

# RIDGE REPORTER

**OFFICES CLOSED MONDAY, JANUARY 2**

***New Year's Week Trash/Recycle Schedule***

- Trash only will be collected on Tuesday, January 3.
- Trash AND Recyclables will be collected as normal on Thursday, January 5.



*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.

## ***Staff Member Update – He's Back!***

Scott is joining our staff to assist in various duties related to grounds, maintenance, and handyman.

***Welcome Back Scott!***



## ***Staff Member Update – Fond Farewell!***

Joseph (DJ as some of our staff and residents refer to him) will be leaving to pursue other interests.

***Thank You Joseph and We Wish You Luck!***



## *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, push your on-call button (or dial 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 the 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.

*Snow removal is typically completed within 24 hours once the snow event has stopped. If possible, we will allow nature to work in our favor to melt the majority of the elements, saving time and resources.*

## *Snow Keys*

We have residents that 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 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.



## ***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.

## ***Resident Information Update***

All residents are requested to update your personal information yearly. We are finding that phone numbers, addresses, and contacts change over time. We want to protect your privacy and make sure we have the appropriate people you would like contacted (e.g., Power of Attorney, Executor/Executrix) should we need to do so in the future.

In addition, we also request a copy of your Power of Attorney and Will verifying your appointees (typically it is one page that has your name, appointee(s) name, your signature w/date along with their signature w/date). There are times when the office receives a phone call from a family member requesting information on you or they say they are acting on your behalf. For your protection, we will not speak to someone unless you have them appointed through your POA or Will.

## ***Resident Mail Slots***

The internal mail slots for residents are located in the McMenamin 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 them asking. We have residents come back to the office because they are missing information.

## ***Comcast – Tech To You Program***

The Comcast Tech To You Program in our Community has been cancelled. You will need to call Comcast directly for assistance.



## *Thank You to the SRC Singers*

**A BIG THANK YOU** to all of the SRC SINGERS, under the direction of Vivian, who have practiced long hours to provide a wonderful Christmas concert for our residents, friends, and family. Thanks also to all of you who made a special effort to come out and encourage our Singers. We know you were not disappointed. Thanks for a great job Singers!

## *Name Tags*

Wearing a nametag at events and gatherings is a great way to help residents get to know one another! We understand that sometimes things get misplaced or damaged.

If you need a new name tag, please let us know at the office and we will make sure you get one. The nametag displays your name on two lines with your first name on top in larger print than your last name.



## 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.*



Daily Bread Community Food Pantry

December 16 at 9:57 AM · 🌐

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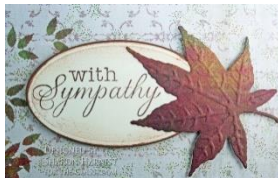
Last Saturday A father of 4 children came into the pantry for food and personal care items to last them for the month. He was offered to come into our holiday room choose presents for each of his children for Christmas. He got choked up and said if we didn't offer this, his kids would not have any gifts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





*Happy  
Birthday!*

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



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

Nelson  
Resident since 2007



## ***Hairdresser Update***

- Mary                      Tuesdays
- Ann                        Thursdays & Saturdays
- Beverly                  Fridays

# Save the Dates!

## ***2023 American Red Cross Blood Drives***

All drives will be on Mondays from 2-7 pm in the Auditorium.  
Register online beginning in December at [www.redcrossblood.com](http://www.redcrossblood.com).

- January 16
- April 17
- July 17
- October 16

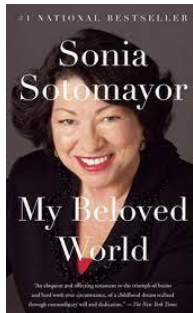


**American  
Red Cross**



## *Recent Bus Trip to Glick's Poinsettia Show*

## Keeping Busy



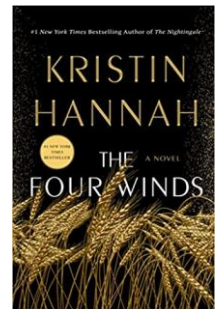
January 2

### *Book Club*

*Monday, January 2 at 2 PM*

Book Club is the 1<sup>st</sup> Monday of each month in the SRC Dining Room. My Beloved World by Sonia Sotomayor will be discussed in January. February's book will be The Four Winds by Kristen Hannah.

*Contact Jeanette for more information.*



February 6

### *Bingo-CIZE Exercise Class*

*Monday, January 9 & Tuesday, January 10 at 11:00 AM – 12 :00 PM*

Bingo-CIZE is a new 10-week exercise class meeting Mondays and Tuesdays from January 9 thru March 14. Offered by Montgomery County Office of Senior Services, the organization who brought us Tai Chi, Healthy Steps, and Matter of Balance, Bingo-CIZE is a fun class which combines health education, a bingo-like game, and exercise. Just what you need for those dull winter months! Held in the SRC Club Room. Class size is limited. **RSVP by Wednesday, January 4.**

### *Peace Meditation with Reiki and Singing Bowls*

*Tuesday, January 10 at 9:15 PM*

Our Peace Meditation with Reiki and singing bowls will resume after New Years (depending on weather). Come to breakfast on Tuesday, January 10 to discuss the schedule with Natalie and get the details!



## ***Breakfast Bar***

***Tuesday, January 10 at 9:15 AM***

Tuesday, January 10 at 9:15 AM, enjoy breakfast with your neighbors in the McMenamin Rec Center. Breakfast bar is typically held the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at 9:15 AM. Light fare will include bagels, muffins, EGGO waffles, juice, coffee and fruit.

***The cost for Breakfast Bar is \$3***

Please RSVP to Rozanne by the Friday before each scheduled Tuesday.

## ***Resident Meeting with Staff – New Time!***

***Tuesday, January 10 at 9:30 AM***

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

## ***MEDICAL ALERT Button Presentation***

***At SRC Wednesday, January 11 at 5 PM***

***OR***

***At BRC on Thursday, January 12 at 11 AM (Limited seating)***

Are you interested in a MEDICAL emergency button in your home or a necklace/watch you can wear anywhere you go? Vital Link, a local family-owned company which manufactures 4 different medical emergency options that you can push if you slip, fall, or are have any type of medical emergency. Vital Link will present these options onsite so we can see the devices and ask questions. Two presentations will be held; please attend whichever presentation works best for you.

We have negotiated discounted pricing for SRC/BRC residents. Brochures and pricing from Vital Link include additional information and frequently asked questions. These are located in the SRC front office and the BRC McMenamin Rec Center.

Feel free to visit the website at [www.AVitalLink.com](http://www.AVitalLink.com), or to reach out with questions via 1-800-338-4825 prior to the presentations.

Be sure to mention you are from SRC/BRC.

Should the need arise, snow dates are Wednesday, January 18 at 5 PM held at SRC and Thursday, January 19 at 11 AM held at BRC (limited seating)

Open to the public; however, discounted pricing is available for residents only.

**RSVP to the office by Tuesday, January 10, being sure to specify which date/location you'd like to attend.**



## *Lunch Bunch*

**Michael's Restaurant (Douglassville)**

**Friday, January 13 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 per person (for the driver) due at sign-up.

The bus and carpool will leave the Berean Bible Church Parking lot at 11 AM.  
**RSVP by Tuesday, January 10.**

*Would you like to be the one to pick the restaurant? Contact Kathy.*



## *Soup Night*

**Friday, January 13 at 4 PM**

Join us for soup night on Friday, January 13 at 4 PM in the McMenamin Rec Center. Bring your own bowl and beverage. We will have water, coffee, tea and dessert. RSVP with Carrol. Let her know if you can bring soup. There are also crock pots to borrow if you do not have one!



## *American Red Cross Blood Drive*

**Monday, January 16 at 2 PM – 7 PM in the SRC Auditorium**

Start out the new year by doing a good thing! Registration is open for our next blood drive. Register online at [www.RedCrossBlood.org](http://www.RedCrossBlood.org).

*NEW: If you are not computer savvy but want to donate, call Lara Graham; as the Drive Coordinator, she is now able to register you online.*



## ***Adopt a Grandparent Program*** ***Wednesday, January 18 at 1 PM***

Seeking 15 seniors who would like to participate in an onsite 10-week program with 5th grade students from nearby West Mont Christian Academy. The program is part of the service-learning program, which teaches children to serve others and to participate in learning activities outside the classroom.

Attend the Information Meeting on Wednesday, January 18 at 1 PM in the SRC Dining Room to find out what it entails.

On Wednesday, February 22, you will be able to read bios of the children, and choose your “grandchild” to adopt for February 22 through May 2.

Over the next 10 weeks, “Grandchildren” will meet you in the dining room to interview you, working on improving their communication skills, and strengthening their public speaking skills. They will improve their writing skills by writing your biography, which will be bound and “published.”

The program will culminate on Tuesday, May 2 with students performing several service projects on campus, followed by a presentation of the written biographies for all to enjoy.

Program Start Date: Wednesday, February 22 from 1 – 2 PM in the Dining Room, and then March 1, 8, 15, 22, 29, April 12, 19, 26, May 2\* (\*TUESDAY).

**RSVP to attend the Information Meeting by Friday, January 13.**

To participate in the Adopt A Grandparent Program: RSVP by Friday, February 3.

## ***Circle of Support***

***(previously called Grief Support Group)***

***Thursday, January 19 at 11 AM – BRC McMenamin Rec Center***

This new ongoing grief support group will be led by social worker Angel McIntosh of Patient Care Hospice, who led our Holiday Grief Support Group. Angel welcomes any senior needing support during any stage of the grieving process, including friends or relatives from outside the community.

Come regularly, or come when you feel like it. Meets Thursday, January 19 at 11 AM in the BRC McMenamin Rec Center, and every 1st and 3rd Thursday thereafter.

Open to the public; please let outside friends who are struggling know. **Ongoing; no RSVP necessary.**



***SRC Singers Practice Begins!***

***Thursday, January 19 at 3:30 PM***

Practice begins for the Spring Concert!

## *Caring for the Caregivers*

*Tuesday, January 24 at 6 PM*

Are you a caregiver for an aging parent or spouse? Do you often find yourself exhausted, frazzled, and short-tempered?

At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. Join us to learn ways to reduce stress and about resources available to caregivers.

Presented by Beth Biehl of Aging Resources Alliance. Learn how to fill your own cup first so that you can continue to give to others.

Open to the public. **RSVP by Monday, January 23.** Snow date: Tuesday, January 31 at 6 PM.

## *New Wellness Class: My Life, My Health*

*6 Thursdays, beginning January 26 at 12:30 PM–2:30 PM*

*(January 26 – March 2)*

Class addresses techniques to deal with problems such as frustration, fatigue, pain and isolation. Appropriate exercise for maintaining and improving strength, flexibility, and endurance will be taught.

Other topics covered include appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, and decision making.

Participants make weekly action plans, share experiences, and help each other solve problems they encounter by creating and carrying out their self-management program. Class size is limited to 18. **RSVP by Monday, January 23.**

## *Dementia Education Series: A 3-Part Series*

*Friday, February 3, April 7, and June 2 at 1:00 PM*

Jessica Speroff of Senior Helpers discusses changes to the healthy brain, signs to watch for, and how to spot them.

This is a great series to attend if you are seeking further education on signs and symptoms of dementia, as well as interventions to try and assistance programs available. Especially popular with adult siblings/families.

This series will be followed by a second 3-part series later in the year entitled “The Healthy Brain”, which discusses ways to keep your brain healthy and preventative activities which work to prevent the onset of dementia. **RSVP by Wednesday, February 1.**



## *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*

2<sup>nd</sup> & 4<sup>th</sup> Tuesday at 9:15 AM  
(Rozanne)



## *Men's Breakfast Club*

4<sup>th</sup> Wednesday at 8 AM  
(Wayne)

## *Circle of Support*

1st & 3rd Thursdays at 11 AM



## *Words on Wheels*

2<sup>nd</sup> Monday – December 12 at 10 AM



## *Vietnam Veterans*

1st Tuesday at 7 PM  
SRC Dining Room

## *American Legion*

4<sup>th</sup> 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

## *Bible Study*

2nd Monday at 2 PM –  
SRC Dining 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)**



### Tuesday – January 10 – Shady Maple, Grocery Store & Goods

(Snow date Wednesday, January 25)

**1 SEAT LEFT!**

Discover the experience of dining at Lancaster County's largest smorgasbord featuring 200 feet of deliciously authentic Pennsylvania Dutch cooking. At Shady Maple some of Lancaster County's finest cooks prepare all your favorite PA Dutch foods, as well as some exciting new dishes. Lunch at your own expense.

**RSVP to the Office by Friday, January 6.**

LEAVE BEREAN PARKING LOT: 10:00 AM

Cost: \$6.00



### Friday – February 17 – Neag Planetarium (Reading, PA)

Join us at the Neag Planetarium of the Reading Public Museum for a fun afternoon of “star gazing”. The program will feature a seasonal display.

Lunch at your own expense before the show at Berkshire Family Restaurant.

**RSVP to the Office by Tuesday, February 14.**

LEAVE BEREAN PARKING LOT: 11:30 AM

Cost: \$12.00



## 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.