

# RIDGE REPORTER

*BRC & SRC Offices Closed  
Monday, May 27*

**TRASH PICKUP TUESDAY, MAY 28**

Memorial Day is a time to remember and honor the military personnel who died in service for our country. As we spend time with friends and family on the holiday, let us remember those who have fallen so that we can live as free Americans.



## *Staff Updates*

### *Welcome Back – Katie*

She's back! You may remember when Katie was here before. She returned to help in the front office a few hours each week. *Welcome back Katie!*

## *Safety Policies*

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 SRC Maintenance Shop or enter the SRC Maintenance building. This also includes the Maintenance/Landscape Garage near the McMenammin Rec Center.** For liability issues, our insurance company requires this restriction. In addition, vehicles and equipment used by staff and contractors need to be able to freely move without the concern for pedestrian traffic.
- Residents may only enter the SRC Wood Shop (2<sup>nd</sup> floor of the maintenance building).
- Do not approach a staff member who is working. Work areas can be a safety hazard. Rather, wave or say "Hi" from a safe distance.
- **Residents are not to enter a vacant home undergoing renovations.** These areas are active work zones and can be a safety hazard. In addition, refrain from standing on the sidewalk leading to the home to avoid interference with deliveries or hindering a contractor from entering the home.

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.**

## *Internal Mail Slots*

We receive calls each month regarding residents missing information or various items that were in their mail slot at the McMenammin Rec Center. Residents are reminded that the ***resident mail slots in the McMenammin Rec Center are PRIVATE***. Do ***NOT*** look in or remove anything from another person's mail slot without the owner's express permission. Looking in/taking things out of another person's slot, or reading someone else's mail is an invasion of privacy.

## *Contractor Reminders*

Residents are reminded to not approach contractors with issues or requests. Special requests from residents could result in additional costs and/or cause an increase in the contracts.

Residents should call the office with any questions or concerns. We track all issues and coordinate with our contacts directly to ensure a smooth operation.

## *Not Feeling Well?*



To keep our staff healthy, when you call the office for a work order, please inform the office if you are not feeling well (flu, cold, etc.). If the item can wait, we will schedule on a day when you are feeling better.

## *Items for Maintenance and Landscaping*

Many times our staff is approached with maintenance or landscaping items while they are completing other tasks. While we would like to handle the issue right away, our policy is for you to call the office to report these items. Your issue is logged into our database which allows for proper staff assignment and status tracking.

## *Away From Home*

Residents are asked to inform the office when they will be away for more than 24 hours. Let us know when you will be away and we will make a note of it on our calendar. If you go away for an extended period of time, it is important to notify us so that we can perform regular maintenance checks (e.g., leaks, chirping smoke detectors, HVAC working properly) on your home until you return.

## *Security Systems*

If you have installed any type of security system in your home, please notify the office. Residents who have a security system will automatically be put on our Do Not Enter list and will need to be home for work orders to be completed.

## *Parking*

We continue to receive reports from residents that other residents or their guests are parking in spaces assigned to someone else. **Please be considerate when parking by using your assigned parking space.**

### *Important Reminders*

- Numbered parking spaces are assigned to residents residing in the corresponding house/apartment.
- During a sales tour, visitors are instructed to park in the space for the vacant home they are touring.
- **Residents should park in their assigned space** in order to allow room for visitors to park in the un-numbered spaces.
- Un-numbered spaces are reserved for visitors.
- Residents are reminded to inform their **guests (including caregivers) to park in an un-numbered space only.**

## *Air Conditioners*

As days get warmer, you may need to turn on your air conditioner. We suggest you turn it on prior to the arrival of hot weather to ensure the system will work properly when you really need it.

The air units run more efficiently if you turn the unit on the day prior to a hot day. This will eliminate the need for the air conditioner to work harder to decrease the temperature when it is very warm inside your home. It is recommended that you keep it on until the next cool day or run the thermostat at a comfortable setting all summer.

If you believe your air conditioner is not operating properly, please call the office to have it serviced.



## *Pesky Pests*

If you have noticed ants in your home, we suggest you keep a can of insect spray of your own to address any “normal” insect issues. As a courtesy, we do occasionally treat around the homes. By law, there is only a certain strength insecticide that can be used by anyone who is not a licensed exterminator.

If you have tried your own spray and BRC has treated around your home and you still have a pest problem, we recommend you call Moyer Indoor/Outdoor Services (215-799-2000) or Hyres Pest Control (610-385-6948) at that point in time.

BRC is responsible to ensure your home is not infested with **termites, carpenter ants and carpenter bees**. In those cases, BRC will take the necessary steps to rid your home of these specific insects.

## *Trash & Recycle Policy*

BRC has twice a week trash collection. All trash must be placed in bags to avoid leaks and spills. Place trash bags at the end of your front sidewalks on Monday and Thursday mornings by **8:00 AM**. Please keep in mind that placing trash out too early could result in broken bags and scattered trash from our wildlife friends.

We recycle on Thursday mornings ONLY. Please DO NOT recycle any plant clippings or leaves, styrofoam, plastic bags, pizza boxes or any other product contaminated with grease. Remember to remove lids and rinse out containers before putting them in your recycle bin.

Should you need to dispose of something between the scheduled pickup days, please use the dumpster and recycle bins located near the parking area of the McMenammin Rec Center.

## *Vents*

For warmer weather and to maximize your A/C efficiency, leave the top vents open to draw the hot air out and bottom vents closed. Remember – these vents are for air circulation – they are NOT the actual heating or cooling vents. Should you require assistance in changing your vents, please contact the Office.

## *Social Awareness Reminder*

In today's age with advanced technology, we often forget that a conversation or music playing on a cell phone can be heard by all. Please be courteous and mindful of those around you.

Also be aware that if you see someone "talking to themselves" they probably have a piece of advanced technology (ear buds or a Bluetooth device) and may actually be talking to someone on the phone or singing to music.



## *Attention Veterans!*



Have you or your spouse served in our armed forces? We are grateful to all of our residents who devoted their lives to the service of our country.

We have an Honor Wall within the McMenammin Rec Center to remember and honor those who served.

Let us know who you are! If you or your spouse served in the Army, the Marines, the Navy, the Air Force, the US Coast Guard, or the National Guard, fill out one of the forms located near the display. Please include a photo with the completed form when you return it to the office.



## *Are You a Puzzle Aficionado?*

Check out the selection of new puzzles in the SRC club room, which are from your donations. Puzzles are in the SRC club room, SRC salon/library area as well as the SRC game room. All puzzles are rotated on a regular basis and you might find a new puzzle to enjoy!!

Thank you for your donations!

## *SRC Library News*

We have been receiving donations of books regularly from kind donors. Be sure to check the shelves in the SRC library regularly for additional books. We have recently received a group of books by Clive Cussler along with other authors.

The new books are just inside the SRC library on the shelves to your right.

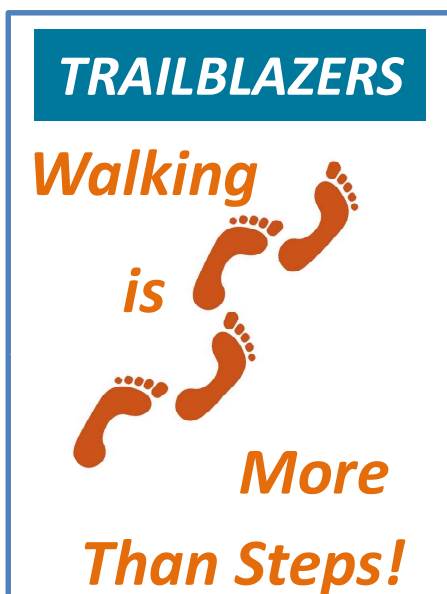
Please put your complete name and unit number on the sign out cards and the date so I can keep track of the books. We don't have a strict time schedule for books on loan, but I try to check up on them after a couple months so they don't get lost.

Sometimes if the books donated are duplicates of what we already have, I can trade them for other books at the used books store. If you have suggestions for any books or authors you would like us to get, please let me know. ~Nancy

## *Back This Year – Donna's Produce!*

Donna's Produce (Landis Farm in Limerick) will be here again this summer in the SRC "N" Court pavilion on Monday mornings at 9 AM when the produce is available. Strawberries should be ready by the end of May depending on the weather. Confirmation of first date will be communicated in the future.

Contact Nancy for more information.



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

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

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

## ***“Oxygen In Use”***

If you are using oxygen in your home, for the safety of emergency personnel, please display the “Oxygen In Use” sign in your front window or door. If you do not have a sign, you can pick one up at the McMenammin Rec Center.

## **Safely Storing Oxygen**

### **Be Sure the Room Where You Store Oxygen Is Well-Ventilated**

- Never store cylinders in poorly ventilated, cramped spaces, such as a closet, cabinet, or underneath the bed. Oxygen can accumulate, which poses safety hazards.

### **Store Oxygen Cylinders in an Upright Position**

- Oxygen tanks should always be stored upright and firmly secured, such as in an oxygen storage cart or stand. This will prevent the cylinders from falling over, which may damage them and cause oxygen leaks. (Tanks should also be firmly secured when you are using them.) If you cannot store the cylinders secured and upright, they should be stored lying down where they cannot roll into the other.
- If you are using liquid oxygen, do not lay the tank on its side since the oxygen can evaporate.
- Do not store oxygen tanks under your bed or in the trunk of your car.

### **Store Oxygen Tanks At Least 10 Feet From Any Heat Source**

- They’ll be easier to get in and out of the house, especially during an emergency. But never block an exit – with an oxygen tank or anything else.

## **Using Oxygen Safely**

- It’s important to let visitors know that oxygen therapy is being used in your home. Post signs that say, “No Smoking,” “No Open Flames,” and “Oxygen In Use” inside and outside your house. Needless to say, smoking—by you or anyone else—is never allowed in areas where oxygen is in use.
- Warning signs also alert emergency personnel, such as the fire department and EMS, that there is oxygen in the home. Knowing this will help them plan the safest route to extinguish a fire or supply you with emergency oxygen if needed.

### **Keep Oxygen Tubing Under Wraps**

- Oxygen tubing can be a tripping hazard. Someone may accidentally step on tubing and cut off the supply of oxygen. Pets sometimes mistake tubing for a chew toy.

# Announcements

## Happy Birthday!

- 1 - Betty
- 2 - Eileen
- 5 - Jeannette
- 10 - Jane
- 26 - Judy



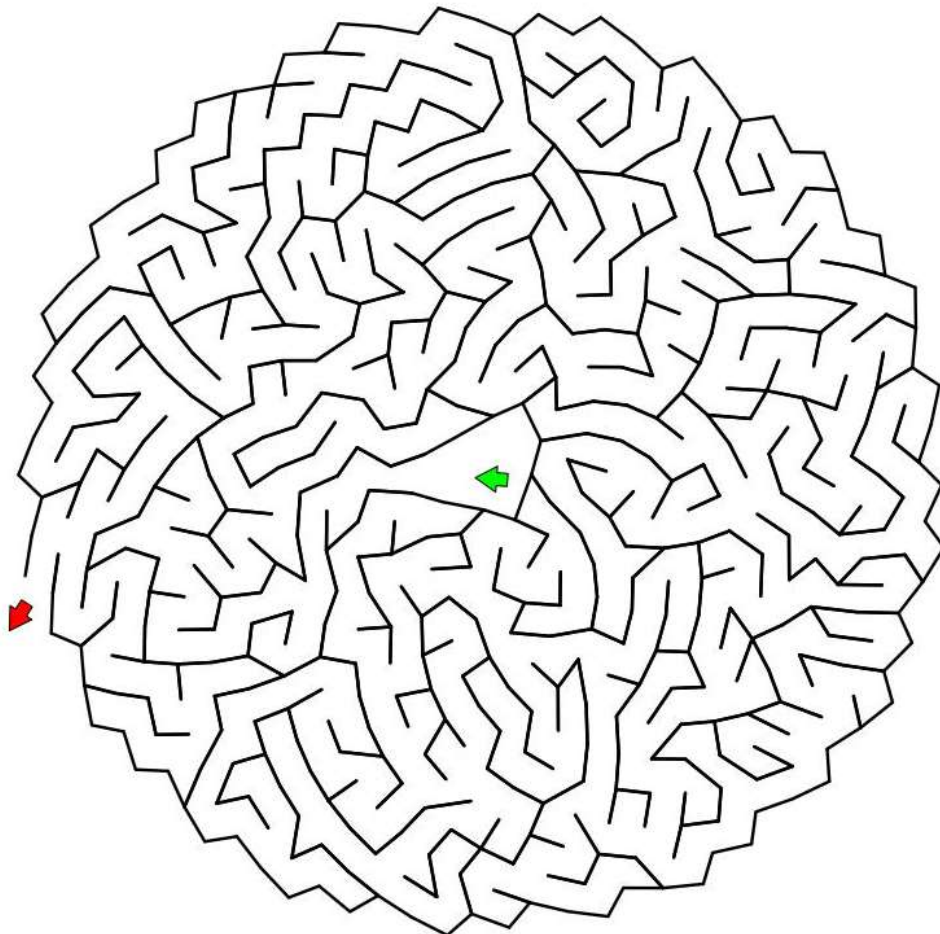
## Happy Anniversary!

- 11 - William & Carolyn
- 25 - Wayne & Natalie



## HAPPY MOTHER'S DAY!

Sunday, May 12 is Mother's Day.  
Wishing you all the love and  
happiness you so richly deserve!





## *Water Aerobics at Sanatoga Swim Club*

Watch the June Ridge Reporter for more information.



## *Great News – Mark Your Calendars!*

*1<sup>st</sup> and 3<sup>rd</sup> Wednesdays at 2 PM  
(Beginning Wednesday, May 1)*

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 now twice a month - 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays - throughout the summer starting on Wednesday, May 1.

## *Pickleball Season: Ready! Set! Go! Wednesdays (at 5:30 PM) & Fridays (at 9 AM)*

The courts are located behind the swimming pool at Sanatoga Swim Club. Any questions or concerns, contact Ernie.



## *Brown Bag History:*

### *“Disaster and Scandal: The Johnstown Flood Part I”*

*Thursday, May 2 at 12 Noon*

In the mountains above the industrial city of Johnstown, PA an earthen dam was hastily rebuilt to create a lake at a private summer resort for Pittsburgh’s elite. Despite repeated warnings that the dam could break, nothing was done. On Friday, May 31, 1889, the dam burst – sending a wall of water thundering down the mountain and into Johnstown, killing more than 2,000 people. It was a national tragedy and a national scandal. Join LOCAL historical reenactor, lecturer, and tour guide, Michael Jesberger for this lecture which will shed light on one of our state’s most heard about, but least understood disaster. **Bring your lunch and beverage. Open to the Public. RSVP by Wednesday, May 1.** Meets in the SRC Dining Room.

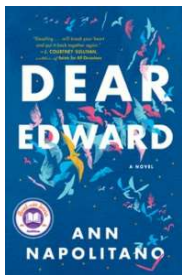




## *Crafting Techniques with Tracee* *Saturday, May 4 at 11 AM*

What is scrapbooking anyway? It is a way to keep track of memories and pass them down from generation to generation by collecting items and photos and putting them into a scrapbook. Join in on the fun with SRC staff member Tracee on Saturday, May 4 from 11 AM to 2:30 PM in the SRC Dining Room to find your “creative” side as a new scrapbooker or learn new skills as an expert when celebrating National Scrapbook Day! Come one, come all. Bring yourself and a friend, any object to decorate and/or photos (yes, we can make copies!!) Tracee will provide drinks, and all the paper and scrapbooking tools to find your creative side. Please bring a snack to share with others. **Open to the public and RSVP by Friday, May 3.**

See you on Saturday, May 4 at 11 am and May the fourth be with you! 😊



May 6

## *Book Club* *Monday, May 6 at 2 PM*

- May 6 “Dear Edward” by Ann Napolitano
- June 3 “The Noel Letters” by Richard Paul Evans
- July 1 “The Mitford Affair” by Marie Benedict

*Contact Jeanette for more information.*

## *Supermarket BINGO! with Amity Place* *Wednesday, May 8 at 10:30 AM*

Donna Uncapher from Amity Place will bring Supermarket BINGO to you every 2<sup>nd</sup> Wednesday of the month! We have extra bingo cards, so you can play several cards at once! Play a few games and try your luck while meeting new friends! **SEATING IS LIMITED – RSVP by Tuesday, May 7.** Meets in the SRC Dining Room.



## ***Needlecrafters!***

***Wednesday, May 8 and May 22 at 3 PM***

***(Note additional day! Now Meeting 2<sup>nd</sup> & 4<sup>th</sup> Wednesday)***

If you knit, crochet, cross-stitch, embroider or quilt, why not come to the ***Needlecrafters*** on Wednesday, May 8 and May 22 at 3 PM in the SRC Dining Room? Learn a new craft or just socialize with fellow crafters – everyone is welcome! *This was so popular, we've added another day!*

*Any questions call Nancy or Marie.*



## ***Matter of Balance – Managing Concerns About Falls***

***Thursday, May 9 from 10 AM to 12 Noon***

***(8 Weeks: May 9- June 27)***

A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, community-dwelling, and able to problem solve

A Matter of Balance meets for 8 sessions that are 2 hours each. Sessions include lecture, discussion, brainstorming and exercise. Each session is facilitated by a pair of Certified Coaches or Master Trainers.

**CLASS SIZE IS LIMITED – RSVP a must by Wednesday, May 8.**

Meets in the SRC 2<sup>nd</sup> Floor Club Room.



## ***Lunch Bunch***

***Longhorn Steakhouse***

***(1110 Town Square Rd, Pottstown, PA 19465)***

***Friday, May 10 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 \$3 per person (for the driver) due at sign-up.

The bus and carpool will leave Berean Bible Church Parking lot at 11 AM.

**RSVP by Tuesday, May 7.**

## ***Resident Meeting***

***Tuesday, May 14 at 9:30 AM***

The Resident meetings are typically held the 2<sup>nd</sup> Tuesday of each month in the McMenammin Rec Center.

***Light Refreshments at 9:15 AM***

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

***Tuesday, May 14 – 2 to 7 PM***

***SRC Auditorium***



**American  
Red Cross**

Register online at [www.RedCross.org](http://www.RedCross.org)

You may also contact Cheryl for questions or assistance with registration.

## ***Peace Meditation with Singing Bowls***

***Sunday, May 19 at 2 PM (NOTE NEW TIME!)***

Peace meditation time with singing bowls is open to Buchert Ridge residents and a friend or family member if you wish. You might want to bring a wrap or sweater and bottle of water. We will meet at the McMenammin Rec Center on Sunday, May 19 from 2 to 3 PM (NOTE NEW TIME!). **RSVP to Natalie**

*Our new group activity, Learning About Reiki, follows immediately after (see announcement below).*

## ***Learning About Reiki***

***Sunday, May 19 at 3 PM***

A fun and interesting group activity where you can learn how to use the calming practice of Reiki to relax into a state of balanced energy. Practicing Reiki can help relieve stress, pain, and tension and is recognized in many hospitals and care facilities as a helpful tool for healing and rehabilitation. The group will meet once a month for practice and discussion for as long as there is interest.



## ***Memorial Day Pizza Party and Games!***

***Monday, May 27 at 4 PM***

This replaces our Fellowship lunch this month. Community will provide plain cheese pizzas -- BYO toppings and beverage. If you want to bring something to share, salads or desserts are optional! Card games and board games are at the McMenamin Rec Center or bring your favorite to teach us.

**RSVP to Natalie by Wednesday, May 22.**

## ***Entertainment: Spring Street Songsters***

***Friday, May 31 at 4 PM***

The "Spring Street Songsters" will once again grace our stage in the SRC auditorium on Friday, May 31 at 4 PM. The Songsters are back by popular demand and will entertain us with beautiful voices of their popular Chorus. You may recognize some of the Songsters that live right here in our community!!

**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, May 28**



## ***Stream Investigation with our friends from the local PA State Park***

***Wednesday, June 5 at 10 AM***

***(RAIN DATE, Friday, June 7)***



### ***Meeting Place: Sanatoga Swim Club Parking Lot***

Learn what creatures call the Sanatoga Creek home... and how we can tell the water quality based on what creatures we find!

This program will require walking on uneven surfaces, standing for long periods of time, and for those who are interested, wading into the stream. Therefore, this program is best suited for active individuals. (5 feet.....Lots of walking/standing)

**Open to the Public. RSVP by Tuesday, June 4.**

## Light Refreshments

2<sup>nd</sup> Tuesday at 9:15 AM  
(Natalie)

## Hoagie/Sandwich Night

1<sup>st</sup> Wednesday at 5 PM  
Hoagies are pre-ordered and delivered.  
(Jeannette)

## Fellowship Lunch

4<sup>th</sup> Tuesday at 12 Noon  
(Natalie)

## Mexican Train Dominoes

Tuesdays at 2 PM  
(Donna)



## Circle of Support

1<sup>st</sup> & 3<sup>rd</sup> Thursdays at 11 AM



## Exercising

Looking for a Leader



## Men's Breakfast Club

3<sup>rd</sup> Wednesday at 8 AM  
(Wayne)



## Words on Wheels

### Book Mobile

2<sup>nd</sup> & 4<sup>th</sup> Monday at 10 AM

## BINGO!

Supermarket Bingo w/Amity Place  
2<sup>nd</sup> Wednesday – 10:30 AM  
SRC Dining Room



## Vietnam Veterans

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

## American Legion

4<sup>th</sup> Thursday at 7 PM  
SRC Dining Room



## Yoga – SRC Auditorium

Tuesdays – Chair Yoga – 3:30 PM  
Wednesdays – Floor Yoga - 9:30 AM

## Book Club

1<sup>st</sup> Monday at 2 PM  
SRC Dining Room

## Bible Study

2<sup>nd</sup> Monday at 2 PM  
SRC Dining Room

## Pinochle

Thursdays at 2 PM  
SRC Dining Room

## Needlecrafters

2<sup>nd</sup> & 4<sup>th</sup> Wednesday at 3 PM  
SRC Dining Room

## Pickleball

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

## LEGEND FOR AMOUNT OF WALKING

1 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)**

### Wednesday – May 22 – Asher’s Candy



Tour the Candy Factory! Learn how candy is made. Go through the candy shop at end of tour. Lunch at your own expense at Family Heritage Restaurant.

**RSVP to the Office by Friday, May 17**

LEAVE BEREAN PARKING LOT: 9:30 AM

Cost: \$5.00

### Wednesday – June 19 – Hershey Gardens – Lunch and Garden Tour



Our first stop will be for lunch at the Chocolate Avenue Grill in Hershey. This locally owned and operated restaurant takes pride in offering diverse menu options and friendly small-town service. After lunch we will head to Hershey Gardens. Overlooking the town of Hershey, the gardens feature a breathtaking assortment of flowers, shrubs and stately trees. Included in our self-guided tour is the indoor, tropical Butterfly Atrium. You may do as much or as little walking as you desire. There are benches and water fountains located throughout the gardens. Lunch at your own expense at Chocolate Avenue Grill.

**RSVP to the Office by Friday, June 14**

LEAVE BEREAN PARKING LOT: 9:30 AM

Cost: \$30.00



## New Hanover AARP Trips

Checks Payable to:  
**“New Hanover AARP”**

Details posted on the Bulletin Board.  
**RSVP to Carol**

### Tuesday – July 16 – The River Queen



The day begins with an included delicious lunch at The Shrimp Box Restaurant overlooking the harbor in Point Pleasant Beach, NJ. After lunch set sail on the River Queen and enjoy narration as you cruise along the calm inland waters of the Manasquan River.

**RSVP to Carol by Thursday, May 16**

LEAVE BEREAN BIBLE CHURCH: 9:00 AM

Cost: \$135.00

### Details posted on the Bulletin Board

Wednesday, August 14 – Bucks County Playhouse “Grease”

Tuesday, September 17 – Dutch Apple Dinner Theatre “The Jersey Boys”

*Applying the lessons learned during the recent solar eclipse seminar, residents and staff safely view this exciting (possibly once in a lifetime) almost total solar eclipse. If you missed it, stick around and mark your calendars for May 1, 2079 when it will occur again in our area!*

<https://www.timeanddate.com/eclipse/in/usa/Philadelphia>



In the war-torn battlefields of Europe, the common red field poppy (*Papaver rhoeas*) was one of the first plants to reappear. Its seeds scattered in the wind and sat dormant in the ground, only germinating when the ground was disturbed—as it was by the very brutal fighting of World War 1.

John McCrae, a Canadian soldier and physician, witnessed the war first-hand and was inspired to write the now-famous poem “In Flanders Fields” in 1915. He saw the poppies scattered throughout the battlefield surrounding his artillery position in Belgium.

### **The Symbol Spreads Abroad**

The wearing of the poppy was traditionally done on Memorial Day in the United States, but the symbolism has evolved to encompass all veterans living and deceased, so poppies may be worn on Veterans’ Day as well. Not long after the custom began, it was adopted by other Allied nations, including Canada, Australia, New Zealand, and the United Kingdom, where it is still popular today. In these countries, the poppy is worn on Remembrance Day (November 11).

Today, poppies are not only a symbol of loss of life, but also of recovery and new life, especially in support of the servicemen who survived the war but suffered from physical and psychological injuries long after it ended.

<https://www.almanac.com/>

# Sidewalk Chalk Sayings

O	I	R	W	H	E	A	L	K	F	N	P	A	E
N	R	O	D	P	R	G	P	T	P	H	E	R	G
L	R	P	I	N	S	L	O	E	H	N	R	H	U
G	O	U	U	N	I	R	R	T	R	V	B	S	P
R	R	V	E	U	R	K	K	A	P	N	H	G	H
S	V	E	E	D	K	A	E	V	U	B	H	N	N
L	P	H	I	N	C	V	E	B	L	I	H	E	I
H	L	E	O	R	E	G	P	L	N	N	P	R	E
A	E	P	U	S	R	E	H	T	O	T	F	I	L
O	R	U	I	E	A	N	S	E	P	O	W	F	N
E	E	T	H	G	I	R	B	E	N	I	H	S	E
A	R	I	S	E	U	P	I	T	F	F	H	P	R
S	R	I	T	F	E	S	S	I	H	O	K	T	D
H	E	H	E	C	H	I	N	U	P	G	U	H	A

CHIN UP  
 LIFT OTHERS UP  
 RISE UP  
 BE KIND  
 LEARN  
 LOVE  
 GROW  
 HEAL  
 SHINE BRIGHT

<https://thewordsearch.com/puzzle/1131714/>

