



RIDGE REPORTER

From the desk of . . . Doug Filter

So many great things happening in March! In case you don't know, March 2nd is National Banana Cream Pie day. That sounds like a GREAT thing to celebrate. Of course, it's also National Nutrition Month. Bananas are high in potassium, so ya gotta feel good about that!

National Nutrition Month

Focusing on nutrition is a great idea! We follow a few simple guidelines. Two of them are 1) Color on your plate is good! 2) Fresh veggies whenever possible. We LOVE fresh veggies! We are always trying something different with vegetables. Have you ever had baked or roasted asparagus? It's so easy! Break off the woody part, then cut the rest into bite size pieces. Toss in olive oil & spread on a lined cookie sheet. Sprinkle with some your favorite seasoning. Bake at 400°F for 15-20 mins. It's so yummy, and compliments virtually any dish. Try it and see what you think.!



Picture from www.eatingwell.com

Your Word

In January I shared that my word for 2021 is “resilience.” Did you come up with your own word? A few that I've heard from folks are: gratitude, grace, serve, and determination. I love these!



Each of those words are wonderful. The good news is we can each control those ideas for ourselves! They're all connected, but the one that really sticks out to me is “serve.” No matter what our situation, we can all find creative ways to help or serve others. Helping others has continually shown to increase feelings of gratitude, purpose, and connection. It could be as simple as picking up the phone and checking on your neighbor, family members, or friends. I recently saw a quote that ties into this idea so perfectly:

“The best way to find yourself is to lose yourself in the service of others.” – Mahatma Gandhi

Staffing

Last month you met Lara. As I mentioned in my February 10th memo, this month you will meet Mark, who joined our team leading maintenance and facilities. You will love him!! Finally, we have had many applicants for the permanent executive director role. We are on track and working very closely with our search firm to find the best person who understands the heart of our community.

Daylight Savings Time



Daylight Savings Time begins **Sunday, March 14**. Be sure to set your clocks **AHEAD one hour**. If you would like assistance changing your timers, please call the office and they will schedule a time for our maintenance staff to visit.



In Case Snow Continues . . .

In today's age, weather is reported for a few days out. Usually we hear about a snow event days before it happens. We are asking you to call the office as soon as you can when you hear of a snow event. It does not matter if the event is reported on a Monday for potential snow on a Thursday. Please call the office if:

- You need to get out for an appointment.
- You have caregivers, family or friends coming to your home.
- You need to get out on a regular basis (e.g., working, dialysis, or cancer treatments).

There is an established snow removal plan for the community. We are asking that residents do not assume snow clearing will be done by the next day. Our policy states snow removal will be completed within 24 hours after the snow event has ended. If you have called the office to report your need to have your area cleared based on the above criteria, you are then put on the list to ensure you are out at your specified time.

Trash/Recycle on Snow Days

Please remember that trash/recycle pick up could be delayed during or right after a snow event. Our first priority is to have the community cleared of the snow as soon as we can.

Office Telephones



We are finding that when residents call the office, and if they do not get an answer, they hang up and call right back. Your call is important to us. However, if your call is not answered, we are probably on the phone with another person, helping someone at the window or a combination of both. Please leave a detailed message as to why you are calling. We can then return your call with a solution in hand.



We'd like to welcome Mark

Please join us in welcoming Mark as our newest staff member! Mark is our new Maintenance and Facilities Lead. He brings 15+ years of maintenance and construction experience to us. He has been a Maintenance Supervisor for over 9 years and has a genuine heart for our community.

Originally from Cheltenham, PA Mark says he was born with tools in his hand. His grandfather was a home builder and his father was a Philadelphia detective and a professional handy man. Construction and maintenance are in his blood.

Mark and his lovely wife Pasconail of 16 years, have 3 beautiful children: Mark, Jr. (11), Germanae (8), and Mesidi (3). After playing football in high-school, Mark joined the US Navy where he was stationed at Ft. Meade working the NSA serving our country. Following the Navy, he received a degree in carpentry science from Decker College in Jacksonville, FL. Thank you for your service Mark!

Something unique about Mark is he loves classical music! Next time you see him, ask him who his favorite composer is.

Mark, we are very glad you have you on the team!



On-Call System

For medical or fire emergencies, it is always best to dial 911 directly.

In an effort to make the “emergency” response system less intimidating and to clarify the use, we will now be calling the “emergency response system” rather than “On-Call System”.

You can reach the on-call staff by dialing the on-call phone number directly at **610-326-4043** OR pushing the buttons that were provided to you.

The “on-call system” is a direct connection to the staff every minute of every day. The “on-call system” should only be used when the office is closed or if you have an emergency and cannot reach your phone.

If the office is open, please do not use the “on-call system” to report routine maintenance/landscape items. When a call comes in and displays “EMERGENCY” it makes our hearts skip a beat. The office phone number is 610-326-6282.



Words on Wheels Bookmobile

The Bookmobile is here the 2nd & 4th Monday at 10 AM in the Community Center parking lot.



StormGuard

During the month of March, StormGuard will be in the community inspecting the roofs. Don't be surprised if you hear the pitter patter of someone walking on your roof.

Stop Signs = STOP

With the nicer weather coming (hopefully soon!), it is a great time to remind not only our guests but ourselves to be alert and considerate drivers. Please come to a complete stop and look both ways before proceeding.



Keep Office Files Updated

It is important to keep your information on file in the office up-to-date. This information includes your power of attorney, emergency contact information, car's make/model and license plate number. We understand when this information changes, residents often forget about notifying the Office.

What Insurance Should I Have?

Please make sure that the insurance you obtain as a resident is for contents only. We have come across some residents who have been paying insurance as if they owned the home. This, unfortunately, cost them thousands in unnecessary insurance costs. We understand typical contents insurance costs \$100 to \$150 yearly. If you are paying much more than this, consider calling your insurance agent to make sure they understand what insurance you require. The agent can call the office if more information is needed.

Montgomery County – COVID-19 Hotline

Montgomery County announced a new COVID-19 hotline for general questions about COVID-19 and the vaccine. The number to call is **(833) 875-3967**. The hotline is operational 6 days a week, Monday thru Saturday from 8 a.m. to 8 p.m., with live operators that can answer general COVID-19 questions.

Landscaping Changes

Penn Outdoor Services will be performing a significant amount of the required landscaping work this year.



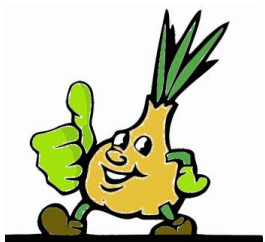
The work will include spring cleaning, weeding and edging of mulch beds, placement of new mulch, application of spring and fall lawn fertilizer and weed control, shrub pruning according to the season, tree trimming and fall leaf cleanup. Penn will also continue cutting the grass. The landscaping staff that remains will focus on matters related to aesthetics such as flower planting, shrub replacement, decorating and other projects to enhance the beauty of our community as well as maintaining other exterior amenities on our grounds.

Penn will begin their work on snow damage and leaf cleanup starting in March. Mulching is expected to commence in April. The staff will do its best to communicate the upcoming work activities to be completed by Penn. Work orders can still be made by contacting the office.

The synergy between Penn and our staff is working well. It is agreed to by Penn Outdoor and our staff that any concerns or issues with work activities being performed by Penn should be reported directly to the office.



The Green Thumbs – Expanding the Garden



Do you enjoy growing your own vegetables? Do you miss having a garden to tend? We are limited in the number of plots available and will be on a one plot per home basis. Those who have already participated last year, please call and confirm that you would like to participate again this year. Plots are first come first served with returning gardeners getting first choice. We will try our best to accommodate all gardeners. Plots will be ready in April. Call the office by March 12 to sign up for The Green Thumbs.

TIRED OF COOKING OR LOOKING FOR A SPECIAL MEAL?

Perhaps you would like to experience some of the culinary offerings of Bause Catering of Pottstown. Several SRC residents have been enjoying their creations and thought other residents might like to enjoy the Bause offerings which change weekly.

- For information and to sign up for their weekly menu, go to BauseMealsToGo.com. Scroll to the bottom of the page to sign up.
- If you do not have a computer, you can call 610-327-4555 and place an order or request information. *(You may need to leave a message along with your telephone number and you will receive a return call. All orders will be confirmed.)*
- Entrees usually range from \$12-\$15 each. *(Some of the entrees contain enough food for two meals.)*
- All are made from scratch. *(The Bause sisters are both graduates of The American Culinary Institute, and they have been in business for 20+ years.)*
- ALL orders must be made by Monday noon.
- Your order will be delivered the following Friday sometime before noon.
- There is no delivery charge to SRC residents. *(Although tips are not expected, they are gratefully accepted.)*
- They ask that either the order is paid online using a credit card or the payment (check or cash) is in an envelope labeled with the last name, taped to the door for the delivery person to pick up on delivery.
- The order will be placed at your entrance door and the delivery person will ring the doorbell upon leaving.

All transactions with Bause Catering are between SRC residents and Bause Catering. The SRC office will not be involved in placing orders or collecting money. Please do not telephone the SRC office regarding matters related to this service.

Suzanne has volunteered to assist anyone with questions.

Happy Birthday!

- 5 - George
Shirley
Kathy
- 6 - George
- 9 - Elizabeth
- 10 - Ruth
- 11 - Barbara
- 12 - Steve
- 13 - Sophie
- 18 - Bertha
- 19 - Ralph
- 22 - Jack
- 23 - Margaret
Barbara
- 24 - Ruth
- 25 - Nancy
Richard
- 27 - Bill
- 28 - Robert
- 30 - Ann



Happy Anniversary!

18 - Ralph & Sandy



Welcome To The Neighborhood!

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

Ron from Pottstown, PA.

He will be staying in Florida until the end of March.

David from Royersford, PA.

7 Surprising Facts About St. Patrick's Day



- The Real St. Patrick Was Born in Britain
- There Were No Snakes Around for St. Patrick to Banish from Ireland
- Leprechauns Are Likely Based on Celtic Fairies
- The Shamrock Was Considered a Sacred Plant
- The First St. Patrick's Day Parade Was Held in America
- The Irish Were Once Scorned in America
- Corned Beef and Cabbage Was an American Innovation

<https://uncoveringpa.com/>

Visiting the Amazing Ringing Rocks Park near Pottstown, PA

While there are many boulder fields scattered throughout Pennsylvania, there are very few that possess a very specific property: they ring when they are hit with a hammer. In fact, these fields are quite rare with only a handful known in the entire world. However, in Montgomery County, PA, you'll find Ringing Rocks Park.

Ringing Rocks Park is located in Lower Pottsgrove Township. This is one of three publically-accessible ringing rock fields in Pennsylvania. Not only are these fields incredibly beautiful, but they do indeed ring when you hit them with a hammer (Make sure you bring a hammer with you from home when you visit the park). The park not only features this great ringing rocks field, but also a baseball field, picnic pavilions and even a rollerskating rink.

The ringing rock field was figured to be discovered in the 1740s, making it the oldest documented of the three fields in Pennsylvania. For the next 150 years, it was somewhat of an attraction for locals, though it wasn't widely known.

In the 1890s, a group of local businessman created the Ringing Rocks Electric Railway Co. and started to build a small trolley park around the field. Over time, the park grew and both rides and an observation tower were added to the site.

In the 1950s, the park was purchased by the local fire department. They shut down the amusement park, but the area remained a popular spot for locals to visit.

The field here is only about 100 feet from the parking area, and the rocks on the edge of the field generally ring pretty well, meaning that almost anyone can visit the field and those that can't leave the car could see and hear someone hitting the rocks from the parking area.

Of course, while you don't have to go into the rock field to find ringing rocks, carefully walking through the rock field and banging on a variety of rocks is a ton of fun. As you move through the field, you may find a few duds, but overall, the rocks here ring really nicely, and it's fun to hit different rocks to hear different sounds.

If you happen to be having trouble finding rocks that ring, look for spots that have obvious damage from being hit by hammers. These spots are especially easy to find near the edge of the field.



If you are wondering why the rocks ring at the park, no one is quite sure. While significant testing has never been done, it has been shown that rocks removed from the field no longer produce an audible ringing noise. Because of that, it's thought that the sound is caused by a combination of the makeup of the rocks and the resonance of those rocks against the others around them.