

RIDGE REPORTER



BRC & SRC Offices Closed Monday, May 30

Memorial Day is a time to remember and honor the military personnel who died in service for our country. As we spend time with friends and family on the holiday, let us remember those who have fallen so that we can live as free Americans.



***Save the Date!
September 17
Drive-Through Shredding Event***
Details to follow!



In the war-torn battlefields of Europe, the common red field poppy (*Papaver rhoeas*) was one of the first plants to reappear. Its seeds scattered in the wind and sat dormant in the ground, only germinating when the ground was disturbed—as it was by the very brutal fighting of World War 1.

John McCrae, a Canadian soldier and physician, witnessed the war first-hand and was inspired to write the now-famous poem “In Flanders Fields” in 1915. He saw the poppies scattered throughout the battlefield surrounding his artillery position in Belgium.

The Symbol Spreads Abroad

The wearing of the poppy was traditionally done on Memorial Day in the United States, but the symbolism has evolved to encompass all veterans living and deceased, so poppies may be worn on Veterans’ Day as well. Not long after the custom began, it was adopted by other Allied nations, including Canada, Australia, New Zealand, and the United Kingdom, where it is still popular today. In these countries, the poppy is worn on Remembrance Day (November 11).

Today, poppies are not only a symbol of loss of life, but also of recovery and new life, especially in support of the servicemen who survived the war but suffered from physical and psychological injuries long after it ended.

“Oxygen In Use”

If you are using oxygen in your home, for the safety of emergency personnel, please display the “Oxygen In Use” sign in your front window or door. If you do not have a sign, you can pick one up at the Community Center in the Salon area.

Contacting the Office

This last year has resulted in an increase in occupancy for our community. It also means many people are calling wanting information or scheduling a tour. As you can imagine, our phones are ringing quite frequently. We are asking for your patience and cooperation. If no one answers your call, rather than hanging up and dialing back immediately, we ask that you leave a detailed message instead. We will then return your call.

Safety Issue – Approaching Staff

While we pride ourselves on having a friendly and approachable staff, safety is our priority. We ask that you please avoid approaching a staff member or contractor while they are working. There have been numerous cases when a worker was not aware of a resident approaching them and “near misses” occurred.

Items for Maintenance and Landscaping

Many times our staff is approached with maintenance or landscaping items that need to be addressed while they are completing other tasks. While we would like to handle the issue right away, our policy is for you to call the office to report these items. Your item is logged into our database which allows for proper staff assignment and tracking the status.

Trash & Recycle Policy

SRC has garbage collection twice a week. All garbage must be placed in bags to avoid leaks and spills. Place garbage bags at the end of your front sidewalks (or outside your hallway door in the 2nd floor Garden Apartments) on Tuesday and Friday mornings by **8:00 AM**. Please keep in mind that placing trash out too early could result in broken bags and scattered trash from our wildlife friends.

We recycle on Friday mornings ONLY. Please DO NOT recycle any plant clippings or leaves (*just place in a pile along side the trash*), styrofoam, plastic bags, pizza boxes or any other product contaminated with grease. Remember to remove lids and rinse out containers before putting them in your recycle bin.

Should you need to dispose of something between the scheduled pickup days, please use the dumpster and recycle bins located behind the SRC Community Center and by the Garden Apartments.

Salt Bags

Please place your salt bag out with your trash for collection.

Away From Home

Did you ever get that bottom of the pit sick feeling in your stomach? That's what happens when we get a phone call from someone who is trying to reach you and can't. If you (or your family) are aware you will not be home for several days, to please let us know. We have the "away" days on a calendar and it is easy for us to check to see if your name appears. This way, we know you are not home and are OK.

Vents

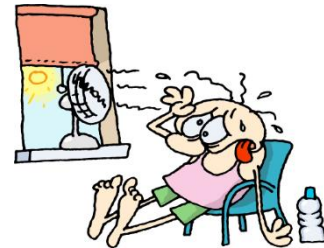
For warmer weather and to maximize your A/C efficiency, you should have the top vents open to draw the hot air out and bottom vents closed. Remember – these vents are for air circulation – they are NOT the actual heating or cooling vents. Should you require assistance in changing your vents, please contact the Office.

Air Conditioners

As days get warmer, you may need to turn on your air conditioner. We suggest you turn it on prior to the arrival of hot weather to ensure the system will work properly when you really need it.

The air units run more efficiently (or not as hard) if you turn the unit on the day prior to a hot day. This will eliminate the need for the air conditioner to work harder trying to catch up to a cooler temperature when it is very warm inside your home. It is recommended that you keep it on until the next cool day or run the thermostat at a comfortable setting all summer.

If you believe your air conditioner is not operating properly, please call the office to have it serviced.



Pesky Pests

If you have noticed ants in your home, we suggest you keep a can of insect spray of your own to address any "normal" insect issues. As a courtesy, we do occasionally spray around and/or in the homes. However, we are not exterminators.

By law, there is only a certain strength insecticide that can be used by anyone who is not a licensed exterminator.

If you have tried your own spray and SRC has sprayed your home and you still have a pest problem, we recommend you call Moyer Indoor/Outdoor Services (215-799-2010) or Hyres Pest Control (610-385-6948) at that point in time.

SRC is responsible to ensure your home is not infested with **termites, carpenter ants and carpenter bees**. In those cases, SRC will take the necessary steps to rid your home of these specific insects.

Landscaping Reminders



Mowing will be performed Wednesdays, Thursdays and Fridays (*weather permitting*).

Residents should not approach the landscape contractors with issues. Instead, please call the office with any questions or concerns. We track all issues and our grounds manager coordinates with Triton directly to ensure a smooth operation.

Grocery Trip Survey



Joe has kindly volunteered to drive the SRC bus to the grocery store one day each week. Please call the office by Friday, May 13 to let us know if you would be interested in participating in this program.



Meals – Spread the Word!

Have you been enjoying the prepared meals? Has the program helped with meal planning? Made life a little bit easier?

Please help us SPREAD THE WORD about our wonderful partnership with Redner's! If you have enjoyed their delicious prepared meals, please drop us a note in the office in-box. Word-of-mouth is always the best way to let others know about a good thing!

If you have not yet tried Redner's prepared meals, stop by the office window to pick up an order form. The high-quality meals are freshly prepared by a five-star chef. Details are posted at the office.



Attention Veterans!



Have you or your spouse served in our armed forces? We are grateful to all of our residents who devoted their lives to the service of our country.

We are in the process of planning an Honor Wall, a place set aside within the Community Center to remember and honor those who served.

We need your participation – let us know who you are! If you or your spouse served in the Army, the Marines, the Navy, the Air Force, the US Coast Guard, or the National Guard, please fill out one of the forms located at the office window. Please include a photo with the completed form when you return it to the office. Thank you!



Walking, Riding, Driving Safety Reminders

We would like to remind you this is an active retirement community with walkers, joggers, & bike riders.

We are a family-friendly community and love when residents have children, grandchildren, great-grandchildren and friends visit. Some reminders:

- Bicycles are allowed on the roadways – NOT on the sidewalks.
- Be aware that a resident exiting their garage may not see you until it is too late.
- Be aware of oncoming traffic when approaching a turn or intersection.
- Skateboards or roller blades are not permitted on our grounds.
- Guests (or guest children with adult supervision) are permitted to ride bicycles.
- Children must be accompanied by an adult when visiting the community center.

We have found that there are children (and walkers) on our grounds from neighboring communities. It is nice to know they feel safe in our community. However, we need to keep our residents safe too. Should you observe these visitors causing damage, threatening the safety of our residents, or other inappropriate activities, do not approach the person. Instead, please call the police to report the incident.

These guidelines help make our community safer for our residents and visitors.

Social Awareness Reminder

In today's age with advanced technology, we often forget that a conversation or music playing on a cell phone could be heard by all. Please be courteous and mindful of those around you.

Also be aware that if you see someone "talking to themselves", probably has a piece of advanced technology (ear buds or a Bluetooth device) and may actually be talking to someone on the phone or singing to music.

Friendly Pet Reminder

Please be courteous to your neighbors and do not allow your dog(s) to "relieve" themselves on buildings, shrubbery/mulch or lawn ornaments. Thank you for your cooperation.



Happy Birthday!

- 3 - Roberta
- 4 - Jim
- 6 - Jane
Linda
- 11 - Ruth
- 12 - Kenneth
- 17 - Shirley
- 22 - Robert
Mikhael
- 23 - Elbert
Dave
- 25 - Mary
- 28 - Harry
- 29 - Pat H.
- 30 - Pat F.



Happy Anniversary!

- 1 - Michael & Kathryn
- 9 - Joe & Kathy
- 11 - Carl & Mae
- 14 - Larry & Eileen
- 20 - Dennis & Barbara
- 23 - Elbert & Pat
- 26 - John & Barbara



Welcome To The Neighborhood!

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

Kay
from Pottstown, PA

Lynda
from Coatesville, PA



HAPPY MOTHER'S DAY!

Sunday, May 8 is Mother's Day. We'd like to wish all of our mothers a Happy Mother's Day! Wishing you all the love and happiness you so richly deserve.



Resident Committee Meeting
Monday, May 2 at 9:30 AM in the SRC Auditorium.



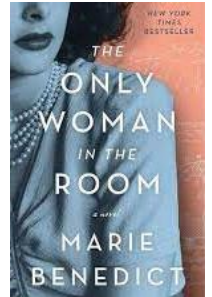
May 2

Book Club

Monday, May 2 at 2 PM

The Book Club meets the 1st Monday of each month at 2 PM in the SRC Dining Room. *The Paris Wife* by Paula McLain will be discussed at the May meeting. June's book will be *The Only Woman in the Room* by Marie Benedict.

Contact Jeanette for more information.



June 6

Game Night

Join your neighbors for Game Night on Friday, May 6 at 6 PM in the Club Room upstairs! We play a variety of board games; card games and we can also practice for Wii Bowling. If you have a favorite game, feel free to bring it along. Not sure how to play? Don't worry. We will show you how!



Bible Study

Bible Study will be held on Monday, May 9 at 2 PM in the SRC Dining Room. The study will be headed up by Franklin Iyasere, lead pastor at Providence Church of the Brethren in Royersford. Pastor Franklin is originally from Nigeria, and he welcomes this chance to meet you.

Dave

Yoga - Cancelled for Tuesday, May 10.

Mike Hertzog – Tuesday, May 10

Mike Hertzog, a bluegrass team (husband and wife) from Reading will perform in the Auditorium on Tuesday, May 10 at 4 PM. They will perform bluegrass, country, and a few oldies and gospel as well.



Take Me Out to the Ball Game!

Why watch the game alone? Grab a friend or neighbor and join us to watch the Phillies vs. Seattle Mariners matinee game on Wednesday, May 11 at 3:40 PM in the Game Room. Feel free to bring along your favorite game time snacks and drinks!





Lunch Bunch

O'Grady's

Friday, May 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 (check only) per person for the Bus Driver payable at sign-up.

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

A Barrel of Laughs

Join us on Monday, May 16 at 1 PM in the Auditorium for a presentation by Linda Detwiler of Chestnut Knoll at Home on "Benefit of Laughing" and learn how it can affect our everyday life. RSVP by Friday, May 13.



Great news – Mark Your Calendars!

Mr. Softee will bring the ice cream truck to SRC on the 3rd Wednesday of each month through the summer!

Wednesday, May 18 at 2 PM in the Community Center parking lot will be the first time to enjoy some frosty treats! This year you may also pay by credit card.

Tri-County Active Adult Center (TRAAC)

On Thursday, May 19 at 10:30 AM in the Auditorium, Brian Parkes, TRAAC Executive Director, will fill you in on all the exciting things TRAAC offers! RSVP by Monday, May 16.



If you're new to the community, you may not know about TRAAC (formerly the Pottstown Senior Center). Only a few miles from our community, TRAAC is a wonderful place to volunteer, meet new friends, exercise, join classes, attend presentations, learn new things, and participate in trips!

TRAAC is currently seeking volunteers for: lunch delivery drivers (one day per week; M-W-F, average delivery time 1 hour), lobby assistants, and kitchen helpers.

Contact Sue at 610-323-5009 x102.

Documentary

The DuPonts: America's Wealthiest Family



Join us on Friday, May 20 at 2 PM in the Dining Room to watch the 45-minute Documentary "The DuPonts: America's Wealthiest Family" on the Big Screen TV. You can bring a snack, a pillow for your chair and brew coffee or tea in Carol's Café if desired.

SAM Luncheon – Monday, May 23

Carol Spracht

Carol Spracht will present a first-person, in costume program on the life of Betsy Ross at the SAM Luncheon Monday, May 23 at 11 AM at Berean Bible Church. This is followed by a meal and a brief message, normally ending around 1 PM. A free will offering will be taken for the meal.



Social Committee

Join the Social Committee on Monday, May 23 at 3 PM in the Dining Room to help coordinate dates for activities and trips. If you are interested in helping or leading any activity, new or old, come out and let us hear from you!

Health Care Proxy, Power of Attorney, and Will:

O·W·M O'Donnell,
Weiss &
LAW Mattei, P.C.

What's the Difference, and Why You Need Them

Back by popular demand, on Wednesday, May 25 at 10 AM in the Auditorium, Pottstown Elder Law Attorney Rebecca Hobbs of O'Donnell, Weiss, & Mattei will discuss the purpose of these three documents, why you need them, and how to get them. RSVP by Friday, May 20.

Free Balance Screening

Feeling Off-Balance or a bit unsteady on your feet? Tri County Home Health & Hospice will be hosting a Balance Screening on Wednesday, June 8 at 2 PM in the Auditorium for anyone interested in being evaluated. RSVP by June 1.

This is the first in a series. Follow-up topics scheduled this summer include "Home Health Services Available to You in Your Home," "Choose Control: Diet & Nutrition," and "Breathe Easy: Respiratory Health."

American Red Cross Blood Drive – Friday, June 17

We are excited to hold an American Red Cross Blood Drive on Friday, June 17 onsite at SRC!

- All details are included on the Blood Drive packet in your mailboxes.
- Post-COVID guidelines require a slightly different signup procedure: RSVP by Monday, May 9 **using only the RSVP form**, as appointments are limited.
- We expect the event to be filled quickly and overflow RSVPs will be prioritized for our next drive, which is already being planned.
- Please help us make our Blood Drive a smashing success by return the attached RSVP form to the Office In-Box by Monday, May 9 to commit to donating.

Important: Online registrations and Walk-ins cannot be accommodated for this drive.

Outside Games

With the warmer weather, we can participate in some of our Outside Games. We have Horse Shoes, Muckers, Corn Toss and Bocce Ball. If you are interested in playing, contact Ed. Games are typically played near the Community Garden located near the “G” Court.



Pot Luck Meals

Many residents would like to see us return to the Pot Luck meals. Kitty Krause is forming a team who would be willing to help with this. If you are interested, contact Kitty.



Water Aerobics at Sanatoga Swim Club

Watch the June Ridge Reporter for more information.



Wii Bowling

Starting in September, Wii Bowling will be held on the 3rd Wednesday of each month. If you would like to sign up to be a player or a sub, contact Joe.



Words on Wheels

Monday, May 9 at 10 AM
SRC Community Center Parking Lot

Dominoes

Mondays at 6 PM - Club Room

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



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

Sewing Club

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

Thursday – May 26 – Winterthur Museum and Gardens

11 Tour of the Dupont Mansion and the exhibit entitled “Walking in the Footsteps of Jackie Kennedy”. Tram ride to tour gardens. Box lunch at your own expense at the Cafeteria includes soup, salad, sandwich, a sweet and drink. If time allows, a tour of the Campbell Collection of Soup Tureens.

RSVP to the Office by Monday, May 16.

LEAVE BEREAN PARKING LOT: 9:30 AM

Cost: \$25.00

Tuesday – June 21 – Pearl S. Buck National Historic Landmark

111 The Pearl S. Buck House, a National Historic Landmark Museum in Bucks County, PA, was the home of Pearl S. Buck and her family. The beautiful and iconic Bucks County farmhouse contains a rich, intact collection from the extraordinary (the typewriter on which she wrote “The Good Earth”) to the ordinary (a closet full of board games her family played). The grounds of the estate also contain her gravesite, greenhouse and award winning gardens. Lunch at your own expense at The Perk

RSVP to the Office by Wednesday, June 15.

LEAVE BEREAN PARKING LOT: 10:00 AM

Cost: \$16.00

New Hanover AARP Trips

Checks Payable to:
“New Hanover AARP”

Details posted on the Library Bulletin Board.
RSVP to Carol.

1 **Tuesday – May 17 – Hunterdon Hills Playhouse -**
“I Left My Dignity in My Other Purse”

1 **Tuesday – June 14 – Chesapeake City, MD**

The day begins at Schaefer’s Canal House ...

RSVP to Carol by Friday, May 13

LEAVE BEREAN BIBLE CHURCH: 9:30 AM

Cost: \$90.00

1 **Wednesday – July 20 – Totem Pole Playhouse “Beehive”**

The day begins with a family style meal at Hickory Bridge Farm ...

RSVP to Carol by Monday, June 20

LEAVE BEREAN BIBLE CHURCH: 8:45 AM

Cost: \$100.00