

NOVEMBER
2022



RIDGE REPORTER



Josh

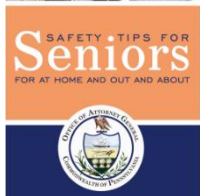
New Staff Member!

We are pleased to announce
Josh
as our newest member for the
maintenance and on-call teams.
We are excited to have him on our team.
Welcome, Josh!



***Don't forget to change your clocks and "Fall Back"
one hour on Sunday, November 6.***

Scam Phone Calls



Several people have called the Office to report they have recently been the recipients of scam phone calls. We urge all residents to be cautious when answering the telephone.

The Office of the Attorney General of Pennsylvania has published a helpful pamphlet – *Safety Tips for Seniors* – which is available on the counter in the McMenamin Rec Center.

Some Quick Tips from the pamphlet:

- If you don't know the number, DO NOT ANSWER. Let your machine pick up.
- EXAMINE YOUR MAIL – if the postmark is from outside the US, it is most likely mail fraud.
- Beware of anyone DEMANDING PAYMENTS in gift cards or prepaid credit cards.

Stop by the McMenamin Rec Center to pick up a pamphlet.

Be alert; be secure; be smart.



Office Closure & Trash Reschedule

A reminder that the Offices will be closed on Thursday & Friday, November 24 & 25 for the Thanksgiving holiday.

Trash AND Recyclables will ONLY be collected once that week on Wednesday, November 23.

Please do not put your trash out on Monday or Thursday.

Trash Reminder

- Please tie all trash bags (to prevent loose trash becoming a problem for the collectors) and rinse recycling.
- Shredded paper is recycle – must be bagged separately.
- Yard clippings must be separated from both trash and recycling. You can just leave the clippings and we will collect them at normal trash pickup. No need to call the Office.
- Although our trash crew can be delayed, our policy states that trash starts at 8 AM. If your trash is not out by 8 AM and gets missed, we ask you to either dispose of it yourself or hold onto it until the next trash day. Unless your trash is in a covered bin, we ask you to not leave it out over night due to animals.
- Place at the end of your sidewalk – keep main sidewalk clear for people walking.
 - Avoid placing trash on the porch as other items could also be picked up by mistake.
 - If it is not visible from the road, it may not be picked up.
- Call the Office if you have trouble getting trash to the end of the sidewalk.

Maintenance of Resident Perennials

Residents may plant perennial plants in their mulch with the understanding that the maintenance responsibilities of any perennial planted belongs to that resident. The staff are able to trim or remove perennials through the proposal process. Please contact the Office for more information.

Contact Information

Please remember to keep the Office informed of any contact information changes. If you have a cell phone, it is also helpful for the Office to have that number in case your house phone is not working and we need to get in touch with you.

Going Away for a Few Days?

We are excited that you get the opportunity to go away for a few days. However, please inform the Office of your absence. The Office occasionally gets calls from people concerned that they can't reach you or that your mail, newspaper or packages are starting to pile up. If we know of your absence, it is an easy answer to let them know you are OK. For the safety of the Community, we ask that you let us know if someone will be getting your mail, going in your home or taking care of your pets. It is also helpful for the Office to have a contact number for you (or the person house-sitting for you) in case we need to reach you.

Community Decorating & Donations

Beginning in November, the Staff will be decorating the McMenamin Rec Center, common areas and gazebos. Please feel free to decorate your homes and porches.

Before you throw away unwanted decorations, please contact the Office. We are accepting donations to use throughout the communities.

Pet Registration

We are a pet-friendly Community. Please make sure your pet is registered with the Office. When a staff member is dispatched to your home, this assists us in knowing that there is a pet in your home.

Shredding Event Update

Back in September we held a Shredding Event that was open to residents in addition to the public. Many visitors commented on the beauty of the community!

Last year we collected and shredded 3.14 tons (6,280 lbs.).
This year we collected and shredded 6.435 tons (12,870 lbs.).

Thank you for all who contributed to this successful event.

*A Spring Date is
Being Planned.
Watch for details!*



Seasonal Maintenance Items

Hoses – Hoses in the front and back of your homes must be disconnected by November 11. Turning off the water is not enough. Water can back up and burst the pipe. If you need assistance disconnecting your hose, please call the Office to schedule a staff visit.

Salt Bags – *Snow, sleet, freezing rain, ice are just around the corner.*
A salt bag will be placed on your porch for the occasional icy areas that freeze overnight during the winter months.

Before it Snows – Please remove all personal decorations such as flower pots, chairs, flag holders, bird houses, solar lights, etc. from the sides of your walkways and/or driveways. When covered by snow, these items cannot be seen and may become damaged by the snow removal crew. SRC will not be held responsible for damage to these items. Also, please make sure your mechanical room door is latched to prevent frozen pipes.



SNOW? Yes! It's That Time of Year Again!

The basics of the Snow/Ice policy are as follows:

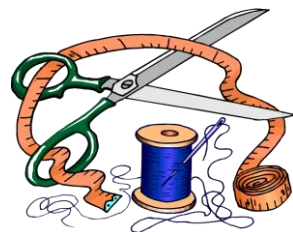
- You must sign a waiver in the Office for us to have permission to move your car and to clean it off.
- A set of your car keys will be kept and locked in our Office for our snow crew to be able to move your car at their convenience for plowing.
- It is NOT mandatory to participate with this snow policy.
- If you do not participate, please be aware that your car will NOT be moved or cleaned off. YOU will be responsible for moving your car temporarily to a designated parking area.
- If you do not move your car for us, then you will be responsible for clearing the snow around your car.
- Contact the Office for appropriate parking locations during a snow event.

Sewing Club

Ruth has stepped away as leader of the Sewing Club. Thank you, Ruth, for your dedication and countless hours with the Sewing Club!

Sewing Club – New Name – Stitches & Seams

The Sewing Club has a new name (Stitches & Seams) and needs a new leader. Stitches & Seams provides sewn donations to various organizations throughout the community. Please contact the Office if you are interested in leading Stitches & Seams.



Used Band & Orchestra Instruments

Saturday, November 5 from 9 AM to 12 Noon

Pottsgrove School District is accepting donations of used band and orchestra instruments on Saturday, November 5 from 9 AM to 12 Noon at Ringing Rocks Elementary School. Please contact Rozanne for more information or if you have an item to donate.

Veterans' Wall of Honor

We are proud to announce the establishment of a Veterans' Wall of Honor in the McMenamin Recreation Center. A private pinning ceremony and dedication will be held on Wednesday, November 2 at SRC to honor the veterans within our communities. All residents are encouraged to view the display.

As we celebrate Veterans' Day and thank the men and women who have given of themselves in service to this great nation, may we never forget their selfless devotion and commitment to our freedom.

*America without her soldiers would be like God without his angels. –
Claudia Pemberton*

Pottstown Pharmacy

Courtesy of Carrol

The new COVID booster is available. There is no need for an appointment at the Pottstown Pharmacy. Flu shots are also available.

Anyone on Medicare is able to get 8 COVID tests every month. Just show your Medicare card at the pharmacy and get your home tests.

Visit the FDA website to get the latest information on COVID test kit expiration dates.
<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-covid-19-diagnostic-tests-frequently-asked-questions>



Daily Bread Community Food Pantry

For the past several years BRC neighbors have contributed food throughout the year. During the holidays we gather toys for children whose families utilize the food pantry. We will be collecting toys and donations until December 9th. If you would like to contribute gifts for children from toddlers to teens please call Carrol or Bill at You can contribute a toy or a cash donation to purchase toys.

We are happy to pick up from your home or you can leave toys in the McMenamin Rec Center by the donation box. Toys should be new and left unwrapped.

The items we collected last year made Christmas Morning special for many children. You are ANGELS.

During the Thanksgiving, Christmas, and Easter holidays, the Daily Bread Community Food Pantry collects special holiday meals for program participants. Inside each holiday "basket" is the fixings for a complete meal, including a main dish, side dishes, and dessert.

In addition to the holiday baskets, the food pantry offers donated toys and the opportunity for pantry participants to "shop" for their loved ones. Dark colored trash bags are provided so that children visiting the food pantry with their parents do not see the gifts being selected for them. Food pantry volunteers care for participants' children during this time.

Small gifts are available for adults, as well. Each year, the gifts are different based on what is donated. Most often, there has often been a display of warm hats, gloves, and scarves. Sometimes there are new shoes or winter coats donated by a local store.

Veterans' Day - November 11



Veterans' Day occurs on November 11 every year in the United States in honor of the "eleventh hour of the eleventh day of the eleventh month" of 1918 that signaled the end of World War I, known as Armistice Day.

In 1954, President Dwight D. Eisenhower officially changed the name of the holiday from Armistice Day to Veterans' Day.

In 1968, the Uniform Holidays Bill was passed by Congress, which moved the celebration of Veterans' Day to the fourth Monday in October. The law went into effect in 1971, but in 1975 President Gerald Ford returned Veterans' Day to November 11, due to the important historical significance of the date.

Veterans' Day commemorates veterans of all wars. Thank you to all who have served.



Happy Birthday!

2 Dot
18 Cathy
Gail
23 Stosh
25 Bob



Happy Anniversary!

25 Ben and Betty
27 Ron and Cathy



BRC Resident Christmas Luncheon

Let's get together to eat and celebrate the season!

WEDNESDAY, DECEMBER 7 at 2 PM

Copperfield Inn at Lakeside

Food and drink at your own expense

Order from the Regular Menu

**After the luncheon (approximately 4 PM),
we will return to the McMenamin Rec Center
for dessert, coffee and tea.**

Everyone in the community is invited!



Medicare and Your Retirement *Tuesday, November 1 at 10 AM*

Bonnie Thompson of Edward Jones Financial will discuss the role Medicare will play during your retirement on Tuesday, November 1 at 10 AM in the Dining Room.

The increasing cost of health care is a growing concern for current and future retirees. Thirty years ago, retirees spent nearly twice as much on food as they did on health care; now the two expenses are nearly equal. Bonnie will discuss Medicare coverage and traditional medical expenses, long-term medical expenses, and strategies for addressing out-of-pocket expenses. Open to the public.



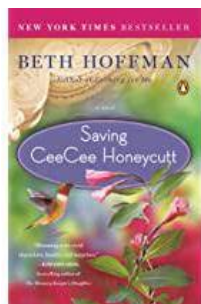
Medicare Seminar *Thursday, November 3 at 6:30 PM*

The open enrollment period in which you can choose a new Medicare plan is from October 15 to December 7. Now is the time to get the facts and educate yourself on Medicare.

Join Ed, resident of SRC and a Certified Medicare Counselor, on Thursday, November 3 at 6:30 PM in the Dining Room as he explains Medicare in simple terms, shares Medicare updates, and discusses items to consider when choosing a plan.

Ed will discuss the differences between Medicare, Medicare Supplemental, and Medicare Advantage. A Question and Answer session will follow. **RSVP by Tuesday, November 1.**

For a private consultation with Ed, please call TRAAC at 610-323-5009 (do not call Ed directly). All appointments are held at the TRAAC facility.

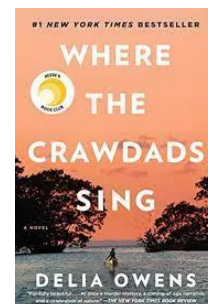


November 7

Book Club *Monday, November 7 at 2 PM*

Book Club is the 1st Monday of each month in the SRC Dining Room. *Saving CeeCee Honeycutt* by Beth Hoffman will be discussed at the November meeting. December's book will be *Where the Crawdads Sing* by Delia Owens.

Contact Jeanette for more information.



December 5

Resident Meeting *Tuesday, November 8 at 10 AM*

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



Breakfast Bar

Tuesday, November 8 at 9:15 AM

Tuesday, November 8 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.

Tips for Those with Hearing Loss: Surviving the Noisy Stressful Holidays

(Hosted by Lara Graham)

Tuesday, November 8 at 6 PM

Holidays can be loud, stressful, and isolating for those with hearing loss.

Make gatherings a little easier for EVERYONE by learning simple tips and tricks for navigating loud events such as restaurants, parties, and outings.

Gain a better understanding of those with hearing loss by becoming aware of hearing fatigue and learning the 9 words you should never say to a person with hearing loss.

Leave with a handful of easy little things you can do to ensure everyone is included in the conversation, and why LIGHTING is important! Light refreshments provided.

Tuesday, November 8 at 6 PM – 7 PM in the Dining Room. Open to the public. **RSVP by Monday, November 7.**

Women's Service Group Seeks New Members!

Thursday, November 10 at 11 AM

Did you miss the Pilot Club of Valley Forge Informational Tea on November 5? Pilot Club is hosting a second chance Tea! Join us for tea and information on this amazing women's service club which provides acts of kindness for caretakers and those who serve others, promotes education of brain health, and spearheads projects for those who've experienced brain trauma.

Recent Pilot Club projects include the Shoebox Project (collecting items for the homeless and those in need), providing bicycle helmets for brain safety, and providing an all-accessible/wheelchair compatible swing at Reeves Park in Phoenixville, so that ALL children can enjoy the swings!

Join us at the home of Suzanne on Thursday, November 10 at 11 AM to find out more! Open only to ladies at SRC and BRC. **RSVP to the Office by Tuesday, November 8.**

Self-Defense for Seniors

November 9, 16, & 30 at 1 PM to 2:30 PM

Master Kurt Miller of Master Kim's Black Belt Academy will lead a 3-part presentation on self-defense. **Participants must attend all 3 dates, as instruction is sequential.**

- Class 1 will teach situational awareness and how to be prepared for a confrontation.
- Class 2 will involve role-play between the participants and instructor, and blocking and striking techniques will be taught.
- Class 3 the instructor will suit up in a protective suit and simulate an attack on pre-selected participants using blocking and striking techniques taught in Class 2.
- Participants from Classes 1 and 2 are welcome to attend Class 3 to observe, and are not required to participate in attacks unless they desire.
- Participants will be required to sign a waiver at the time of registration.

Room still available – RSVP by Monday, November 7.



Lunch Bunch

Duck Inn (532 Gravel Pike, Collegeville)

Friday, November 11 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 Monday, November 7.

Would you like to be the one to pick the restaurant?

We are looking for someone to help plan the Lunch Bunch going forward.

Contact Kathy.

Peace Meditation Time

Sunday, November 13 at 3 PM

Peace Meditation Time led by Natalie with singing bowls and reiki, Sunday, November 13 starting at 3 PM till 4 PM at the McMenamin Rec Center. For those who find peace in creating art quietly while listening, we will have some mandala templates and art supplies for coloring. Or just sit quietly and meditate while the "singing" of the bowls, complemented with reiki, fosters peaceful thoughts, intentions, and sensations in body and mind.

Bible Study

Monday, November 14 at 2 PM

Bible Study will be held in the SRC Dining Room on Monday, November 14 at 2 PM. The study will be headed up by Franklin Iyasere, lead pastor at Providence Church of the Brethren in Royersford.



Karl Hausman

Friday, November 18 at 4 PM

He will delight us with his piano playing in the Auditorium on Friday, November 18 at 4 PM. Come enjoy and sing along with many of your favorite songs.

Karl began piano at 3. Took lessons at 7. Sang in concerts with The Philadelphia Boys Choir & The Philadelphia Orchestra; Eugene Ormandy conducting. At 14, began playing bars in his Irish neighborhood of Fishtown. At 16, became a studio pianist for Rock & Roll singers and Doo-Wop groups. At 17, won 1st Prize in a talent contest on Steel Pier in Atlantic City.

Karl has shared the stage with these great entertainers (just to name a few): Neil Diamond, Johnny Cash, Roy Clark, Conway Twitty, Marvin Gaye, Don Rickels, Bo Diddley, The Rascals, The 4 Seasons, The Glenn Miller Orchestra, The Turtles, Lou Rawls, Doc Severenson, Frank Sinatra Jr., Philadelphia DJ Legends: Dick Clark, Jerry Blavit, Harvey Holliday, Hy Litt, Rockin' Ron Cade, Ed Hurst, Brooks St. Ives, & Tom Lemayne

Premiere Dance Studio

November 20 at 2 PM



Let us entertain you! Dancing, beautiful costumes and smiles coming your way. Premiere Dance Studio is bringing their dance performance to you! Dancers, ages 4 to 14, will be performing on Sunday, November 20 at 2 PM in the Auditorium. This is a free event and open to the public.



Photos with Santa at BRC ***Thursday, December 8 from 3-6 PM***

You are invited to *Photos with Santa* on Thursday, December 8 from 3 PM to 6 PM in the McMenamin Rec Center at BRC. Please schedule your photo appointment by calling Bill.

By the way, the Santa at BRC is PET FRIENDLY, so bring them too! There is no cost for the photos; however, a donation to the Food Pantry is requested.

Save the Dates



SRC Singers Holiday Concert ***Sunday, December 11***

Watch the December Ridge Reporter for more details!

Girls' Night Out +1

Thursday, December 15 at 6 PM

Join us girls for a night of friendship and festive fun! Our Girls' Night Out gatherings are a great way to meet new friends! Feel free to bring a friend from outside the community. Wear your nametag and bring a snack to share with others. Thursday, December 15 at 6 PM in the Dining Room. Open to BRC and SRC Ladies plus a friend! **RSVP by Wednesday, December 14.**

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.

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



**American
Red Cross**



Residents' *Christmas Luncheon*

Friday, December 2- 11:30 AM
Berean Bible Church - Fellowship Hall

(Doors open 10:30 AM)

Cost— \$7

*(Resident, Member of Resident Committee -
currently paid \$5 yearly dues)*

\$12

(Resident, Non-Member of Resident Committee)

\$29

(Non-Resident Guest and BRC Residents)

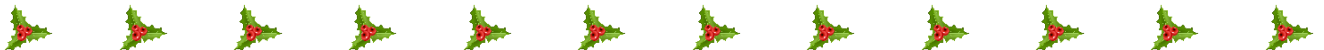
RSVP and Payment Due (CHECKS ONLY) at Office by
12 Noon, Tuesday, November 22
(NO EXCEPTIONS)

Minimum of 100 reservations required

Inform the Office at time of RSVP if you need SRC Bus transportation or if you need assistance carrying your tray through the serving line and to your table.



Musical Christmas Program in the Sanctuary by Witness.
Christmas Carol Sing-Along and Door Prizes Too!



Buffet Meal by Wegmans will include:

Tender Pot Roast
Chicken with Bread Stuffing
Glazed Carrots
String Beans Almondine
Assorted Cakes

*As well as all the extras, such as fruit salad, applesauce,
cranberry relish, pepper cabbage, cole slaw, gravy, rolls & butter,
mints, hot tea, coffee, & fruit punch.*

What Did I Miss?

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Resident Entries



Staff Entries



Keeping Busy

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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)

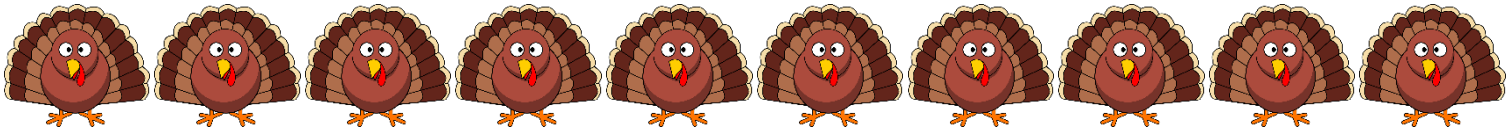
Breakfast Bar

2nd & 4th Tuesday
(Rozanne)



Men's Breakfast Club

4th Wednesday
(Wayne)



Words on Wheels

2nd Monday – November 14 at 10 AM



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



Pickleball

On a winter Hiatus.
Resumes in warmer
weather


Pinochle

Thursdays at 2 PM – SRC Dining Room



Bus Trips

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 – November 8 – Reading Museum



Join us for a 1-hour guided “Highlights Tour” at the Reading Museum. Fall highlights include: DaVinci – The Exhibition; American Adventure; Indigenous Identities – Portraits of Native Americans in the Civil War Era.

Lunch at your own expense at Exeter Family Diner

RSVP to the Office – 4 SEATS LEFT!

LEAVE BEREAN PARKING LOT: 10:30 AM

Cost: \$11.00

Local Christmas Light Tour

Tuesday – December 13

Wednesday – December 14

Take a scenic drive through the local area and enjoy the Christmas lights and decorations. Warm up after the tour in Carol’s Café with some hot chocolate.

Please indicate which day you prefer when you

RSVP to the Office by Friday, December 9

LEAVE BEREAN PARKING LOT: 6:00 PM

Cost: \$5.00



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 – November 17 – American Music Theatre

FULL

“Home for the Holidays”

The day begins with a delicious family style meal ...

