

# RIDGE REPORTER

## *Fond Farewell*

It is with much sadness that we must say goodbye to **Justin**. Justin was part of our maintenance and on-call staff for almost 2 years. He is returning to school to achieve his electrician certification.

*We will miss him and wish him well!*



## 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 5.

*If you use the automatic payment service to pay your monthly fee, it will be deducted from your account on Tuesday, September 6.*



## FUN FACTS

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.

## *SRC Board of Directors*

Ginger-President

Linda

Doug

Jeff

Ed

## ***Addresses – Deliveries & Guests***

Remember to let your guests know your home number. Many times we find visitors wandering through our community trying to locate their friend or relative.

When placing orders with Amazon and other delivery services, please be sure they have your full address, including your home number. Packages are often delivered to the Community Center due to having incomplete addresses.

If your address is incomplete, you may not receive your packages. The office makes every effort to ensure packages mistakenly delivered to the office make their way to the addressee.

John Doe  
2461 E. High St., **Apt X-12**  
Pottstown, PA 19464

*(All units are considered to be apartment addresses per the U.S. Post Office system)*

## ***Office Inbox/Suggestion Box***

We have found that the “Office Inbox” located to the left of the office window in the lobby has been working well over the last few years. We appreciate you using the “Office Inbox” for your monthly maintenance fee payments in addition to any office correspondence.

Please do not place any maintenance/landscaping items in the “Office Inbox”. Rather, call the office with those items so we can get them entered and assigned to the appropriate department.

## ***Maintenance or Landscape Items***

Do you have a maintenance or landscape item that needs to be looked at or fixed? Please call the office to have it processed through our work order system. 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.

## ***Mechanical Room Storage & Home Safety***

With the exception of a few small items, mechanical rooms are not to be used for storage. Immediate access is required to all mechanical equipment by staff or other emergency personnel.

In addition, mechanical rooms are also to be free of combustible materials. If you have combustibles in your mechanical room and need assistance in their removal, please call the office.

For your safety, please do not use the stovetop, oven, toaster oven, or microwave for additional storage in your home. By doing so, you run the risk of a potential fire hazard.

## *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, they are not permitted to 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, flying debris from a worker's area have nearly missed a resident who has gotten 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.
- Residents may not enter a vacant home undergoing renovations. 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.**

## *On-Call Maintenance Response System & Cellular Phones*

The on-call maintenance response system buttons and call box will not work without a functioning land line. An increasing number of residents are eliminating their phone land line and using just a cellular phone.

*Did you know . . .* You do not need an on-call maintenance response system in your home to contact on-call maintenance. You can dial the number directly at 610-326-4043.

If you have an on-call maintenance response system, you can test your system during office hours (Monday thru Friday between 9 AM and 3:30 PM). Call the office first to inform them you would like to test your system.

If you have removed your land line and did not turn in your on-call maintenance response system and buttons, please contact the office to have them picked up and removed. The removal of the system will help the staff maintain a more accurate database of which homes have and do not have the systems.

## ***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.

## ***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.



## ***Friendly Reminder – Register Your Pets!***

Please remember to register your pets with the office! This applies to guests who visit your home with their pets as well.

Here's a great question: *Why should I register my pet?*

We are so glad you asked!

- Safety for your animal – If your pet wanders away from your home and is found by another resident or by staff, we have a record of your pet on file and can help to identify and return it home safely.
- Safety for our staff – If we know you have a pet, we can be prepared upon entering your home to perform maintenance.
- It is required – According to community guidelines, all pets require approval of management.

Pet Registration forms may be requested by calling or visiting the Office.

Thank you for helping to make our community a safe and wonderful place for everyone!

## ***Self Defense for Seniors – Save the Dates!***

***November 9, 16 and 30***

Look for more details in upcoming Ridge Reporters.

## ***Resident Christmas Luncheon – Save the Date!*** ***Friday, December 2***

The Annual Resident Christmas Luncheon will be held Friday, December 2.

Look for more details in upcoming Ridge Reporters.





## ***Introducing . . . SRC ROCKS!!***

Five painted rocks have been hidden throughout the community to be found by YOU! Join the fun! Take a walk and look for painted rocks. Hide them again (not in the lawns please)! Post your finds to our “Sanatoga Ridge Residents” Facebook page and tag them #SRC-rocks. A big Thank You to Wanda for painting the rocks.



## ***National POW/MIA Recognition Day***

***Friday, September 16***

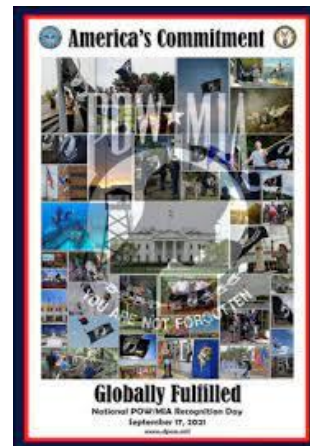
Each year, the Department of Defense creates a poster in advance of POW/MIA Recognition Day, which will be commemorated on September 16.

Deputy Defense Secretary Kathleen H. Hicks explained that since the Revolutionary War, more than a half-million U.S. service members have, at one point in time, been held as prisoners of war.

Today, nearly 82,000 service members remain unaccounted for, dating back to World War II. More than 72,000 of those were lost during World War II, nearly 8,000 from the Korean War, and around 1,600 remain unaccounted for from the Vietnam War.

The Department remains committed to bringing all of them home.

<https://www.defense.gov/Explore/News/Article/Article/2709572/dod-unveils-2021-powmia-recognition-day-poster/>



***Library News – From Nancy*** I have been sorting through the books in our library and removing some that were old, damaged, or not being used. This will help make room for new donations. Sometimes I can exchange the old books for other ones at the used book store. If you have suggestions for books I should look for, please leave me a note in the book return box.

By my count, we have about 2,450 books in the library and it is very gratifying to see so many being used. Although we do not have a time limit for returning books, I am concerned about the following books which have been out for a long time. Please check to see if they are hiding at your house and see that they get back to the library.

## Authors

Carr, Robyn  
Kidd, Sue Monk  
MacDonald, George  
MacDonald, Michael  
Meyer, Joyce  
Phillips, Michael  
Russo, Richard  
Scottoline, Lisa  
Snelling, Lauraine  
Vidal, Gore

## Titles

The House on Olive Street  
The Mermaid Chair  
Curate's Awakening / Lady's Confession  
All Souls  
Help Me I'm Worried  
Treasure of Stonewyke  
Empire Falls  
Someone Knows  
Dakota Legacy  
Lincoln

If you have any questions, please contact Nancy. Thank you for your help!

## A Play on Words

What are seniors worth? We are worth a fortune! Remember, old folks are worth a fortune with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet, and gas in their stomachs!

I have become a little older since I saw you last and a few changes have come into my life . . . frankly, I have become a frivolous old gal.

I am seeing five gentlemen every day. As I wake up, Will Power helps me out of bed. Then I go see John. Next Charlie Horse comes along and when he is here, he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. He does not like to stay in one place very long, so he goes from joint to joint. After such a busy day, I'm really tired and glad to go to bed with Ben Gay. What a life! Oh, yes, I'm also flirting with Al Zymer.

P.S. The preacher came to call the other day. He said that at my age I should be thinking a lot about the hereafter. I told him "Oh, I do, all the time. No matter where I am . . . in the parlor, upstairs, in the kitchen or in the basement, I ask myself . . . now what am I here after?"

*Original Arthur Unknown*



## *Happy Birthday!*

- 2 Betty
- 5 Sandy  
June
- 8 Mary  
Eileen
- 10 Elaine  
Twila
- 11 Jim
- 17 Tom
- 18 Regina
- 20 Marlene  
Bill
- 21 Inna
- 23 Eileen
- 26 Marlene
- 27 Claire
- 30 Howard



## *Happy Anniversary!*

- 2 Link & Nancy
- 3 Ken & Mary Ellen
- 4 Richard & Cinthia
- 6 Donald & Nancy
- 10 John & Beverly
- 11 Mike & Carol  
Mikhail & Inna
- 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.*

**Carol**  
from Fleetwood, PA.

**Betsy**  
from Pottstown, PA.

**Frieda**  
from Spring City, PA.

**Jackee & Bill**  
from Philadelphia, PA.



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

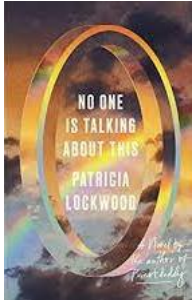
**Sandy**  
Resident since June 2021.

## ***Attention SRC Singers***

***Thursdays at 3:30 PM***



Weekly rehearsals will begin in preparation for the Winter Concert to be held in December. However, there will be no rehearsal on Thursday, September 8 due to the Blood Drive being held in the Auditorium. For more information on the SRC Singers, please call Vivian.



September 5

## ***Book Club***

***Monday, September 5 at 2 PM***

Book Club is the 1<sup>st</sup> Monday of each month in the SRC Dining Room. *No One is Talking About This* by Patricia Lockwood will be discussed at the September meeting. October's book will be *Great Circle* by Maggie Shipstead.

*Contact Jeanette Granger for more information.*



October 3

## ***Outsmart the Scammers***

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

Hosted by Bonnie Thompson of Edward Jones Investments. Join us Tuesday, September 6 at 10 AM in the Dining Room. Learn about ways to protect yourself from scammers who target seniors. Open to the Public! Feel free to bring a friend.

## ***Fall Foliage & Wildflowers with Link***

***Wednesday, September 7 at 9:30 AM***

Walk along the perimeter of SRC and take a look at what's in bloom. Meet at the Garden Shed at 9:30 AM. Wear comfortable footwear as we cross the grass & grounds.

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

A reminder will be in your mail slot for those who signed up for A Matter of Balance Exercise class. Location change for the first class only (September 8) will be in the Club Room across from the Auditorium. All classes thereafter will be in the Auditorium. Get your sneakers ready! See you there!

## ***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!



## ***Game Night***

***Thursday, September 8 at 6 PM***

Howard will host Game Night on Thursday, September 8 at 6 PM in the Club Room. We encourage you to come out to meet your neighbors, play some board games, card games or try out the Wii Bowling.



## ***Lunch Bunch***

***Brookside Family Restaurant***

***Friday, September 9 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 Wednesday, September 7.**

*Would you like to be the one to pick the restaurant?*

*We are looking for someone to help plan the Lunch Bunch going forward.*

*Contact Kathy.*

## ***Resident Committee Meeting***

***Monday, September 12 at 9:30 AM***

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 Book Mobile***

***Monday – September 12 at 10 AM***

## ***Bible Study***

***Monday, September 12 at 2 PM***

Bible Study will be held in the SRC Dining Room on Monday, September 12 at 2 PM. The study will be headed up by Franklin Iyasere, lead pastor at Providence Church of the Brethren in Royersford.

## ***Power of Attorney, Health Care Proxy, and Your Will*** ***Tuesday, September 13 at 6 PM***

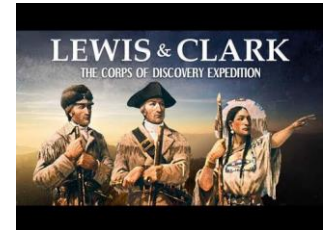
Join us on Tuesday, September 13 at 6 PM in the Auditorium with Elder Law Attorney Rebecca Hobbs, Esquire, of O'Donnell, Weiss, and Mattei as she explains the difference between these important documents, who should have them, and when they are used. **RSVP by Friday, September 9.** Open to the public;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

## ***The Clear Way: Breathing Easy*** ***Wednesday, September 14 at 2 PM***

Join us for a presentation on Respiratory Health by Susanna Koppany of Tri-County Home Health. Learn ways to manage chronic respiratory conditions. Held in the Auditorium on Wednesday, September 14 at 2 PM. **RSVP by Tuesday, September 13.** Open to the public!

## ***Documentary – “Lewis & Clark”*** ***Friday, September 16 at 2 PM***

Anne will be showing a ‘Lewis and Clark’ documentary on Friday, September 16 at 2 PM in the Dining Room.



## ***Shredding Event – Saturday, September 17***

Have you found yourself reorganizing, decluttering, and wanting to get rid of personal information? SRC will be hosting a shred event on Saturday, September 17 from 9 AM to 12 Noon 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

**PROSHRED**  
**SECURITY**  
DOCUMENT DESTRUCTION AT YOUR DOOR



## ***Montco Office of Senior Services: An Overview of Services Offered Monday, September 19 at 11 AM***

On Monday, September 19 at 11 AM in the Auditorium, Debbie Jankowski of Montgomery County Office of Senior Services (MCOSS) presents a variety of state programs offering help in your home. MCOSS is the same organization currently teaching our wellness classes such as Tai Chi and Healthy Steps. MCOSS offers wellness classes, non-skilled nursing services in your home, such as assistance with bathing, dressing, arranging meal delivery, and light housekeeping. Opportunities to do volunteering will also be discussed. Come find out about services you can arrange! **RSVP by Friday, September 16.** Open to the public!

## ***Social Committee Monday, September 19 at 2:30 PM***

The Social Committee will meet Monday, September 19 at 2:30 PM in the Dining Room. All are welcome to help plan fun activities for our community.

## ***Girls' Night Out +1 Monday, September 19 at 6 PM***

Join us for a night of socializing, fun, and laughter on Monday, September 19 at 6 PM in the Dining Room & Front Patio. Catch up with old friends and make new ones! **RSVP by Friday, September 16.** Open to SRC and BRC ladies, plus a friend!



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

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!

***Ice Cream and Treats!  
Wednesday, September 21 at 2 PM***  
Mr. Softee will bring the ice cream truck to SRC Community Center parking lot!  
(Accepting Cash and Credit Cards)

## ***Wii Bowling Wednesday, September 21 at 6 PM***



Wii Bowling will be held on the 3rd Wednesday of each month beginning Wednesday, September 21 at 6 PM. We have 12 players and 2 subs. Can't wait to begin our new season of competition. Contact Joe with any questions.

## ***SAM Luncheon***

***Monday, September 26 at 11 AM***

SAM Luncheon is being held on Monday, September 26 at 11 AM at Berean Bible Church. Contact Berean Bible Church for more information.

Michael Kropp will entertain us with music and singing. Following will be a luncheon and a brief teaching. Hope to see you there.



## **AARP Driver Safety & Technology Classes**

**Monday, September 26 and  
Tuesday, September 27.**

*See last page for more details.*

## ***When to Refer Your Loved One to Hospice***

***Thursday, September 29 at 6:30 PM***

This seminar is hosted by Chris Stein and Christa Hynson-Weyant of Brookdale Hospice, and will cover myths and facts about hospice, when and how to refer someone for hospice services, as well as information about Grief Speak, a support group for those who have recently lost someone. Seminar is Thursday, September 29 at 6:30 PM in the Auditorium. **RSVP by Wednesday, September 28.** Open to the public!

## ***Carol Spacht as Martha Washington***

***Friday, September 30 at 4 PM***



Carol Spacht will portray Martha Washington on Friday, September 30 at 4 PM in the Auditorium. Come and learn about the woman behind our first president. Lady Washington followed her husband to every winter encampment during the Revolutionary War, including Valley Forge. Then she followed her husband into the most powerful residence in the new nation, the President's House in Philadelphia. As the "first" of the Founding Mothers, Martha Washington's influence still resounds with us today.

***Pilot Club – Informational Tea***  
***Making a Positive Change in the Lives of Others***  
***Wednesday, October 5 at 2 PM***

The Pilot Club of Valley Forge will be hosting an Informational Tea on Wednesday, October 5 at 2 PM in the Dining Room to discuss this exciting service organization and share some of their service projects.

Pilot International is a women's international service club whose mission is to influence positive change and to give back in communities throughout the world. Pilots come together in friendship and service. Pilots support the ABCs:

- Advocating leadership and service in young adults,**
- Brain Safety and Health Education, and**
- Caring and supporting families in times of need.**

Pilot Club of Valley Forge is looking for service-minded ladies to join their club and help make a difference! Suzanne is a member, and is happy to answer any questions prior to the Tea. This opportunity is open only to ladies at SRC and BRC.

**RSVP by Monday, October 3.**

***Lunch and Learn Panel:***  
***Navigating the Different Levels of Senior Care***  
***Friday, October 7 at 11:00 AM***

Join us Friday, October 7 at 11 AM in the Dining Room to educate yourself about the various levels of senior care available nearby while enjoying a delicious lunch. Hosted by Chestnut Knoll Assisted Living, panelists listed below will be speaking. Open to the public! Sign up with a friend!

**RSVP A MUST due to catered lunch by Friday, September 30.**

Sanatoga Ridge:	Independent Living Senior Community
Chestnut Knoll:	Assisted Living
Chestnut Knoll at Home:	Private Duty Nursing at Home
Fox Rehabilitation:	Rehab in Home OT/PT/SLP
Accent Care Inc.:	Skilled Nursing at Home
	<i>(formerly Southeastern Home Health Services)</i>
Encompass Health:	Post-Hospital Intensive Inpatient Care
	<i>(formerly Health South)</i>



**Words on Wheels Book Mobile**  
2<sup>nd</sup> Monday – September 12 at 10 AM

## **Dominoes**

Mondays at 6 PM - Club Room

## **Pickleball**

Wednesdays at 6 PM

Fridays at 9 AM

Sanatoga Swim Club

## **Yoga**

Both chair yoga and floor yoga classes weekly – Auditorium

**TUESDAY – CHAIR**

**WEDNESDAY – FLOOR**

**3:30 PM**

**9:30 AM**

## **Hooks and Needles**

1<sup>st</sup> Tuesday at 2 PM – Game Room



## **Vietnam Veterans**

1<sup>st</sup> Tuesday at 7 PM - Dining Room



## **Wii Bowling**

3<sup>rd</sup> Wednesday at 6 PM - Club 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



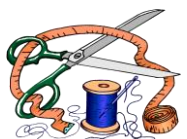
## **Pinochle**

Thursdays at 2 PM – Dining Room



## **Sewing Club**

1<sup>st</sup> & 3<sup>rd</sup> 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

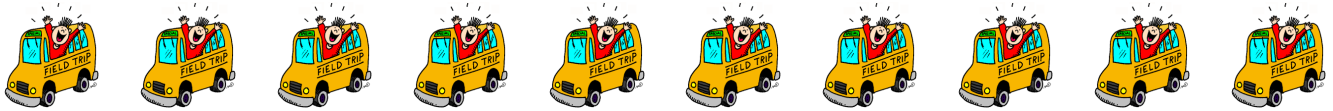
Come to Lancaster County and learn how our ice cream is made, sit in a milk truck, milk our mechanical cows, and learn about the people and culture of Turkey Hill Dairy. Of course, there are unlimited samples of our ice cream and iced tea products too!

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)**

### **FULL** 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 ...

### Wednesday – October 26 – Penn’s Peak

“A Night on the Town with the Rat Pack”

These guys are as close to the real deal as the originals ...

**RSVP to Carol Griffith by Friday, September 23**

LEAVE BEREAN BIBLE CHURCH: 9:30 AM

Cost: \$85.00

### Save the date:

Wednesday, November 17 – American Music Theatre  
“Home for the Holidays”



# SMART DRIVER COURSE

*(The complete course is two 4-hour sessions)*



**Monday, September 26 – 1 to 5 PM**

**Tuesday, September 27 – 1 to 5 PM**

**SEATING LIMITED**

**RSVP TO THE OFFICE BY MONDAY, SEPTEMBER 19**

**\$20 for AARP Members; \$25 for Non-AARP Members**

AARP membership is NOT required. All drivers are welcome.  
*(Payable by check or money order to AARP Smart Driver Course.)*

The course is based on the latest driver safety research and insights. Take the course to learn evidence-based safe driving strategies and refresh your knowledge of the latest rules and hazards of the road. After course completion, you may be eligible for a multi-year auto insurance discount (check with your insurance company).

The AARP Smart Driver Course will:

- Refresh your driving skills
- Teach you the new rules of the road
- Discuss techniques for handling left turns, right-of-way, and roundabouts
- Explain research-based strategies to help keep you & your loved ones safe behind the wheel

Plus, there are no tests to pass.

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## Smart DriverTEK Class

**Tuesday, September 27**

**10 to 11:30 AM**

*You're in the driver's seat!*

*Learn about the latest technical features in a car.*



**This is a free class**

AARP membership is NOT required.  
All drivers are welcome.

**SEATING LIMITED**

**RSVP TO THE OFFICE BY MONDAY, SEPTEMBER 19**

The AARP Smart DriverTEK Class is an educational program explaining updated technology available to drivers which can enhance driving safety and extend safe driving years. All drivers can attend! This is a stand-alone workshop; you do not need to be attending the AARP Smart Driver Course. AARP membership is not necessary, and the workshop is free. As a result of the program, drivers:

- Become more up to date on available safety technologies in cars (e.g., Smart headlights, Adaptive Cruise Control, Blind spot Warnings, and six others)
- Recognize how technologies might enhance driving safety and extend safe driving years
- Improve your understanding of the benefits of safety technologies
- Learn how to properly use vehicle safety technologies