

AUGUST 2022



RIDGE REPORTER

Soliciting Policies for the Community and Township

Over the last few weeks, individuals have come into our Communities at various hours throughout the day taking a survey, putting menus on door knobs, or stating they are interested in saving you money on your electric or gas bill.

For your protection and safety, do not approach the person and/or **do not let a stranger into your home** (*in the words of our parents when we were kids stranger danger!*).

If you are approached by such individuals or see someone putting menus on door knobs, etc., Lower Pottsgrove Police Department has instructed us to **call 911 directly**. Do not wait to inform the SRC/BRC office (by then, it is too late).

State your concern to the dispatcher (e.g., “Someone knocked on my door and asked to see a copy of my utility bill.” OR “Someone is going through the Community putting menus/flyers on all the doors.”).

A police officer will then be dispatched to our Community to handle the situation.

It has always been our policy that there is **no soliciting in our Communities**. “NO SOLICITING” signs are posted at the entrances. Anyone entering our Communities and handing out menus, employment opportunities, or wanting to speak to you about energy bills, etc. is trespassing.

In addition, Lower Pottsgrove Township Office and Police Department have informed us that there is no solicitation in our Township after 5:00 pm. All solicitations require a permit. Every individual soliciting, even when traveling as a group, is required to carry a copy of the permit issued through the Lower Pottsgrove Township Office and should be showing it upon greeting someone.

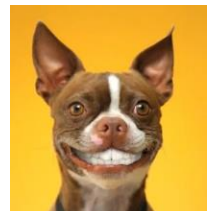
Please call the SRC/BRC office for further clarification.



SMILE!



It's exercise, it doesn't cost anything, and it makes you feel good!



Mechanical Room Storage

The equipment in the mechanical room needs to be accessible by our staff and contractors. Mechanical rooms are not to be used as an additional storage area for your home. In addition, furniture and other heavy items should not be placed in front of the mechanical room access doors.

Air Conditioners

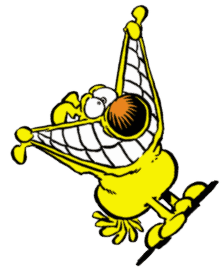
Please do not delay in reporting air conditioner problems to the office. For better efficiency, do not keep turning the unit on and off. It's better to set it and forget it. Turning the air on late during a hot day may cause the unit to not be able to catch up and cool your home.

PECO energy saver participants: If you are calling to say that your air conditioner is not working, make sure it is not during the time PECO has shut it off for the energy saver time period.



Power Washing Patio Enclosures

We appreciate help our residents receive from family members and friends. However, please **do not power wash patio enclosures**. Power washing causes water leaks and could result in extensive damage. Patio enclosures may be **handwashed**. Please do not wash another Resident's enclosure without their express permission.



Maintenance or Landscape Items

Do you have a maintenance or landscape item that needs to be fixed or looked at?

Please call the office to have it scheduled through our work order process. Calling the office ensures your issue is documented, assigned to the appropriate staff member, and tracked to completion. This also allows us to compile vital information on recurring issues or installation dates.

Our staff members have specific assignments for the day and may not have time to address additional issues while at your home.

Maintenance Items

It is important to call the office to place a work order as soon as you notice an issue. Postponing the reporting of maintenance issues, especially regarding appliances, can result in further damage, warranty expiration, or lengthy delays in obtaining parts and service. While we do our best to accommodate residents' preferences, we must work on appliances, etc. according to our maintenance schedule in order to ensure we resolve issues as efficiently as possible.

Additionally, we may need to return to your home to follow up on certain work orders, including appliance repairs. At times, this may occur when residents are not home.



PECO – Power Outages

Typically, power outages affect more than one home. If you are experiencing a power outage in your home, check with your neighbors to see if they are also experiencing loss of power. If both homes are out of power, call PECO directly.

Each home has its own account with PECO.

Each resident (home) needs to report an outage to PECO directly when one occurs. Call: 1-800-841-4141

Perhaps “neighbors can check on neighbors” who might need help calling PECO to report the power being off.

Have a back-up plan if you have medical equipment that requires electric (e.g., oxygen). You will still have water during a power outage.

Hose Connections

Please turn off the water to your hose when you are done. If the hose were to burst or the sprayer malfunction, water would be running uncontrolled. This is especially dangerous for people who have hose connections in the garages and mechanical rooms. In those cases, it could flood the house.



Shearing

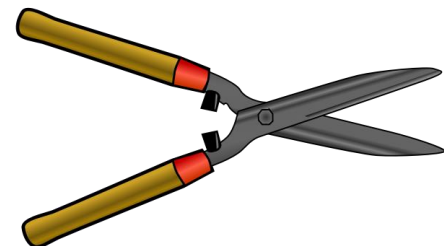
This year’s shearing of shrubs will be outsourced beginning in September.

- The shrubs to be sheared are evergreen shrubs (e.g., arborvitae, boxwoods, holly).
- Due to the weather, we cannot give specific dates when the shearing will be at BRC.

Please do not approach the shearing crew. As always, for issues and concerns, please call the office directly.

Porch Washing

Front porch washing will be completed in August. Patio enclosures, patios, and porch pads will not be done. We are so thankful for our team members for doing a wonderful job!



All Payments By Check Only

For accounting purposes, cash is not accepted in the SRC/BRC Offices. If you need to make a payment for dues, a trip, event, invoice, stamps, etc., please write a check payable to either SRC or BRC (whichever is appropriate), place it in an envelope with your name including your address, and place the envelope in the Office In-Box.

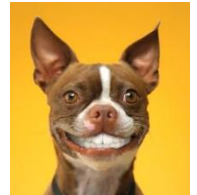
Community Mailboxes

Don't wait until the 1st of the month. Please check your community mailboxes frequently. Information gets placed in these mailboxes throughout the month. Sometimes by waiting until the 1st of the month, you will have "old news".



Phone Lists

Updated resident phone lists can be obtained from the office. Just call and request one to be placed in your Community Mailbox.



Not Home For a Little While?

If you are going on vacation, or a stay in the hospital or rehab, please call the office and let us know. We get calls from concerned neighbors and it eases our mind and your neighbors that you are OK.



Drop In Toilet Tank Tablets

Please refrain from using the dissolvable toilet bowl cleaners that you drop into the toilet tank. These tablets can impact the plumbing and prevent the toilet from flushing correctly or not at all.



Using Command Hooks in Your Home

If you use Command hooks in your home, you must follow removal instructions on the package carefully (strips must be removed very slowly). If they are not removed correctly, considerable damage may occur to the drywall. If you cannot remove them without tearing the drywall, consider using a nail instead.



Neighbor Check

Want to do something nice that does not cost anything or take a lot of energy but has a great reward?

Check on your neighbor!

Sometimes just a "hello" by a phone call or knock on the door makes someone's day!

Parking Reminders

- Handicapped parking is provided only for vehicles displaying a handicap placard.
- Residents are to park in their assigned numbered space or in an un-numbered parking space.
- Please remind your guests to park in an un-numbered parking space.



Verizon FiOS

- Verizon will be installing FiOS at SRC.
- This is a multi-step process and will take several months to complete.
- Laborers, equipment and machinery will be located throughout SRC.
- Please proceed with caution when visiting SRC.



Our Very First Christmas in July – Thank You!

What a perfect time of year to express gratitude and give generously as we also celebrate the birth of our great nation!

Thank you to everyone who participated in our first Christmas in July! Clyde Hoch started the month with a special presentation about his experiences in Vietnam as a tank commander and the difficulties he experienced returning to civilian life amid anti-war protests, as well as the great work his non-profit is doing helping local veterans.

Throughout the month of July, residents showered the Veterans Brotherhood with financial donations! We are so grateful for your generosity! To date, donations total over \$1,100! This money will go directly to helping veterans in crisis.



From all of us at the Veterans Brotherhood to all of you at Sanatoga Ridge and Buchert Ridge Communities we thank you.

Farm Stand

The Farm Stand has fresh fruits and vegetables for sale throughout the summer on Monday mornings at 8:30 AM in the SRC Court “N” Pavilion. Please call Nancy if you have any questions.



Save the Date!
September 17
Drive-Through Shredding Event
at SRC
Details to follow!



Table Tennis

Did you know that table tennis is the most popular indoor sport in the world? Why not join the crowd. Table Tennis is open in the SRC Club Room located on the 2nd floor in the Community Center.

By the way, the Club Room is also home to other activities. Check your Ridge Reporter calendar to see what else meets here!



Billiards

Have you noticed that the doors are open and lights are on in the SRC Game Room? Why not join your neighbor in a game of billiards?

Sanatoga Ridge Hair Salon & Library

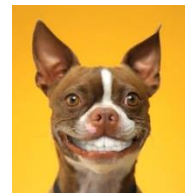
The hair salon is open! If you would like to make an appointment, please call the stylists directly.

- Ann
- Beverly
- Mary
- SRC Library/Salon Area: 610-326-2780



August is known for many things:

- The dog days of summer
- National Watermelon Day (Aug. 3)





Happy Birthday!

- 7 Nancy
- 13 Carrol
- 25 Nancy
Ethel
- 27 Donna



Happy Anniversary!

- 3 Bill and Carrol
- 9 Rich and Joan



Summer's Last Supermoon

The Sturgeon Moon rounds out this year's parade of four supermoons, which started in May! Supermoons are commonly defined as full Moons that occur while the Moon is at its nearest point to Earth. (Because its orbit is not a perfect circle, the Moon's distance from Earth changes throughout the month.) Supermoons are ever-so-slightly closer to Earth than the average full Moon, which technically makes them extra large and bright from Earth's perspective.



Perseid Meteor Shower

August is often a wonderful month for star gazing!

It's the month of the Perseid meteor shower, which is one of the most prolific showers and reaches its maximum between August 11 and 13. This year, however, the best of the Perseids occurs at the same time as the full Moon, which means that the Moon's brightness will likely wash out many of the "falling stars!"

Luckily, you can still see the Perseids even if they're not at their peak. The shower lasts from about July 23 to August 22, so for the best chance of catching the Perseids, keep an eye out in early August or around the 20th.





Words on Wheels – CANCELLED FOR AUGUST

All materials checked out will be due on the next visit in September. Thank you for your cooperation.

BRC Community Meetings & Breakfast

Community meeting and breakfasts are cancelled for August.
Both will resume in September.

SRC Library News

- FREE BOOKS! Are located on the 1st & 2nd shelves to the left as you enter the SRC Library.
- Need something new to read? The bottom 2 shelves are NEW ADDITIONS!
- If you have outstanding books from the SRC library, please return them to the drop slot just inside the library.

If you have any questions, please contact Nancy.

Pickleball – Get In On the Action!

***Fridays at 9 AM
Wednesdays at 6 PM***



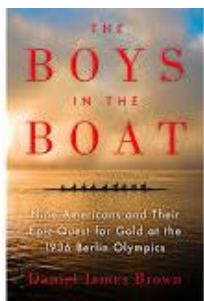
In addition to Friday mornings at 9 AM, a new trial time of Wednesdays at 6 PM will begin. Pickleball is open to anybody, learning or experienced, looking for an evening of fun! Don't play . . . just come and watch! Contact Ernie for more information.

Pickleball Court is located at the Sanatoga Swim Club basketball court.

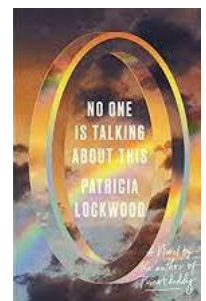
Book Club

Monday, August 1 at 2 PM

Book Club is the 1st Monday of each month in the SRC Dining Room. *The Boys in the Boat* by Daniel James Brown will be discussed at the August meeting. September's book will be *No One is Talking About This* by Patricia Lockwood.



August 1



September 5

Contact Jeanette for more information.

Pottsgrove Community Band Sanatoga Band Shell

Sunday, August 7 at 6 PM (Weather Permitting)



No reservations required. Bring the family, a beach blanket, or chair and enjoy a night of family-friendly concerts under the stars at the Sanatoga Band Shell.

Bible Study

Monday, August 8 at 2 PM

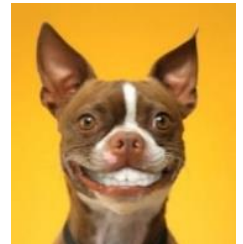
Bible Study will be held in the SRC Dining Room on Monday, August 8 at 2 PM. The study will be headed up by Franklin Iyasere, lead pastor at Providence Church of the Brethren in Royersford.

Choose Control:

Positive Choices in Diet and Nutrition

Wednesday, August 10 at 2 PM

Join us for a presentation on controlling diabetes with diet and nutrition and making healthy choices! Led by Susanna Koppany of Tri County Home Health on Wednesday, August 10 at 2 PM in the SRC Auditorium. RSVP by Tuesday, August 9. This is open to the public!



Lunch Bunch

Grace's Café

Friday, August 12 at 12 Noon

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



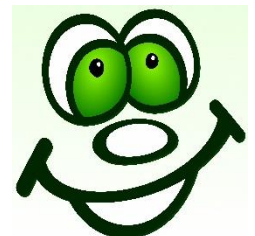
The SRC Bus will be available for a fee of \$3 (check only) per person for the Bus Driver payable at sign-up.

The bus and carpool will leave the Berean Bible Church Parking lot at 11:30 AM. RSVP by Tuesday, August 9.

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!



TRAILBLAZERS

Walking
is
More
Than Steps!



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

Come out and join the fun with your neighbors! Invite your family and friends. Enjoy Mister Softee ice cream and treats in the Community Center parking lot!

Ice Cream and Treats! ***Wednesday, August 17 at 2 PM***

Mr. Softee will bring the ice cream truck to SRC Community Center parking lot!
(Accepting Cash and Credit Cards)



Attention SRC Singers ***Thursday, August 25 at 3 PM***

It was so great to see all of you and so happy to have 15 SRC Singers ready to begin rehearsing for the Christmas Holiday!

Our next meeting will be on Thursday, August 25 at 3 PM in the SRC Auditorium. At that time, any resident interested in singing with us may join us at that rehearsal.

Please call Vivian if you are planning to attend so that there will be enough song sheets for everyone.

Men's Breakfast

Wayne is taking over the Men's Breakfast. Men's breakfast meets the 4th Wednesday at 8 AM. Please contact Wayne for more information.

Men's breakfast will NOT meet in August. They will resume in September.



SAVE THE DATE

Start saving your items to sell at the Buchert Ridge Yard Sale. More details to follow. Mark your calendar for Saturday, September 24.

Outsmart the Scammers

Tuesday, September 6 at 10 AM



Led by Bonnie Thompson of Edward Jones Investments, join us to learn about ways to protect yourself from scammers who target seniors. Held on Tuesday, September 6 at 10 AM in the SRC Dining Room. RSVP by Wednesday, August 31. Open to the public!

A Matter of Balance Exercise Class

Thursdays Beginning September 8 thru October 27 at 1 PM

Led by the teachers of our current Tai Chi and Healthy Steps in Motion classes (Montgomery County Office of Senior Services), this is an 8-week class which meets once a week for 2 hours.

- This class is especially designed to emphasize practical strategies to reduce fear of falling and increase activity levels.
- Participants will exercise to increase strength and balance, learn to view falling and fear of falling as controllable, set realistic goals to increase activity, and change their environment to reduce fall risk.
- Begins Thursday, September 8 and runs through October 27 from 1 PM – 3 PM in the SRC Auditorium.
- **Class size limited to 14 participants and is expected to fill quickly. RSVP by Friday, August 19.**



American Red Cross Blood Drive

Thursday, September 8 starting at 2 PM

Our first blood drive was a smashing success! Our goal is to double the number of donors we had in June!

- Our next drive is Thursday, September 8 from 2 PM- 7 PM in the SRC Auditorium.
- Please donate blood if you are able.
- Register online at www.RedCrossBlood.org.
- Open to the public! Please help us spread the word on social media and such!

Power of Attorney, Health Care Proxy, and Your Will

Tuesday, September 13 at 6 PM

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



Exercising

Monday, Wednesday, Friday at 9 AM
(JoAnne)

Mexican Train Dominoes

Tuesdays at 2 PM
(Donna)



Hoagie/Sandwich Night

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

Breakfast Bar

2nd & 4th Tuesday
(Rozanne McKeever)



Men's Breakfast Club

4th Wednesday
(Wayne)



Words on Wheels

CANCELLED FOR AUGUST



Vietnam Veterans

1st Tuesday at 7 PM
SRC Dining Room

American Legion

4th Thursday at 7 PM
SRC Dining Room



Yoga – SRC Auditorium

TUESDAY – CHAIR YOGA - 3:30 PM
WEDNESDAY – FLOOR YOGA - 9:30 AM



Hooks and Needles

1st Tuesday at 2 PM – SRC Game Room

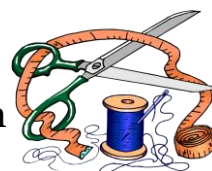


Pinochle

Thursdays at 2 PM – SRC Dining Room

Sewing Club

1st & 3rd Fridays at 9:30 AM – SRC Sewing Room



LEGEND FOR AMOUNT OF WALKING

Little Walking



Plenty of Walking

- Sign up with the Office
- RSVP by deadline
- Limited seating
- At least 10 participants needed for SRC Bus trip
- **Payment is due at time of sign up and is by Check Only (Payable to SRC)**

Thursday – September 15 – Turkey Hill Experience

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

Lunch at your own expense at Hinkles Restaurant

RSVP to the Office by Wednesday, September 7

LEAVE BEREAN PARKING LOT: 10:00 AM

Cost: \$25.00



New Hanover AARP Trips

Checks Payable to:
“New Hanover AARP”

Details posted on the Library Bulletin Board.
RSVP to Carol Griffith (484-624-8314)

Thursday – August 11 – The Shore Club in Spring Lake, NJ

“The Heavenly Concert – Elvis & Patsy Cline”

It’s truly paradise as these heavenly performers get together again . . .

For More info, Contact Carol Griffith

LEAVE BEREAN BIBLE CHURCH: 9:00 AM

Cost: \$95.00

Tuesday – September 20 – Mystery Trip

“Where will we go?? What will we do??”

The only thing we’ll tell you is that lunch is included . . .

RSVP to Carol Griffith by Friday, August 19

LEAVE BEREAN BIBLE CHURCH: 8:45 AM

Cost: \$85.00

Save the date:

Wednesday, October 26 – Penn’s Peak
“A Night on the Town with the Rat Pack”



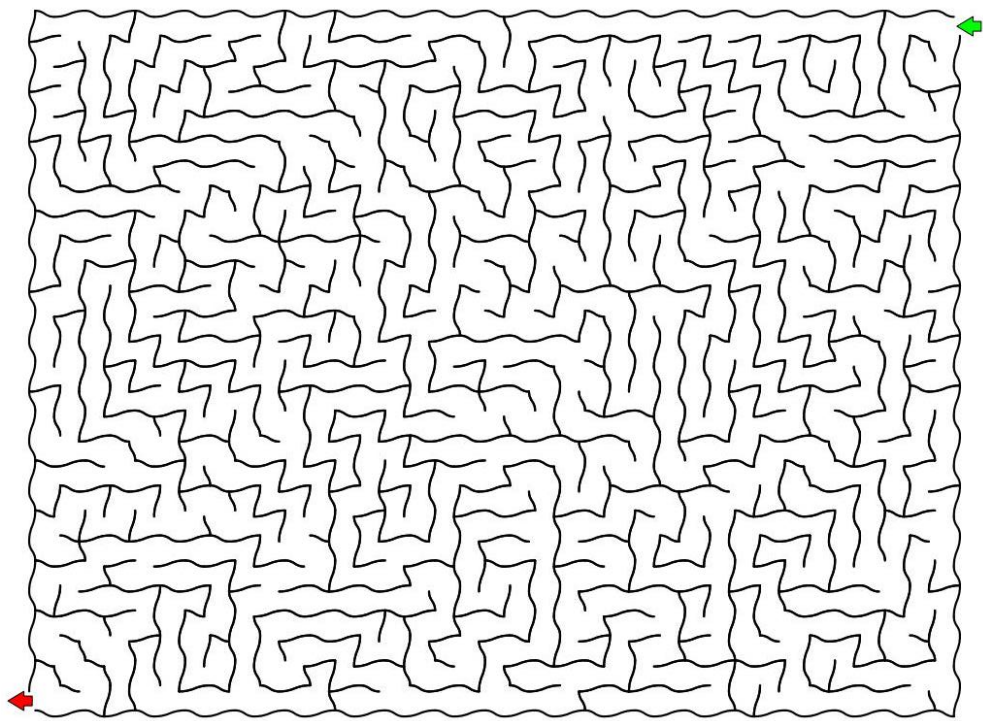
SMILE!



Put on a happy face and be prepared to give your facial muscles a great workout!

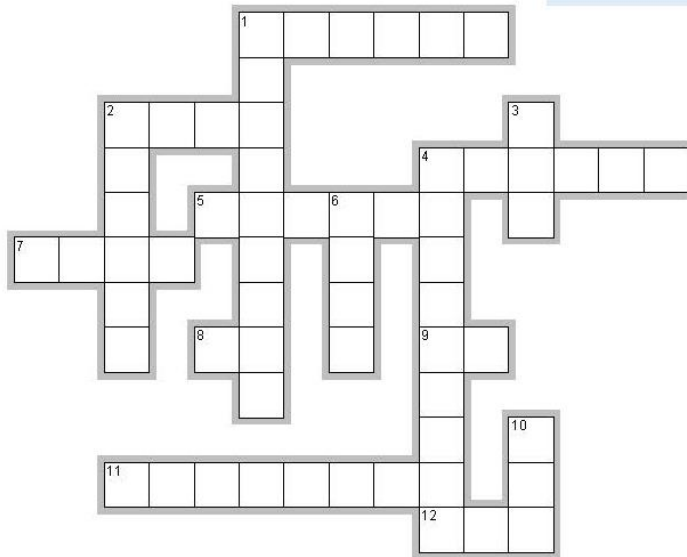
- Your face has 44 muscles in it that allow you make more than 5,000 different types of expressions, many of which are smiles. And when you're happy, your body pumps out all kinds of feel-good endorphins. An article on Smithsonian.com showed that smiling, even forced, causes our bodies to produce physiological changes that reflect the emotion, such as changes in heart and breathing rate.
- Take every opportunity to make someone smile. One of the easiest ways to get someone to smile is to smile at them first—just like a yawn, smiles are contagious!
- Make a list of things that make you smile and then post them in a place you'll see them often.
- Have a smile-off with someone and see who can smile the longest.
- When you get up in the morning, smile. Think happy thoughts in that one moment; it will set the tone for your day.
- Have a contest with yourself to see if you can smile more times each day during smile week than the day before. Be bold and set a quota for yourself for the week—even 1,000 smiles!
- Get into the habit of visualizing your smiles. The key to achieving what you want may lie in your ability to visualize it. By smiling during your visualizations, you cue your brain that what you are really wanting to happen, actually did, and then your body and mind can change more easily to the desired behavior.
- Smile at yourself in the mirror. By practicing, you find out what a genuine smile feels like. People who smile a lot are perceived to be positive role models.
- The next time you're stressed, don't fall apart. Instead, take a few deep breaths and smile! Smiling may help to reduce symptoms associated with anxiety. When that smile signals to your brain that you're feeling happy (even though you aren't), your body will usually slow its breathing and heart rate.
- People usually look their best—and happiest—when smiling.
- Smile out of gratitude for all the blessings that surround you in life.
- Connect with your family, friends, and neighbors by immediately sharing your smile with them.
- Surround your home in framed photos of you and your loved ones SMILING!
- In the words of the very funny and talented Will Ferrell, who played Buddy in the holiday movie Elf: “I just like to smile! Smiling's my favorite”.





Three Cheers!

Three cheers for this easy printable crossword! You simply need to supply the third object in each familiar set. Find the third person, the third object, or the third word in each well-known phrase.



Across

1. Hook, line and ____
2. Earth, Wind and ____
4. Hip, hip, ____
5. Bacon, lettuce, ____
7. Red, white and ____
8. Do, re, ____
9. On your mark, get set, ____ !
11. Rock, paper, ____
12. Tic-tac-____

Down

1. Hear no evil, speak no evil, ____
2. Past, present and ____
3. Snap, crackle, ____
4. The Father, Son and ____
6. Up, up and ____
10. Larry, Curly and ____



*There are more
printed puzzle
pages in the
McMenamin Rec
Center.*

					6	5		
	3		1					2
4	8	6	3				7	
8		2			3	4		
3	6	9				7	1	8
		4	9			3		5
	9				2	1	4	7
1					7		8	
		3	4					



Resident Names

S	Y	C	N	A	N	P	I	R	E	E	I	K	P
E	A	O	G	U	O	D	P	H	L	N	T	A	H
R	C	L	E	O	R	E	G	D	J	Y	E	A	Y
O	O	D	G	P	J	E	N	L	T	L	N	R	L
L	E	E	E	E	I	Y	N	L	D	O	N	A	L
O	K	N	N	L	M	N	E	O	E	R	A	B	I
D	A	N	Y	J	A	N	I	C	E	A	O	R	S
B	Y	I	A	A	R	L	H	O	E	C	J	A	D
E	E	S	H	C	I	R	B	U	B	Y	G	B	N
T	T	O	D	B	C	O	E	P	U	R	E	J	N
T	E	I	Y	A	E	G	E	R	G	C	O	U	N
Y	E	T	T	E	N	N	A	E	J	C	R	D	N
N	O	D	R	B	A	N	N	O	D	A	G	Y	H
B	R	H	P	C	G	P	A	U	L	A	E	N	G

DOLORES
 BARBARA
 JIM
 DOUG
 JANICE
 RICH
 GEORGE
 JEANNETTE
 DENNIS
 KAY
 CLEO
 JOANNE
 PAULA
 CAROLYN
 BETTY
 PHYLLIS
 NANCY
 DONNA
 GREG
 JUDY

