

January 2024



SANATOGA RIDGE
COMMUNITY

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 Women’s Clinic and Salvation Army. This surely has brightened the holiday for many families.

Smile! Resident Photo Directory

For those of you who did not have your photo taken at the Resident Christmas Party, additional days have been scheduled in the SRC Dining Room.

Tuesday, January 9 from 1 to 3 PM

Monday, January 22 from 10 AM to 12 Noon



Say CHEESE!

Annual Financial Meeting

The annual Financial Meeting will be held in the SRC Auditorium on Wednesday, January 24 at 10 AM.

An inclement weather date is planned for Tuesday, January 30 at 10 AM.

Resident Information Update

All residents are requested to update your personal information yearly. Recently, we are finding that phone numbers, addresses, and contacts have either changed or no information was ever given to the office.

We want to protect your privacy and make sure we have the appropriate people you would like contacted should we need to do so in the future.

2024 Resident Information

It's that time of year again – time to make sure the information we have on file is current. Please fill out the 2024 RESIDENT INFORMATION form that was delivered to your mail slot and **return it to the office by Thursday, February 15.**

- Please be sure to fill out the form in its entirety. It is very important that your information is correct and up-to-date so that, in the event of an emergency, we will know whom to contact.
 - All residents should submit the form regardless if information has changed or not.
 - All residents should provide a copy of their **General Power of Attorney (POA)** on file at the office. This way, we know who we are permitted to speak to regarding your situation should the need arise.
 - If you are uncertain if you have given us a copy of your POA, please call the office and we will let you know.
 - If you have recently updated your POA, please be sure to provide us with a copy.
- If you have any questions, please call the office.

Resident Mail Slots

The internal resident mail slots are 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 their permission. We have residents come back to the office because they are missing information.

Reminders – In Case of Emergency

- SRC has no medical staff and cannot provide any medical assistance, nor are we an assisted living facility
- The on-call number is for **MAINTENANCE EMERGENCIES ONLY**
 - **In the event of a medical or safety emergency, residents should CALL 9-1-1 immediately.**
- Our staff is unable to provide personal transportation to residents.
- Residents are **STRONGLY** encouraged to have a personal emergency plan in place in the event of an emergency. Examples include:
 - Medical emergency
 - Power outage
 - Storms/Excessive snow fall (snowed in)
 - Have extra groceries, water, and supplies on hand such as:
 - Water
 - Supplies
 - Groceries
 - Battery backup for portable devices
 - Flashlight with additional batteries in easy to reach location
 - Possibly arrange to stay with family.

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.

If you are ordering something online or handing out your address, please make sure your apartment/cottage number is included in your address. There have been several instances where the office received items due to an incomplete address.

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 and need to leave your home during a snow event, call 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.

*Once the **snow event has stopped**, snow removal is typically completed within 24 hours.*

If possible, we will allow nature to work in our favor to melt most of the elements, saving time and resources.

Snow Keys

Some residents have 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.



Attic Service

- December/January are our busiest times of the year for receiving attic service requests.
- Attic service is a complimentary service we provide to our residents to assist them so that they do not have to climb the attic steps. It is intended to be used for seasonal or infrequently used items. It is not part of the move in process.
- Attic service is provided **once weekly on Tuesdays following trash collection.**
- We cannot guarantee an exact time when attics will be done. However, the goal is for our Grounds team to complete them after trash collection on the assigned day.
- Residents are expected to be home at the anticipated time of service. If a resident is not home when the Grounds team arrives, their request will be skipped.

ANNOUNCEMENTS



*Happy
Birthday!*

- 2 - David
- 6 - Barbara
Judith
- 8 - Donna
- 9 - Charlotte
Loretta
- 12 - Nancy
- 14 - Millie
- 15 - Bill
- 16 - Veronica
- 17 - Sandy
- 22 - Joe
- 23 - Carolyn
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.*

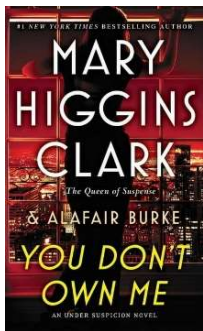
Karen
from Pinellas Park, FL



Cold Weather Kits Distribution

Sanatoga Ridge and Buchert Ridge Communities are the recipients of Cold Weather Kits.

Please refer to the insert for additional information.



January 2

Book Club

TUESDAY, January 2 at 2 PM

- January 2 “You Don’t Own Me” by Mary Higgins Clark
- February 5 “The Boys from Biloxi” by John Grisham

Contact Jeanette for more information.

Brown Bag ART History: “The Casual Tease of Death”

Wednesday, January 3 at 12 Noon

Led by Pottstown Art Historian Martin Bradfield. This 5th lecture is one of the most popular offerings. It features many works by the French Revolution era painter, David- with a deep dive into The Death of Socrates and , “The Execution of Emperor Maximillian” by Manet. The lecture also features a “mystery” piece specially commissioned by Martin to tie it all together. The basic themes explored are various portrayals about both “giving” and “receiving” death. The lecture also does a deep dive into the French Revolution, and the intellectual and Artistic climate from that time and references works by Fragonard and subjects like Marie Antoinette’s shoes, the guillotine, the frivolity of the Rococo, and the stern impositions of revolutionary France. These themes have echoed throughout history to the current day. **Bring your lunch and beverage. Open to the Public. RSVP by Tuesday, January 2.** Meets in the Dining Room.

Resident Committee Meeting

Monday, January 8 at 9:30 AM in the SRC Auditorium.

This month's discussion will include the responsibilities of Court Reps.

Supermarket BINGO! with Amity Place

Wednesday, January 10 at 10:30 AM

Beginning Wednesday, January 10, Donna Uncapher from Amity Place will bring Supermarket BINGO to you every 2nd Wednesday of the month! We have extra bingo cards, so we can play several cards at once! Play a few games and try your luck while meeting new friends! **RSVP by Tuesday, January 9.** Meets in the Dining Room.



Lunch Bunch

Three Cousins Diner

(80 E. High St., Pottstown)

Friday, January 12 at 11:15 AM

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

THIS LUNCH BUNCH IS CARPOOL ONLY.

RSVP by Tuesday, January 9.



**American
Red Cross**

American Red Cross Blood Drive

Monday, January 15 from 10 AM to 3 PM

Register online at www.RedCross.org

Save the Dates

- Thursday, March 14 – 2 to 7 PM
- Tuesday, May 14 – 2 to 7 PM



Let Gun Safety be Your Target ***Tuesday, January 16 at 10 AM***

This presentation explores the issues that affect seniors and how those issues play a role in gun safety. The goal of this program is to present the best and safest practices for any senior.

RSVP by Friday, January 12.



National Diabetes Prevention Program ***Monday, January 22 at 3 PM***

The Centers for Disease Control and Prevention led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent Type 2 Diabetes.

Groups meet for 16 weekly sessions and monthly follow-up sessions until reaching one year with a trained Lifestyle Coach. Sessions are 1 hour each and cover topics such as weight loss, physical activity, healthy choices when eating out and portion size.

Open to the public – Space is Limited.

RSVP to Tracey Flynn at 610-278-3609.



Backyard Bird ID ***Tuesday, January 23 (2 sessions available)*** ***at 10 AM or 1 PM***

Join Nolde Forest for a hands-on program. Learn about the birds who visit your home and make some new feathered friends this winter!

Open to the Public. RSVP by Friday, January 19.

Television Trivia ***Tuesday, January 30 at 10 AM***

How much do you remember about Black and White TV shows from way back when? Dr. Jann Huggens will be taking you back to the days of "I Love Lucy," "Howdy Doody," and "Superman," so put on your thinking cap and see how well you do!!!

Open to the Public. RSVP by Friday, January 26.





Chronic Pain Self Management ***Tuesday, February 6 through March 12 at 10 AM***

Techniques to deal with symptoms of chronic pain conditions, such as fatigue, sleeplessness, stress, and emotional problems such as depression, anger, fear, and frustration, with emphasis on cognitive behavioral therapy techniques for managing pain.

Topics include:

- Appropriate exercise for maintaining and improving strength and endurance
- Balancing activity with rest
- Tools for overcoming worst-case thinking
- How our minds affect pain and how we can use our minds to lessen pain
- Negative emotions
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers
- Communicating with friends and family
- Communicating with the health care system
- Communicating with oneself
- Action-planning, problem-solving, decision-making

This class is 6 sessions with each lasting 2 to 2.5 hours.

Open to the public. **RSVP by Tuesday, January 30.**

Valentines Potluck

Friday, February 16
12 Noon

Valentines Potluck ***Friday, February 16 at 12 Noon***

You are invited to a Valentines Potluck on
Friday, February 16 at 12 Noon.

Please call the Office by Friday, February 9
to let us know that you are coming and what
you will bring: Entree, Side Dish or Dessert.

Hope to see you there!

Words on Wheels Book Mobile

2nd & 4th Monday at 10 AM

Book Club

JANUARY ONLY:
1st Tuesday at 2 PM
Dining Room

Friday Night Social

**CANCELLED – WILL
RESUME IN FEBRUARY**

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 McMenamin Rec Center



Yoga

Chair – Tuesdays at 3:30 PM
Floor – Wednesdays at 9:30 AM
Auditorium



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

1 Little Walking

1111 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)**

Wednesday – January 3 – Pottsgrove Manor

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Tour the manor with us and learn some local history. Built in 1752 for the Potts family, the home showcases the elegance of early Georgian architecture and tells the history of John and Ruth Potts, their 13 children, and the paid, indentured, and enslaved people who lived and labored there.

Lunch at your own expense at Sunflower Cafe

RSVP By Wednesday, December 27

LEAVE BEREAN PARKING LOT: 10:30 AM

Cost: \$6.00

Watch for more info on this SRC Bus Trip:
Shady Maple in February



***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.