

RIDGE REPORTER

Many New 2023 Events Open to the Public!

We have an incredible lineup of speakers, presentations, events, information sessions, educational resources, workshops, classes, historical lunch-n-learns, blood drives, shredding events, safe driving classes, and even a new monthly Bingo Event planned for 2023, all of which are open to the public! We hope you'll join us for one or more events!

A sneak preview of our spring events open to the public is on page 10 of this month's newsletter.

Exact dates and times of all events are posted on our website (www.SanatogaRidge.com). Click on OPEN TO THE PUBLIC, and then on MARK YOUR CALENDAR. Check back frequently, as new events are added all the time!

To RSVP for an event, call the office at 610-326-3262, and RSVP with friends! Enjoy getting to know our residents, seeing our beautiful community, and making a few new friends while you're here! We can't wait to meet you!



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.





Work Orders

Our goal is to provide excellent service to all 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!

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.

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.

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.

Double-Parking

Double-parking is permitted in the Community when taking groceries into your home or picking up/dropping off a person close to their home. Please be considerate and do not double-park for extended periods of time.

Soliciting Policies for the Community and Township

It has always been our policy that there is no soliciting in our Communities.

“NO SOLICITING” signs are posted at the entrances.

Anyone entering our Communities with the intent below is trespassing.

Individuals are not allowed to come into our Communities taking an election survey, putting menus on door knobs, or stating that they are interested in saving you money on your electric or gas bill.

Should you ever be approached by someone soliciting within our communities, for your protection and safety, do not engage in any conversation and do not let a stranger into your home.

Call the police **immediately**. After you call the police, follow-up with a phone call to the office to make us aware of the trespassers. The office will then monitor the situation. On occasion, the police have been called multiple times to escort the trespassers off the property.

PECO Scam Information

There has been an increase in reports of payment scams in our area. Scammers are aggressively targeting utility company customers using sophisticated tactics to pocket quick cash. See PECO flyer for more detailed information.

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 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.



Thank You – Christmas Child Project

Thank you card posted on bulletin board in salon area.

Read All About It!

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.



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

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!



New Mailman!

You may have seen a new face in the community delivering your US Mail. Our permanent mailman is now Tom.

We appreciate the last several months Emily was here delivering the mail. *Welcome Tom!*

Community Center Reminder

We have many classes, events, activities, and presentations being held in the Community Center, many of which are open to the public!

With so much going on each day of the week, please keep the below in mind:

- If you use a room and move things around, please remember to return the room to its original setup so that it is ready to go for the next event/activity.
- Take any personal items home with you (snacks, dishes, etc.).
- If you are the coordinator for a club or activity and need help with tables or chairs, please call the office in advance and we will make arrangements to have someone help you.
- Turn off the lights when leaving the Community Center after office hours and on weekends.
- Please do not unplug lights, displays or turn off lobby TV.

New Entertainment Coordinator

We are so happy to let you know that Diane has volunteered to be our Entertainment Coordinator!

She loves our community and loves people! Diane brings years of experience serving others. She is energetic, compassionate, and loves to have fun!

If you have ideas for entertainment, speak with Diane.

Thank you, Diane!

New Year – New Ideas!

Do you have an idea for a new club or activity? Do you have experience or a special talent or skill you could share with your neighbors? Many people are looking for things to do and to stay active. Call or stop by the office and share your ideas! Your idea just might be the next GREAT thing!

Don't have a new idea but still looking for ways to get involved? Come out to an already-scheduled activity! Have fun, make new friends, get together with old friends!

Make 2023 the best year yet!!



Happy Birthday!



- 1 - Diana
Norma
- 2 - James
- 4 - Sandy
Judith
- 5 - Lois
- 7 - Carol
- 8 - Bunny
- 11 - Nancy
Elaine
- 12 - Barbara
- 14 - Doris
Betty
Helen

- 15 - Eileen
Pat
- 16 - Gloria
- 18 - Jeanette
- 23 - Marilyn
Nancy
- 24 - James
- 25 - Janice
- 27 - Russ
- 28 - Carl "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 residents!
Please stop by and introduce yourself.*

Millie
from Bechtelsville, PA

Gail
from Norristown, PA



Hairdresser Update

- Mary Tuesdays
- Kathy (for Ann) Saturdays (January 5 - April 22)
- Beverly Fridays

Circle of Support (ongoing grief support group)

Thursday, February 2 and Thursday, February 16 at 11 AM

Held in BRC McMenamin Rec Center

Just a reminder that our new grief support group has begun and meets on the first and third Thursdays of every month. All adults in any stage of grieving are welcome, including friends outside the community. Hosted by Angel McIntosh of Patient Care Hospice (610) 999-4020. No RSVP is needed. You may come regularly twice a month, or come when you feel like it.

Dementia: The Brain Explained

Friday, February 3 at 1 PM

A discussion of the brain, healthy and otherwise will be held in the Dining Room.

Part 1 of 6 in a series. Hosted by Jessica Speroff of Senior Helpers, Social Worker for Seniors and a specialist in Dementia.

Part 1: February 3: Understanding Alzheimer's Disease and Dementia:

Do you ever wonder if you're just experiencing a "senior moment" or if it's something else? In this presentation, we will compare and contrast normal aging, mild cognitive impairment, and dementia. Various types of dementia, including Alzheimer's Disease, will be discussed, along with explanations of what happens to the brain in these diseases.

Part 2: April 7: The Senior Gems:

Dementia will be discussed in terms of the Senior Gems, a unique approach to care developed by Teepa Snow and Senior Helpers. This program treats each stage of dementia as a gem in that people are unique, precious, and can truly shine when given the right care and support. After the first and second presentation in this series, participants will be familiar with the stages of dementia and strategies that can be effective at each stage.

Part 3: June 2: Supporting Someone with Dementia:

Now that we understand more about dementia, we will focus on some common communication difficulties experienced by those caring for someone living with the disease. Suggestions and solutions on how to best support and interact with our friends and family living with this disease will be reviewed, along with resources for additional information.

Attendees are encouraged to participate in all three presentations; however, there is plenty of knowledge to be shared at each presentation as a standalone event! Feel free to attend whichever events work in your schedule.

Parts 4, 5, and 6 of this Brain Series will focus on the Healthy Brain and ways to keep it healthy. Mark your calendar for August 4, October 6, and November 3 (all Fridays at 1 PM).

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.

SRC Mixer

Friday, February 3 at 6 PM

Sorry I had to cancel last time, but all of us know things happen. ~Diane

So now we have a choice of two teams for the Super Bowl. Let me guess what is your pick and why? Let all of us at SRC know your view!

Music will be available for all to enjoy and room for dancing as well!!

We played a fun game last time and have another planned for this week. If you have a great game you want to share, bring it with you. Let's have fun and enjoy our neighbors at SRC.

Our mixer is a team effort at SRC. Join us in the Club Room and bring a friend or neighbor to the SRC mixer and enjoy each other's company.

Resident Committee Meeting

Monday, February 6 at 9:30 AM in the SRC Auditorium.



February 6

Book Club

1st Monday at 2 PM

- February 6 "The Four Winds" by Kristen Hannah
- March 6 "Girl who Wrote in Silk" by Kelli Estes
- April 3 "South of Broad" by Pat Conroy
- May 1 "The Woman They Could Not Silence" by Kate Moore

Contact Jeanette for more information.



Lunch Bunch

Pizza Como (Pennsburg)

Friday, February 10 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 \$3 per person (for the driver) due at sign-up. The bus and carpool will leave Berean Bible Church Parking lot at 11 AM.

RSVP by Tuesday, February 7.

SRC Mixer

Friday, February 17 at 6 PM

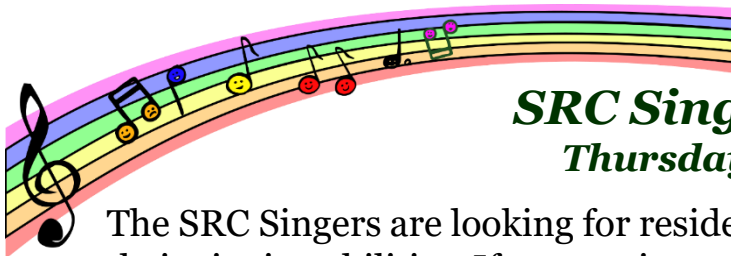
Valentine's Day has passed, but this week let's talk about our most romantic adventure. Inquiring minds would like to know!



Grandparent Program

Wednesday, February 22 at 1 PM

Those who signed up for this program will receive a reminder and further information in their mails slots.



SRC Singers Practice

Thursdays at 3:30 PM

The SRC Singers are looking for residents interested in showcasing their singing abilities. If you are interested in joining fellow singers, join us every Thursday at 3:30 PM in the Auditorium to prepare for the annual Spring concert!

Shingles Vaccine – The Second Shot

If you received the shingles vaccine at our vaccine clinic on December 6, in order for it to be effective, be sure to get the second shot of the shingles vaccine **between February 6 and May 6**. Pottstown Pharmacy at 1501 East High Street offers shingles-second shot vaccines daily from 9 am - 4 pm. No appointment necessary. Remember to bring your Vaccination card with you.



**American
Red Cross**

Blood Drive Update

Thank you to all who participated in our January Blood Drive. We continue to increase the number of donors with each drive we host!

Our third drive had an increase of 20% donor attendance, with 83% of the donors coming from outside our community!

Besides doing a good thing for others, our blood drives help advertise our community to the public!

Mark your calendar for our other 2023 Red Cross Blood Drives:

April 17, July 17, October 16 (all on Mondays at 2 PM - 7 PM in the Auditorium)

Pickleball

Warmer weather is not too far away.

Watch the Ridge Reporter for when Pickleball will resume!

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.

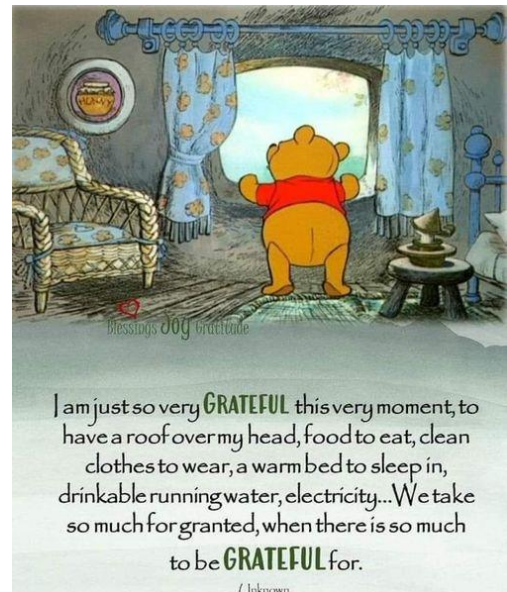


Save the Dates – Public Events!

SPRING PUBLIC EVENTS

Watch Upcoming Ridge Reporters for More Information

- | | |
|-----------------|---|
| March 2, 16, 30 | Circle of Support @ BRC McMenamin Rec Center |
| March 14 | Free Captioning Apps already on your iPhone for the hearing-impaired! |
| March 20 | Girls' Night Out +1 (Invite those outside friends!) |
| March 21 | Introduction to Insects |
| | |
| April 6, 23 | Circle of Support @ BRC McMenamin Rec Center |
| April 6 | What's It Worth? ("Antiques Roadshow"- type presenter/evaluator) |
| April 7 | The Brain: Understanding the Stages of Dementia (Part 2 of 3) |
| April 12 | Caring For the Caregiver |
| April 17 | American Red Cross Blood Drive |
| April 22 | Drive Through Shredding Event (@ BRC) |
| April 25 | Elder Law: Power of Attorney, Health Care Proxy, and Your Will |
| | |
| May 4, 18 | Circle of Support @ BRC McMenamin Rec Center |
| May TBA | Bingo! New! Watch for Details! |
| May 16 | Outsmart the Scammers |
| May 20 | Women, Widows, and Widowers Financial Workshop |
| May 22 | AARP Smart Driving Class |



Keeping Busy

Words on Wheels

Book Mobile

2nd Monday at 10 AM

Book Club

1st Monday at 2 PM
Dining Room

SRC Mixers

1st & 3rd Fridays at 6 PM
Club Room

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

Both chair yoga and floor yoga classes weekly – Auditorium

TUESDAY – CHAIR

3:30 PM

WEDNESDAY – FLOOR

9:30 AM



SRC Singers

Thursdays at 3:30 PM
Auditorium

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

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)**

11

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.

FULL

RSVP to the Office by Tuesday, February 14.

LEAVE BEREAN PARKING LOT: 11:30 AM

Cost: \$12.00



New Hanover AARP Trips

Checks Payable to:
“New Hanover AARP”

Details posted on the Library Bulletin Board.
RSVP to Carol Griffith (484-624-8314)

11 Thursday, April 20 – Sight & Sound Theatre

“Moses”

Set adrift as a baby and now wandering the wilderness, Moses is ...

For More info, Contact Carol Griffith

LEAVE BEREAN BIBLE CHURCH: 9:00 AM

Cost: \$145.00

11 Tuesday – May 30 – Totem Pole Playhouse

“Honky Tonk Angels”

Start the day off nicely with an included family style lunch at ...

RSVP to Carol Griffith by Friday, March 31

LEAVE BEREAN BIBLE CHURCH: 8:30 AM

Cost: \$129.00

Save the date:

Thursday, June 22 – Bube’s Brewery

“Murder Mystery Show”