

RIDGE REPORTER



Daylight Saving Time – Sunday, March 12

Be sure to set your clocks **AHEAD one hour.**

If you would like assistance changing your timers,
please call the office to schedule a time for our staff to visit.



PROSHRED
SECURITY
DOCUMENT DESTRUCTION AT YOUR DOOR



Shredding Event at BRC Saturday, April 22

Have you found yourself reorganizing,
decluttering, and wanting to get rid of
personal information? BRC will be hosting a
shred event. Watch upcoming Ridge
Reporters for more information.



Grandparent Program

You may see some elementary school students around the SRC campus this month! We are partnering with West-Mont Christian Academy and their 5th graders for a service learning project. Service learning implements learning outside the classroom using real-life skills, coupled with service projects performed for others. The 5th graders have “adopted” a grandparent from SRC or BRC and will meet with them once a week for 10 weeks. Students will work on writing and editing, public speaking, and interpersonal skills while interviewing the “grandparents” to write their biography. We are excited to partner with WMCA for this project and look forward to some “grandchildren” around the SRC campus!

Trash & Recycle Reminder

Trash and recycle must be out by 8 AM for pickup.



SRC Garden Apartments

The doors from the vestibule of the SRC garden apartments to the main hallway of the building are part of the fire control system. These doors are to remain closed. They will no longer be propped open. Once the doors are closed, they are locked.

Should you be visiting a resident in the SRC garden apartments, you will need to speak to them through the intercom system or call them directly to meet you in the vestibule for access to the building.

Be Courteous and Friendly

“Word of Mouth” is our biggest marketing avenue. Visitors are invited to attend our marketing events throughout the month. You never know who could be your new next door neighbor.

As a reminder, some of our residents have help throughout the week with various household chores. There will be times when you see an unfamiliar face at the trash/recycle dumpsters. Please remember to be kind and courteous.

What Insurance Should I Have?

Please make sure the insurance you obtain as a resident of our community is for contents only (typically costs \$100-\$150 annually). We have come across some residents who have been paying insurance as if they owned the home. If you are paying much more than this, consider calling your insurance agent to make sure they understand you require only contents insurance; not homeowner's insurance. The agent can call the office if more information is needed.

Stop Signs = STOP

With the nicer weather right around the corner, it is a great time to remind not only our guests but ourselves to be alert and considerate drivers. Please come to a complete stop and look both ways before proceeding. Please note, stop signs were recently installed on the SRC campus at every Court and other locations throughout the community.



One Way – Do Not Enter!

One-Way sign, Do Not Enter sign, and painted directional arrow were placed at the “triangle” driveway entrance of the SRC community center parking lot. These precautions were put in place to avoid a collision with someone leaving the community center parking lot.



Community Speed Limit

Please drive safely and be aware of people walking, pulling out of parking spaces and garages.

If Snow is Predicted . . .

Remember to call the office as soon as you can for a forecasted snow event if you need to get out for an appointment; have caregivers, family or friends coming to your home; need to get out on a regular basis (e.g., working, dialysis, or cancer treatments). It does not matter if the event is reported on a Monday for potential snow on a Thursday. There is an established snow removal plan for the community. Refer to your binder for complete snow/ice removal policy.

Trash/Recycle on Snow Days

Please remember that trash/recycle pick up may be delayed during or right after a snow event. Our first priority is to have the community cleared of snow as soon as we can.

SRC Community Center Parking

The activity in the SRC community center has increased significantly. Occasionally, groups/events overlap and parking is a little tight. Please be courteous to the residents that live in the vicinity of the community center and **do not park in a numbered parking space that is not assigned to you.**

Every home in the SRC community is assigned a parking space. **Parking spaces with numbers are reserved for that particular home.** Please remind your visitors to park in non-numbered spaces.

In addition, when our staff and/or Police/EMTs are dispatched to our community, they use the parking space numbers as a quick check to see if the resident is home.

Office Telephones



We are finding that when residents call the office and do not get an answer, they hang up and call right back. Your call is important to us. However, if your call is not answered, the front office staff are on the phone with another person, helping someone at the window or a combination of both. **Please leave a detailed message** as to why you are calling. We can then return your call with a solution in hand.

Eye Glasses

Has your eye prescription changed? Do you have a collection of eye glasses you no longer use? Drop them in the eye glasses donation/collection box located in the McMenamin Rec Center. These eye glasses will be donated to a local eye doctor.



Friendly Pet Reminder

Please be courteous to your neighbors and do not allow your dog(s) to "relieve" themselves on buildings, sidewalks, shrubbery/mulch or lawn ornaments.

Excrement must be picked up immediately.

Thank you for your cooperation.



Pet Policy Reminder

- All pets are to be registered with the office including guests' pets. Call the office to obtain a Pet Registration form.
- When outside, animals must be leashed and under full personal control of an adult at all times.
- Pets may not be tied outside on front porches or back patios.

Landscaping Changes

Realty Landscaping will be performing a significant amount of the required landscaping work this year.



**REALTY
LANDSCAPING**

The work will include spring cleaning, weeding and edging of mulch beds, placement of new mulch, application of spring and fall lawn fertilizer and weed control, shrub pruning according to the season, tree trimming and fall leaf cleanup. Realty will also be cutting the grass. Our landscaping staff will focus on matters related to aesthetics such as flower planting, shrub replacement, decorating and other projects to enhance and maintain the beauty of our community.

Realty will begin their work on winter damage and leaf cleanup early Spring (weather permitting). Our staff will do its best to communicate the upcoming work activities to be completed by Realty.

Work orders relating to grounds must be made by contacting the office.

BRC Administration and Realty Landscaping agree that any concerns or issues with work activities being performed by Realty should be reported directly to the office.



Shingles Vaccine – The Second Shot

If you received the shingles vaccine at our vaccine clinic on December 6, in order for it to be effective, be sure to get the second shot of the shingles vaccine **between now and May 6**. Pottstown Pharmacy at 1501 East High Street offers shingles-second shot vaccines daily from 9 am - 4 pm. No appointment necessary. Remember to bring your Vaccination card with you.

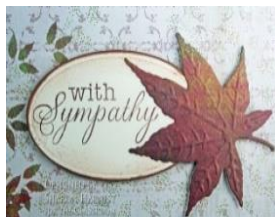
Happy Birthday!

2 - Ron
19 - Wayne
Barbara
21 - Ben
23 - Margaret



Happy Anniversary!

31 - Dennis and April



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

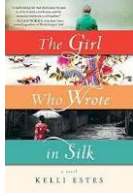
Joan

Resident since April 2012



7 Surprising Facts About St. Patrick's Day

- The Real St. Patrick Was Born in Britain
- There Were No Snakes Around for St. Patrick to Banish from Ireland
- Leprechauns Are Likely Based on Celtic Fairies
- The Shamrock Was Considered a Sacred Plant
- The First St. Patrick's Day Parade Was Held in America
- The Irish Were Once Scorned in America
- Corned Beef and Cabbage Was an American Innovation



March 6

- March 6 "Girl Who Wrote in Silk" by Kelli Estes
 - April 3 "South of Broad" by Pat Conroy
 - May 1 "The Woman They Could Not Silence" by Kate Moore
- Contact Jeanette for more information.*

Book Club

1st Monday at 2 PM



Lunch Bunch

**WQ Diner (Route 100 & King St.)
NEW OWNER!**

Friday, March 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 Wednesday, March 8. **Menus located in the McMenamin Rec Center.**



Breakfast Bar

Tuesday, March 14 at 9:15 AM

Tuesday, March 14 at 9:15 AM, enjoy breakfast with your neighbors in the McMenamin Rec Center. Breakfast bar is typically held the 2nd and 4th 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

Tuesday, March 14 at 9:30 AM

The Resident meetings are typically held the 2nd Tuesday of each month at 9:30 AM in the McMenamin Rec Center.

New Exercise Class: Walk with Ease

Mondays, Tuesdays, & Wednesdays at 1 PM

March 20 - April 26; Attend 1, 2, or 3 days!

Brought to you by Montgomery County Office of Senior Services, this “class” is designed to get you outside. Class will meet at SRC on Mondays, with an instructor, to stretch and then walk as a group for an hour. Class will meet on Tuesdays and Wednesdays, without the instructor, to walk for an hour. Knowing that your classmates are waiting for you will help hold you accountable for walking 2-3 times a week. Busy schedule? You do not have to commit to all 3 days! Join us when you can! Once class begins, we will publicize our walk “starting point” for anyone interested in joining our group walk. **RSVP by Friday, March 17.**

Girls’ Night Out +1

Monday, March 20 at 6 PM

Did you mark your calendar for our next Girls’ Night Out? Please join us at SRC for a night of fun and friendship as we welcome Spring! Bring an appetizer to share, your nametag, and a friend! We aim to bring in some outside ladies to see our community and get to know our group, so be sure invite some fun friends and RSVP with their names! Open to the public. **RSVP by Friday, March 17.**

Insects

Tuesday, March 21 at 3:30 PM

Stop by the SRC Auditorium when Link presents a brief introduction into the world of insects – the most dominate and successful organisms on earth. Insects comprise over 50% of all living species alive today. You will have an opportunity to see his collection of almost 400 insects – beetles, bees, wasps, butterflies, moths, flies and bugs. Open to the public. **RSVP by Monday, March 20.**

Demonstration of Free Captioning Apps on iPhone

Thursday, March 23 at 11 AM

Do you have difficulty hearing and understanding on your cell phone? Are you aware that Apple iPhone has several FREE apps available (already on your phone!) which ‘caption’ your caller’s words in real time on your phone screen? Instead of struggling to understand the caller, you can simply “read” what he’s saying. These apps are a great help when listening to unfamiliar callers such as a doctor’s office, insurance company, or even family members who speak quickly! Lara Graham will demonstrate two different apps, and help you activate them on your iPhone if you choose. (One of the two apps will only work with Apple iPhone, but the other will work with any kind of cell phone. A list of similar apps available for Android phones will be provided.) Bring your phone with you to the workshop at SRC. Open to the public. **RSVP by Wednesday, March 22.**

Peace Meditation with Reiki, Singing Bowls & Peace Art

Sunday, March 26 at 3 PM

Peace meditation time with Reiki, singing bowls, and peace art is open to Buchert Ridge residents and a friend or family member if you wish. We will meet at the McMenamin Rec Center Sunday, March 26, from 3 to 4 PM. Bring your own crayons or coloring tools, or use one of ours.

Drop-In Blood Pressure Check

Tuesday, March 28 at 11:30 AM – 1:00 PM

Jenna Senholzi, PT, DPT, of Phoenix Physical Therapy will be hosting a drop-in blood pressure check for anyone interested! Jenna will be in the SRC Game Room to check your blood pressure and share information about Phoenix Physical Therapy's new Pottstown location, which several of our residents are already using. Open to the public. **RSVP: Not necessary; just pop in.**

Medication Take-Back

Wednesday, March 29 at 2 – 4 PM

Montgomery County Office of Senior Services brings us many great exercise classes such as Healthy Steps in Motion, Tai Chi for Arthritis, and several new ones arriving in the next few months! Partnering with the Montgomery County Chief of Police and the Montgomery County District Attorney's Office, these organizations will collect old and expired medications from your home to avoid possible overdose or misuse. All NON-LIQUID medications may be brought to the SRC Game Room be disposed of safely. Check at home to see if you have any of these for safe disposal: prescriptions, over the counter meds, tablets, capsules, inhalers, creams, ointments, nasal sprays, pet medicines, and vaping products. Open to the public. **RSVP: Not necessary; just pop in.**

Pottstown Regional Public Library Workshop

Thursday, March 30 at 11 AM

Are you aware of all the resources our local library offers? Have you applied for a library card? Did you know that you can download books FREE from the Pottstown Library to read on your phone, Kindle, or tablet? This workshop at SRC will introduce you to our library, provide applications for a new library card, and show you how to set up your device to connect with Pottstown Library's eBook borrowing system, so you can download free eBooks. Why not get your device set up now so it's ready for the beach or pool this summer? You can even "reserve" new releases as they come out! Hosted by Megan Bealer, Librarian of the Pottstown Regional Public Library and BRC resident Rozanne. Important: bring with you to the workshop: tablet, Kindle, or phone, your device(s) password(s), and a COPY of your photo ID. Open to the public. **RSVP by Tuesday, March 28.**

Bow Tree Brass

Friday, March 31 at 2 PM



Join us Friday, March 31 at 2 PM in the SRC Auditorium for Bow Tree Brass. They are a quintet of retired musicians who have been playing concerts in our area for several years. The Bow Tree Brass experience goes beyond simply listening to music. We are encouraged to sing along and they promise to provide loads of laughs and smiles as they share interesting highlights of each music selection.

“What’s It Worth?” Antiques Roadshow ***Thursday, April 6 at 6 PM***

Much like the popular TV show, Antiques Roadshow, Mike Ivankovich, host of WBCB 1490s “What’s It Worth? Ask Mike the Appraiser” will evaluate and educate us about unusual treasures. Attend the presentation at SRC and enjoy his evaluations and appraisals, or bring an item to be appraised. Feel free to attend this interesting evening even if you don’t have an item to be appraised.

A total of 30 appraisal slots are reserved for SRC and BRC residents; if you plan to have an item appraised, be sure to RSVP quickly. Residents bringing an item to be appraised will be directed to stop at the Office to fill out an information sheet about the item. This event is open the public and expected to be well-attended. **RSVP by Wednesday, April 5.**

The Brain Series Part 2: ***Understanding the Different Stages of Alzheimer’s & Dementia*** ***Friday, April 7 at 1 PM***

Even if you missed Part 1: An Overview of Dementia, join us for this fascinating presentation by Jessica Speroff of Senior Helpers. Using the Senior Gems Quick Reference Guide developed by Teepa Snow and Senior Helpers, Jessica discusses the 6 different stages of Alzheimer’s and dementia and the defining characteristics of each stage. Understanding these characteristics will set the stage for Jessica’s next presentation at SRC on Friday, June 2, Supporting Someone with Dementia: Techniques and Strategies. Open to the public. **RSVP by Thursday, April 6.**

SPRING PUBLIC EVENTS

Watch Upcoming Ridge Reporters for More Information

April 6 & 20	Circle of Support @ BRC McMenamin Rec Center
April 12	Caring For the Caregiver
April 17	American Red Cross Blood Drive
April 20	Downsizing Your Home
April 21	Stretch into Spring (free stretching clinic)
April 22	Drive Through Shredding Event (@ BRC)
April 25	Elder Law: Power of Attorney, Health Care Proxy, and Your Will
April 28	BINGO!
May 4, 18	Circle of Support @ BRC McMenamin Rec Center
May 16	Outsmart the Scammers
May 20	Women, Widows, and Widowers Financial Workshop



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 at 9:15 AM
(Rozanne)



Men's Breakfast Club

4th Wednesday at 8 AM
(Wayne)

Circle of Support

1st & 3rd Thursdays at 11 AM



Words on Wheels

Book Mobile

2nd Monday at 10 AM

Book Club

1st Monday at 2 PM
SRC Dining Room

Bible Study

2nd Monday at 2 PM
SRC Dining Room

Yoga – SRC Auditorium

Tuesday – Chair Yoga - 3:30 PM
Wednesday – Floor Yoga - 9:30 AM



SRC Singers

Thursdays at 3:30 PM
SRC Auditorium

Hooks and Needles

1st Tuesday at 2 PM
SRC Game Room



Vietnam Veterans

1st Tuesday at 7 PM
SRC Dining Room



Pinochle

Thursdays at 2 PM – SRC Dining Room

American Legion

4th Thursday at 7 PM
SRC Dining Room



LEGEND FOR AMOUNT OF WALKING

1 Little
Walking

1111 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)**

111

Tuesday – March 14 – Julius Sturgis Pretzel Bakery & Wilbur Chocolate Retail Store

Take a trip to Julius Sturgis Pretzel Bakery to make your very own pretzel. Then travel to Wilbur Chocolate Retail Store for some sweet treats.

Lunch at your own expense at Knight & Day Diner.

RSVP to the Office by Thursday, March 9.

LEAVE BEREAN PARKING LOT: 10 AM

Cost: \$13.00



New Hanover AARP Trips

Checks Payable to:
"New Hanover AARP"

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

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Thursday, April 20 – Sight & Sound Theatre

"Moses"

Set adrift as a baby and now wandering the wilderness, Moses is ...

RSVP to Carol Griffith

LEAVE BEREAN BIBLE CHURCH: 9:00 AM

Cost: \$145.00

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Tuesday – May 30 – Totem Pole Playhouse

"Honky Tonk Angels"

Start the day off nicely with an included family style lunch at ...

RSVP to Carol Griffith by Friday, March 31

LEAVE BEREAN BIBLE CHURCH: 8:30 AM

Cost: \$129.00

Save the date:

Thursday, June 22 – Bube's Brewery
"Murder Mystery Show"