



Holiday Closing & Trash Schedule



A reminder that the Offices will be closed for:

- New Years – Monday, January 1

New Year's Week Schedule:

- **Trash** only will be collected on **Tuesday, January 2.**
- Trash AND Recyclables will be collected as normal on Thursday, January 5.

If you must dispose of trash before the scheduled pick-up, you may use the dumpster near the McMenamin Rec Center.



thank you!

The staff would like to express their appreciation to our residents for the generosity we received during the Christmas season with delicious treats and kind words.

Thank you for making this time of year extra special. Our residents do such a wonderful job decorating their homes to help make the community “shine” during the season.

Annual Financial Meeting

The annual Financial Meeting will be held in the
SRC Auditorium
on Wednesday, January 24 at 1 PM.

An inclement weather date is planned for Tuesday, January 30 at 1 PM.

Resident Information Update

All residents are requested to update your personal information yearly. Recently, we are finding that phone numbers, addresses, and contacts have either changed or no information was ever given to the office.

We want to protect your privacy and make sure we have the appropriate people you would like contacted should we need to do so in the future.

2024 Resident Information

It's that time of year again – time to make sure the information we have on file is current. Please fill out the 2024 RESIDENT INFORMATION form that was delivered to your mail slot and **return it to the office by Thursday, February 15.**

- Please be sure to fill out the form in its entirety. It is very important that your information is correct and up-to-date so that, in the event of an emergency, we will know whom to contact.
 - All residents should submit the form regardless if information has changed or not.
 - All residents should provide a copy of their **General Power of Attorney (POA)** on file at the office. This way, we know who we are permitted to speak to regarding your situation should the need arise.
 - If you are uncertain if you have given us a copy of your POA, please call the office and we will let you know.
 - If you have recently updated your POA, please be sure to provide us with a copy.
- If you have any questions, please call the office.

Resident Mail Slots

The internal resident mail slots are in the McMenamain Rec Center.

- BRC communicates regularly with residents via the mail slots.
- Residents may also use the mail slots for communication with other residents (e.g., birthday cards, invitations, etc.).
- Residents are encouraged to check their mail slots several times throughout each month. If you don't, you could miss important information.
- While it is nice to help your neighbor, please do not take another resident's mailbox contents without their permission. We have residents come back to the office because they are missing information.

Reminders – In Case of Emergency

- BRC has no medical staff and cannot provide any medical assistance, nor are we an assisted living facility
- The on-call number is for **MAINTENANCE EMERGENCIES ONLY**
 - **In the event of a medical or safety emergency, residents should CALL 9-1-1 immediately.**
- Our staff is unable to provide personal transportation to residents.
- Residents are **STRONGLY** encouraged to have a personal emergency plan in place in the event of an emergency. Examples include:
 - Medical emergency
 - Power outage
 - Storms/Excessive snow fall (snowed in)
 - Have extra groceries, water, and supplies on hand such as:
 - Water
 - Supplies
 - Groceries
 - Battery backup for portable devices
 - Flashlight with additional batteries in easy to reach location
 - Possibly arrange to stay with family.

Mechanical Room Storage

We are experiencing issues with residents using the mechanical room as an additional storage area. 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, contractors, or other emergency personnel.
- BRC will not be responsible for any damage to your personal items stored in the mechanical room. This would include damage as a result of equipment malfunction or the item being relocated to gain access to equipment.

Thank you for your cooperation.

Hoses

Hoses in the front and back of your homes must be disconnected for the winter months. Turning off the water is not enough. Water can back up and burst the pipe. If you need assistance disconnecting your hose, please call the office to schedule a staff visit.

Snow Event Reminders

We ask for your understanding and patience during a snow event. Realty Landscaping has been contracted for snow removal. As always, should you have any issues, please contact the office. Do not approach the contractors directly.

- **If snow is predicted and you MUST get out on that day, please call by 3 PM at least a day BEFORE the snow arrives to let us know the time you need to leave. The earlier the office knows, the easier it is to coordinate with the snow removal staff.**
- The snow removal staff will not scrape ice from residents' vehicles.
- If you have a true emergency and need to leave your home during a snow event, call the on-call number directly. Do not leave a message at the office after hours and on weekends.
- If your car has already been moved to a designated snow parking area and you need to use it, please let the office or on-call know as soon as possible. Your car will be put back in your assigned parking spot.
- If trash/recycle day falls on a snow event day, please know that trash/recycle pick-up may be delayed or even canceled.

*Once the **snow event has stopped**, snow removal is typically completed within 24 hours.*

If possible, we will allow nature to work in our favor to melt most of the elements, saving time and resources.

Snow Keys

Some residents have signed the permission form but have not submitted their key to the office. Please bring a spare car key to the office.

If we do not have your key – regardless of permission:

- We will not be able to clean/move your car.
- You will be responsible for cleaning/moving your own car.

Keys are kept in a secure location and accessible only to approved personnel. Only BRC staff will be permitted to clean off, move and return your car.

Trash on Snow Days

When there are snowy trash pick up days and the staff is clearing snow, please leave trash and recyclables clearly **VISIBLE** on your front porch for removal. Also, please know that trash/recycle pick-up may be delayed or even cancelled depending on the demand of the snow removal crew.



Name Tags

All residents should have received a name tag within the last couple of years or upon move in. If you do not have a name tag, please contact the office and we will provide you with a new one.

Name tags are not required at Resident events, but they are very helpful for helping people get to know one another! If you come out to an activity or event, wear your name tag. 😊



Friendly Pet Reminder

It is the policy of our community that animals must be under full personal control of an adult and, when outside, **MUST BE KEPT ON A LEASH AT ALL TIMES.** This also applies to our guests and neighbors that walk through or visit our community.

Attic Service

- December/January are our busiest times of the year for receiving attic service requests.
- Attic service is a complimentary service we provide to our residents to assist them so that they do not have to climb the attic steps. It is intended to be used for seasonal or infrequently used items. It is not part of the move-in process.
- Attic service is provided **once weekly on Mondays following trash collection.**
- We cannot guarantee an exact time when attics will be done. However, the goal is for our Grounds team to complete them after trash collection on the assigned day.
- Residents are expected to be home at the anticipated time of service. If a resident is not home when the Grounds team arrives, their request will be skipped.



Hairdresser Update

- Mary Tuesdays
- Kathy (for Ann) Saturdays
 Saturdays From January 8 – May 2
- Beverly Fridays



***Happy
Birthday!***

7 - Linda
20- Donna
26- Kerry
27- William



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

George
Resident since June 2007



**Daily Bread Community
Food Pantry**

THANK YOU FOR YOUR GENEROSITY!

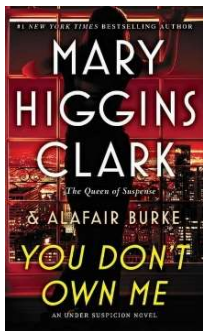
Thank you to all the angels who contributed to the Daily Bread Food Pantry. The following story describes Why we do it.

A father of 4 children came into the pantry for food and personal care items to last them for the month. He was offered to come into our holiday room choose presents for each of his children for Christmas. He got choked up and said if we didn't offer this, his kids would not have any gifts to open this year. And this is why we do what we do.

Cold Weather Kits Distribution

Sanatoga Ridge and Buchert Ridge Communities are the recipients of Cold Weather Kits.

Please refer to the insert for additional information.



January 2

Book Club

TUESDAY, January 2 at 2 PM

- January 2 “You Don’t Own Me” by Mary Higgins Clark
- February 5 “The Boys from Biloxi” by John Grisham

Meets in the SRC Dining Room

Contact Jeanette for more information.

Brown Bag ART History: “The Casual Tease of Death”

Wednesday, January 3 at 12 Noon

Led by Pottstown Art Historian Martin Bradfield. This 5th lecture is one of the most popular offerings. It features many works by the French Revolution era painter, David- with a deep dive into The Death of Socrates and , “The Execution of Emperor Maximillian” by Manet. The lecture also features a “mystery” piece specially commissioned by Martin to tie it all together. The basic themes explored are various portrayals about both “giving” and “receiving” death. The lecture also does a deep dive into the French Revolution, and the intellectual and Artistic climate from that time and references works by Fragonard and subjects like Marie Antoinette’s shoes, the guillotine, the frivolity of the Rococo, and the stern impositions of revolutionary France. These themes have echoed throughout history to the current day. **Bring your lunch and beverage. Open to the Public. RSVP by Tuesday, January 2.** Meets in the SRC Dining Room.

Light Refreshments

Tuesday, January 9 at 9:15 AM

Tuesday, January 9 at 9:15 AM, enjoy light refreshments with your neighbors in the McMenamin Rec Center. Light refreshments is now only held the 2nd Tuesday of each month at 9:15 AM with the resident meeting to follow at 9:30 AM.

Resident Meeting

Tuesday, January 9 at 9:30 AM

The Resident meetings are typically held the 2nd Tuesday of each month in the McMenamin Rec Center.

Supermarket BINGO! with Amity Place

Wednesday, January 10 at 10:30 AM

Beginning Wednesday, January 10, Donna Uncapher from Amity Place will bring Supermarket BINGO to you every 2nd Wednesday of the month! We have extra bingo cards, so we can play several cards at once! Play a few games and try your luck while meeting new friends! **RSVP by Tuesday, January 9.** Meets in the SRC Dining Room.



Lunch Bunch

Three Cousins Diner

(80 E. High St., Pottstown)

Friday, January 12 at 11:15 AM

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

THIS LUNCH BUNCH IS **CARPOOL** ONLY.

RSVP by Tuesday, January 9.

Peace Meditation with Reiki and Singing Bowls

Sunday, January 14 at 3 PM

Peace meditation time with Reiki and singing bowls is open to Buchert Ridge residents and a friend or family member if you wish. We will meet at the McMenamin Rec Center on Sunday, January 14 from 3 to 4 PM. **RSVP to Natalie** so a list can be compiled in case it needs to be cancelled for any reason.



**American
Red Cross**

American Red Cross Blood Drive at SRC

Monday, January 15 from 10 AM to 3 PM

Save the Dates

Register online at www.RedCross.org

- Thursday, March 14 – 2 to 7 PM
- Tuesday, May 14 – 2 to 7 PM



Montgomery County
Department of
Health and Human Services

Office of Senior Services

Let Gun Safety be Your Target *Tuesday, January 16 at 10 AM*

This presentation explores the issues that affect seniors and how those issues play a role in gun safety. The goal of this program is to present the best and safest practices for any senior. Meets in the SRC Dining Room

RSVP by Friday, January 12.



Montgomery County
Department of
Health and Human Services

Office of Senior Services

National Diabetes Prevention Program *Monday, January 22 at 3 PM*

The Centers for Disease Control and Prevention led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent Type 2 Diabetes.

Groups meet for 16 weekly sessions and monthly follow-up sessions until reaching one year with a trained Lifestyle Coach. Sessions are 1 hour each and cover topics such as weight loss, physical activity, healthy choices when eating out and portion size.

Open to the public – Space is Limited. Meets in the SRC Dining Room.

RSVP to Tracey Flynn at 610-278-3609.

4th Tuesday Fellowship Lunch *Tuesday, January 23 at 12 Noon*

Fellowship lunch and Mexican Culinary Adventure with selections from the menu from Los Osorios will be held in the McMenamin Rec Center. Please return your order form and money to Natalie, Wayne, Carrol, or Barbara by Sunday, January 21. If inclement weather is forecast that would make our pickup treacherous, we will call you and hold off the order until Thursday, January 25.



Backyard Bird ID

*Tuesday, January 23 (2 sessions available)
at 10 AM or 1 PM*

Join Nolde Forest for a hands-on program. Learn about the birds who visit your home and make some new feathered friends this winter! Meets in the SRC Dining Room
Open to the Public. RSVP by Friday, January 19.

Television Trivia

Tuesday, January 30 at 10 AM

How much do you remember about Black and White TV shows from way back when? Dr. Jann Huggens will be taking you back to the days of “I Love Lucy,” “Howdy Doody,” and “Superman,” so put on your thinking cap and see how well you do!!! Meets in the SRC Dining Room.

Open to the Public. RSVP by Friday, January 26.



Chronic Pain Self Management

Tuesday, February 6 through March 12 at 10 AM

Techniques to deal with symptoms of chronic pain conditions, such as fatigue, sleeplessness, stress, and emotional problems such as depression, anger, fear, and frustration, with emphasis on cognitive behavioral therapy techniques for managing pain.

Topics include:

- Appropriate exercise for maintaining and improving strength and endurance
- Balancing activity with rest
- Tools for overcoming worst-case thinking
- How our minds affect pain and how we can use our minds to lessen pain
- Negative emotions
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers
- Communicating with friends and family
- Communicating with the health care system
- Communicating with oneself
- Action-planning, problem-solving, decision-making

This class is 6 sessions with each lasting 2 to 2.5 hours. Meets in the SRC Dining Room
Open to the public. RSVP by Tuesday, January 30.





Exercising
On Winter Break

Hoagie/Sandwich Night

1st Wednesday at 5 PM

Hoagies are pre-ordered and delivered.
(Jeannette)

Light Refreshments

2nd Tuesday at 9:15 AM
(Natalie)

Mexican Train Dominoes

Tuesdays at 2 PM
(Donna)



Fellowship Lunch

4th Tuesday at 12 Noon
(Natalie)

Circle of Support

1st & 3rd Thursdays at 11 AM



Men's Breakfast Club

3rd Wednesday at 8 AM
(Wayne)



Words on Wheels

Book Mobile

2nd & 4th Monday at 10 AM

Book Club

January Only:
1st Tuesday at 2 PM
SRC Dining Room

Bible Study

2nd Monday at 2 PM
SRC Dining Room

Yoga – SRC Auditorium

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

Pickleball

On Winter Hiatus



Vietnam Veterans

1st Tuesday at 7 PM
SRC Dining Room

American Legion

4th Thursday at 7 PM
SRC Dining Room



Pinochle

Thursdays at 2 PM – SRC Dining Room

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 – January 3 – Pottsgrove Manor



Tour the manor with us and learn some local history. Built in 1752 for the Potts family, the home showcases the elegance of early Georgian architecture and tells the history of John and Ruth Potts, their 13 children, and the paid, indentured, and enslaved people who lived and labored there.

Lunch at your own expense at Sunflower Cafe

RSVP By Wednesday, December 27

LEAVE BEREAN PARKING LOT: 10:30 AM

Cost: \$6.00

Watch for more info on this SRC Bus Trip:
Shady Maple in February



**The
Flower of
the Month
is the
Carnation**



For the most part, carnations express love, fascination, and distinction, though there are many variations dependent on color. Light red represents admiration, while dark red denotes deep love and affection. White represents pure love and good luck, while striped (variegated) symbolize regret that a love cannot be shared. The pink carnation became the symbol of a mother's undying love.