

AUGUST 2020



Manager's Memo . . .

In my household, any sense of a normal graduation year for my daughter Holly, was ruined by the coronavirus. There was no senior prom, no senior trip, no graduation ceremony and no chance to say goodbye to the many students she had been around since kindergarten. Her final concert at a studio at which she had been dancing since the age of 4 was also cancelled. Most recently, we learned that her first semester away at college would not proceed as expected with all of her classes to be held on-line and thus she would be required to stay at home.

With all the setbacks caused by COVID-19, Holly had every right to feel upset, sad or even angry. But Holly chose a different perspective. While all these losses were significant to her, she knew things could have been worse (i.e., could have lost a loved one from the virus). She also very maturely understood that we are often thrown challenges that are simply beyond our control and it is best to just accept what has happened and move forward making the best of the situation.

I have tried to take a similar approach with the operation of our communities as we deal with this nasty coronavirus. From a business perspective, COVID-19 prevented some of our employees at one point from coming to work due to Governor Tom Wolf's "stay at home orders". This resulted in a delay in getting certain work tasks completed as well completing the preparation of certain homes for new move-ins. Instead of feeling downtrodden by this, the staff took this "time out" as an opportunity to improve our work order system as well as our refurbishment process. The virus also prevented us from allowing in-person sales appointments for a period of time. However, we took this as an opportunity to improve our social media marketing which has enhanced future sales. We also took the opportunity to research indoor air quality improvements that is discussed later in this newsletter. We believe the improvements will not only help reduce the potential spread of COVID-19, it will also help in reducing other potentially harmful airborne contaminants' such as cold and flu molecules as well as dust and other allergens.

The above is just a sampling of some of the changes we have made that we believe will have a long-term positive impact on our communities. These changes could have only occurred by changing our perspective of the coronavirus. This is not to say the virus is a good thing whatsoever. There have been too many lives lost, too much isolation from family and friends and too many negative impacts on all of us. But while we will probably need to deal with COVID-19 still for some time, rest assured that the staff and I will maintain a perspective that will try to make the best of a bad situation. We believe taking this approach will allow us to better serve you and future residents much better.

We also encourage you to take a similar approach with your perspective of the virus. We understand these are difficult times for so many of our residents and for so many different reasons. But consider this time possibly as an opportunity rather than a curse. Consider taking advantage of our library or County Book Mobile and read a book that you never would have otherwise such as one of the "classics". Be so bold and try to learn a new language or play an instrument. Write one letter a day to a friend or family member. These may seem like outrageous ideas. But the point is to consider taking this pandemic as an opportunity. You may just find some positive outcomes when this is all over by taking a similar perspective like Holly. And the best part is "It's Free!"

My continued thanks,
John



Interim Grocery Assistance Program

As of July 29, we have filled 407 orders to date.

The grocery shopping schedule has been revised due to COVID-19 restrictions being reduced. Grocery shopping will occur once a week (every Wednesday). For planning purposes, all grocery orders should be submitted by 4 PM the day prior to shopping.

Please be home between 11 AM & 3 PM to receive your groceries.

Delivery times vary depending on number of orders, how crowded the store is, and how many volunteers we have for that particular day.

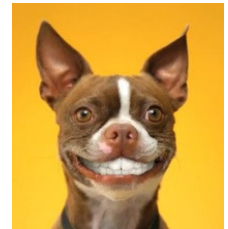
Please do not pay until you receive an invoice for the grocery purchase(s).

After Hours Messages

Office hours are Monday through Friday from 9 AM to 4 PM. Once the office is closed, phone messages are not checked until the next business day. Please remember to push your emergency button (or call the emergency number directly (610-326-4043)) for assistance should you have an item that cannot wait until the next business day (e.g., air conditioner not working, pipe leaking).



Words on Wheels Bookmobile is Back!



The W.O.W. (Words on Wheels) Bookmobile is back on the 2nd and 4th Mondays starting Monday, August 10 in the SRC Community Center parking lot. Please be advised that there will be new rules to follow for them to make this possible. You will NOT be able to go inside the bus. You may return your books to the helper at the door to the bus, and pick up any pre-ordered books there also. Masks are required.

To pre-order a book for pick up, you may do so online at www.mc-npl.org, or by calling them at 610-278-5100, Ext. 7.

They are excited to come back and look forward to seeing you. For any questions, please call the same number as above – 610-278-5100, Ext. 7.

Happy reading!

Not Home For a Little?

If you are going on vacation, having 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.

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.



Power Washing and Porch Washing

Power washing and porch washing will be completely done by the end of July. If your front porch or siding was missed, please call the office. Patio enclosures, patios, and porch pads will not be done.

iWave – Air Purification

During the month of August, we will be installing air purifiers in the heating, ventilating and air condition (HVAC) systems that serve certain areas of the BRC Garden & Rec Center, SRC community center and apartment buildings. At the BRC Garden & Rec Center, the purifiers will be installed in the system to serve the first floor. The specific areas of the SRC community center include the lobby, the hair salon, library, exercise room and sales office. In the apartments, the purifiers will be installed in the systems to serve the lobbies, hallways and bridge area.

The air purifier to be installed has been tested and found to have significant success in capturing COVID-19 particles as well as killing mold, bacteria, viruses and allergens. The system works without creating ozone or other harmful byproducts can be installed without significant interruption in the air conditioning system.

The system should not be considered a guarantee but rather an aid in preventing the spread of COVID-19. Therefore, all individuals should continue to wear masks and practice safe social distancing when in the above-mentioned areas.



SRC Book & DVD Lists

In the SRC Library on the far back closet door, there is a book and DVD list. In the back of the book list there is a loose page with all the newest books that are not yet on the main list. Please leave these lists on the door file slot. If you would like one of your own, please call the office and one will be placed in your mail slot.



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, when removing them you must follow removal instructions on the package carefully (strips must be removed very slowly). If they are not followed correctly, it will result in much wall damage by tearing the drywall. If you cannot remove them without tear, consider using a nail instead.



Thank You!

The Daily Bread Food Pantry would like to thank everyone who contributed to The Christmas in July benefit. Bill & Carrol took 2 car loads of donations to the pantry in addition to \$180 of monetary donations. Thanks Again!

Equipment

Please contact Bill & Carrol if you are in need of medical equipment. They have walkers, wheelchairs, canes, a shower chair, portable potty and an ice machine for knee surgery. You are welcome to borrow or keep any of the equipment. In addition, they also accept donations of equipment and could use bed rails and quad canes in particular.

Neighbor Check

Want to do something nice that does not cost anything or takes 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!



Sanatoga Ridge Hair Salon & Library



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

- Ann: 610-495-1461
- Beverly: 610-574-1474
- Mary: 484-686-4946
- SRC Library/Salon Area: 610-326-2780



Happy Birthday!

- 7 Nancy
- 12 Barbara
- 13 Carrol
- 23 Janice
- 25 Nancy
Ethel
- 27 Donna



Happy Anniversary!

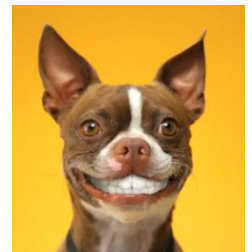
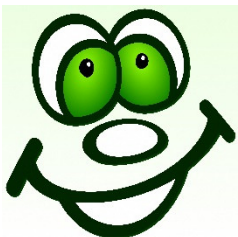
- 3 Bill and Carrol
- 4 Ralph and Cleo
- 9 Rich and Joan

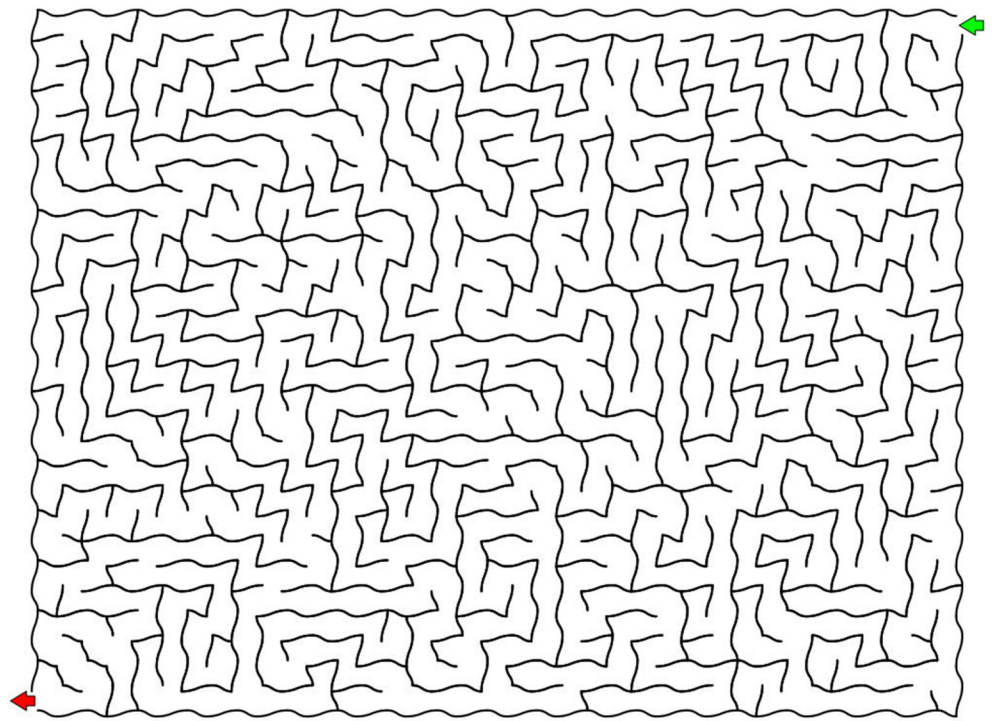


August is known for many things:

- The dog days of summer
- National Watermelon Day (Aug. 3)
- National Smile Week (Aug. 5-11)

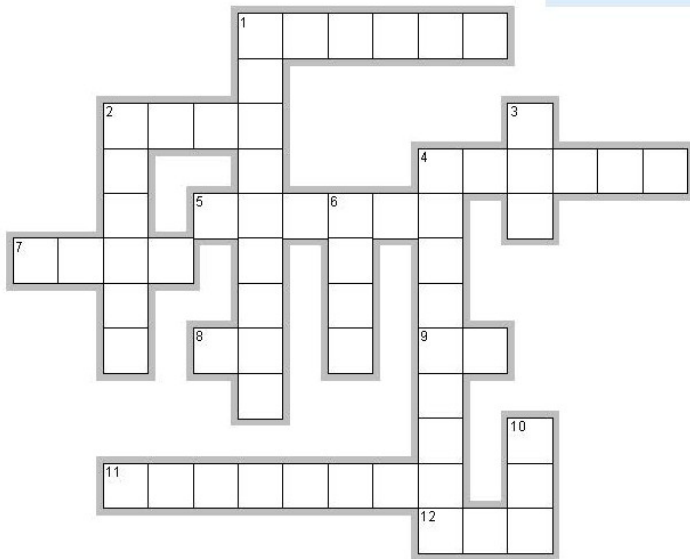
Richmond.com





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 Garden & 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





Ways to Celebrate 'National Smile Week'



The second week in August marks National Smile Week, so 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”.

