

July 2022



RIDGE REPORTER

On the battlefield, the military pledges to leave no soldier behind.

As a nation, let it be our pledge that when they return home, we leave no veteran behind.

~ Dan Lipinski

Veterans Brotherhood, Clyde Hoch Tuesday, July 5 at 11 AM

Mr. Hoch will be speaking about the incredible work his organization does, his experiences in Vietnam, PTSD, and more. Mr. Hoch is a Vietnam Veteran who returned home wounded from Vietnam to an ungrateful nation. He experienced the horror of war, the trauma of a brain injury, the subsequent struggle with PTSD, Post Traumatic Stress Disorder, and ultimately, the war in his own mind to stay alive.

As he worked through his own trauma to find a way to live, he realized his mission in life was to help others who were struggling as he was. His struggle birthed the Veterans Brotherhood, a non-profit organization founded to prevent veteran suicides. The people at Veterans Brotherhood are first responders to veterans in crisis – often getting them off the street within hours of contact, providing funds to pay utility bills, helping them to find jobs and housing, and providing much-needed mentoring. All organizational staff are volunteers – no one has a paid salary – 99% of all donations go directly back to the veterans they serve.

Our Very First Christmas in July!

What a perfect time of year to express gratitude and give generously as we also celebrate the birth of our great nation!

Through the ambitious work of the Veterans Brotherhood, hundreds of local men, women and their families have been provided the aid needed to continue living in security and peace.

With the help of your donation, they can reach more people who are experiencing tremendous hardship.

Checks should be made out to “Veterans Brotherhood” and dropped off at the SRC Community Center lobby.

Donors will receive a patriotic ornament to hang on our Christmas in July tree in the lobby on which they can add the name of a veteran they choose to honor.

It is due to the generosity of people like you who turn the vision of The Veterans Brotherhood into a reality.



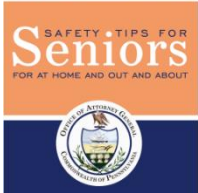
Thank you to all of our veterans who have given so much in service of our nation. We are so grateful for your service.



Office Closed

In honor of Independence Day, the SRC & BRC offices will be closed on Monday, July 4.

Scam Phone Calls



Several people have called the office to report they have recently been the recipients of scam phone calls. We urge all residents to be cautious when answering the telephone.

The Office of the Attorney General of Pennsylvania has published a helpful pamphlet – *Safety Tips for Seniors* – which is available at the office window and in the library.

Some Quick Tips from the pamphlet:

- If you don't know the number, **DO NOT ANSWER**. Let your machine pick up.
- **EXAMINE YOUR MAIL** – if the postmark is from outside the US, it is most likely mail fraud.
- Beware of anyone **DEMANDING PAYMENTS** in gift cards or prepaid credit cards.

Stop by the Community Center to pick up a pamphlet.

Be alert; be secure; be smart.

Front Porch and Power Washing

Front porch and power washing is proceeding nicely. Please watch the information displays at the US Mailboxes for when power washing/porch cleaning will be done in your section. It is anticipated that all power washing and porch cleaning will be completed by the end of August.

Air Conditioners

Please do not delay in reporting air conditioner problems to the office. This will save you unwanted discomfort when the weather turns warm and your air conditioner does not function properly.

For better efficiency, do not keep turning the unit on and off. It's better to set it and forget it. Turning the air on late during a hot day may cause the air not to be able to catch up and cool your home.

PECO energy saver participants: If you are calling to say that your air conditioner is not working, make sure first it is not during the time PECO has shut it off for the energy saver time period.

Parking Spaces

Any space that has a number is assigned to that home for resident use. As a friendly reminder to our residents, even though a resident is not driving and may not have a car, that space is still assigned to that home for their use. Also, please remind your guests and visitors to park in un-numbered parking spaces.

Resident Committee Meeting

We hope that everyone has been enjoying their summer! The Resident Committee meetings will resume in September. They are typically held the first Monday of each month. However, due to the Labor Day holiday, the September meeting will be MONDAY, SEPTEMBER 12 at 9:30 AM in the Auditorium.



Words on Wheels – Update from Alex

As we continue with our once a month visits to your location, we would like to update you on the condition of the bookmobile due to the accident last October.

The roof air conditioners were damaged and we had to order new ones. They are still on order due to the problems with the supply chain. We do not know when they will be delivered. We will try our best to visit your facility in July, but our visits will be determined by the outside temperatures. If our air conditioners are not delivered and installed by the end of July, we will be cancelling the August visit.

We will let you know if that is going to happen. We appreciate all the support you have shown and we thank you for your continued patience and understanding. If you have any questions, please call Susan or Alex.

Did My Balance Screening; What To Do Next?

Thanks to all who came out for the Balance Screening by Tri County Home Health.

The next step is to take your Fall Risk Assessment to your physician, and he will write a referral for any balance-strengthening services you need, such as physical therapy, occupational therapy, or help making changes within your home to lessen the chance of falls.

If you were unable to attend the Balance Screening, and would like to be put on a list for our next Balance Screening, please leave your name with the Office.

ALL are welcome to join us for the next part in this speaker series: Home Health Care: What Services are Available to You in Your Own Home? Held on July 13 (more information in the Keeping Busy section).

Attention Crafters

Are you interested in forming a craft group which meets weekly at a set date and time? Each of us could work on our own craft, and get to know other crafty people while creating. If you are interested in being part of a craft group, please call the office to have your name put on the list of interested people. Details to follow!

TransNet Bus Service for Seniors

TransNet, a free Montgomery County bus service for seniors, will bring you to doctor's appointments, dentist, physical therapy, Tri-County Active Adult Center, and just about anywhere in Montgomery County, and then back home again! To sign up for a TransNet bus pass, call TRAAC at 610-323-5009.



Try it Out: Free TransNet Bus Ride to TRAAC Wednesday, July 27 at 9:30 AM

Would you like to try riding the free TransNet bus to the Tri County Active Adult Center? We are doing a trial run with the TransNet bus on Wednesday, July 27. Call the office to RSVP by Monday, July 11. Bus will leave from SRC parking lot at 9:30 AM and will deliver riders back to SRC about 1:00 PM. This would allow you to take a class, eat lunch with other seniors, and spend some time in the shuffleboard room or library or check out a new exercise class. Important: **In order to ride the bus free, you must apply for a TransNet Rider Pass below. It takes about two weeks to arrive, so be sure to order it by July 8.**

How to Register for TransNet Bus Rider Pass (Adults 65+)

Applications for a TransNet Rider Pass are at the main office. Fill out the application, include a copy of your ID, and send it in to the address on the application. Your TransNet Rider Pass should arrive in the USPS mail within two weeks. Once you have the Rider Pass, you can ride to Tri-County Active Adult Center for free. To arrange a ride to TRAAC, call 610-323-5009 a week in advance.

To arrange a ride to other places in Montgomery County (ie: doctor, dentist, hairdresser, pharmacy, grocery) and find out the cost involved, **call TransNet directly at 215-542-7433**. For rides to places other than TRAAC, a small fee is charged, usually between \$1 and \$7. Funds from the PA State Lottery pay for 85% of your TransNet bus fare through a grant from the PA Department of Transportation.

- 3 Nancy
Yvonne
- 4 Marie
Alan
Diane
- 7 Michael
Sarah
Anne
- 8 Cecelia
Audrey
- 9 Barbara
- 12 Lucy
Helmi



Happy Birthday!

- 13 Gail
- 14 Gus
- 17 Joyce
- 18 Bob
- 22 Susanne
- 23 Eleanor
- 24 Marilyn
- 25 Fred
Cordelia
- 26 Michael
- 27 Theresa
- 29 Hedy
Sandra



Happy Anniversary!

- 6 Russ & Lois
- 7 Fred & Lynn



Welcome To The Neighborhood!

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

Sandee
from Mont Clare, PA

Bob & Gail
from Ardmore, PA



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

Ed
resident since September 2017

Donna & Richard's Farm Stand

Donna has fresh fruits and vegetables for sale throughout the summer on Monday mornings at 8:30 AM in the Court "N" Pavilion. Please call Nancy if you have any questions.

PICKLEBALL – Get in on the action! ***Fridays from 9 to 11 AM***



The grand ribbon cutting of our new pickleball courts was held in June. Glorious weather and patient teachers made for an easy lesson on how to play the game. Played with a paddle similar to a ping pong paddle and a ball similar to a whiffle ball, the game is easy, and involves no running! Even people with zero percent athletic ability can play! All are welcome! Join us Fridays at 9 - 11 AM at the Sanatoga Swim Club basketball court.

Healthy Steps In Motion Class

A reminder will be in your mail slot for those who signed up for the Healthy Steps in Motion class. Get your sneakers ready! See you there!



Lunch Bunch ***Golden Oaks Golf Course*** ***Friday, July 8 at 12 Noon***

Lunch is \$20 per person

(includes order, drink and tip)

CASH ONLY – No Credit Cards accepted

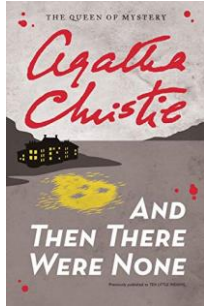
The SRC Bus will be available for a fee of \$3 (check only) per person for the Bus Driver payable at sign-up.

The bus and carpool will leave the Berean Bible Church Parking lot at 11 AM. RSVP by Tuesday, July 5.

Tai Chi for Arthritis and Falls Prevention ***Beginning Monday, July 11 at 1 PM*** ***CLASS SIZE LIMITED***

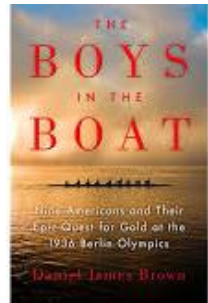
Using the Sun Style for relaxation, balance, and ease of movement, Tai Chi For Arthritis and Falls Prevention is led by a certified instructor. Movements can be done standing or sitting. Increase your strength, balance, and flexibility while improving your mind, body, and spirit! Class runs for 8 Mondays at 1 PM in the Auditorium, from July 11 to August 29. Sponsored by Montgomery County Department of Health and Human Services. Class is limited to 14. Call the Office to RSVP by Friday, July 8.

Book Club



July 11

Monday, July 11 at 2 PM – Date Change July Only
Typically the Book Club meets the 1st Monday of each month in the SRC Dining Room. However, for the month of July only, the book club will meet on Monday, July 11 at 2 PM. *And Then There Were None* by Agatha Christie will be discussed at the July meeting. August's book will be *The Boys in the Boat* by Daniel James Brown.



August 1

Contact Jeanette for more information.

Bible Study

Monday, July 11 at 2 PM – Location Change July Only
Bible Study will be held on Monday, July 11 at 2 PM in the SRC Club Room (2nd floor). The study will be headed up by Franklin Iyasere, lead pastor at Providence Church of the Brethren in Royersford.

Home Health Services Available to You in Your Home ***Wednesday, July 13 at 2 PM***

Do you have a medical condition? Are you aware of the many services you are able to have in your own home? Susanna of Tri County Home Health will discuss how they can help schedule medical professionals such as Registered Nurses, Physical Therapists, Occupational Therapists, Speech Therapists and Social Workers for you in your own home. If you have a documented medical condition, these services are covered through your insurance. Open to the Public. RSVP by Monday, July 11.



The Nightbirds Calling Band

Wednesday, July 13 at 4 PM

The Nightbirds Calling Band will perform in the Auditorium on Wednesday, July 13 at 4:00. They're a Bluegrass group, also playing Country, Folk, Gospel and Soft Rock. Come out, sing along, tap your feet and clap your hands.

Documentary – “The Bishop’s Wife”

Friday, July 15 at 2 PM

Join us on Friday, July 15 at 2 PM in the Dining Room to watch the Documentary “The Bishop’s Wife” 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.

Outside Games

Saturday, July 16 at 10 AM

Come out and play at the Community Garden located near Court "G"! We have Horse Shoes, Muckers, Corn Toss and Bocce Ball. Contact Ed for more information.



Social Committee

Monday, July 18 at 3 PM

If you are interested in helping or leading any activity, new or old, come out and let us hear from you!

Retirement: Making Your Money Last

Tuesday, July 19 at 10 AM

Hosted by Bonnie Thompson of Edward Jones Investments. Join us Tuesday, July 19 at 10:00 AM in the Dining Room. Open to the public. Feel free to bring a friend. Learn ways to work toward achieving your retirement goals, with a focus on how to address key concerns such as inflation, health care expenses, market volatility, and unexpected events. A snack will be served. RSVP by Friday, July 15.



You can't buy happiness. But you can buy ice cream and that is pretty much the same thing.
~ Unknown

Ice Cream and Treats!

Wednesday, July 20 at 2 PM

Mr. Softee will bring the ice cream truck to SRC Community Center parking lot!
(Accepting Cash and Credit Cards)

Come out and join the fun with your neighbors! Invite your family and friends. Enjoy Mister Softee ice cream and treats in the Community Center parking lot!

ATTENTION – Current SRC Singers Only!

Thursday, July 21 at 3 PM

Wow, it's been forever since we sang together! I have missed you all so much! Our music for Christmas 2020 is still in the envelopes on the shelf waiting for us.

We will meet on Thursday, July 21 at 3 PM in the Auditorium to discuss our future.

If there are new residents that are interested in joining our Chorus, please wait for details and instructions in the August Ridge Reporter. Vivian



SRC Hawaiian Summer Picnic ***Friday, August 5 at 4:30 PM***

No Cost for those who have paid their dues.

Island Theme with entertainment by
Trinidad North Steel Drums.

RSVP for your ticket by Friday, July 29

*Let us know if you need transportation or help
with your tray*



- Check-in begins at 4:30 PM at the Community Center
- Please bring your ticket to participate in the raffle
- Wear your Nametag
- Wear a Hawaiian shirt, skirt or shorts, if you like
- Meal is served at 5:30 PM consisting of hot dogs, potato salad, macaroni salad, baked beans and chips from Wegmans, as well as veggie and fruit trays and desserts provided by our residents
- If you have signed up to bring a dessert, please cut it and bring utensils to serve it
- We are looking forward to seeing everyone, sharing a meal, conversation and a few laughs
- There will also be some fun entertainment performed by a few of our own residents

Game Night – Summer Hiatus

Game night is on a summer hiatus and will resume the 2nd Thursday of each month beginning on September 8.

Watch the 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.

Wall of Honor

As we approach Veteran's Day in November, we will be dedicating our Wall of Honor on November 2nd. This special display will highlight the veterans from our community. If you have not yet filled out a Veteran Information Form, please stop by the office to pick one up. We don't want to miss you!

American Red Cross Blood Drive

Mark Your Calendars

Thursday, September 8 from 2 PM to 7 PM

Our first American Red Cross Blood Drive was a smashing success!

Our Red Cross goal for a first-time drive was 19 donors, and we had 20! We even had several walk-ins, which could not be accommodated due to a limited number of phlebotomists.

Pottstown area residents were excited to learn of a new convenient donation location.

Appointments must be made online at www.redcrossblood.org. The number of phlebotomists at the drive is based on the number of donors who have registered.

Walk-ins cannot be accommodated.

If you are not sure how to register online, please see Lara Graham in the Sales Office. Thank you to all who gave blood! Please encourage your friends and neighbors to give on September 8.

Ladies' Night +1 – No Boys Allowed!

Our first Girls' Night Out was a huge success, with nearly 60 ladies from both communities out having fun! We met new friends and got caught up with old ones!

Mark your calendar NOW for our NEXT two dates!

Monday, September 19 at 6 PM and Thursday, December 15 at 6 PM

More information will be in the August and November Ridge Reporters.

Girls Night Out will be held seasonally, 4 times a year, not every month.

What Did I Miss?



Pickleball Fun!





Words on Wheels – 2nd Monday

Monday, July 11 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

Little Walking



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)**

Friday – July 29 – American Treasures Tour – Oaks, PA

Enjoy a guided tram tour through nickelodeons, music boxes, dollhouses, circus memorabilia and the like.

Lunch at your own expense at Applebee's

RSVP to the Office by Friday, July 15

LEAVE BEREAN PARKING LOT: 10:00 AM

Cost: \$20.00



New Hanover AARP Trips

Checks Payable to:
"New Hanover AARP"

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

Wednesday – July 20 – Totem Pole Playhouse "Beehive"

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

RSVP to Carol Griffith by Monday, June 20

LEAVE BEREAN BIBLE CHURCH: 8:45 AM

Cost: \$100.00

Thursday – August 11 – The Shore Club in Spring Lake, NJ

"The Heavenly Concert – Elvis & Patsy Cline"

It's truly paradise as these heavenly performers get together again ...

RSVP to Carol Griffith by Monday, July 11

LEAVE BEREAN BIBLE CHURCH: 9:00 AM

Cost: \$95.00

Save the date:

Tuesday – September 20 – Mystery Trip

Where will we go??? What will we do???