

# August 2022



# RIDGE REPORTER

## *Soliciting Policies for the Community and Township*

Over the last few weeks, individuals have come into our Communities at various hours throughout the day taking a survey, putting menus on door knobs, or stating they are interested in saving you money on your electric or gas bill.

For your protection and safety, do not approach the person and/or **do not let a stranger into your home** (*in the words of our parents when we were kids . . . . stranger danger!*).

If you are approached by such individuals or see someone putting menus on door knobs, etc., Lower Pottsgrove Police Department has instructed us to **call 911 directly**. Do not wait to inform the SRC/BRC office (by then, it is too late).

State your concern to the dispatcher (e.g., “Someone knocked on my door and asked to see a copy of my utility bill.” OR “Someone is going through the Community putting menus/flyers on all the doors.”).

A police officer will then be dispatched to our Community to handle the situation.

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 and handing out menus, employment opportunities, or wanting to speak to you about energy bills, etc. is trespassing.

In addition, Lower Pottsgrove Township Office and Police Department have informed us that there is no solicitation in our Township after 5:00 pm. All solicitations require a permit. Every individual soliciting, even when traveling as a group, is required to carry a copy of the permit issued through the Lower Pottsgrove Township Office and should be showing it upon greeting someone.

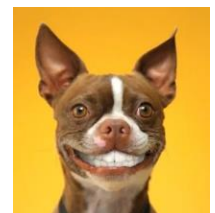
Please call the SRC/BRC office for further clarification.



**SMILE!**



*It's exercise, it doesn't cost anything, and it makes you feel good!*



## *Mechanical Room Storage*

The equipment in the mechanical room needs to be accessible by our staff and contractors. Mechanical rooms are not to be used as an additional storage area for your home. In addition, furniture and other heavy items should not be placed in front of the mechanical room access doors.

## *Air Conditioners*

Please do not delay in reporting air conditioner problems to the office. 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 unit to not 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 it is not during the time PECO has shut it off for the energy saver time period.



## *Power Washing Patio Enclosures*

We appreciate help our residents receive from family members and friends. However, please **do not power wash patio enclosures**. Power washing causes water leaks and could result in extensive damage. Patio enclosures may be **handwashed**. Please do not wash another Resident's enclosure without their express permission.



## *Maintenance or Landscape Items*

Do you have a maintenance or landscape item that needs to be fixed or looked at?

Please call the office to have it scheduled through our work order process. Calling the office ensures your issue is documented, assigned to the appropriate staff member, and tracked to completion. This also allows us to compile vital information on recurring issues or installation dates.

Our staff members have specific assignments for the day and may not have time to address additional issues while at your home.

## *Maintenance Items*

It is important to call the office to place a work order as soon as you notice an issue. Postponing the reporting of maintenance issues, especially regarding appliances, can result in further damage, warranty expiration, or lengthy delays in obtaining parts and service. While we do our best to accommodate residents' preferences, we must work on appliances, etc. according to our maintenance schedule in order to ensure we resolve issues as efficiently as possible.

Additionally, we may need to return to your home to follow up on certain work orders, including appliance repairs. At times, this may occur when residents are not home.



## ***PECO – Power Outages***

Typically, power outages affect more than one home. If you are experiencing a power outage in your home, check with your neighbors to see if they are also experiencing loss of power. If both homes are out of power, call PECO directly.

***Each home has its own account with PECO.***

***Each resident (home) needs to report an outage to PECO directly when one occurs. Call: 1-800-841-4141***

Perhaps “neighbors can check on neighbors” who might need help calling PECO to report the power being off.

Have a back-up plan if you have medical equipment that requires electric (e.g., oxygen). You will still have water during a power outage.

## ***Hose Connections***

Please turn off the water to your hose when you are done. If the hose were to burst or the sprayer malfunction, water would be running uncontrolled. This is especially dangerous for people who have hose connections in the garages and mechanical rooms. In those cases, it could flood the house.



## ***Porch Washing***

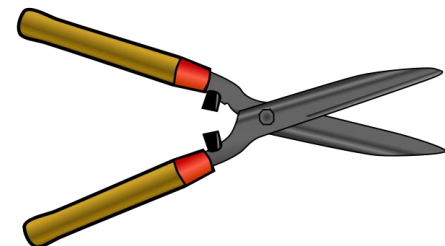
Front porch washing will be done by the end of August. Patio enclosures, patios, and porch pads will not be done. We are so thankful for our team members for doing a wonderful job!

## ***Shearing***

This year’s shearing of shrubs will be outsourced beginning in September.

- The shrubs to be sheared are evergreen shrubs (e.g., arborvitae, boxwoods, holly).
- Due to the weather, we cannot give specific dates when shearing in each Court.

Please do not approach the shearing crew. As always, for issues and concerns, please call the office directly.



## ***All Payments By Check Only***

For accounting purposes, cash is not accepted in the SRC/BRC Offices. If you need to make a payment for dues, a trip, event, invoice, stamps, etc., please write a check payable to either SRC or BRC (whichever is appropriate), place it in an envelope with your name including your address, and place the envelope in the Office In-Box.

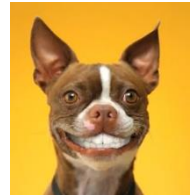
## ***Community Mailboxes***

Don't wait until the 1<sup>st</sup> of the month. Please check your community mailboxes frequently. Information gets placed in these mailboxes throughout the month. Sometimes by waiting until the 1<sup>st</sup> of the month, you will have "old news".



## ***Phone Lists***

Updated resident phone lists (both alphabetically and by court number) can be obtained at the office.



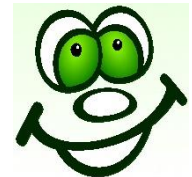
## ***Not Home For a Little While?***

If you are going on vacation, or a stay in the hospital or rehab, please call the office and let us know. We get calls from concerned neighbors and it eases our mind and your neighbors that you are OK.



## ***Drop In Toilet Tank Tablets***

Please refrain from using the dissolvable toilet bowl cleaners that you drop into the toilet tank. These tablets can impact the plumbing and prevent the toilet from flushing correctly or not at all.



## ***Using Command Hooks in Your Home***

If you use Command hooks in your home, you must follow removal instructions on the package carefully (strips must be removed very slowly). If they are not removed correctly, considerable damage may occur to the drywall. If you cannot remove them without tearing the drywall, consider using a nail instead.



## ***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!



## *Parking Reminders*

- Handicapped parking is provided only for vehicles displaying a handicap placard.
- Residents are to park in their assigned numbered space or in an un-numbered parking space.
- Please remind your guests to park in an un-numbered parking space.



## *Verizon FiOS*

- Verizon will no longer service copper lines to their customers.
- Verizon will be installing FiOS at SRC which will enable current Verizon customers to continue their services with Verizon.
- This is a multi-step process and will take several months to complete.
- Installation of FiOS in the community should not interfere with Comcast service.

## *Our Very First Christmas in July – Thank You!*

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

Thank you to everyone who participated in our first Christmas in July! Clyde Hoch started the month with a special presentation about his experiences in Vietnam as a tank commander and the difficulties he experienced returning to civilian life amid anti-war protests, as well as the great work his non-profit is doing helping local veterans.

Throughout the month of July, residents showered the Veterans Brotherhood with financial donations! We are so grateful for your generosity! To date, donations total over \$1,100! This money will go directly to helping veterans in crisis.



*From all of us at the Veterans Brotherhood to all of you at Sanatoga Ridge and Buchert Ridge Communities we thank you.*



## Table Tennis

Did you know that table tennis is the most popular indoor sport in the world? Why not join the crowd. Table Tennis is open in the Club Room located on the 2<sup>nd</sup> floor in the Community Center.

*By the way, the Club Room is also home to other activities. Check your Ridge Reporter calendar to see what else meets here!*



## Billiards

Have you noticed that the doors are open and lights are on in the Game Room? Why not join your neighbor in a game of billiards?



## Sanatoga Ridge Hair Salon & Library



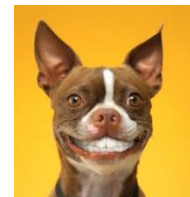
The hair salon is open! If you would like to make an appointment, please call the stylists directly.

- Ann
- Beverly
- Mary
- SRC Library/Salon Area: 610-326-2780

## Sanatoga Ridge Facebook Page – A Great Way to Connect

Did you know SRC has its own Facebook page? Residents can post photos, news, and ideas to share with other residents. Here are some examples:

- Introduce yourself to other residents
- An idea for a group you'd like to start
- An upcoming local event, class, or trip others might enjoy
- Connect with other residents for a lunch date, movie
- Introduce us to your new grandchild or pet
- Let us know about a special craft you sell or your favorite recipe
- Meet up with a neighbor to watch the Phillies/Eagles game



This Facebook page is for **Residents only**. Go to the search bar at the top of Facebook and type: "Sanatoga Ridge Residents".

If you're not familiar with Facebook, and aren't sure how to begin, Eileen has offered to help you!



## *Happy Birthday!*

- 2 David  
Patricia
- 12 Nancy
- 16 Ruth Ann
- 17 Jean
- 20 Richard  
Kitty
- 23 Link
- 25 Nancy  
Doris  
Lynda



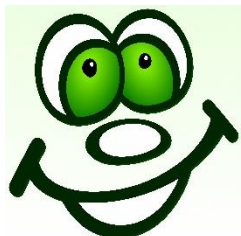
## *Happy Anniversary!*

- 18 Ken & Helen
- 25 Bob & Sandy
- 29 Dean & Loretta



## *August is known for many things:*

- The dog days of summer
- National Watermelon Day (Aug. 3)



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

**Ray**

resident since October 2005.

## *Welcome To The Neighborhood!*

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



**Nancy**  
from Spring City, PA

**Diane**  
from Lewes, DE



## ***Words on Wheels – CANCELLED FOR AUGUST***

*All materials checked out will be due on the next visit in September. Thank you for your cooperation.*

## ***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.

## ***Library News***

- FREE BOOKS! Are located on the 1<sup>st</sup> & 2<sup>nd</sup> shelves to the left as you enter the Library.
- Need something new to read? The bottom 2 shelves are NEW ADDITIONS!
- If you have outstanding books from the library, please return them to the drop slot just inside the library.

If you have any questions, please contact Nancy.

## ***Pickleball – Get In On the Action!***

***Fridays at 9 AM  
Wednesdays at 6 PM***



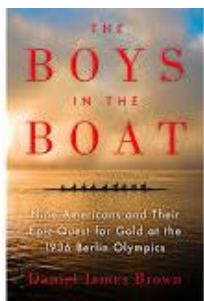
In addition to Friday mornings at 9 AM, a new trial time of Wednesdays at 6 PM will begin. Pickleball is open to anybody, learning or experienced, looking for an evening of fun! Don't play . . . just come and watch! Contact Ernie for more information.

Pickleball Court is located at the Sanatoga Swim Club basketball court.

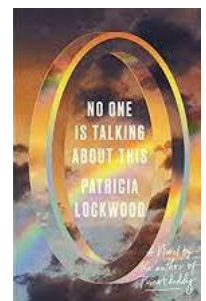
## ***Book Club***

***Monday, August 1 at 2 PM***

Book Club is the 1<sup>st</sup> Monday of each month in the SRC Dining Room. *The Boys in the Boat* by Daniel James Brown will be discussed at the August meeting. September's book will be *No One is Talking About This* by Patricia Lockwood.



August 1



September 5

*Contact Jeanette for more information.*





## ***SRC Hawaiian Summer Picnic***

***Friday, August 5 at 4:30 PM***

Trinidad North Steel Drums will be playing as we enjoy our picnic meal



- Check-in begins at 4:30 PM at the Community Center
- Please bring your ticket for entry and to participate in the raffle
- Wear your nametag
- Hawaiian shirt, skirt or shorts, are optional
- Meal 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
- You won't want to miss the entertainment performed by a few of our own residents



## ***Pottsgrove Community Band***

***Sanatoga Band Shell***

***Sunday, August 7 at 6 PM (Weather Permitting)***



No reservations required. Bring the family, a beach blanket, or chair and enjoy a night of family-friendly concerts under the stars at the Sanatoga Band Shell.

## ***Bible Study***

***Monday, August 8 at 2 PM***

Bible Study will be held in the SRC Dining Room on Monday, August 8 at 2 PM. The study will be headed up by Franklin Iyasere, lead pastor at Providence Church of the Brethren in Royersford.

## ***Choose Control:***

***Positive Choices in Diet and Nutrition***

***Wednesday, August 10 at 2 PM***

Join us for a presentation on controlling diabetes with diet and nutrition and making healthy choices! Led by Susanna Koppany of Tri County Home Health on Wednesday, August 10 at 2 PM in the Auditorium. RSVP by Tuesday, August 9. This is open to the public!



## ***Lunch Bunch***

**Grace's Café**

**Friday, August 12 at 12 Noon**

*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 11:30 AM. RSVP by Tuesday, August 9.



*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, August 17 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!

## ***Social Committee***

**Monday, August 22 at 3 PM**

The Social Committee will meet Monday, August 22 at 3 PM in the Dining Room. All are welcome to help plan fun activities for our community.



## ***Attention SRC Singers***

**Thursday, August 25 at 3 PM**

It was so great to see all of you and so happy to have 15 SRC Singers ready to begin rehearsing for the Christmas Holiday!

Our next meeting will be on Thursday, August 25 at 3 PM. At that time, any resident interested in singing with us may join us at that rehearsal.

Please call Vivian if you are planning to attend so that there will be enough song sheets for everyone.

## ***Outsmart the Scammers***

***Tuesday, September 6 at 10 AM***



Led by Bonnie Thompson of Edward Jones Investments, join us to learn about ways to protect yourself from scammers who target seniors. Held on Tuesday, September 6 at 10 AM in the Dining Room. RSVP by Wednesday, August 31. Open to the public!

## ***A Matter of Balance Exercise Class***

***Thursdays Beginning September 8 thru October 27 at 1 PM***

Led by the teachers of our current Tai Chi and Healthy Steps in Motion classes (Montgomery County Office of Senior Services), this is an 8-week class which meets once a week for 2 hours.

- This class is especially designed to emphasize practical strategies to reduce fear of falling and increase activity levels.
- Participants will exercise to increase strength and balance, learn to view falling and fear of falling as controllable, set realistic goals to increase activity, and change their environment to reduce fall risk.
- Begins Thursday, September 8 and runs through October 27 from 1 PM – 3 PM in the Auditorium.
- **Class size limited to 14 participants and is expected to fill quickly. RSVP by Friday, August 19.**



## ***American Red Cross Blood Drive***

***Thursday, September 8 starting at 2 PM***

Our first blood drive was a smashing success! Our goal is to double the number of donors we had in June!

- Our next drive is Thursday, September 8 from 2 PM- 7 PM.
- Please donate blood if you are able.
- Register online at [www.RedCrossBlood.org](http://www.RedCrossBlood.org).
- Open to the public! Please help us spread the word on social media and such!

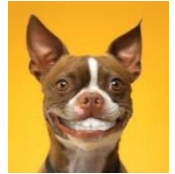
## ***Power of Attorney, Health Care Proxy, and Your Will***

***Tuesday, September 13 at 6 PM***

Join us on Tuesday, September 13 at 6 PM in the Auditorium with Elder Law Attorney Rebecca Hobbs, Esquire, of O'Donnell, Weiss, and Mattei as she explains the difference between these important documents, who should have them, and when they are used. RSVP by Friday, September 9. Open to the public; bring your family or a friend along!

## ***Game Night – Summer Hiatus***

Game night is on a summer hiatus and will resume the 2<sup>nd</sup> Thursday of each month beginning on September 8. Watch the Ridge Reporter for more information.



## ***Wii Bowling***

### ***Starting in September***

Starting in September, Wii Bowling will be held on the 3<sup>rd</sup> Wednesday of each month. If you would like to sign up to be a player or a sub, contact Joe. There is room for 2 more players.



*Stop by the Office to pick up the map.*

## ***Let's Get Out and Walk!***

*There is more to walking than just taking steps.*

Walking has numerous physical and mental health advantages. You would be surprised how easy and far you can walk when you have someone to chat with along the way!

Check out the 1/4, 1/2 and 1 mile paths marked on the sidewalks in the Community.

## ***Landis Farm Stand***

The Farm Stand 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.

## ***Horseshoes***

The horseshoe pits are ready to go! They are near the Community Garden located near Court G. The "shoes" are in the shed (please return them after use). Help yourself and pitch a few!



***Save the Date!***

***September 17***

***Drive-Through Shredding Event***

Details to follow!





***Words on Wheels –  
CANCELLED FOR AUGUST***

## ***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***

4<sup>th</sup> 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)**

### Thursday – September 15 – Turkey Hill Experience

7 Come to Lancaster County and learn how our ice cream is made, sit in a milk truck, milk our mechanical cows, and learn about the people and culture of Turkey Hill Dairy. Of course, there are unlimited samples of our ice cream and iced tea products too!

Lunch at your own expense at Hinkles Restaurant

RSVP to the Office by Wednesday, September 7

LEAVE BEREAN PARKING LOT: 10:00 AM

Cost: \$25.00



## New Hanover AARP Trips

Checks Payable to:  
“New Hanover AARP”

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

### 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 . . .

**For More info, Contact Carol Griffith**

LEAVE BEREAN BIBLE CHURCH: 9:00 AM

Cost: \$95.00

### Tuesday – September 20 – Mystery Trip

“Where will we go?? What will we do??”

The only thing we’ll tell you is that lunch is included . . .

**RSVP to Carol Griffith by Friday, August 19**

LEAVE BEREAN BIBLE CHURCH: 8:45 AM

Cost: \$85.00

### **Save the date:**

Wednesday, October 26 – Penn’s Peak  
“A Night on the Town with the Rat Pack”

Submitted by Linda Rennard

## ***Dorothy Mearhoff – I-205***

Dorothy has been at Sanatoga Ridge for a year. She moved here from Bethlehem. A widow, Dorothy has four children and 11 grandchildren.

She was born in Bethlehem and grew up there. She has two brothers and three sisters. Her maiden name was Keiper. Her father worked for Bethlehem Steel. Dorothy herself worked for a printing company.

Her hobbies include crocheting and playing the piano. She also plays dominoes and pinochle.



Submitted by Janice McCrudden

## ***Richard Evan, Sr. – N-13***

Richard was born in Sacred Heart hospital in Norristown.

He lived in Bridgeport in a family friendly neighborhood. When he left the house, his mother would say be sure to be home for supper. He attended Our Mother of Sorrows grade school for 8 years. His high school years were spent at St. Matthews High School in Conshohocken. His favorite subject was Math and least favorite was English.

Richard met Joan, the love of his life, at St. Matthews High School. Joan asked a friend to ask Richard if he would pick her up for school at her grandmother's house which was only a 15 block walk to school.

They were married after Joan received her degree in Chemistry. They were married 59 years and had four children (Richard Jr., Andrew, Paul, and Melissa). This was followed by 11 grandchildren and 2 great-grandchildren.

They first lived in a two room apartment on the third floor of a private residence in Norristown. This was followed by a home in Norristown and eventually a home in Limerick. They moved into SRC in December of 2020.

Richard worked in a gas station while in high school for \$1 an hour. His next job was delivering dry cleaning. This was followed by a job with SKF Industries as a research technician. While at SKF, he received a Bachelor of Science Degree in Business Administration from Villanova University. At the age of 56, SKF was downsizing and, although he was offered a job for less money, he decided to move on. Commonwealth Savings Bank was his next stop where he was eventually promoted to Banking Officer.

After Richard retired, he and Joan were able to take numerous trips which included cruises to Bermuda, Panama Canal, and Alaska. This was followed by a trip to Israel with members of their church.

One of the family traditions in Richard's life was attending Mass. In grade school this was done every morning before school started. Another was Christmas Eve dinner where his mother would make soup which was a combination of mushrooms and sauerkraut.

Richard enjoys gardening, walking and being treasurer of his church.

If he could go back in time, he would change nothing. The Lord blessed him with great parents, a wonderful wife and a loving and caring family.



# SMILE!



*Put on a happy face and be prepared to give your facial muscles a great workout!*

- Your face has 44 muscles in it that allow you make more than 5,000 different types of expressions, many of which are smiles. And when you're happy, your body pumps out all kinds of feel-good endorphins. An article on Smithsonian.com showed that smiling, even forced, causes our bodies to produce physiological changes that reflect the emotion, such as changes in heart and breathing rate.
- Take every opportunity to make someone smile. One of the easiest ways to get someone to smile is to smile at them first—just like a yawn, smiles are contagious!
- Make a list of things that make you smile and then post them in a place you'll see them often.
- Have a smile-off with someone and see who can smile the longest.
- When you get up in the morning, smile. Think happy thoughts in that one moment; it will set the tone for your day.
- Have a contest with yourself to see if you can smile more times each day during smile week than the day before. Be bold and set a quota for yourself for the week—even 1,000 smiles!
- Get into the habit of visualizing your smiles. The key to achieving what you want may lie in your ability to visualize it. By smiling during your visualizations, you cue your brain that what you are really wanting to happen, actually did, and then your body and mind can change more easily to the desired behavior.
- Smile at yourself in the mirror. By practicing, you find out what a genuine smile feels like. People who smile a lot are perceived to be positive role models.
- The next time you're stressed, don't fall apart. Instead, take a few deep breaths and smile! Smiling may help to reduce symptoms associated with anxiety. When that smile signals to your brain that you're feeling happy (even though you aren't), your body will usually slow its breathing and heart rate.
- People usually look their best—and happiest—when smiling.
- Smile out of gratitude for all the blessings that surround you in life.
- Connect with your family, friends, and neighbors by immediately sharing your smile with them.
- Surround your home in framed photos of you and your loved ones SMILING!
- In the words of the very funny and talented Will Ferrell, who played Buddy in the holiday movie Elf: “I just like to smile! Smiling's my favorite”.

