

ACORNNS

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"Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale." - Lauren DeStefano

Autumn begins on Tuesday, September 22nd

Once Again

If you are INSIDE a Ridge Oak laundry room, mail area, lobby, elevator or hallway you **MUST** wear a mask.

If you are OUTDOORS and cannot maintain 6 feet of social distance from another person you **MUST** wear a mask. Keep it handy to put on quickly.

This is NOT optional!

In the Thick of It

We are in the thick of hurricane season. We have had named storms earlier than ever. "Isaias" that hit in early August was a teaser for Ridge Oak. Lucky us, power was out less than 24 hours. Many in our area were out a week or more. Counting our blessings. Take nothing for granted and be prepared.

- Stock non-perishable food and water. During the pandemic we will **NOT** serve food in the community building.
- Minimize freezer and refrigerator hoarding.
- Ridge Oak generators **DO NOT** provide power inside apartments.



- Put fresh batteries in flashlights and lanterns.
- **NEVER** burn candles.
- Keep your cell phone charged.
- **NO COOKING** allowed in laundry rooms, hallways or lobby areas where outlets are tied to the generators. These outlets have a "GEN" label on them. These outlets are for cell phone and battery charging only.
- If you use oxygen, be sure you have tank backups and know how to use them! Ridge Oak staff does not service any medical equipment.

Office Closed

The office will be closed Monday, September 7th for Labor Day.

Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement in the late 19th century and became a federal holiday in 1894. Labor Day weekend also symbolizes the end of summer for many Americans.

NJ General Election

Make your VOTE Count!

Understanding
the November 3rd
General Election:

- All active registered NJ voters will receive a vote-by-mail ballot on or before October 5th.
- The deadline to register to vote is October 13th.
- Read the ballot instructions carefully and complete.
- Return your ballot by US Mail. It must be postmarked by November 3rd.
- If you choose NOT to send your ballot via the US Mail or are a “last minute” voter, you can put your ballot into a secure drop box in the area, ballots must be deposited by 8 pm November 3rd.
- Voters will receive notification about a polling place that has disability accommodation, secure drop box locations and information about how to view or obtain a sample ballot. This notification will be mailed by October 23rd.

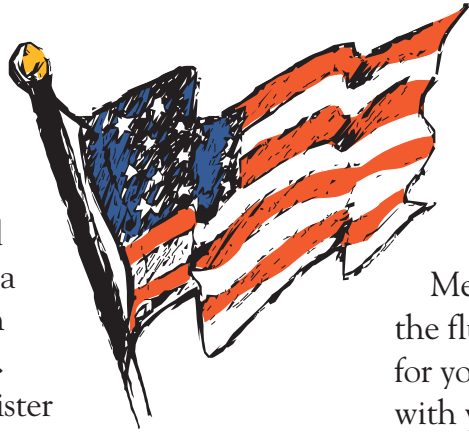
Capital Projects Continue

In early September Village 9 laundry room will be renovated.

In October a section of the Felmeth Hall basement will be transformed into an exercise room and music room where we can host and lead activities for our residents.

Flu Shots

Our current plan is to offer flu shots in *RB Boye Community Room* at Felmeth Hall every Thursday morning starting on September 3rd. This is the “high dose” flu shot that has been recommended for seniors.



There will be two appointments scheduled every 15 minutes. Your temperature will be taken upon arrival.

Call Ridge Oak office at 908-221-0266 for an appointment.

Medicare Part B covers the cost of the flu shot. If you have a Medicare HMO/ Medicare Advantage, you must pay \$25 for the flu shot. You must call the office to sign up for your flu shot. Bring your Medicare card with you to the clinic. If you forget your Medicare card, you will be sent home to get it.

If you require a ride, please advise at sign-up. If you are unable to come to Felmeth Hall for a shot, please advise us. Shots administered at home will require preapproval.

Magic Shop

We have no information on when or if the Magic Shop will open. Sorry!

Easy & Smart

Did you miss signing up for the “help & support” tech sessions in August? Or maybe you need more time with the library staff to reinforce what you learned about your smartphone or tablet in August. The library will once again be here to work with you on Friday, September 25th in the morning. Call the office at 908-221-0266 to sign up for a session.

Quilt Drawing

Congratulations to one of our lucky residents who won the beautiful blue quilt (made with love by Bonnie’s sister Pat Roaldsen). The quilt was raffled off in August. We raised \$684 in ticket sales that will go to the Basking Ridge Rescue Squad.

iPad Drawing

Have you been thinking of purchasing an iPad? This may be your lucky month! This month we are having a drawing for an Apple iPad. Chances are \$2 each. If you purchase 10 tickets for \$20 (at one time) you will receive 2 extra tickets for a total of 12 chances to win! Tickets are available until Monday, September 28th. The winner will be announced with your October ACORN. Call or email Connie at cledder@ridgeoak.org to request tickets. You will be billed in October. Funds raised will go to the Basking Ridge Rescue Squad.

Shopping Bus

The shopping bus will go to Bernardsville and Stirling in September. The planned schedule is as follows:

- Monday & Friday 10 am – Bernardsville – Shop Rite/KINGS
- Wednesday 10 am – Stirling - Shop Rite/KINGS

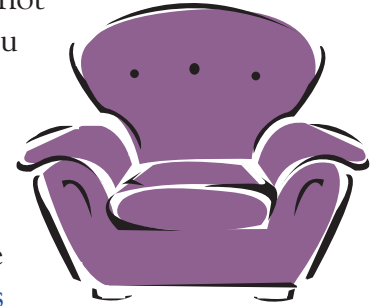
This is subject to cancellation based upon any COVID 19 resurgence and/or lack of interest.

- Advance sign-up for the shopping bus is required.
 - Residents can sign up for no more than 2 shopping runs per week.
 - This is not a “FOR YOUR ENJOYMENT/ JUST TO GET OUT” bus service. It is for residents to get needed provisions ONLY.
 - Remember that the more often you go shopping, the greater the risk of contracting the coronavirus.
 - No more than 5 residents per run.
 - Driver will take your temperature before you get on the bus.
 - All must always wear a mask covering your nose and mouth.
 - Social distance must be maintained.
- You must stay in your bus seat.

- Failure to comply with the above requirements and/or the direction of the driver will result in the immediate termination of bus privileges.

Armchair Travels

Even though we cannot travel at this time, you can still enjoy traveling virtually. All you need is a smart device.



- Take an interactive tour of 4 of [America's National Parks](#)
- Stroll the [Great Wall of China](#)
- Check out pandas via the “panda cam” at [the Atlanta Zoo](#)
- Choose any of [Monterey Bay Aquarium's live cams](#), including the sea otter cam (so cute!)
- Go to the Galapagos via this [YouTube video](#)
- Visit the world's largest cave, Son Doong Cave in Vietnam with [this interactive tour](#) (don't forget to turn up the sound)
- Tour [the Vatican](#)
- Listen to [oral histories](#) at the National Women's History Museum
- Ride [It's a Small World](#) at Disney
- Visit [Sea World](#) and ride the Mako roller coaster
- Explore [virtual camping sites](#) via KOA

Pen Pals

We have several groups of young people in town that would like to be a pen pal with a resident. If you are interested in connecting via letter writing or by email, please contact Connie.

Everyone enjoys receiving a letter through the post. There's something very special about knowing that someone has taken the time to write a hand-written letter for you.

Of course, there are advantages to these modern ways of communicating. We live in a fast-paced world and it's important we keep up. We can chat with people all over the globe, within seconds! We can also edit our emails before we send them, whereas if we made a mistake on a letter, we'd be forced to cross it out or start again.

Knit Crochet with Love

"Providing a drop of comfort, one cap at a time."

The concept of Knit Crochet with Love (KCWL) was born on a cold wintry afternoon in November 2016 when two ladies decided to act on their childhood passion for knitting and crocheting. They formed a group of local knitting enthusiasts with an idea to make hand-knit caps for a local cancer society. KCWL has reached a strength of 100 plus members with diverse age groups from teenagers to 90+ years old, diverse backgrounds and varied levels of skills.

"We invite experienced knitters and enthusiasts to join our noble cause. If you are a beginner or a novice in knitting and crocheting however interested in being a part of KCWL community, no problem. Our welcoming KCWL members, with their infectious enthusiasm, will teach you skills to get you started on your knitting/crocheting journey."

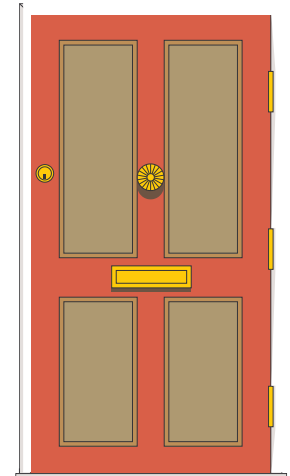
New members have a choice of bringing their own knitting kits or purchase a starter kit from KCWL. KCWL uses only a select brand of yarn specifically recommended for chemo caps—hence we will provide all colorful yarn and a collection of patterns to get you started.

For more information on how to get involved, contact Connie at the office.

Brain Riddle – Logic

Trap Doors

There are five doors, one leads to the exit, the others lead to traps. They are in a line. The clues tell you which position the doors are in the line and where the door to freedom is. All the clues are true. Each door has a clue written on it. The clues read:



The blue door: This door is two spots away from the door to freedom.

The red door: This door is at the far right, and is two spots away from the blue door.

The purple door: This door is not next to the door to freedom.

The green door: This door is left of the blue door.

The orange door: This door is not next to the red or blue doors.

Which door leads to freedom?

Hidden Proverb

In each sentence a word is concealed, such as the word no in sentence five. If you can find the buried words and read them in order from 1 to 6, they will form a well-known proverb.

1. The word buried here has only one letter.
2. Did you find a jelly roll in Gaskin's Bakery?
3. It's the best one I've ever seen.
4. The rug at her stairway was made in India.
5. He's an old friend.
6. Amos sold his bicycle to a friend.

Nothing-No

What phrase is represented below?
Nothing – No + Some

Carry an ID

If you are out walking the property or venturing into town on foot, please carry some form of identification with you. This should include your name and apartment number. We have had residents become lost and unsure of their apartment number. Better yet, if you have a cell phone, take it with you on your walk!

Computer Room

Computer room users **MUST** wear a mask when using computers and must disinfect machines before and after each use.

From the Executive Director *Bonnie*

A special thank you to the residents who have been connecting with us via ZOOM and telephone for activities. We have seen participation steadily increase. **YOU CAN DO THIS!** This is going to be a long haul. Connect with us and your neighbors. If you are unsure or need a cheerleader call the office and speak with Connie.

Occupancy - *Christine, Patrice & Helen*

Although your COVID 19 one-time stimulus payment did not count as income, if you go on unemployment or you get a job it counts! Don't wait to tell us that you went on or off unemployment or got the dream job of a lifetime. We will find out. Left unreported, you may end up in an expensive repayment agreement with us. Call Chris at the office if you have any questions.

If you are a resident of Ridge Oak and have a car you must get your vehicle registered and insured in NJ. It is illegal not to!

From Supportive Housing

"Our Acorn Diner"

We will continue with meal delivery during the month of September. Meals are delivered Mondays through

Fridays.

The meals are prepared by KINGS, the Blue Café, Ridge Restaurant and Asian Delight.



The number of deliveries we can accommodate is limited. Call in your order early!

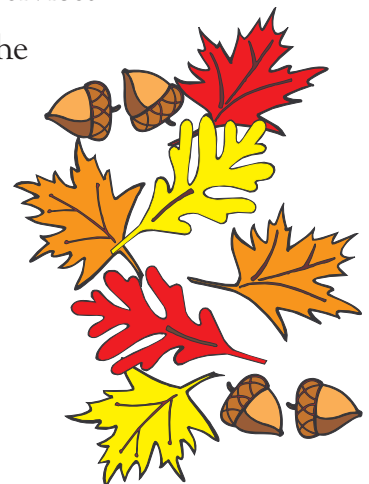
Meal orders must be received by 11 am the business day prior to the meal. Cancellations must also be received by 11 am the business day prior to the meal or you will be billed for the cancelled meal.

If you have any questions about your cost for meals, please call the office and speak to Shannen.

Care Fund

Care Fund subsidizes meals, personal care, Adult Day Care services, and Persys Medical Alert monitoring services.

Many thanks to the people who have made recent donations to the Care Fund.



Mark Your Calendar For Ridge Oak Activities

Tuesdays & Thursdays - Sit & Stretch

Wednesdays - Shady Games

Fridays - Bingo

Tuesday, September 8th

The American Postcard

Thursday, September 10th

All are Welcome Episcopal Service

Tuesday, September 15th

Chill Out with the Chief

Wednesday, September 16th

Name That Old TV Show

Tuesday, September 22nd

Good Morning Ridge Oak

Tuesday, September 29th

America Comes Through

Sit & Stretch

Brain, Body and Balance

Weather permitting, the outdoor Sit & Stretch classes are Tuesday & Thursday mornings at 9 am on the patio at V12. Masks required. The transporter will be available. Either call the day before or meet Connie outside Felmeth Hall at 8:30 am for a ride.

Bingo

Fridays at 1 pm, join us for an afternoon of Bingo. You may join us via ZOOM or by calling in on your phone. After you sign up, Connie will deliver 2 bingo cards and game booklets to your apartment with connection information.

Games in the Shade

Shady Games

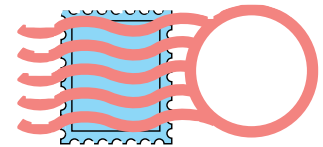
Weather permitting, we will play word games in the shade on the patio at V12 at 1 pm on Wednesdays. A little brain stimulation and a few laughs along the way!

The group will be limited to 10 chairs. Sign up is required.



The American Postcard

From George Eastman's time, postcards were our country's first social media. Tuesday, September 8th one of our favorite presenters, Jim, will present the program at 2 pm. Connect to ZOOM via a smart device or call in to hear the program. You will receive the connect information when you sign up for the program. No charge!



All are Welcome Episcopal Service

Please join us for an "all are welcome" Episcopal Service with Father Rick from St. Mark's Thursday, September 10th at 11 am. You can connect via ZOOM or on the phone. Contact Ridge Oak office for connection information.

Chill Out with the Chief

Bernards Township Police Chief Mike Shimsky will join us on Village 12 patio Tuesday, September 15th at 11 am for some "chit chat" about protecting yourself from phone scams. We will "chill out" with the Chief, have a cool treat and learn from the master. Sign-up required, seating is limited.

Name That Old TV Show

Wednesday, September 16th, join your friends for *Name That Old TV Show*, at 1 pm. Connect via ZOOM or by phone. This month we are playing for laundry quarters! You will be given the connection information when you sign up.

Name That Old TV Show is a “name that tune” game in which segments of television show theme songs are played. The theme songs are from older television shows from the 1950-80s, most of which are still in reruns. There will be a few themes from famous movies as well.

Good Morning Ridge Oak

What’s happening at Ridge Oak?

Join Bonnie and the staff Tuesday, September 22nd at 11 am. Connect via ZOOM or by phone. When you sign up, you will receive the connect information.

America Comes Through

Join Jim Tuesday, September 29th at 2 pm for a program with Inspiring Stories of Everyday Heroes. In difficult times, individuals have a way of doing the impossible. Connect via ZOOM or by phone. You will receive the connection information when you sign up.

Foot Care

Dr. Brown will visit Tuesday, September 29th. Call the Ridge Oak office to schedule a visit with Dr. Brown. We do not endorse any physician, nor do we resolve or mediate billing and/or payment issues.

CALENDAR

Week of September 1st

- 1st Tuesday
 - 9 am Sit & Stretch V12
 - DINNER Lasagna
- 2nd Wednesday
 - 10 am Bus to Stirling
 - 1 pm Shady Games V12
 - DINNER Coconut Shrimp
- 3rd Thursday
 - 9 am Flu Clinic by Appt.
 - 9 am Sit & Stretch V12
 - DINNER Beef Stroganoff
- 4th Friday
 - 10 am Bus to Bernardsville
 - 1 pm Bingo
 - DINNER Chicken Kiev

Week of September 7th

- 7th Monday
 - Labor Day / Office Closed
- 8th Tuesday
 - 9 am Sit & Stretch V12
 - 2 pm The American Postcard
 - DINNER Shepherd’s Pie

- 9th Wednesday
 - 10 am Bus to Stirling
 - 1 pm Shady Games V12
 - DINNER Pulled Pork Sliders
- 10th Thursday
 - 9 am Flu Clinic by Appt.
 - 9 am Sit & Stretch V12
 - 11 am All Welcome Episcopal Service
 - DINNER Rosemary Grilled Chicken
- 11th Friday
 - 10 am Bus to Bernardsville
 - 1 pm Bingo
 - DINNER Citrus Glazed Salmon

Week of September 14th

- 14th Monday
 - 10 am Bus to Bernardsville
 - DINNER Sausage & Peppers
- 15th Tuesday
 - 9 am Sit & Stretch V12
 - 11 am Chill Out with the Chief
 - DINNER Personal Pizza

- 16th Wednesday
10 am Bus to Stirling
2 pm Name That Old TV Show
DINNER Italian Seasoned Flounder
- 17th Thursday
9 am Flu Clinic by Appt.
9 am Sit & Stretch V12
DINNER Beef and Broccoli
- 18th Friday
10 am Bus to Bernardsville
1 pm Bingo
DINNER Chicken Francaise

Week of September 21st

- 21st Monday
10 am Bus to Bernardsville
DINNER Beef Meatloaf
- 22nd Tuesday
9 am Sit & Stretch V12
11 am Good Morning Ridge Oak
DINNER Chicken Pot Pie
- 23rd Wednesday
10 am Bus to Stirling
1 pm Shady Games V12
DINNER Breaded Pork Chop
- 24th Thursday
9 am Flu Clinic by Appt.
9 am Sit & Stretch V12
DINNER Ziti with Meatballs
- 25th Friday
9 am - Easy and Smart by Appt.
10 am BUS to Bernardsville
1 pm Bingo
DINNER Herb Roasted Turkey

Week of September 28th

- 28th Monday
10 am Bus to Bernardsville
DINNER Fig & Brie Stuffed Chicken
- 29th Tuesday
9 am Sit & Stretch V12
2 pm America Comes Through
DINNER Shrimp Lo Mein
- 30th Wednesday
10 am Bus to Stirling
1 pm Shady Games
DINNER Stuffed Peppers

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
|  | 1 Ridge Pizza Caesar Salad Lasagna Bread Cannoli | 2 Lobster Bisque Coconut Shrimp Green Beans with Shallots Rice Pilaf Cherry Pie | 3 Blue Cafe Tossed Salad Beef Stroganoff with Mushrooms and Onions in a Creamy Red Wine Sauce Potato Dumplings Cookies | 4 Cous Cous Salad Chicken Kiev Creamed Spinach Dinner Rolls Brownies |
| 7 No Meal | 8 Bernard's Cafe Beef Minestrone Soup Shepherd's Pie Oreo Mousse | 9 Crunchy Vegetable Salad Pulled Pork Sliders Pickles Mac and Cheese Fruit Salad | 10 Blue Cafe Green Salad Rosemary Grilled Chicken Breast Mashed Potatoes Cookies | 11 Couscous Salad Citrus Glazed Salmon Grilled Asparagus Rice Pilaf Éclair |
| 14 Protein Pack Salad Sausage & Peppers Portuguese Rolls Blueberry Pie | 15 Ridge Pizza Side Salad Personal Pizza Cookies | 16 Birthday Dinner Lobster Bisque Italian Seasoned Flounder Roasted Brussel Sprouts Dinner Roll Cupcake | 17 Asian Delight Egg Roll Beef and Broccoli Vegetables Rice Almond Cookies | 18 Chicken Noodle Soup Chicken Francaise Cauliflower Parsley Potatoes Cherry Pie |
| 21 Tomato Soup Beef Meatloaf Carrots Fingerling Potatoes Seven Layer Cake | 22 Bernard's Cafe Chicken Pasta Soup Chicken Pot Pie Carrot Cake | 23 Tri Color Salad Breaded Pork Chop Grilled Asparagus Dinner Roll Chocolate Pudding | 24 Ridge Pizza Caesar Ziti with Meatballs Cookies | 25 Vegetable Soup Herb Roasted Turkey with Gravy Green Beans Almondine Stuffing Apple Pie |
| 28 Tossed Salad Fig and Brie Stuffed Chicken Breast Whipped Sweet Potatoes Cheesecake | 29 Asian Delight Spring Roll Shrimp Lo Mein With Broccoli Almond Cookies | 30 Beet Salad Stuffed Peppers Potato Leak Torte Chocolate Pudding |  September 2020 Ridge Oak Menu | |

Call 908-221-0266 or email srivers@ridgeoak.org to sign up.