

October 2022



RIDGE REPORTER

Don't Delay – Call Today!

DID YOU KNOW? . . . The front office is the hub for all communication between staff, residents, and the community. Our office team works diligently to answer phone calls, assist people at the office window, direct phone calls to the appropriate personnel, and answer questions of all kinds. They also collaborate with all departments to assist with organization and distribution of information.

- **QUESTIONS & CONCERNS:** If you have a question or concern, please give us a call! We are able to help provide solutions to questions and concerns of all kinds. Information can change over time; we encourage residents to call or come to the office to obtain the most up-to-date information available. If we are unable to provide an immediate answer, we will return your call with the information as soon as possible.
- **RSVP:** Please RSVP to any trips/events you are interested in! All sign-ups for trips and events come through the front office (unless otherwise noted). It is very important to reply for trips and events. Lack of participation may result in cancellations. A recent example is an event that was postponed due to a lack of interest. Had enough people RSVP'd, the event would likely have been held as scheduled. Additionally, RSVPs allow speakers and class instructors to adequately prepare for their presentations.
- **MAINTENANCE:** Delaying a call to the office to report a potential maintenance issue can lead to significant problems. If you notice something is not working correctly (microwave, refrigerator, hot water, etc.), a leak, or something similar, please call the office right away. Many appliances may still be under warranty making timely reporting of issues crucial to obtaining proper service within the warranty period. Supply chain delays also continue to present significant challenges for obtaining repair/replacement parts. The sooner we are notified something is in need of repair, the sooner we can order any necessary parts.
- **WORK ORDERS:** All work orders are recorded in our database. Updates are carefully documented allowing us to track parts on order, information related to a project, and correspondence with contractors, residents, and suppliers. If an issue is not reported to the office, it cannot be entered into our system and properly addressed.
- **ALL WORK ORDER REQUESTS** must be called into the office. Occasionally, an issue is mentioned to a team member who is working on another issue. Team members do not have the ability to enter work orders into our system while they are in the field. Residents must call the office to have requests properly documented. A team member will address your issue in order of priority.
- **VOICEMAIL:** Finally, please leave a voice message if you reach our voicemail system. While we strive to answer calls as they come in, we are often busy assisting another resident or a visitor to the community. Please do not continue to call. Rather, leave your name, unit number, and the reason for your call and we will return your call promptly.

Coming in November ... Veteran Wall of Honor

We are working hard to finish our Veteran Wall of Honor! We are so excited to have the privilege of honoring our residents who served in the armed forces. More details will be coming soon - make sure to read your November Ridge Reporter!

Happy Halloween!

**Trick
or Treat?**

Monday, October 31 is Halloween. If you desire to have little “munchkins” trick or treat at your door, please leave your porch light ON. If you do NOT wish to have them, please turn your front porch light OFF.

As always, should you see vandalism or suspicious activity, call the Police directly.

Fall Shrub Trimming

Triton Landscaping has started fall shrub trimming. Once SRC has been completed, they will then move to BRC.
(The schedule is dependent upon weather.)

The Joy of Sox

We are still supporting the “Joy of Sox” program. Residents can participate by donating one or more pair of **NEW** socks for the homeless. A collection basket is in the game room. The socks can be of any size or style for men, women, and children.

Thank you for your donation.

THE JOY OF SOX®



*giving joy to
the homeless
with new socks*

Gutters & Downspouts

Occasionally, rain events can produce an extremely high amount of precipitation in an extremely short amount of time. The runoff from the roofs can be too much for the gutters/downspouts to handle during an intense rain event, thereby causing the overflow. In addition, there are gutter guards installed in various locations throughout the community. These also cause a problem for extreme amounts of rain. The gutter guards cannot handle the rush of the water during the intense rain. The gutters/downspouts and gutter guards are designed to handle normal rainfall.

When the gutters are overflowing during the intense rain, there is nothing we can do at that point in time. Please call the office to have a work order placed to have the gutters examined for a clog. The gutter will be checked after the rain event.

Heater Inspections

Our maintenance team will be performing heater safety inspections. The majority of the inspections will take place early morning and entirely in the mechanical room. With the exception of units with heating systems located in the basement and apartments whose mechanical rooms are accessed from inside the unit, no attention at all will be required from the resident.

Dryer Vents

The maintenance staff is continuing to clean residents' dryer vents. If you experience longer drying cycles or clothes still being damp after a typical drying cycle, please call the office.

If you are not home and are a DO NOT ENTER, a note will be left for you to contact the office to schedule the cleaning. Otherwise, staff will be at each house to clean the vents. A note will be left behind if you were not home and your vent was cleaned.

Fall Maintenance Items

With cooler weather coming, it will soon be time to change your heater return vents and filters.

Maintenance staff will be around to change the filters.

There is a simple way to remember which vents need to be open or closed. For winter, open the bottom vents (to keep your feet warm) and close the top vents. Should you need assistance changing the vents, please call the office to be placed on the list.



You can run your heater before the return vents are changed. The vents only assist in giving better circulation of the heat. We recommend **testing your heater prior to the onset of cold weather**. The staff would appreciate your testing Monday thru Friday from 9 AM to 3 PM and contact the Office during normal business hours with any issues. This will minimize urgent calls to our maintenance staff.

Trash Pickup Reminder

When placing trash out for pick up on Tuesday and Friday:

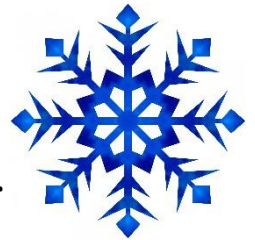
- Have trash/recycle out by 8 AM
- Place at the end of your sidewalk
 - Avoid placing trash on the porch as other items could also be picked up by mistake
 - If it is not visible from the road, it may not be picked up
- Call the office if you have trouble getting trash to the end of the sidewalk
- Leave any weeds/plant clippings out with trash. No need to call the office.



Hate to Say It . . . SNOW?

Now is the time to make sure we have a copy of your car key for snow removal, especially if you are a new resident or have gotten a new car. Please call the office with any questions.

- It is NOT mandatory to participate with this snow key policy.
Note: Residents who have not provided a copy of their key will be responsible for moving/clearing their own cars.
- A copy of your car key(s) will be kept and locked in our office for our snow crew to move your car at their convenience for plowing.



This year's snow removal contract was awarded to Realty Landscaping. They are experienced in snow removal at senior living communities. Thank you in advance for your patience and understanding.



Comcast



Comcast visits the community on Tuesday mornings to provide service to our residents. A FEW REMINDERS:

- The service is free to residents with existing Comcast service.
- In order to request service, residents must call the office by 3 PM on Monday with a description of their issue.
- Residents must be home on Tuesday morning when the Comcast technician arrives.

No Trespassing or Soliciting Communities

Both Sanatoga Ridge and Buchert Ridge are no trespassing and no soliciting communities. We do not want to be unfriendly neighbors to people who feel safe walking through the community, however, we also do not want to be a place where adults or children loiter.

In addition, in Lower Pottsgrove Township, all people/groups are required to have a permit to solicit from the Township. Should a solicitor knock at your door, kindly close the door and call the police.

Because we are a no soliciting community, politicians are not permitted to go door to door through our communities.

Should you witness loitering or soliciting, for your safety, do not approach or engage in conversation. Please call the police directly. If you call the office or on-call staff, by the time we call the police, the offending person(s) may be gone.

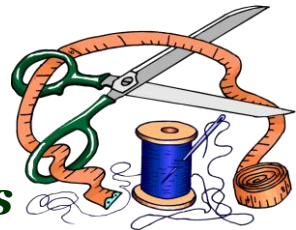


Reminder, the speed limit through the community is 20 MPH. Please make sure to stop and look both ways as you are coming out of each Court.



Sewing Club

Ruth has announced she will be stepping away as leader of the Sewing Club. Thank you, Ruth, for your dedication and countless hours with the Sewing Club!



Sewing Club – New Name – Stitches & Seams

The Sewing Club has a new name (Stiches & Seams) and needs a new leader. Stitches & Seams provides sewn donations to various organizations throughout the community. Please contact the office if you are interested in leading Stiches & Seams.

Happy Birthday!

- 2 Jim
- Anne
- Fred
- 3 Adrienne
- 4 Donna
- Alma
- 5 Bob
- 7 Jennie
- 8 Charles
- 9 Kenneth
- 12 Rugene
- James
- Michelle
- Betty
- 13 Gerry
- Allen
- Mary Ellen
- Jean
- 14 Debbie
- Bernadette
- Addie
- 15 Donald
- 16 Bob
- 19 Betty
- 23 Peg
- Kathryn
- 25 Ken
- Glenn
- Stephen
- 27 Dianne
- 30 Judy
- Barb
- 31 Charles



Happy Anniversary!

- 13 Charlie & Betty
- 22 William & Jacqueline
- 29 Bill & Mary



Welcome To The Neighborhood!

We'd like to extend a warm welcome to our current resident! Please stop by and re-introduce yourself.

Jean

Moved a few doors down from her prior residence in Court F.



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 the November Ridge Reporter.



Attention SRC Singers ***Thursdays at 3:30 PM***



Weekly rehearsals in the Auditorium have begun in preparation for the Winter Concert to be held in December. For more information on the SRC Singers, please call Vivian.

Pickleball – Wednesday Time Change ***Wednesdays at 5 PM; Fridays at 9 AM*** Sanatoga Swim Club

No Movie /Documentary This Month

Resident Committee Meeting ***Monday, October 3 at 9:30 AM***

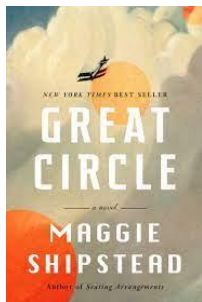
Book Club

Monday, October 3 at 2 PM

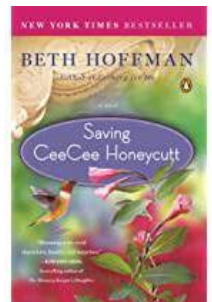
Book Club is the 1st Monday of each month in the SRC Dining Room. *Great Circle* by Maggie Shipstead will be discussed at the October meeting.

November's book will be *Saving CeeCee Honeycutt* by Beth Hoffman.

Contact Jeanette for more information.



October 3



November 7

Pilot Club – Informational Tea ***Wednesday, October 5 at 2 PM***

Looking for an exciting new volunteer group of outgoing ladies? 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.

This opportunity is now open to the public! Bring a friend along! **RSVP by Monday, October 3.**

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, making a positive change in the lives of others.

Lunch and Learn Panel: Navigating the Different Levels of Senior Care

Friday, October 7 at 11 AM

For those who RSVP'd for this presentation, a reminder will be in your mail slot.

Bible Study

Monday, October 10 at 2 PM

Bible Study will be held in the SRC Dining Room on Monday, October 10 at 2 PM. The study will be headed up by Franklin Iyasere, lead pastor at Providence Church of the Brethren in Royersford.

My Journey Through Deafness

Tuesday, October 11 at 6 PM

As a means of kicking off a new series on hearing loss, Lara, Assistant Director of Sales and Marketing, shares her journey of 50 years of hearing loss, becoming completely deaf, and then learning to hear again using cochlear implants. Her story serves as a preface to upcoming presentations next month and in 2023. Join her on Tuesday, October 11 at 6 PM in the Auditorium. Open to the public. **RSVP by Friday, October 7.**

SAVE THE DATE: Tuesday, November 8 topic (also at 6 PM): "Surviving the Noisy, Stressful Holidays: Tips for Those with Hearing Loss (and for their families!)"

Game Night

Thursday, October 13 at 6 PM

Howard will host Game Night on Thursday, October 13 at 6 PM in the Club Room. We encourage new residents to come out to meet your neighbors, play some board games, card games or try out the Wii Bowling.



Lunch Bunch

Longhorn Steakhouse

Friday, October 14 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 Tuesday, October 11.

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.



Annual Great Pumpkin Contest October 10 to 21

What are the details? Read on!

- 🎃 Residents are encouraged to decorate a pumpkin for the contest
 - 🎃 You are unique – make your pumpkin as unique as you are!
- 🎃 All pumpkins must be real pumpkins
- 🎃 NO cutting/carving/piercing the pumpkin! Use your imaginations!
- 🎃 WEEK 1: Bring decorated pumpkins to Community Center for display from Monday, October 10 through Sunday, October 16
- 🎃 WEEK 2: Vote for your favorite pumpkins!
 - 🎃 Each resident will be given 2 tickets to be used to cast their votes
 - 🎃 Pick up your tickets at the office
 - 🎃 Cast your votes from Monday, October 17 through 12 Noon on Friday, October 21
- 🎃 Winners will be awarded a prize and announced in the November Ridge Reporter!
- 🎃 All pumpkins must be picked up by Monday, October 24
- 🎃 Contest rules will be available at the Community Center



Social Committee

Monday, October 17 at 2:30 PM

The Social Committee will meet Monday, October 17 at 2:30 PM in the Dining Room. All are welcome to help plan fun activities for our community.

Senior Helpers Presents: All About Home Care

Tuesday, October 18 at 11 AM

Jessica Speroff presents an overview of services available from Senior Helpers on Tuesday, October 18 at 11 AM in the Dining Room. Senior Helpers is an agency which offers non-medical care in the home. Services include personal care (assistance with bathing, dressing, and toileting) as well as companionship services, such as meal preparation, housekeeping, and transportation. Other services include medication reminders, a sitter service for seniors unable to stay alone, and assistance for seniors with Alzheimer's and Parkinson's. Another valuable service is that of a care management coordinator, who serves as a single point of contact to refer and manage all your needed services from medical supplies to financial planning to hospital admissions and post-surgery care. Open to the public. **RSVP by Friday, October 14.**



A Historical Presentation on The Legend of Sleepy Hollow

Tuesday, October 18 at 7 PM

Join us on Tuesday, October 18 at 7 PM for a riveting presentation on the truth behind the Legend of Sleepy Hollow and the Headless Horseman. The residents of Sleepy Hollow believed the Headless Horseman was the ghost of a Hessian soldier. The Hessians were soldiers from Northern Germany who were rented from German princes to fight for the British in the Revolutionary War. Join historical reenactor and lecturer Michael Jesberger for a program on one of America's oldest short stories, which was based on real events that took place in the Hudson Valley of New York during the American Revolution. Open to the public. **RSVP by Friday, October 14.**

Wii Bowling

Wednesday, October 19 at 2 PM



Wii Bowling will be held on October 19 at 2 PM (the 3rd Wednesday of each month) in the Club Room. This month we chose teams and practiced. Can't wait to begin our new season of competition. Contact Joe with any questions.



NEW DATES!

AARP Smart Driver Course & Technology Class

Monday, October 24 and

Tuesday, October 25 at 1-5 PM both days

See last page for more details. RSVP by Oct. 21

Getting Through the Holidays

Thursday, October 27 at 11 AM

Christa Hynson-Weyant of Brookdale Hospice offers support and suggestions for those who have experienced any kind of loss. Christa has hosted grief support groups on campus before and comes highly recommended by former participants.

Group is intentionally kept very small, and is open only to residents of BRC and SRC. Held in the BRC McMenamin Rec Center. The group meets on **three Thursdays at 11 AM on October 27, November 03, and November 10. RSVP by Tuesday, October 25.**



Maria Damore

Friday, October 28 at 4:15 PM

Maria Damore will be performing on Friday, October 28 at 4:15 PM in the Auditorium following the Pot Luck Brunch.

Halloween Pot Luck Brunch

Friday, October 28 from 11 AM to 3 PM

Join us for a Halloween themed Pot Luck brunch in the Dining Room on Friday, October 28 from 11 AM to 3 PM.

Call the Office to sign up by Thursday, October 13 and let us know what you will bring.



The Office needs to know:

- Number attending.
- Item(s) you are willing to bring (entrée, side-dish, vegetable, or dessert) and the details (e.g., entrée – baked chicken; vegetable – broccoli, etc.)
- You would like to attend but are physically unable to prepare an item listed above.
- You are willing to prepare an item above but you are unable to safely transport it. (*Arrangements will be made to assist you with the transporting.*)

You are welcome to bring more than one item, but each item should be prepared for at least 5 servings.

Due to various food allergies, please include a list of ingredients on an index card to bring with you to the Pot Luck.

Medicare and Your Retirement

Tuesday, November 1 at 10 AM

Bonnie Thompson of Edward Jones Financial will discuss the role Medicare will play during your retirement on Tuesday, November 1 at 10 AM in the Dining Room.

The increasing cost of health care is a growing concern for current and future retirees. Thirty years ago, retirees spent nearly twice as much on food as they did on health care; now the two expenses are nearly equal. Bonnie will discuss Medicare coverage and traditional medical expenses, long-term medical expenses, and strategies for addressing out-of-pocket expenses. Open to the public. **RSVP by Friday, October 28.**

Navigating Medicare Open Enrollment

Thursday, November 3 at 6:30 PM

The open enrollment period in which you can choose a new Medicare plan is from October 15 to December 7. Now is the time to get the facts and educate yourself on Medicare. Join Ed, resident of SRC, and a Certified Medicare Counselor, on Thursday, November 3 at 6:30 PM in the Dining Room as he explains Medicare in simple terms, shares Medicare updates, and discusses items to consider when choosing a plan. Ed will discuss the differences between Medicare, Medicare Supplemental, and Medicare Advantage. A Question and Answer session will follow. This is a great follow-up to Bonnie Thompson's "Medicare and Your Retirement" presentation. **RSVP by Tuesday, November 1.**

Keeping Busy

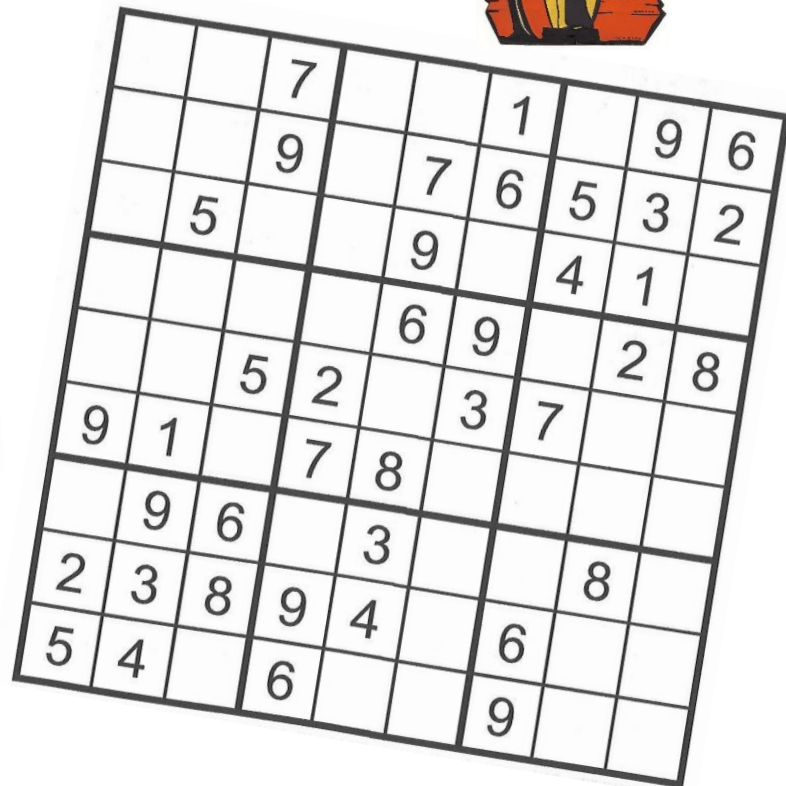
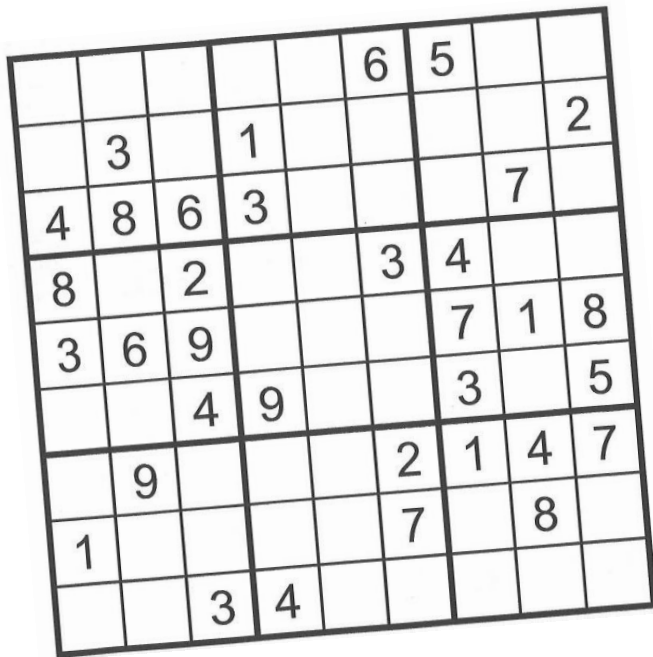
Self-Defense for Seniors

November 9, 16, & 30 at 1 PM

Master Kurt Miller of Master Kim's Black Belt Academy will lead a 3-part presentation on self-defense. **Participants must attend all 3 dates, as instruction is sequential.**

- Class 1 will teach situational awareness and how to be prepared for a confrontation.
- Class 2 will involve role-play between the participants and instructor, and blocking and striking techniques will be taught.
- Class 3 the instructor will suit up in a protective suit and simulate an attack on pre-selected participants using blocking and striking techniques taught in Class 2.
- Participants from Classes 1 and 2 are welcome to attend Class 3 to observe, and are not required to participate in attacks unless they desire.
- Participants will be required to sign a waiver at the time of registration.

Open to the public. We expect this to be a well-attended series, so please remember to **RSVP by Monday, October 31.**





Words on Wheels Book Mobile
2nd Monday – October 10 at 10 AM

Dominoes

Mondays at 6 PM - Club Room

Pickleball

Wednesdays at 5 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

1st Tuesday at 2 PM – Game Room



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

Coffee Hour (and Tea too!)

Thursdays at 9:30 AM – Dining Room



Pinochle

Thursdays at 2 PM – Dining Room



LEGEND FOR AMOUNT OF WALKING

1 Little Walking

1111 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)**

Tuesday – October 18 – Peddler’s Village with Scarecrows

111 Peddler’s Village is a storybook village with charming colonial-style buildings, award-winning gardens, and distinctive shopping, dining, and lodging.

Lunch at your own expense is 12:30 PM at Cock & Bull

RSVP to the Office by Friday, October 14

LEAVE BEREAN PARKING LOT: 10:30 AM

Cost: \$7.00

Tuesday – November 8 – Reading Museum

11 Join us for a 1-hour guided “Highlights Tour” at the Reading Museum. Fall highlights include: DaVinci – The Exhibition; American Adventure; Indigenous Identities – Portraits of Native Americans in the Civil War Era.

Lunch at your own expense at Exeter Family Diner

RSVP to the Office by Friday, October 28

LEAVE BEREAN PARKING LOT: 10:30 AM

Cost: \$11.00



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 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 ...

Thursday – November 17 – American Music Theatre

FULL “Home for the Holidays”

The day begins with a delicious family style meal ...



Smart DriverTEK Class

Monday, October 24

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 FRIDAY, OCTOBER 21

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



SMART DRIVER COURSE

(The complete course is two 4-hour sessions)

Monday, October 24 – 1 to 5 PM

Tuesday, October 25 – 1 to 5 PM

SEATING LIMITED

RSVP TO THE OFFICE BY FRIDAY, OCTOBER 21

\$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.