

# RIDGE REPORTER



## Staff Updates

We are excited to welcome back **Matt** on our staff as our Grounds Manager. Some of you may recognize him. In the past, Matt has been a part of the SRC staff as on-call, maintenance, refurb, and grounds. Welcome Back Matt!

It is with much sadness that we must say goodbye to **Nancy**. Nancy was part of our housekeeping staff for over 6 years. She is “retiring” and looking forward to spending more time with family, friends, gardening, and baking. We will miss her and wish her well!



## Valentine's Day

The first Valentine's Day card dates to 1415 when the Duke of Orléans sent a card to his wife while he was a prisoner in the Tower of London. In the United States, Valentine's Day cards didn't gain popularity until the Revolutionary War, when people took up the habit of writing handwritten notes to their sweethearts. It was only in the early 1900s that cards were mass produced for the holiday.

Here are a few more fun facts:

- About 70% of Americans will give someone chocolate or candy on Valentine's Day.
- “Be Mine” – The first candy sweetheart was made in the mid-1800s.
- About 144 million cards are exchanged on Valentine's Day, second only to Christmas.



## *Sidewalks*



During the winter months, the office receives occasional requests from residents to be exempt from having salt dispensed on their sidewalks. Some have expressed concern regarding potential damage to the concrete and for pets who may be sensitive to the salt. The safety of our residents is our highest priority.

As Benjamin Franklin said: An ounce of prevention is worth a pound of cure. Throughout the cold season, ice is a major safety concern. The “ounce of prevention” in this case is proactively applying salt anywhere ice may create a hazard. The “pound of cure” could potentially be a resident, visitor to the community, or staff member facing a long recovery from falling on an icy unsalted walkway.

The type of salt applied to walkways in the community is appropriate for concrete surfaces. Regarding sensitive paws, it is suggested that pet owners wash their pets’ feet upon returning indoors.

Keep in mind the community employs best practices in order to ensure the highest level of care for our residents as well as the property. While some of these practices may seem inconvenient, in the long run, they benefit the entire community.

## *Read All About It!*

Getting back into the swing of things can be challenging after a long hiatus. Please remember to pick up your newsletter in the Community Center. The Ridge Reporter is the biggest source of official news in the community. It lists news, activities, birthdays and anniversaries, as well as interesting facts! It also provides important announcements and updates.



Residents are reminded to read their newsletters at the beginning of each month so they don’t miss important information. Residents are also encouraged to check their mail slots regularly throughout the month for any updates.

## *Neighbor Check*



Want to do something nice that does not cost anything or take 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!



## Work Orders

Our goal is to provide excellent service to all of our residents. Residents are reminded to **call the office** with any maintenance and/or grounds concerns and requests.

While we understand it may sometimes be easier to send an email or stop a team member to tell them about “just one, small thing”, the process for delivering work order requests to the appropriate staff begins with a **call to the office**. Each request is carefully documented in our work order database. If a request does not flow through the proper channels, it may not be assigned to the appropriate staff member.

Rest assured that calls to the office are never a bother! Our Resident Life team is here to assist you, the Resident. We love talking with you!

## **R** REDNER'S *Prepared Meals is Underway!*

Consider placing an order with the office for delicious, home-cooked meals! Menu items range from Beef Burgundy or Meatloaf with Mashed Potatoes to Italian Entrees to Smoked Entrees. Meals are priced very reasonably and are delicious!

- Menus can be picked up at the office window.
- Submit orders to the Office in-box by noon on Wednesdays.
- Pick up orders in Carol's Café Thursday the following week after 12 Noon.
- Grab a friend and enjoy your meal in Carol's Café or the dining room

*You can help to make the program a success.  
Place your order today for a delicious meal at a great price!*



## **Lower Pottsgrove Township Police**

*If you have an emergency, or if you witness any suspicious activity,  
it is always best to dial 911.*

**Non-Emergency Police 610-326-1508**

If you feel like you may have been a victim of a scam or identity theft, please contact the Lower Pottsgrove Police Department at the above non-emergency phone number.



## ***Mechanical Room***

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 or other emergency personnel.

In addition, mechanical rooms are also to be free of combustible materials. If you have combustibles in your mechanical room and need assistance in their removal, please call the office.

## ***Home Safety***

For your safety, please do not use the stovetop, oven, toaster oven, or microwave for additional storage in your home. By doing so, you run the risk of a potential fire hazard.

## ***Library News***

- When signing out books and DVDs from the library and game room, please legibly complete the cards with your name and date (either inside or on the back cover).
- To donate hard-cover books, DVDs or puzzles, please bring them to the Office first for processing. We are no longer accepting VHS tapes or small paperback books.
- The “freebie” shelf in the Library is for books or calendars to share. Please do not place any medications, lotions, clothing, etc. on these shelves. They are for books, magazines or calendars only.

## ***Cabin Fever?***

If you are tired of looking at the same four walls and are experiencing cabin fever, here are a few things that might help:

- Get some fresh air and take a walk
- Come to the fitness room and ride the bike or walk on the treadmill
- Research vitamins, minerals and other supplements
- Read a book (or download an audio book)
- Stimulate your mind by building a puzzle, playing cards, or trying a new game
- Force yourself to have a big, loud, belly laugh



## *Happy Birthday!*



- |                              |                        |
|------------------------------|------------------------|
| 1 - Diana<br>Norma           | 15 - Pat               |
| 2 - Donald<br>James          | 16 - Gloria            |
| 4 - Sandy<br>Judith          | 18 - Jeannette<br>Paul |
| 5 - Lois                     | 23 - Marilyn<br>Nancy  |
| 8 - Bunny                    | 24 - James             |
| 11 - Nancy                   | 25- Janice             |
| 12 - Barbara                 | 27 - Russ              |
| 14 - Doris<br>Betty<br>Helen | 28 - Pete              |



## *Happy Anniversary!*

- 15 - Robert & Rugene
- 27 - Michael & Wanda
- 29 - Jim & Kitty



## *Welcome To The Neighborhood!*

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

Mary from Pottstown, PA



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

June  
Resident since May 2010.

## ***Resident Committee Meeting***

**Monday, February 7 at 9:30 AM in the SRC Auditorium.**

**MASKS ARE REQUIRED FOR THIS MEETING.**

## ***Book Club***

***NO MEETING IN FEBRUARY – BOOKS NOT AVAILABLE IN TIME***

- March 7 “The Book of Lost Names” by Kristen Harmel
- April “The Other Einstein” by Marie Benedict
- May “The Paris Wife” by Paula McLain
- June “The Only Woman in the Room” by Marie Benedict

*Contact Jeanette for more information.*

## ***Lunch Bunch***

This month’s lunch bunch trip will be going to Yellow House Restaurant in Douglassville on Friday, February 11 at 12:20 PM. ***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 (**check only**) per person for the Bus Driver payable at sign-up.

If taking the bus, a release form must be signed prior to entering the bus. The bus and carpool will be leaving the Berean Parking lot at 11:45 AM. Please RSVP to the Office by Tuesday, February 8.



## ***Guess What’s Coming to Sanatoga Swim Club?***

Rumor has it something new is coming to Sanatoga Swim Club in Spring of 2022!

The word is out, and we would like to begin “PICKLEBALL” as a new activity for our residents. It’s a fun, exciting game anyone can play!

Sign up in the office to play or learn to play “PICKLEBALL”.



*Pickleball is a paddleball sport that combines elements of badminton, table tennis, & tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, much like a whiffle ball, with 26–40 round holes, over a net.*



## *Words on Wheels*

February 14<sup>th</sup> at 10 AM

SRC Community Center Parking Lot

## *Dominoes*

Mondays at 6 PM in the Club Room

## *Yoga*

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

***WINTER TIMES!!!***

**TUESDAY – CHAIR YOGA**

**3:30 PM**

**WEDNESDAY – 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.

## *Hooks and Needles*

1st Tuesday at 2 PM – Game Room



## *Coffee Hour (and Tea too!)*

Thursdays at 9:30 AM – Dining Room

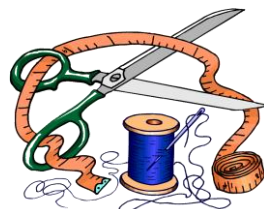


## *Pinochle*

Thursdays at 2 PM – Dining Room

## *Sewing Club*

1st & 3rd Fridays at 9:30 AM – Sewing Room



## LEGEND FOR AMOUNT OF WALKING

Little Walking



Plenty of Walking

### MASK MUST BE WORN ON BUS

- Release form must be signed prior to each trip
- 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)**

### **NEW DATE - Thursday – February 3 – General Carl Spaatz National USAAF Museum**

For a truly one-of-a-kind experience the museum offers an enhanced, immersive experience that places a small group of visitors in the time frame of our interactive exhibits and invites the visitor to participate by living in history. The Spaatz Museum will embody “living the mission” by guiding visitors through pre-flight briefings, donning gear and equipment, experiencing a B-17 bombing mission, and finally escaping from occupied France and a German POW camp.

LEAVE BEREAN PARKING LOT: 10:30 AM

Cost: \$15.00

### **Thursday – February 17 – Hobby Lobby & Christmas Tree Shop (Snow Date Thursday, February 24)**

Join us for a fun day of shopping! Hobby Lobby and the Christmas Tree Shop both offer a huge variety of shopping delights.

Lunch at your own expense at Cracker Barrel.

RSVP to the Office by Monday, February 14.

LEAVE BEREAN PARKING LOT: 10:00 AM

Cost: \$3.00



## Upcoming Trips

### MARCH

Rt. 422 Consignment Shop Trip

Watch March Ridge Reporter for complete details