

RIDGE REPORTER

September 2020

Manager's Memo . . .

It is difficult to imagine that we are entering our 3rd “season” dealing with COVID-19. It was close to the start of Spring when our region really began dealing with this pandemic. Summer came and while some improvements seemed to have occurred in our region, the virus is still an issue. In a few weeks, we will enter a new season – Autumn. Speaking of Fall (what a terrible lead-in), September 21-25 is considered National Council of Aging (NCOA) Fall Prevention Week. While I do not have exact data, I speculate that more than 50% of our emergency calls are due to a resident who has fallen.

According to the NCOA, falling is not a normal part of aging. That makes sense when I think of the kids my wife watches each day. It's not just the babies learning to walk. It's the 4- and 5-year olds who are “frequent travelers” (i.e., trip a lot). Fortunately for them, they have less travel time to the floor since they are smaller than adults such that the ramifications are generally less serious.

This past March, we were to have a fall prevention seminar provided by Tower Health. We looked forward to this since the experts would have surely provided great insight. Unfortunately, COVID-19 caused the cancellation of the seminar. We look forward to the opportunity of reopening our doors for this seminar in the future. For now, consider some of the suggestions regarding fall prevention from the NCOA including:

1. Stay active to build balance, strength and flexibility;
2. Talk to your doctor or pharmacist to become aware of side effects that could increase the risk of falling;
3. Get your vision checked annually and update your eyeglasses;
4. Remove clutter or other tripping hazards;

We hope everyone has a safe and wonderful Fall Autumn.

My continued thanks,
John

LABOR DAY



Office Closing Labor Day Holiday

In honor of the Labor Day holiday, the SRC and BRC offices will be closed on Monday, September 7.

If you use the automatic payment service to pay your monthly fee, it will be deducted from your account on Tuesday, September 8. This is due to the 5th falling on a weekend and the 7th being a holiday.



Ian

Ian is Leaving to Serve our Country!

Before working my summers at SRC, I attended Valley Forge Military College where I recently graduated with a 3.51 GPA and my associates in Security Studies. Recently I have also sworn into the United States Army at Fort Dix.

Later this month, I leave for Fort Bragg in North Carolina to become part of the 82nd Airborne Division. After two years of my enlistment, I plan on going back to college to finish up my bachelors degree in Security Studies. This will allow me to become an Army Officer. I plan on staying in the Army for as long as possible. I love this country and plan on serving the American people for the rest of my life. God Bless the U.S.A. The land of the free and home of the brave.

New Staff Member!



Justin

We are pleased to introduce
Justin
as the newest member to our staff.

Justin recently graduated from the Western Center for Technical Studies as part of the electricians program. He is joining our maintenance and on-call staff.

We are excited to have him as the newest member of our team.

Welcome Justin!

Resident Committee Meetings

Typically, Resident Committee meetings resume in September. However, due to social distancing guidelines, the Resident Committee meetings have been cancelled until further notice.

Safety Concerns

There are a few safety concerns that the staff would like to bring to your attention.

- While it is great to see residents walking around the community, please do not walk on the driveway to and from the Maintenance Shop. Vehicles and equipment used by staff and contractors need to be able to freely move without the concern for pedestrian traffic.
- Residents may not enter the Maintenance Shop Building at any time with the exception of the Wood Shop. Our insurance company requires this restriction.
- Please avoid close contact with a staff member who is working. While 6 feet of social distancing is a good practice with respect to the coronavirus, there have been occurrences when flying debris from a worker's area have nearly missed a resident getting too close. There have also been times when a staff member did not hear a resident coming up closely behind them and "near miss accidents" occurred. Please feel free to say hi or wave to a working staff member from a safe distance.
- Please do not enter a vacant home being worked on by an employee. We understand there may be curiosity about what is happening in the home, but in many cases, the home is not conducive for a resident's safety. Please also refrain from standing on the sidewalk leading to a home that is being refurbished.

The staff appreciates your understanding and cooperation with the above policies. While we do not like to appear "unsocial", safety is our #1 priority for our residents, guests, contractors and employees.

Emergency Response System and Cellular Phones

An increasing number of residents are eliminating their phone land line and using just a cellular phone. To be clear, the emergency response system will not work without a functioning land line.

The removal of the system from the home will ensure there is no misunderstanding of systems operability and will help the staff maintain a more accurate database of which homes have and do not have, the systems.

Please also keep in mind to contact the office should conversion from a land line to a cellular phone ever be decided.

If you already have had your land line removed, please contact the office to have your emergency response system removed.

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 reported through our work order process. By calling the office, this 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.

Library News

Any Resident that would like to sign out books and DVDs from the library, please legibly complete the cards with your name and date that are either inside or on the back cover.

In the Game Room you will find Biographies, History, Self-Help, Bible Study, Christian Living, Westerns, Reader's Digest Condensed. Christmas books and DVDs are in the main Library on the back wall. Please take some time to take a look around the Library and Game Room.

To donate books, DVDs or puzzles, please bring them to the Office first to be processed and added to our collections. In addition, we are no longer accepting VHS tapes or small paperback books.

The "freebie" shelf in the Library is for "freebie" 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.

Pets in Public Buildings at SRC

Just a reminder to our residents and their guests . . . No pets, except for service dogs, are permitted in the public buildings of the Community. This includes the Community Center building and Garden Apartment hallways. Please adhere to this policy and be sure to inform your guests as well. Thank you.



Parking Spaces

Please have your guests & visitors park in un-numbered parking spaces. Any space that has a number is assigned to that home for resident use. Parking spaces allow for one car per space.

Sight and Sound

Many SRC residents are familiar with Sight and Sound and the shows they present on a regular basis. Recently their production of JONAH was shown free on various TV channels.

During the airing of JONAH, it was mentioned that QUEEN ESTHER, their present production will be shown LIVE on Friday, September 4, 2020, 7 PM via Sight and Sound TV. THIS MEANS IT **WILL NOT** BE AIRED FREE ON REGULAR TV CHANNELS LIKE JONAH AND OTHER PRODUCTIONS HAVE BEEN.

You must pay a **\$25.00 fee** in order to view Queen Esther, and this can only be done by going online to Sight and Sound's website. At their website you will click on SIGHT AND SOUND TV and follow the prompts.

Once purchased, you can view Queen Esther live on your computer, iPhone, Smart TV (if it has the Chromecast feature), etc. If you want to view it on a TV that does not have the Chromecast feature, for approximately \$30 you can purchase a Google Chromecast device at Walmart, Staples, etc. that can easily be attached to most TVs. Chromecast has technicians that can/will assist you on how to use this so that Queen Esther can be enjoyed on your TV. There are also Help Links on Sight and Sound's website.



Mail-In Ballot

Neither Sanatoga Ridge Community or Buchert Ridge Community endorses any particular political party, philosophy or candidate. The information provided is in response to a number of residents asking the office staff about the mail-in voting process.

The mail-in ballot process is two-fold. The first step is to submit an application to receive a ballot. The second step is to complete the ballot once it is received and mail it by the required deadline.

The application for the mail-in ballot is quite easy to complete. The application requires your name, address, birthdate, Pennsylvania Driver's License number or last 4 digits of your social security number. It also requires your signature and someone to sign the application as a witness. Upon completion, mail the application or hand deliver to:

Election Board
Montgomery County Court House
P.O. Box 311
Norristown, PA 19404-0311

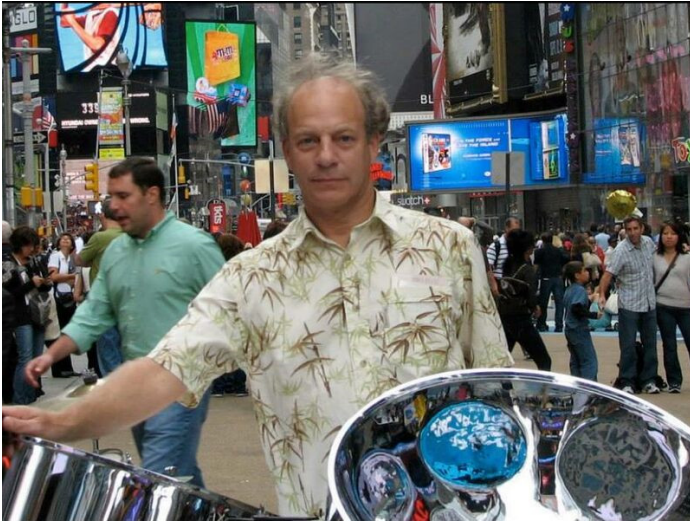
Please note in particular that the application must be completed using black ink. For resident's convenience, copies of the application are available in the Library.

Visit <https://www.montcopa.org/DocumentCenter/View/26474/Mail-In-Application-2020> for an online application. This application must be received by the Election Board by 5:00 pm on Tuesday, October 27, 2020.

From the submitted application, the Election Board will mail you a ballot. This ballot must be completed and then mailed or hand-delivered to the Board at the address above, no later than 8:00 pm on Tuesday, November 3, 2020. Please note for both the application and ballot, must be received by the Election Board by the required days and times. Postmarks will not apply. Faxes and emails will also not be accepted.

Something To Do!

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Wednesday, September 9 David Gettes will bring his Steel Drums to SRC!

From 10:30 to 12:00, David will be driven through SRC. His “road show” can be seen on the schedule shown below. You’ll be able to see/hear him from your porch, or bring out a lawn chair, or follow from section to section if you like.

10:30 Start at Community Center / Sec D

10:37 Section A

10:44 Section B

10:50 Section C

10:57 Section E

11:04 Section F

11:11 Section G

11:18 Section N

11:25 Behind Apts, H and I

11:32 Behind Apts, J and K

11:40 Section L

11:47 Section M

12:00 End at Community Center

Free Shredding Event – Saturday, September 12 Open to the Public!

If you are like many people during these last few months, you have found yourself reorganizing, decluttering, and wanting to get rid of personal information. SRC will be hosting a shred event on Saturday, September 12 from 9 to 11 AM in the SRC Community Center Parking Lot.

Only approved paper-based materials and small fasteners (e.g., paper clips and staples) are permitted. The below are NOT permitted:

- 3-ring binders
- Hardcover books
- Newspapers & magazines
- Plastic objects
- Metal objects
- Electronic media
- Toxic, dangerous or regulated materials



Announcements

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Happy Birthday!

2 Betty
5 Sandy
8 Mary
Eileen
10 Elaine
14 Jane
17 Tom
Lou
18 Regina
19 Virginia
20 Marlene
Bill
21 Virginia
23 Eileen
26 Marlene
27 Claire
29 Peggy
30 Howard
Jeanette

Happy Anniversary!

2 Link & Nancy
10 Ed & Shirley
11 Mike & Carol
16 Ron & Barbara

Welcome To The Neighborhood!

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

Nancy from
Pottstown, PA.

Roberta from
Phoenixville, PA.

Labor Day is the unofficial end of hot dog season. It is estimated that Americans consume over 7 billion hot dogs between Memorial Day and Labor Day.

Phoenix Chamber Choir – For The Longest Time

Check out this catchy, musical public service announcement from the Phoenix Chamber Choir, Vancouver, BC, Canada. Just type the below in your internet browser. It will take you to their YouTube channel and you will be able to play their song.

<https://www.youtube.com/watch?v=LpAKcQufacc>

Did you wash your hands? Did you use soap?

Children everywhere are grossly familiar with those questions, but it's for a good reason: Washing with soap is essential for preventing the spread of germs that make us sick.

Germs (microbes) are everywhere. Literally, *everywhere*. In the air, soil, water & on every surface, including your body. Most microbes are harmless & some are important for human health, like the ones that live in our gut. There are several germs that cause problems & these are the ones we prefer not to have on or in our bodies. Our first line of defense against those harmful germs is soap.

What is soap?

Soap is a mixture of fat or oil, water, and an alkali, or basic salt.

The ancient Babylonians are credited with being the first people to make soap. Their recipe for animal fats, wood ash and water has been found carved into clay containers dating back to 2800 B.C., according to soaphistory.net. They likely used the concoction for washing wool and cotton so the materials could be woven into cloth and not so much for cleaning their bodies.

The ancient Egyptians developed a similar recipe for soap, which they used for treating sores, skin diseases and personal washing. The Romans also made soap, but it wasn't until the later centuries of the Roman era that soap was used for personal hygiene; prior to that, soap was a physician's tool for treating diseases.

The basic recipe for soap hasn't changed for thousands of years. It's still a combination of fat or oils with an alkali (basic ionic salt) and water. When those ingredients combine in the proper proportions, they go through a chemical process called saponification, which results in soap. Today, there are two techniques that people use to make soap: the cold process and the hot process.

In the cold process, a room-temperature lye solution (sodium hydroxide in water) is mixed with animal or vegetable oil. As the ingredients react with one another, the mixture thickens and heats up. Before it gets too thick, the mixture is poured into a mold where it solidifies, and the saponification process is complete. The last step is to let the soap sit, or cure for a few weeks, which allows excess water in the mixture to evaporate. This makes a harder soap, according to the Handcrafted Soap and Cosmetic Guild.

The hot process is the more traditional and ancient way to make soap and requires an outside source of heat. The ingredients are heated as they're mixed, which increases the speed of the saponification process. The soap is in a liquid form when it's poured into molds and it's ready for use as soon as it's solidified. Hot-process soap can be cured in a way that's similar to the cold-process soap, but it's not usually needed, according to the Handcrafted Soap and Cosmetic Guild.

How soap works

Soap doesn't kill germs on our hands, it removes them.

Germs stick to the oils and grease on our hands (sounds yucky, but it's totally normal). Water alone won't remove much of the germs on our hands because water and oil don't like each other, so they won't mix. But soap likes both water and oil. That's because soap molecules are a type of surfactant, which means they have one end that's water loving, or hydrophilic, and one end that's oil loving, or hydrophobic.

When you wash your hands with soap, the soap molecules act as a mediator between the water and oil molecules, and bind with both of them at the same time. Then when you rinse everything off, the soap carries away the germs with the water.

For the most effective hand washing, you must use soap and you must be thorough. Work up a lather because the friction helps lift dirt and oils from your skin, according to the Centers for Disease Control and Prevention (CDC). How long you should scrub depends on how dirty your hands are, but most health authorities recommend at least 20 seconds, or as long as it takes to sing "Happy Birthday" twice. And don't forget to scrape underneath your fingernails. That area is prime real estate for germs.

Once you've washed, be sure to air-dry or towel-dry. There's no agreed-upon best practice for drying, but wet hands are more likely to spread germs than dry ones, the CDC says.

Is antibacterial soap even better? Nope.

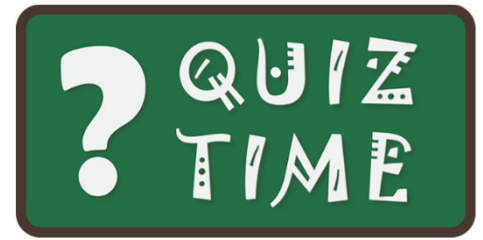
Antibacterial soaps have added ingredients like triclosan or triclocarban, which are hydrophobic molecules that can penetrate bacterial cell membranes and kill the bacteria. Sounds impressive, but studies have shown that antibacterial soaps are no more effective than regular soaps at removing bacteria.

In 2016, the FDA issued a rule that antibacterial soaps were no longer allowed to be marketed to the public.

"Consumers may think antibacterial washes are more effective at preventing the spread of germs, but we have no scientific evidence that they are any better than plain soap and water," Dr. Janet Woodcock, the director of the FDA's Center for Drug Evaluation and Research (CDER), said in a statement. "In fact, some data suggests that antibacterial ingredients may do more harm than good over the long term."

What about hand sanitizer?

The CDC recommends cleaning hands with soap and water, but if that's not an option, then hand sanitizer is a good backup. Studies have found that hand sanitizers with alcohol concentrations of 60-95% are more effective at killing germs than nonalcohol or low-alcohol sanitizers.



1. Where did headlight dimmer switches used to be located?

- a. On the floor shift knob
- b. On the floor, left of the clutch
- c. Next to the horn

2. The bottle top of a Royal Crown Cola bottle has holes in it. For what was it used?

- a. Capture lightning bugs.
- b. To sprinkle clothes before ironing
- c. Large salt shaker

3. Why was having milk delivered a problem in northern winters?

- a. Cows got cold and wouldn't produce
- b. Ice on highways forced delivery by dog sled
- c. Milkmen left deliveries outside doors and milk would freeze, expanding and pushing up the cardboard bottle top.

4. What was the popular chewing gum named for a game of chance?

- a. Blackjack
- b. Gin
- c. Craps

5. What method did women adapt to look as if they were wearing stockings when none was available due to rationing during W.W.II?

- a. Suntan
- b. Leg painting
- c. Wearing slacks

6. What postwar car turned automotive design on its ear when you couldn't tell whether it was coming or going?

- a. Studebaker
- b. Nash Metro
- c. Tucker

7. Which was a popular candy when you were a kid?

- a. Strips of dried peanut butter
- b. Chocolate-licorice bars
- c. Wax coke-shaped bottles with colored sugar water inside

8. How was Butch wax used?

- a. To stiffen hair cut into a flat top so it stood up
- b. To make floors shiny and prevent scuffing
- c. On the wheels of roller skates to prevent rust

9. Before inline skates, how did you keep your roller skates attached to your shoes?

- a. With clamps, tightened by a skate key
- b. Woven straps that crossed the foot
- c. Long pieces of string or twine

10. As a kid, what was considered the best way to reach a decision?

- a. Consider all the facts
- b. Ask Mom
- c. Eeny-meeny-miney-mo



TRIVIA ANSWERS

- 1. b) On the floor, left of the clutch. Hand controls, popular in Europe, took till the '60s to catch on.
- 2. b) To sprinkle clothes before ironing. Who had a steam iron?
- 3. c) Cold weather caused the milk to freeze and expand, popping the bottle top.
- 4. a) Blackjack Gum.
- 5. b) Special makeup was applied followed by drawing a seam down the back of the leg with eyebrow pencil.
- 6. a) 1946 Studebaker.
- 7. c) Wax coke bottles containing super-sweet colored water.
- 8. a) Wax for your flat top (butch) haircut.
- 9. a) With clamps, tightened by a skate key, which you wore on a shoestrapping around your neck.
- 10. c) Eeny-meeny-miney-mo.

"Dad, did you get a haircut?"

"No, I got them all cut!"

*"How do you get a squirrel
to like you? Act like a nut."*



*"I'm reading a book about anti-gravity.
It's impossible to put down!"*

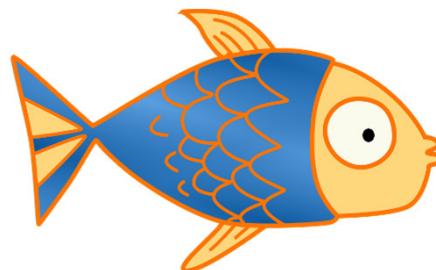


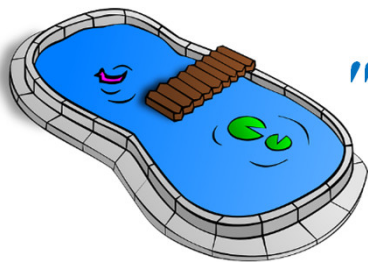
AUCTION
BAILOUT
BANK
BARGAIN
BILL
BORROW

BUSINESS
CASH
CHANGE
CHEAP
CREDIT
DEBT

DEPOSIT
DONATE
EQUITY
EXPENSE
FINANCE
INCOME

*"What's the best way to
watch a fly fishing
tournament? Live stream."*





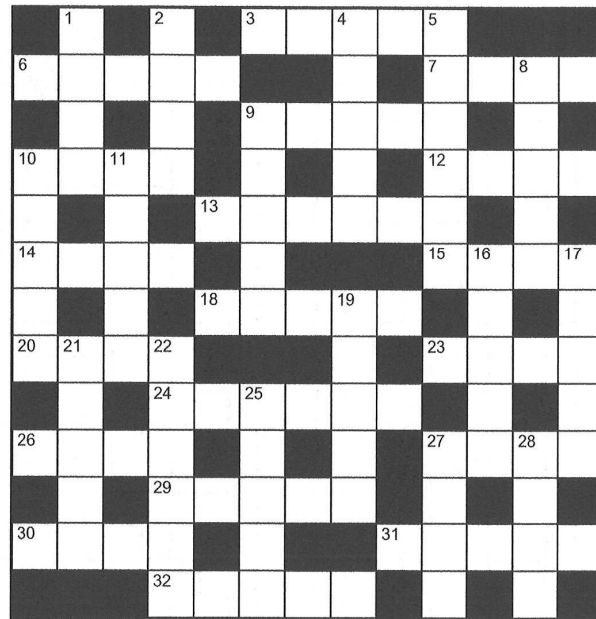
*"Is this pool safe for diving?
It deep ends."*

Across

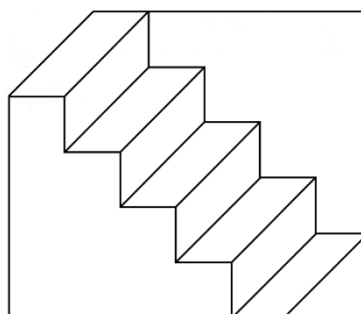
3. Perceives (sound) via the auditory sense (5)
6. A world leader in electronics and automobile manufacture and ship building (5)
7. The act of giving an account describing incidents or a course of events (4)
9. Continuing or remaining in a place or state (5)
10. Printed characters (4)
12. Semiaquatic and terrestrial species (4)
13. A soft thin (usually translucent) paper (6)
14. Travel through water (4)
15. The property of a body that causes it to have weight in a gravitational field (4)
18. Mock or make fun of playfully (5)
20. The cardinal compass point that is at 90 degrees (4)
23. Accumulate money for future use (4)
24. Respond (6)
26. An implement used to propel or steer a boat (4)
27. A trial of something to see if or how it works (4)
29. Frogs (5)
30. Happen, occur, take place (4)
31. Covered with a firm surface (5)
32. Paper used for writing or printing (5)

Down

1. Be out of line with (4)
2. One side of one leaf (of a book or magazine or newspaper or letter etc.) or the written or pictorial matter it contains (4)
4. Inhabits much of the Middle East and northern Africa (5)
5. An organized structure for arranging or classifying (6)



8. Interpret something that is written or printed (5)
9. Change one's facial expression by spreading the lips, often to signal pleasure (5)
10. A small amount eaten or drunk (5)
11. A symptom of some physical hurt or disorder (5)
16. Not in a state of sleep (5)
17. Orally recite the letters (5)
19. A mark of a foot or shoe on a surface (5)
21. Bearing in mind (5)
22. A brief experience of something (6)
25. An alternative name for the body of a human being (5)
27. A tropical evergreen shrub (4)
28. Cook slowly and for a long time in liquid (4)



*"I don't trust stairs.
They're always up
to something."*