

MAY 2022



RIDGE REPORTER

***BRC & SRC Offices Closed Monday, May 30
Trash Pick Up Tuesday, May 31***



Memorial Day is a time to remember and honor the military personnel who died in service for our country. As we spend time with friends and family on the holiday, let us remember those who have fallen so that we can live as free Americans.



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



In the war-torn battlefields of Europe, the common red field poppy (*Papaver rhoeas*) was one of the first plants to reappear. Its seeds scattered in the wind and sat dormant in the ground, only germinating when the ground was disturbed—as it was by the very brutal fighting of World War 1.

John McCrae, a Canadian soldier and physician, witnessed the war first-hand and was inspired to write the now-famous poem “In Flanders Fields” in 1915. He saw the poppies scattered throughout the battlefield surrounding his artillery position in Belgium.

The Symbol Spreads Abroad

The wearing of the poppy was traditionally done on Memorial Day in the United States, but the symbolism has evolved to encompass all veterans living and deceased, so poppies may be worn on Veterans’ Day as well. Not long after the custom began, it was adopted by other Allied nations, including Canada, Australia, New Zealand, and the United Kingdom, where it is still popular today. In these countries, the poppy is worn on Remembrance Day (November 11).

Today, poppies are not only a symbol of loss of life, but also of recovery and new life, especially in support of the servicemen who survived the war but suffered from physical and psychological injuries long after it ended.

“Oxygen In Use”

If you are using oxygen in your home, for the safety of emergency personnel, please display the “Oxygen In Use” sign in your front window or door. If you do not have a sign, you can pick one up at the McMenamin Rec Center.

Contacting the Office

This last year has resulted in an increase in occupancy for our community. It also means many people are calling wanting information or scheduling a tour. As you can imagine, our phones are ringing quite frequently. We are asking for your patience and cooperation. If no one answers your call, rather than hanging up and dialing back immediately, we ask that you leave a detailed message instead. We will then return your call.

Safety Issue – Approaching Staff

While we pride ourselves on having a friendly and approachable staff, safety is our priority. We ask that you please avoid approaching a staff member or contractor while they are working. There have been numerous cases when a worker was not aware of a resident approaching them and “near misses” occurred.

Items for Maintenance and Landscaping

Many times our staff is approached with maintenance or landscaping items that need to be addressed while they are completing other tasks. While we would like to handle the issue right away, our policy is for you to call the office to report these items. Your item is logged into our database which allows for proper staff assignment and tracking the status.

Trash & Recycle Policy

BRC has garbage collection twice a week. All garbage must be placed in bags to avoid leaks and spills. Place garbage bags at the end of your front sidewalks on Monday and Thursday mornings by **8:00 AM**. Please keep in mind that placing trash out too early could result in broken bags and scattered trash from our wildlife friends.

We recycle on Thursday mornings ONLY. Please DO NOT recycle any plant clippings or leaves (*just place in a pile along side the trash*), styrofoam, plastic bags, pizza boxes or any other product contaminated with grease. Remember to remove lids and rinse out containers before putting them in your recycle bin.

Should you need to dispose of something between the scheduled pickup days, please use the dumpster and recycle bins located near the parking area of the Garden & Rec Center.

Salt Bags

Please place your salt bag out with your trash for collection.

Away From Home

Did you ever get that bottom of the pit sick feeling in your stomach? That's what happens when we get a phone call from someone who is trying to reach you and can't. If you (or your family) are aware you will not be home for several days, please let us know. We have the "away" days on a calendar and it is easy for us to check to see if your name appears. This way, we know you are not home and are OK.

Vents

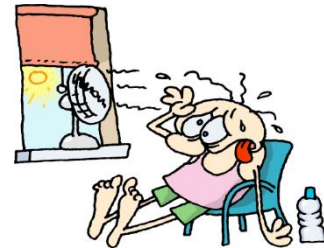
For warmer weather and to maximize your A/C efficiency, you should have the top vents open to draw the hot air out and bottom vents closed. Remember – these vents are for air circulation – they are NOT the actual heating or cooling vents. Should you require assistance in changing your vents, please contact the Office.

Air Conditioners

As days get warmer, you may need to turn on your air conditioner. We suggest you turn it on prior to the arrival of hot weather to ensure the system will work properly when you really need it.

The air units run more efficiently (or not as hard) if you turn the unit on the day prior to a hot day. This will eliminate the need for the air conditioner to work harder trying to catch up to a cooler temperature when it is very warm inside your home. It is recommended that you keep it on until the next cool day or run the thermostat at a comfortable setting all summer.

If you believe your air conditioner is not operating properly, please call the office to have it serviced.



Pesky Pests

If you have noticed ants in your home, we suggest you keep a can of insect spray of your own to address any "normal" insect issues. As a courtesy, we do occasionally spray around and/or in the homes. However, we are not exterminators.

By law, there is only a certain strength insecticide that can be used by anyone who is not a licensed exterminator.

If you have tried your own spray and BRC has sprayed your home and you still have a pest problem, we recommend you call Moyer Indoor/Outdoor Services (215-799-2010) or Hyres Pest Control (610-385-6948) at that point in time.

BRC is responsible to ensure your home is not infested with **termites, carpenter ants and carpenter bees**. In those cases, BRC will take the necessary steps to rid your home of these specific insects.

Landscaping Reminders

Mowing will be performed Tuesdays
(weather permitting).



Residents should not approach the landscape contractors with issues. Instead, please call the office with any questions or concerns. We track all issues and our grounds manager coordinates with Triton directly to ensure a smooth operation.

R REDNER'S Meals – Spread the Word!

Have you been enjoying the prepared meals? Has the program helped with meal planning? Made life a little bit easier?

Please help us SPREAD THE WORD about our wonderful partnership with Redner's! If you have enjoyed their delicious prepared meals, please drop us a note in the office in-box. Word-of-mouth is always the best way to let others know about a good thing!

If you have not yet tried Redner's prepared meals, pick up an order form in the McMenam Rec Center. The high-quality meals are freshly prepared by a five-star chef.



Attention Veterans!



Have you or your spouse served in our armed forces? We are grateful to all of our residents who devoted their lives to the service of our country.

We are in the process of planning an Honor Wall, a place set aside within the McMenam Rec Center to remember and honor those who served.

We need your participation – let us know who you are! If you or your spouse served in the Army, the Marines, the Navy, the Air Force, the US Coast Guard, or the National Guard, please fill out one of the forms located in the McMenam Rec Center. Please include a photo with the completed form when you return it to the office. Thank you!



Walking, Riding, Driving Safety Reminders

We would like to remind you this is an active retirement community with walkers, joggers, & bike riders.

We are a family-friendly community and love when residents have children, grandchildren, great-grandchildren and friends visit. Some reminders:

- Bicycles are allowed on the roadways – NOT on the sidewalks.
- Be aware that a resident exiting their garage may not see you until it is too late.
- Be aware of oncoming traffic when approaching a turn or intersection.
- Skateboards or roller blades are not permitted on our grounds.
- Guests (or guest children with adult supervision) are permitted to ride bicycles.
- Children must be accompanied by an adult when visiting the McMenammin Rec Center.

We have found that there are children (and walkers) on our grounds from neighboring communities. It is nice to know they feel safe in our community. However, we need to keep our residents safe too. Should you observe these visitors causing damage, threatening the safety of our residents, or other inappropriate activities, do not approach the person. Instead, please call the police to report the incident.

These guidelines help make our community safer for our residents and visitors.

Social Awareness Reminder

In today's age with advanced technology, we often forget that a conversation or music playing on a cell phone could be heard by all. Please be courteous and mindful of those around you.

Also be aware that if you see someone "talking to themselves", probably has a piece of advanced technology (ear buds or a Bluetooth device) and may actually be talking to someone on the phone or singing to music.

Friendly Pet Reminder

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





Happy Birthday!

- 1 - Betty
- 2 - Eileen
- 5 - Jeannette
- 15 - Joan
- 24 - Daisy
- 26 - Judy

Happy Anniversary!

- 11 - William & Carolyn
- 23 - George & Dot
- 25 - Wayne and Natalie



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.



HAPPY MOTHER'S DAY!

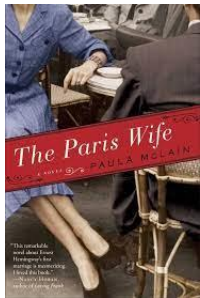
Sunday, May 8 is Mother's Day. We'd like to wish all of our mothers a Happy Mother's Day! Wishing you all the love and happiness you so richly deserve.



BRC Community Meeting

Tuesday, May 10 at 10 AM in the McMenammin Rec Center

There will be a community meeting in the McMenammin Rec Center after breakfast on Tuesday, May 10 at 10 AM. In order to know how many tables and chairs should be set up for both breakfast and the meeting, please **RSVP by Friday, May 6** to Rozanne.



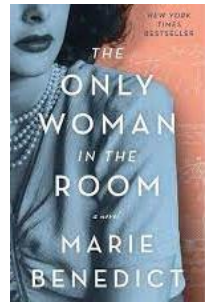
May 2

Book Club

Monday, May 2 at 2 PM

The Book Club meets the 1st Monday of each month at 2 PM in the SRC Dining Room. The Paris Wife by Paula McLain will be discussed at the May meeting. June's book will be The Only Woman in the Room by Marie Benedict.

Contact Jeanette for more information.



June 6



Bible Study

Bible Study will be held on Monday, May 9 at 2 PM in the SRC Dining Room. The study will be headed up by Franklin, lead pastor at Providence Church of the Brethren in Royersford. Pastor Franklin is originally from Nigeria, and he welcomes this chance to meet you.

Dave

Breakfast Bar

Enjoy breakfast with your neighbors in the McMenammin Rec Center 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.



Yoga at SRC - Cancelled for Tuesday, May 10.

Mike Hertzog – Tuesday, May 10

Mike Hertzog, a bluegrass team (husband and wife) from Reading will perform in the SRC Auditorium on Tuesday, May 10 at 4 PM. They will perform bluegrass, country, and a few oldies and gospel as well.



Lunch Bunch O'Grady's

Friday, May 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 (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 AM. RSVP by Tuesday, May 10.

A Barrel of Laughs

Join us on Monday, May 16 at 1 PM in the SRC Auditorium for a presentation by Linda Detwiler of Chestnut Knoll at Home on “Benefit of Laughing” and learn how it can affect our everyday life. RSVP by Friday, May 13.



Tri-County Active Adult Center (TRAAC)

On Thursday, May 19 at 10:30 AM in the SRC Auditorium, Brian Parkes, TRAAC Executive Director, will fill you in on all the exciting things TRAAC offers! RSVP by Monday, May 16.



If you're new to the community, you may not know about TRAAC (formerly the Pottstown Senior Center). Only a few miles from our community, TRAAC is a wonderful place to volunteer, meet new friends, exercise, join classes, attend presentations, learn new things, and participate in trips!

TRAAC is currently seeking volunteers for: lunch delivery drivers (one day per week; M-W-F, average delivery time 1 hour), lobby assistants, and kitchen helpers.

Contact Sue at 610-323-5009 x102.

SAM Luncheon – Monday, May 23

Carol Spracht

Carol Spracht will present a first-person, in costume program on the life of Betsy Ross at the SAM Luncheon Monday, May 23 at 11 AM at Berean Bible Church. This is followed by a meal and a brief message, normally ending around 1 PM. A free will offering will be taken for the meal.



Men's Breakfast Club

This is a “men only” breakfast. Each month (4th Wednesday) the men of BRC have breakfast at a local restaurant. Contact Jim for more information.

Health Care Proxy, Power of Attorney, and Will:

O·W·M O'Donnell,
Weiss &
LAW Mattei, P.C.

What's the Difference, and Why You Need Them

Back by popular demand, on Wednesday, May 25 at 10 AM in the SRC Auditorium, Pottstown Elder Law Attorney Rebecca Hobbs of O'Donnell, Weiss, & Mattei will discuss the purpose of these three documents, why you need them, and how to get them. RSVP by Friday, May 20.

Memorial Day Picnic – May 30

Join us on Monday, May 30 at 3 PM for our annual Memorial Day Picnic at the McMenemy Rec Center. Watch the U.S. Mailbox announcement bins for more details!

Free Balance Screening

Feeling Off-Balance or a bit unsteady on your feet? Tri County Home Health & Hospice will be hosting a Balance Screening on Wednesday, June 8 at 2 PM in the SRC Auditorium for anyone interested in being evaluated. RSVP by June 1.

This is the first in a series. Follow-up topics scheduled this summer include “Home Health Services Available to You in Your Home,” “Choose Control: Diet & Nutrition,” and “Breathe Easy: Respiratory Health.”



Water Aerobics at Sanatoga Swim Club

Watch the June Ridge Reporter
for more information.

American Red Cross Blood Drive – Friday, June 17

We are excited to hold an American Red Cross Blood Drive on
Friday, June 17 onsite at SRC!

- All details are included on the Blood Drive packet in your mailboxes.
- Post-COVID guidelines require a slightly different signup procedure: RSVP by Monday, May 9 ***using only the RSVP form***, as appointments are limited.
- We expect the event to be filled quickly and overflow RSVPs will be prioritized for our next drive, which is already being planned.
- Please help us make our Blood Drive a smashing success by return the attached RSVP form to the Office In-Box by Monday, May 9 to commit to donating.

Important: Online registrations and Walk-ins cannot be accommodated for this drive.

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!





Exercising

Monday, Wednesday, Friday at 9 AM
(JoAnne)

Hoagie/Sandwich Night

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

Mexican Train Dominoes

Tuesdays at 2 PM
(Donna)



Breakfast Bar

2nd & 4th Tuesday
(Rozanne)



Men's Breakfast Club

4th Wednesday
(Jim)



Words on Wheels

May 9 at 10 AM
SRC Community Center Parking Lot



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

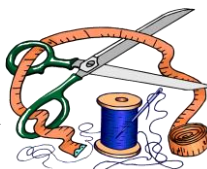


Pinochle

Thursdays at 2 PM – SRC Dining Room

Sewing Club

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



LEGEND FOR AMOUNT OF WALKING

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)**

Thursday – May 26 – Winterthur Museum and Gardens

11

Tour of the Dupont Mansion and the exhibit entitled “Walking in the Footsteps of Jackie Kennedy”. Tram ride to tour gardens. Box lunch at your own expense at the Cafeteria includes soup, salad, sandwich, a sweet and drink. If time allows, a tour of the Campbell Collection of Soup Tureens.

RSVP to the Office by Monday, May 16.

LEAVE BEREAN PARKING LOT: 9:30 AM

Cost: \$25.00

Tuesday – June 21 – Pearl S. Buck National Historic Landmark

111

The Pearl S. Buck House, a National Historic Landmark Museum in Bucks County, PA, was the home of Pearl S. Buck and her family. The beautiful and iconic Bucks County farmhouse contains a rich, intact collection from the extraordinary (the typewriter on which she wrote “The Good Earth”) to the ordinary (a closet full of board games her family played). The grounds of the estate also contain her gravesite, greenhouse and award winning gardens. Lunch at your own expense at The Perk

RSVP to the Office by Wednesday, June 15.

LEAVE BEREAN PARKING LOT: 10:00 AM

Cost: \$16.00

New Hanover AARP Trips

Checks Payable to:
“New Hanover AARP”

Details posted on the Library Bulletin Board.
RSVP to Carol

1 Tuesday – May 17 – Hunterdon Hills Playhouse -
“I Left My Dignity in My Other Purse”

1 Tuesday – June 14 – Chesapeake City, MD

The day begins at Schaefer’s Canal House ...

RSVP to Carol by Friday, May 13

LEAVE BEREAN BIBLE CHURCH: 9:30 AM

Cost: \$90.00

1 Wednesday – July 20 – Totem Pole Playhouse “Beehive”

The day begins with a family style meal at Hickory Bridge Farm ...

RSVP to Carol by Monday, June 20

LEAVE BEREAN BIBLE CHURCH: 8:45 AM

Cost: \$100.00