



RIDGE REPORTER

STAFF UPDATES



Welcome – Telly Please welcome Telly as part of our maintenance team. Once he is more comfortable at SRC/BRC, Telly will also be part of our on-call team.
Welcome Telly!

Tyler will be staying on as part of our Team.
The remainder of our summer help
has returned to school.

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 2.

SRC Community Center Roof Replacement

The roof replacement project has started!
It will be under construction for several weeks.

For everyone's safety, it is imperative that all residents follow safety precautions established around the perimeter of the Community Center.



Guest Policy

The office has received many inquiries regarding the guest policy.

As a refresher:

- Guests are permitted to visit and must abide by SRC/BRC management rules.
- **Overnight guests are limited to 14 consecutive days**, unless approved by SRC/BRC Management as an "Extended Stay Guest". The monthly fee for a 2nd person will apply and an "Extended Stay Guest Agreement" must be approved in writing by SRC/BRC administration.
- *Recurring overnight guests will be treated as "Extended Stay Guests"* and will subject the resident to additional occupant fees as applicable. Failure to register "Extended Stay Guests" or abuse of this policy may result in the resident losing Guest privileges.
- Motel/efficiency rooms are available at SRC for a fee, on a scheduled basis, for Residents' guests. Guests must adhere to all SRC policies and procedures.

Proposals

The following information is being provided to help clarify our proposal process.

Please read carefully:

**** Do NOT pay for proposal work until you receive an invoice ****

- 1. New Proposal:** When a resident puts in a proposal request, the request is sent to the appropriate department via our work order system.
- 2. Work Scope:** A staff member will speak to the resident to determine the work to be done and then write up and deliver a proposal to the resident.
- 3. Accept Proposal:** Residents have 30 days to accept the proposal and return it to the office. Once the signed acceptance is received, staff will schedule the work with the resident.
- 4. Completed Proposal:** At the completion of the proposed work, the resident will confirm the work is completed by signing and returning the proposal to the staff member who completed the work.
- 5. Invoice:** An Invoice will be generated following the completion of the work.
NOTE: Payment is due within 15 days of the invoice date.

Additional Information:

- The amount invoiced may be different than the proposed amount due to various factors.
- **Residents should not submit payment to the office until they have received an invoice.**
 - **Payments received before an invoice has been delivered will be returned.**
 - **We cannot process checks without an invoice to match the check.**
- All payments are paid by check only.
- Submit payment to the office via check along with the invoice.
- Once the payment has been processed, the invoice will be marked "PAID" and returned to the resident's mail slot.

Post-Dated Checks

This is a gentle reminder to double-check the dates on any checks submitted to the office. We are unable to accept post-dated checks. Any checks that are post-dated will be returned. Thank you for your understanding and cooperation.

SNOW – “Dirty” Four Letter Word!

It not too early to start planning for the winter months!

As we seek to improve on our processes, including snow cleanup/removal, we ask for your cooperation in the following areas:

- Please come to the office to check your car key(s)/fob(s):
 - Make sure they are correct/match your current vehicle
 - Test them to make sure they work. You may need to have the batteries replaced. If so, return the keys/fob to the office by Monday, September 23.
- We are creating an identification card for you to place on your dashboard when you move your vehicle to the designated parking areas. These cards will be in your mailboxes for pickup.
- Please remind your guests/visitors to park in the designated areas when inclement weather is predicted. You may pick up additional snow parking maps in the office.

Thank you in advance for your cooperation. The above will help us expedite our snow removal process.

Please read the detailed snow handouts that were placed in your mailbox.

Recycles Reminders

- **Recycle Bins:** The bins are for recyclable items only. The Grounds Team wants to remind residents to NOT place trash in the recycle bins. If trash is found in your recycle bin on trash days, it will be not be emptied by our staff.
- **Rinse** out all food containers before placing them in the recycle bin.
- **Acceptable recyclables:**
 - Plastics
 - Glass
 - Tin/aluminum cans
 - Paper including shredded paper, newspapers
 - Cardboard boxes
- **NOT acceptable recyclables:**
 - Plant clippings or leaves
 - Styrofoam
 - Plastic bags
 - Pizza boxes
 - Any other product contaminated with grease

Thank you for your cooperation.

Library News

The SRC library is always receiving donations from residents and friends of the community. Lately we have received several large print copies of recent publications by authors like Sandra Brown, Linda Castillo, Iris Johansen & Robert Parker among the donations of other books. The large print books are all on the bookshelves to your left when you enter the library, and the other new books are on your right.

Because space is getting limited on the library shelves, I am not putting paperbacks in the library, but they are available to borrow from the free shelves in the room with the mailboxes.

Thank you for the donations and the interest in our library.

~Nancy E.

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 registered 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!

Medical Alert Services

If you have a medical alert service (e.g., VitaLink, ADT Health, LifeFone), please add our maintenance on-call phone number as a contact. This way our On-Call Team can make sure your house is open for emergency services and secure (nothing in/on your oven/stove, no running water, no candles burning) should you be taken to the hospital.

Addresses – Deliveries & Guests

Remember to let your guests know your home number. Often, 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)

Home Safety

For your safety, please do not use the stovetop, oven, toaster oven, or microwave for additional storage in your home as this creates a fire hazard.

Safety Concerns

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

- Please avoid close contact with a staff member who is working. 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 undergoing renovations.

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





Happy Birthday!

- 2 Betty F.
- 4 John D.
- 5 Sandy E.
June P.
- 8 Eileen M.
- 10 Elaine B.
Twila M.
- 11 Jim R.
- 12 Marie E.
Sandra E.
- 17 Tom K.
- 18 Regina C.
- 20 Marlene K.
- 21 Inna V.
- 23 Eileen S.
- 26 Marlene F.
- 27 Claire K.
- 30 Howard M.



Happy Anniversary!

- 2 Link & Nancy D.
- 3 Ken & Mary Ellen P.
- 4 Richard & Cynthia R.
- 6 Donald & Nancy J.
- 8 Barry & Joan H.
- 10 John & Beverly T.
- 11 Mike & Carol M.
- 16 Ron & Barbara V.
- 23 Andy & Marie E.



Welcome To The Neighborhood!

*We'd like to extend a warm welcome to our
newest residents!*

Please stop by and introduce yourself.

Randy & Debbie K.
from Douglassville, PA

Are You A Puzzle Aficionado??



Check out the selection of new puzzles in the Game Room and Salon/Library, which are from your donations.

These puzzles are rotated on a regular basis, and you might find a new puzzle to enjoy!

Thank you for your donations!



September 2

Book Club

Monday, September 2 at 2 PM

- October 7 "The Bluest Eye" by Toni Morrison
- November 4 "The Woman in the Window" by A.J. Finn
- December 2 "The Stranger in the Lifeboat" by Mitch Album

Contact Jeanette G. for more information.



Mark Your Calendars!

Wednesday, September 4 and 18 at 2 PM

Did someone say, **ICE CREAM?**

Mr. Softee was so popular that we added a second date! Invite your friends and family! Come out to the SRC Community Center parking lot and enjoy some of the many treats they offer! Remember, it is twice a month - 1st and 3rd Wednesdays - throughout the summer.

Circle of Support at BRC

NOTE: Now only 1st Thursday at 11 AM (Thursday, September 5)

Angel McIntosh will resume the Circle of Support at the McMenamin Rec Center at BRC. Beginning September 5, Angel will only be holding the support group the 1st Thursday of each month at 11 AM.

Lighten Your Path with Evelyn Dunn, CYT
Start the Journey, Discover the Joy of Yoga
Beginning Friday, September 6 at 10:30 AM
(1st and 3rd Fridays through December)

Lighten Your Path instills the principles of Yoga's Science and integrates them into our Mind, Body, and Spirit. Learn to relax and quiet the mind through meditation. Learn and practice postures to strengthen and elongate your body to bring about flexibility and balance. It promotes the body to release tension and toxins, as well as helping to align the skeleton. Humming, singing, and chanting will be introduced. Using the vocal cords and the breath have been shown to stimulate the vagus nerve which in turns helps the body to reach homeostasis or balance. Leave each class feeling relaxed and rejuvenated with a peaceful feeling in your heart. Suggested gratitude offer for each class is \$5. **RSVP by Thursday, September 5.**

Shredding Event AND Drug Take Back at SRC ***Saturday, September 7*** ***9 AM to 11 AM***

Have you found yourself reorganizing, decluttering, and wanting to get rid of personal information? SRC will be hosting a shred event and drug take back on Saturday, September 7 from 9 AM 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

PROSHRED
SECURITY
DOCUMENT DESTRUCTION AT YOUR DOOR



Lower Pottsgrove Police Department will be on-site at SRC to collect unwanted drugs during the Shred Event.

All medications
MUST be
removed from the
bottles and
placed in baggies.

What Items Are Accepted:

- Over-the-counter medications
- Prescription medications
- Prescription patches
- Prescription ointments
- Vitamins
- Pet medicines

What Items Are NOT Accepted:

- Hydrogen peroxide
- Compressed Cylinders or aerosols (e.g., asthma inhalers)
- Iodine-containing medications
- Thermometers
- Alcohol & illicit drugs (i.e. marijuana, heroin, LSD, etc.)

Friday Night Socials are Back!

Friday, September 6 at 6 PM

Starting with Friday, September 6 from 6 to 9 PM, two of our residents are combining their efforts. Please join Adrienne and June to celebrate the return of Fall. We want to invite everyone to join in the fun with fellow residents!

Bring with you a beverage of your choice and a treat for all of us to enjoy! See you there. Anyone who would like to have a social at their cottage or apartment, please contact Diane J.. Thank you.

Resident Committee Meetings Resume

Monday, September 9 at 9:30 AM.

Mahjongg Meeting

Following the Resident Committee Meeting

Following the resident committee meeting, please stay if you are interested in forming a Mahjongg group. No experience necessary!

Walk With Ease

Tuesday, September 10 at 1 PM

The Arthritis Foundation's "Walking With Ease" is a six-week walking program. Manage Arthritis and reduce pain and discomfort while you increase balance and strength. Brought to you by Montgomery County Office of Senior Services.

Limited Space. RSVP by Friday, September 6.

ONLY A FEW SPACES AVAILABLE!!!



Supermarket BINGO! with Amity Place

Wednesday, September 11 at 10:30 AM

Amity Place will bring Supermarket BINGO to you! We have extra bingo cards, so you can play several cards at once! **SEATING IS LIMITED – RSVP by Tuesday, September 10.** Meets in the Dining Room.





Lunch Bunch

Spring Hollow Golf Club

(3350 Schuylkill Rd., Spring City, PA 19475)

Friday, September 13 at 12 Noon

*If you are paying by cash at the restaurant,
please bring smaller bills/change.*

The SRC Bus will be available for \$3 per person (for the driver) due at sign-up.
The bus and carpool will leave Berean Bible Church Parking lot at 11:30 AM.

RSVP by Tuesday, September 10



**American
Red Cross**

American Red Cross Blood Drive

Monday, September 16 at 2-7 PM

Next Blood Drive: Wednesday, November 13 – 2 to 7 PM

Open to the Public

Register online at www.RedCross.org



AARP Driver Safety & Technology Classes

Wednesday, September 18 and

Thursday, September 19.

See last page for more details.

Greg Warren at SoulJoel's

Thursday, September 19 at 7 PM

In the world we live in, a night of fun and laughter makes a big difference! If you are interested in attending the show, please contact June P. for more information and tickets. **NOTE:** **Ticket cost for the show is \$10 and can only be purchased through June P..** There is also a bar and restaurant "Gatsby's" for those that would like food and drink.

SoulJoel's and Gatsby's are located at SunnyBrook.



He has captivated audiences with anecdotes about the conflict inherent in meshing the two disparate high school identities of varsity wrestler and band geek. Greg was also a West Point Cadet, where he distinguished himself by amassing an impressive tally of demerits and endless hours of pointless marching. After moving on to the University of Missouri, he studied journalism and became an All-American college wrestler.

Brown Bag History:

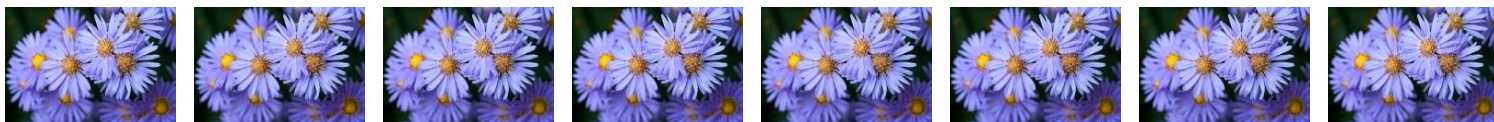
“The British Occupation of Philadelphia 1777-1778”

Saturday, September 21 at 12 Noon

On September 26, 1777, the British army marched into Philadelphia, beginning an occupation that lasted until following spring. Its arrival led Patriots to flee and Loyalists to rejoice, although wartime shortages soon led to suffering for those who remained in the city. The occupation brought no concrete gains. The British abandoned the city the following June but not before holding the most elaborate, expensive party ever held in the American colonies.

Join LOCAL historian, lecturer and tour guide, Michael Jesberger, for this lecture which will explore what life was like in Philadelphia when it was under the control of the British troops.

Meets in the SRC Dining Room. **Open to the Public. RSVP by Friday, September 20.**



Brown Bag: “The Stories Behind the Words”

Tuesday, September 24 at 12 Noon

In this brand-new series of talks, presented by popular “Art History” lecturer, Martin Bradfield has put together an exciting and fascinating program about the “Stories” behind the words. In Martin’s words, “It deals with word etymologies and tells their fascinating history in both a humorous as well as serious manner, with stories and quotes and examples from history and famous quips, wit and repartee.”

Every word we use has a fascinating back story that has been shaped by history, rumor, passion, intrigue, association, usage.... and in this INTERACTIVE talk, Martin tells their story in a dramatic, humorous, raucous way.

In addition to etymologies, anagrams, palindromes, quotes from Shakespeare, double speak and witty repartee, there will be a “game show” atmosphere.... with prizes! So, come out and we’ll TALK about TALKING, and, we hope, that obfuscation will not prevent rational discourse.

Meets in the SRC Dining Room. **Open to the Public. RSVP by Monday, September 23.**

Entertainment – Country Singer – Ralph Noll
Pizza to Follow (Pizza is Reservation Only – See Below)
Friday, September 27 at 4 PM

Back by popular demand! Ralph Noll has been playing traditional country music in the area for over 57 years. Ralph played years ago with the Dusty Road Ramblers and has played with many of the country legends of all time over the course of his career. Join us on Friday, September at 4 PM in the SRC Auditorium for an hour of country music with lots of humor mixed in!

PIZZA! Gather together for pizza following entertainment!
Sign up at the office for your slice of the pie!

Prices per slice:

Plain: \$2.75

Pepperoni: \$3.25

RSVP by Tuesday, September 24.



Brown Bag History: “The Battle of Germantown”
Thursday, October 3 at 12 Noon

Following the American defeat at the Battle of Brandywine in September of 1777, the British occupied Philadelphia when British General Sir William Howe positioned two brigades in a small village outside of Philadelphia called Germantown to protect the city. George Washington, commanding an Army of 11,000, sensed an opportunity and decided to attack and destroy the enemy detachment at Germantown.

Join Michael Jesberger, historical reenactor, lecturer, and tour guide, for this informative lecture on Philadelphia Revolutionary War history. Meets in the SRC Dining Room. **Open to the Public. RSVP by Wednesday, October 2.**



What Are the September Birth Flowers?

Asters once represented a revolution, have been used to remember soldiers lost at war, and served as muses for painters and writers.

The **morning glory** is a fast-growing vine that has long been a symbol of love—both undying and unrequited.

Patina Primary Care Presentation

Tuesday, October 8 at 2 PM

Patina is a Primary Care Provider that was created to profoundly improve the healthcare and aging experiences of older adults age 65+. Our unique care model includes in-home primary care via virtual and in-person visits, enabling our patients to be able to access care quickly and conveniently, right from the safety, comfort, and convenience of their home. Each patient gets a care team, which includes a Patina Health Champion, a "go to" person to help coordinate their care. We also recognize the important role that loved ones might play in the well-being of their family members, which is why we make it easy for them to become a core part of the care team too. We accept original Medicare and Medicare Supplement plans as well as most Medicare Advantage plans. (Independence Blue Cross, Aetna, Cigna, Humana & United healthcare)

Meets in the SRC Dining Room. **Open to the Public. RSVP by Monday, October 7.**

Supermarket BINGO! with Amity Place

Wednesday, October 9 at 10:30 AM

Amity Place will bring Supermarket BINGO to you! We have extra bingo cards, so you can play several cards at once! **SEATING IS LIMITED – RSVP by Tuesday, October 8.** Meets in the Dining Room.



Donna & Richard Landis Farm Stand

Mondays at 9 AM

Donna has planted lots of vegetables - tomatoes, corn, peppers, zucchini, peas, green beans, etc. – for sale Mondays at 9 AM in the “N” Court pavilion. See you there! Please call Nancy Ewing (L-10) if you have any questions.

Looking ahead . . . October Pumpkin Contest

It's that time of year again! Next month will showcase our 4th annual Pumpkin Contest! It's time to start thinking about how you will decorate your pumpkin. We have had good participation for the past three years. This year, we would LOVE to see at least DOUBLE the participation! In fact, we would like to have so many entries that we can vote for different categories. Start making plans today!



Words on Wheels

Book Mobile

2nd & 4th Monday at 10 AM

Book Club

1st Monday at 2 PM
Dining Room

Friday Night Social

1st Friday at various locations

Dominoes

Mondays at 6 PM
Club Room

Bible Study

2nd Monday at 2 PM
Dining Room

Circle of Support

NOTE SCHEDULE CHANGE:
1st Thursday at 11 AM
BRC McMenamin Rec Center

Needlecrafters

2nd & 4th Wednesday at 3 PM
Dining Room

Yoga

Chair – Tuesdays at 3:30 PM
Floor – Wednesdays at 9:30 AM
Joy of Yoga – 1st & 3rd Fridays 10:30 AM
Auditorium



Vietnam Veterans

1st Tuesday at 7 PM - Dining Room

Wii Bowling

3rd Wednesday at 2 PM
Club Room



American Legion

4th Thursday at 7 PM - Dining Room

BINGO!

The Bingo Addicts – 2nd & 4th Saturdays – 10 AM
Supermarket Bingo w/Amity Place – 2nd Wednesday – 10:30 AM
Dining Room



Coffee Hour (and Tea too!)

Thursdays at 9:30 AM – Dining Room

Pickleball

Wednesdays at 5:30 PM
Fridays at 9 AM
Sanatoga Swim Club



Pinochle

Thursdays at 2 PM – Dining Room

Lawn Games

Thursdays 6 PM
Garden Area

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 26 – Eatin Amish Home & Bielers (Amish “Walmart”)

Enjoy a delicious, homemade Amish meal in the home of Rachel Esh! We will stop for some shopping at Bielers (the Amish “Walmart”) following lunch.

RSVP to the Office by Friday, September 20

LEAVE BEREAN PARKING LOT 10:00 AM

Cost: \$35.00

Wednesday – October 9 – Elmwood Park Zoo

Rain Date Wednesday – October 16

Enjoy a fun day at Elmwood Zoo! Bob cats, zebras and porcupines, OH MY! Stroll through the beautifully landscaped paths and feed the giraffes (additional \$4 fee).

Don't miss this exciting bus trip!

If you feel adventurous, electric scooters are available to rent for \$15 (additional fee – must provide ID)

Lunch at your own expense at Jem Restaurant (cash only)

RSVP to the Office by Monday, October 7

LEAVE BEREAN PARKING LOT 9:15 AM

Bus Cost: \$3.50

\$14.95 entry fee to be paid by trip attendees upon arrival at the Zoo



New Hanover AARP Trips

Checks Payable to:
“New Hanover AARP”

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

Tuesday – October 22 – Penn’s Peak “Yesterday Once More”

RSVP to Carol G. – TRIP IS FULL

Wednesday, November 20 – American Music Theatre “Joy to the World”

RSVP to Carol G. – TRIP IS FULL



SMART DRIVER COURSE

(The complete course is two 4-hour sessions)
Wednesday, September 18 – 1 to 5 PM
Thursday, September 19 – 1 to 5 PM

SEATING LIMITED

RSVP TO THE OFFICE BY TUESDAY, SEPTEMBER 10

\$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.

Smart DriverTEK Class

Thursday, September 19
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 TUESDAY, SEPTEMBER 10

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