 PM at least a day BEFORE the snow arrives to let us know the time you need to leave. The earlier the office knows, the easier it is to coordinate with the snow removal staff.**
- Every court has a designated area where all cars are to be parked during a snow event. Check your court map for appropriate parking locations.
- The snow removal staff will not scrape ice from residents' vehicles.
- If you have a true emergency, push your on-call button (or dial the on-call number directly). Do not leave a message at the office after hours and on weekends.
- If your car has already been moved to the designated snow parking area and you need to use it, please let the office or on-call know as soon as possible. Your car will be put back in your assigned parking spot.
- If trash/recycle day falls on a snow event day, please know that trash/recycle pick-up may be delayed or even canceled.

Snow removal is typically completed within 24 hours once the snow event has stopped. If possible, we will allow nature to work in our favor to melt the majority of the elements, saving time and resources.

Snow Keys

We have residents that signed the permission form but have not submitted their key to the office. Please bring a spare car key to the office.

If we do not have your key – regardless of permission:

- We will not be able to clean/move your car.
- You will be responsible for cleaning/moving your own car.

Keys are kept in a secure location and accessible only to approved personnel.

Only SRC staff will be permitted to clean off, move and return your car.

Trash on Snow Days

When there are snowy trash pick up days and the staff is clearing snow, please leave trash and recyclables clearly **VISIBLE** on your front porch for removal. Also, please know that trash/recycle pick-up may be delayed or even cancelled depending on the demand of the snow removal crew.



Mechanical Room Storage

We are experiencing issues with residents using the mechanical room as an additional storage area. With the exception of a few small items, mechanical rooms are NOT to be used for storage.

- Immediate access is required to all mechanical equipment by staff, contractors, or other emergency personnel.
- SRC will not be responsible for any damage to your personal items stored in the mechanical room. This would include damage as a result of equipment malfunction or the item being relocated to gain access to equipment.
- For those residents in the 2nd floor apartments, furniture or other heavy items cannot be placed in front of the mechanical room doors blocking access.

Thank you for your cooperation.

Resident Information Update

All residents are requested to update your personal information yearly. We are finding that phone numbers, addresses, and contacts change over time. We want to protect your privacy and make sure we have the appropriate people you would like contacted (e.g., Power of Attorney, Executor/Executrix) should we need to do so in the future.

In addition, we also request a copy of your Power of Attorney and Will verifying your appointees (typically it is one page that has your name, appointee(s) name, your signature w/date along with their signature w/date). There are times when the office receives a phone call from a family member requesting information on you or they say they are acting on your behalf. For your protection, we will not speak to someone unless you have them appointed through your POA or Will.

Resident Mail Slots

The internal mail slots for residents are located in the salon area within the Community Center.

- SRC communicates regularly with residents via the mail slots.
- Residents may also use the mail slots for communication with other residents (e.g., birthday cards, invitations, etc.).
- Residents are encouraged to check their mail slots several times throughout each month. If you don't, you could miss important information.
- While it is nice to help your neighbor, please do not take another resident's mailbox contents without them asking. We have residents come back to the office because they are missing information.

Comcast – Tech To You Program

The Comcast Tech To You Program in our Community has been cancelled. You will need to call Comcast directly for assistance.



Thank You to the SRC Singers

A BIG THANK YOU to all of the SRC SINGERS, under the direction of Vivian, who have practiced long hours to provide a wonderful Christmas concert for our residents, friends, and family. Thanks also to all of you who made a special effort to come out and encourage our Singers. We know you were not disappointed. Thanks for a great job Singers!

Name Tags

Wearing a nametag at events and gatherings is a great way to help residents get to know one another! We understand that sometimes things get misplaced or damaged.

If you need a new name tag, please let us know at the office and we will make sure you get one. The nametag displays your name on two lines with your first name on top in larger print than your last name.



2023 Resident Dues – via Check Only (Payable to SRC)

The 2023 Resident Dues (\$5.00 per resident payable by check only) should be put in an envelope with your name and house number. You can place the envelope in the mail slot to the left of the Office window.

All 2023 dues must be received by Friday, February 3.
For accounting purposes, cash is no longer accepted.



Hairdresser Update

- Mary Tuesdays (484-686-4946)
- Ann Thursdays & Saturdays (610-495-1461)
- Beverly Fridays (610-574-1474)

ANNOUNCEMENTS



Happy Birthday!

- 6 - Barbara
Judith
- 8 - Donna
- 9 - Charlotte
Loretta
- 11 - Carole
- 12 - Nancy
- 14 - Millie
- 15 - Bill
- 16 - Veronica
- 17 - Sandy
- 22 - Joe
- 23 - Charles
- 25 - Pat
- 26 - John
- 27 - Bobbi
Florence
- 28 - Arlene
- 29 - Beverly
- 31 - Dean



Happy Anniversary!

12 – Bob and Gail



Welcome To The Neighborhood!

We'd like to extend a warm welcome to our newest residents! Please stop by and introduce yourself.

Carol from Flourtown, PA.

Andy & Marie from
Collegeville, PA.



Save the Dates!

2023 American Red Cross Blood Drives

All drives will be on Mondays from 2-7 pm in the Auditorium.
Register online beginning in December at www.redcrossblood.com.

- January 16
- April 17
- July 17
- October 16



**American
Red Cross**



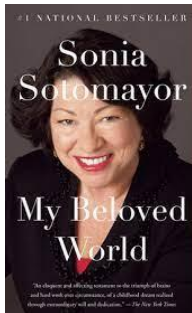
Recent Bus Trip to Glick's Poinsettia Show

Keeping Busy

Book Club

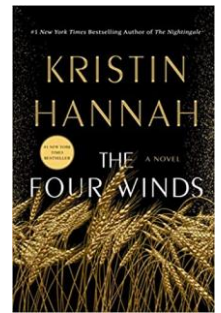
Monday, January 2 at 2 PM

Book Club is the 1st Monday of each month in the SRC Dining Room. *My Beloved World* by Sonia Sotomayor will be discussed in January. February's book will be *The Four Winds* by Kristen Hannah.



January 2

Contact Jeanette for more information.



February 6

SRC Mixers – 2023 is Here!!!!

Friday, January 6 and January 20 at 6 PM

The SRC mixers are happening starting this month. Get to know your neighbors!! Bring your own food and drinks and lots of good humor!!

Join your SRC residents in the 2nd floor club room located in the Community Center on Friday, January 6, from 6 PM to 9 PM. Let's share New Years resolutions, laughs and jokes. Play a new game or brush up on our dancing skills.

Join us on Friday, January 20th, from 6 PM to 9 PM. Share your picks for the upcoming Super Bowl. Share your life story... we all have one!! Your talents always need a place to shine so bring them along too!!

Watch for updates mid month!! See you there!!!

Resident Committee Meeting
Monday, January 9 at 9:30 AM in the SRC Auditorium.

Bingo-CIZE Exercise Class

Monday, January 9 & Tuesday, January 10 at 11:00 AM – 12 :00 PM

Bingo-CIZE is a new 10-week exercise class meeting Mondays and Tuesdays from January 9 thru March 14. Offered by Montgomery County Office of Senior Services, the organization who brought us Tai Chi, Healthy Steps, and Matter of Balance, Bingo-CIZE is a fun class which combines health education, a bingo-like game, and exercise. Just what you need for those dull winter months! Held in the Club Room. Class size is limited. **RSVP by Wednesday, January 4.**

MEDICAL ALERT Button Presentation

At SRC Wednesday, January 11 at 5 PM

OR

At BRC on Thursday, January 12 at 11 AM (Limited seating)

Are you interested in a MEDICAL emergency button in your home or a necklace/watch you can wear anywhere you go? Vital Link, a local family-owned company which manufactures 4 different medical emergency options that you can push if you slip, fall, or are have any type of medical emergency. Vital Link will present these options onsite so we can see the devices and ask questions. Two presentations will be held; please attend whichever presentation works best for you.

We have negotiated discounted pricing for SRC/BRC residents. Brochures and pricing from Vital Link include additional information and frequently asked questions. These are located in the SRC front office and the BRC McMenamin Rec Center.

Feel free to visit the website at www.AVitalLink.com, or to reach out with questions via 1-800-338-4825 prior to the presentations.

Be sure to mention you are from SRC/BRC.

Should the need arise, snow dates are Wednesday, January 18 at 5 PM held at SRC and Thursday, January 19 at 11 AM held at BRC (limited seating)

Open to the public; however, discounted pricing is available for residents only.

RSVP to the office by Tuesday, January 10, being sure to specify which date/location you'd like to attend.



Lunch Bunch

Michael's Restaurant (Douglassville)

Friday, January 13 at 11:30 AM

If you are paying by cash at the restaurant, please bring smaller bills/change.

The SRC Bus will be available for a fee of \$3 per person (for the driver) due at sign-up.

The bus and carpool will leave the Berean Bible Church Parking lot at 11 AM.
RSVP by Tuesday, January 10.

Would you like to be the one to pick the restaurant? Contact Kathy.

American Red Cross Blood Drive

Monday, January 16 at 2 PM – 7 PM in the Auditorium

Start out the new year by doing a good thing! Registration is open for our next blood drive. Register online at www.RedCrossBlood.org.

NEW: If you are not computer savvy but want to donate, call Lara Graham; as the Drive Coordinator, she is now able to register you online.

Adopt a Grandparent Program

Wednesday, January 18 at 1 PM

Seeking 15 seniors who would like to participate in an onsite 10-week program with 5th grade students from nearby West Mont Christian Academy. The program is part of the service-learning program, which teaches children to serve others and to participate in learning activities outside the classroom.

Attend the Information Meeting on Wednesday, January 18 at 1 PM in the SRC Dining Room to find out what it entails.

On Wednesday, February 22, you will be able to read bios of the children, and choose your "grandchild" to adopt for February 22 through May 2.

Over the next 10 weeks, "Grandchildren" will meet you in the dining room to interview you, working on improving their communication skills, and strengthening their public speaking skills. They will improve their writing skills by writing your biography, which will be bound and "published."

The program will culminate on Tuesday, May 2 with students performing several service projects on campus, followed by a presentation of the written biographies for all to enjoy.

Program Start Date: Wednesday, February 22 from 1 – 2 PM in the Dining Room, and then March 1, 8, 15, 22, 29, April 12, 19, 26, May 2* (*TUESDAY).

RSVP to attend the Information Meeting by Friday, January 13.

To participate in the Adopt A Grandparent Program: RSVP by Friday, February 3.

Circle of Support

(previously called Grief Support Group)

Thursday, January 19 at 11 AM – BRC McMenamin Rec Center

This new ongoing grief support group will be led by social worker Angel McIntosh of Patient Care Hospice, who led our Holiday Grief Support Group. Angel welcomes any senior needing support during any stage of the grieving process, including friends or relatives from outside the community.

Come regularly, or come when you feel like it. Meets Thursday, January 19 at 11 AM in the BRC McMenamin Rec Center, and every 1st and 3rd Thursday thereafter.

Open to the public; please let outside friends who are struggling know. **Ongoing; no RSVP necessary.**



SRC Singers Practice Begins!

Thursday, January 19 at 3:30 PM

Practice begins for the Spring Concert!

Caring for the Caregivers

Tuesday, January 24 at 6 PM

Are you a caregiver for an aging parent or spouse? Do you often find yourself exhausted, frazzled, and short-tempered?

At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. Join us to learn ways to reduce stress and about resources available to caregivers.

Presented by Beth Biehl of Aging Resources Alliance. Learn how to fill your own cup first so that you can continue to give to others.

Open to the public. **RSVP by Monday, January 23.** Snow date: Tuesday, January 31 at 6 PM.

New Wellness Class: My Life, My Health

6 Thursdays, beginning January 26 at 12:30 PM–2:30 PM

(January 26 – March 2)

Class addresses techniques to deal with problems such as frustration, fatigue, pain and isolation. Appropriate exercise for maintaining and improving strength, flexibility, and endurance will be taught.

Other topics covered include appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, and decision making.

Participants make weekly action plans, share experiences, and help each other solve problems they encounter by creating and carrying out their self-management program. Class size is limited to 18. **RSVP by Monday, January 23.**

Dementia Education Series: A 3-Part Series

Friday, February 3, April 7, and June 2 at 1:00 PM

Jessica Speroff of Senior Helpers discusses changes to the healthy brain, signs to watch for, and how to spot them.

This is a great series to attend if you are seeking further education on signs and symptoms of dementia, as well as interventions to try and assistance programs available. Especially popular with adult siblings/families.

This series will be followed by a second 3-part series later in the year entitled “The Healthy Brain”, which discusses ways to keep your brain healthy and preventative activities which work to prevent the onset of dementia. **RSVP by Wednesday, February 1.**

Meet Your Neighbor

by Janice

Pat

Pat was born in Quakertown, PA and then lived in New Hope. It was a very country style neighborhood in the middle of very poor and very wealthy people. Everybody worked together and played together. Every year there was a family reunion held on the farm where Pat lived. Many people attended these events including her Great Aunts and Uncles.

Pat attended St. John’s School in Lambertville, NJ until 3rd grade at which time she transferred to Solebury School. With the family relocating to Quakertown in 1951, she then went to St. Isidore’s and then on to Quakertown High School graduating in 1957. Her favorite subjects were spelling, history, and math. She did not like geometry.

For 37 years, Pat worked at the National Drug Co. and after many mergers was known as Sanofi Pasteur, Inc. when she retired. She started out on the ground floor and worked up to Facilities Manager; taking many related courses through Penn State and Marywood College over the years. She loved it – called it her “dream job”.

Pat met her husband, George, at Buck Hill Falls Inn in the Poconos. George served in the Air Force. They were married 57 years. Pat has lived in New Hope, Quakertown, Long Pond, Nazareth – all in PA and Punta Gorda, FL.

She enjoys knitting, crocheting, sewing, art and designing and creating greeting cards. Her favorite has been designing and creating miniature doll house room boxes and a miniature shopping mall.

After the loss of her husband, and wanting to be closer to family, Pat found SRC on the website and decided this was the place she wanted to settle.

She will go back to Florida to accept 2 awards – The American Business Woman Association award for Woman of the Year and the Lifetime Achievement Award.

If she could go back in time, Pat would change nothing!! She had a good marriage and is still enjoying a great life.



Words on Wheels Book Mobile
2nd Monday – January 9 at 10 AM

Dominoes

Mondays at 6 PM
Club Room

Bible Study

2nd Monday at 2 PM
Dining Room

Circle of Support

1st & 3rd Thursdays
at 11 AM

BRC McMenam
Rec Center

Yoga

Both chair yoga and floor yoga classes weekly – Auditorium

TUESDAY – CHAIR

3:30 PM

WEDNESDAY – FLOOR

9:30 AM

Hooks and Needles

1st Tuesday at 2 PM – Game Room



Vietnam Veterans

1st Tuesday at 7 PM - Dining Room



Wii Bowling

3rd Wednesday at 2 PM - Club Room



American Legion

4th Thursday at 7 PM - Dining Room



Coffee Hour (and Tea too!)

Thursdays at 9:30 AM – Dining Room



Pinochle

Thursdays at 2 PM – Dining Room

LEGEND FOR AMOUNT OF WALKING

Little Walking



Plenty of Walking

- Sign up with the Office
- RSVP by deadline
- Limited seating
- At least 10 participants needed for SRC Bus trip
- **Payment is due at time of sign up and is by Check Only (Payable to SRC)**



Tuesday – January 10 – Shady Maple, Grocery Store & Goods

(Snow date Wednesday, January 25)

1 SEAT LEFT!

Discover the experience of dining at Lancaster County's largest smorgasbord featuring 200 feet of deliciously authentic Pennsylvania Dutch cooking. At Shady Maple some of Lancaster County's finest cooks prepare all your favorite PA Dutch foods, as well as some exciting new dishes. Lunch at your own expense.

RSVP to the Office by Friday, January 6.

LEAVE BEREAN PARKING LOT: 10:00 AM

Cost: \$6.00



Friday – February 17 – Neag Planetarium (Reading, PA)

Join us at the Neag Planetarium of the Reading Public Museum for a fun afternoon of “star gazing”. The program will feature a seasonal display.

Lunch at your own expense before the show at Berkshire Family Restaurant.

RSVP to the Office by Tuesday, February 14.

LEAVE BEREAN PARKING LOT: 11:30 AM

Cost: \$12.00



The Flower of the Month is the Carnation



For the most part, carnations express love, fascination, and distinction, though there are many variations dependent on color. Light red represents admiration, while dark red denotes deep love and affection. White represents pure love and good luck, while striped (variegated) symbolize regret that a love cannot be shared. The pink carnation became the symbol of a mother's undying love.