

ACORNS

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RIDGE OAK, INC. 150 MANCHESTER DRIVE, BASKING RIDGE, NJ 07920

908/221-0266

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www.ridgeoak.org

“Gardening is the Art that uses flowers and plants as paint and the soil and sky as canvas.” Elizabeth Murray

Office Doors

Our business hours are 9 am – 5 pm. Felmeth Hall doors do not open until 9 am. If you arrive before 9 am you are welcome to have a seat on the bench in front of the building. We will NOT let you in early. Thank you.

Sign-Ups

Sign-ups for resident activities and meals will be held on Monday, April 2nd at 9 am, no earlier.

Office Closure

The staff will have training on Tuesday, April 3rd. Felmeth Hall doors will be locked from 10 am – 4 pm. There will be no bus or meal that day. Thank you.



Student Assistant

Our student translator, Danielle, who speaks Mandarin, will be in the office in April every Tuesday & Thursday from 3:30 pm until 5 pm for residents who would like to ask a question (in Mandarin) about an activity or meal or would like to discuss a specific concern with a Ridge Oak staff member. Please stop by the Ridge Oak office to see Danielle.



Raised Gardens

April is National Garden Month

There are 16 raised garden beds behind the maintenance barn available for Ridge Oak residents. Residents are responsible for planting and

maintaining their garden during the season. At the end of the season you must clean out your garden.



If you are interested in planting a garden, sign up by Friday, April 20th. If there are more than 16 residents interested in a garden bed, there will be a lottery. You will be notified in writing by the end of the month if you have been assigned a garden or if you are on a wait list.

So that everyone has an opportunity to garden, the lottery gives no preference to those who have planted beds in previous years. One garden per household will be assigned until we see how many beds are requested. If you do not want the assigned bed, then it will be offered to another resident on the waiting list.

Each year there are unattended gardens. Do not sign up for a garden if you are going to be traveling this summer or if you will not be able to do the work. Be considerate as there are other residents waiting to have a garden. Think about sharing your garden with a friend...share the work, share the produce! Unattended gardens will be re-assigned to people waiting!

Computer Room Classes

Russ Archer

will have computer classes

Tuesday, April 3rd & 17th

at 2:30 pm – 4 pm. Sign-up is required. The computer room will be CLOSED to other computer users during class times.



Magical Happenings



Magic Shop, a full-service hair salon for men and women, located on the lower level of Felmeth Hall is open on Fridays.

Call our stylist Sabrina for an appointment, 908-221-1222. Tell Sabrina if you need a ride on the transporter. Residents are billed for salon services by the Ridge Oak office at the end of each month. Please tip the stylist after each service.

A stylized illustration of a comb and a pair of scissors, positioned in the top right corner of the coupon.

Name _____

April Special
\$5 off any haircut

One coupon per customer. Must be turned in at time of service. Cannot be combined with any other coupon offer.

From the Executive Director
Bonnie

Our collective thanks to all of our residents and their families who patiently worked together to get through recent power outages. We realize a power loss presents significant challenges for our residents. While our generator capacity is limited to providing heat and hot water, this enables residents (at minimum) to shelter in place. Good flashlights, non-perishable food and a fully charged cell phone in your pocket are required to stay safe. Power outages will happen again. Please plan now for the next time.

Occupancy - *Christine,
Patrice & Helen*

**Reporting Income & Employment
Changes Between Your Regularly
Scheduled Recertification**

You are required to contact the office immediately if the any of the following apply and you have not reported it to the office:

- You recently started receiving SSI or Social Security Benefits
- You recently started receiving Unemployment benefits
- You are no longer receiving unemployment benefits but you are now working
- You recently started a part-time or full-time job

When you contact

Christine in

Occupancy, you will make

an appointment to bring

in current income documents (4-6

paystubs for a job) and discuss whether

an interim recertification or a correction

to your annual recertification will be

processed.

IF you receive cumulatively \$200 gross or more a month, your rent will be adjusted— increased.

IF you recently started a new job and you earn \$199 gross or less, we will document your file but will NOT process an interim recertification. All income will be included on your annual recertification.

For any new job that you obtain, you should make an appointment with the Occupancy department and bring in 4 -6 consecutive pay stubs. If you do not report a new employer, EIV (Enterprise Income Verification) will identify your employer(s) quarterly and we will contact you.

Per House Rule #15, a resident MUST report an income or household composition change to management within 30 days. If income is not reported in a timely manner, back rent will be owed and the resident will be required to sign a



Rent Repayment Agreement in which the amount owed can be paid as a lump sum or in monthly installments.

If you have questions, please contact Christine in Occupancy 908-221-0266.

From Wellness Nurse

Karen Ellis RN

VNA of Somerset Hills

Karen Ellis, RN is the Visiting Nurse Association (VNA) Wellness Nurse here at Ridge Oak. She is available on-site Tuesdays & Thursdays and can be reached by calling the Ridge Oak office.



Karen will take blood pressures and discuss health concerns with you Thursday, April 19th at 10:30 am in V12.

From Supportive Housing

Corey

Please remember that meal orders or cancellations for the following day need to be called in by 11am the day before or you will be charged.

Meal Highlights for April

Friday, April 6th – Pork Chops served with Apple Stuffing, Grilled Asparagus, Rye Bread and Cheese Cake.

Wednesday, April 11th – Asian Delight – Won Ton Soup, General Tso’s Chicken served with Rice and Vegetables.

Monday, April 16th – Dinner with Staff. Patrice will be our special guest. Grab bag fun!! Dinner is sausage & peppers.

Wednesday, April 18th – Join us for Birthday Dinner! We will serve Spare Ribs, Baked Beans, Cole Slaw, Corn Muffins and Birthday Cake.

Monday, April 30th – Breakfast for Dinner! – Orange Juice, French Toast and Bacon!

Call Corey at the office if you have a meal suggestion or a question.

Housekeeping

Why not book an appointment with our wonderful housekeepers? Call the office and speak to Corey to find what time slots are available and about your co-pay.



Care
Fund

Care Fund subsidizes meals, personal care, Adult Day Care Services, and Persys Medical Alert Systems. Many thanks to the people who have made recent donations to the Care Fund.

PERSYS Units

PERSYS (Personal Emergency Response System) is an electronic device that lets you summon help in an emergency. The transmitter is worn around the neck or wrist and sends a signal to the telephone. When emergency help is needed, the PERSYS user presses the button and rescue squad, police and emergency phone numbers are called. Units are monitored by an alarm company. Our units are owned by Ridge Oak, and residents are billed for monitoring. PERSYS units have truly been “lifesavers” for those who have had an emergency and cannot reach the phone. Maintenance staff is responsible for installing and testing units. If you want to sign up for this medical alert service, call Elaine at the office. Units will be tested again on

Thursday, April 26th. If you will not be home, please leave your pendant out so it can be tested. It is

important that all units are working properly in case of an emergency.



Church Bus Schedule

Our Sunday bus driver, Chris, makes several runs on Sunday mornings to accommodate local church services.

Stand out on Manchester Drive and the bus will pick you up as it passes. Village 12 residents are picked up after Manchester Drive residents.

- 8:30 am for the 9 am service at St. James Roman Catholic Church
- 8:30 am for the 9 am service at Basking Ridge Presbyterian Church (transportation to Liberty Corner Presbyterian Church has been cancelled)

Bernards Township Mall Shopping Trips

Bernards Township Parks & Recreation Department runs a shopping bus weekly. There is no charge, but sign-up is required by calling Ruth at 908-204-4616.

MARK YOUR CALENDAR

for Ridge Oak Activities

Mondays - Wii Competition

Tuesdays & Thursdays

Better Balance

Monday, April 9th

Childrens' Songfest V12

Tuesday, April 10th

Conversation with Translation

Wednesday, April 11th

Uncle Giuseppe's

Thursday, April 12th
Concert & Whole Foods

Thursday, April 12th & 26th
Ageless Grace

Monday, April 16th
How to Knit or Crochet

Thursday, April 19th
Senior Meal Ideas

Friday, April 20th - Asian Market

Sunday, April 22nd
Pancake Breakfast

Tuesday, April 24th
Pingry Dinner Dance

Wednesday, April 25th
Walk in a Park

Wednesday, April 25th
Movie Matinee

Friday, April 27th - Irish Tea

Save the Dates

Wednesday, May 2nd
South Plainfield Shopping

Friday, May 4th
Breakfast Bingo

Childrens' Songfest

Monday, April 9th, at 10 am in Village 12 the 4-year old class from Tree House Child Care Center will walk down



Lindbergh Lane to sing for us. If they can walk to us, the least we can do is go to V12 to hear them! The transporter will be available. Sign-up is required.

Wii Competition

Wii bowling competition continues Mondays from 12 pm -3 pm in Felmeth Hall *RB Boye Community Room*. Stop by and cheer on your neighbors.

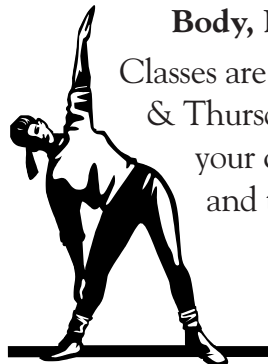
Hand Chimes

Practice continues Tuesdays at 10 am in V12. Check your chime calendar for dates and times. Remember that we will be off-site performing on Thursday, April 26th.

Better Balance

Body, Brains & Balance

Classes are held most Tuesdays & Thursdays in V12. Check your calendar for days and times.



Conversation with Translation

Do you have a neighbor or someone that you sit with at dinner who speaks Chinese? Would you like to learn a few basic phrases so you can communicate with them?

Tuesday, April 10th at 3:30 pm in the Annex, Danielle, our student translator, will teach our English-speaking residents a few phrases to say in Chinese. This is limited to 8 residents. Sign-up is required.

Uncle Giuseppe's

Wednesday, April 11th the bus will leave at 11 am for Uncle G's in Ramsey for a new shopping experience. There is prepared foods and hot things to purchase and to eat. Sign-up is required.



It's Not Just a Supermarket, But an Experience

At Uncle Giuseppe's Marketplace, they are committed to selling the tastiest food that's made with traditional old-fashioned Italian recipes, and using the highest quality ingredients available.

Concert & Whole Foods

We are invited to attend a classical music performance of the Suburban Music Study Club on Thursday, April 12th. The bus will leave for Madison Library at 9:45 am. After the program we will stop at Whole Foods for lunch and shopping. Sign-up is required.

Suburban Music Study Club, founded in 1899, promotes a high standard for classical music performance.

Ageless Grace®

Thursday, April 12th & 26th, join us at 2 pm in Felmeth Hall RB Boye Community Room for a session of Ageless Grace. The cost of each session is \$5. We need at least 10 paying residents signed up to hold the session. Sign-up is required.

Sign-up starting Thursday, March 1st. The cost of the program is \$5. If you sign up and you cannot attend, then you must cancel by 11 am on Monday, March 12th for the 15th session or Monday, March 26th for the 29th session or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in April.

Ageless Grace® is a brain health fitness program. Each of the movements focuses on a primary physical skill needed for

mobility, balance, flexibility, strength and coordination. The program is designed to be practiced seated.

How to Knit or Crochet

Have you always wanted to learn how to knit or crochet? Are you looking for something new to learn? On Monday, April 16th at 10:30 am, our Happy Hookers will be available to work with you to learn the basic steps. They will provide the yarn and needles.

Senior Meal Ideas

Thursday, April 19th our bus will leave at 1 pm for Bishop Janes United Methodist Church. We have been invited to join church members and friends for a special program. Allison Sanderson, a Shop-Rite dietitian, will present the program Senior Meal Ideas. Sign-up is required.

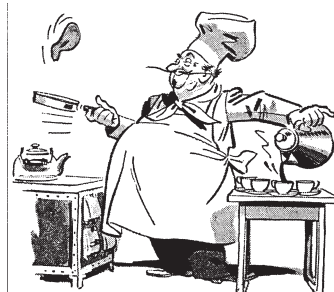


Asian Market

Friday, April 20th, the bus will leave at 12:30 pm for the Asian Market on Route 22 in North Plainfield, the Goodwill Store and then a stop at the Dollar Store. Sign-up is required.

Pancake Breakfast

Sunday, April 22nd, St. James Men of Charity will serve a pancake breakfast to Ridge Oak residents starting at 8 am. Enjoy



pancakes, sausage, bacon and fruit. The doors open at 8 am and breakfast will be served continuously until 10:30 am. This is “dine-in” only, no deliveries. You can enjoy breakfast before you go to church or afterwards. There is no charge but sign-up is required so that the men know how many to prepare for.

Pingry Dinner Dance

Put on your dancing shoes and join us Tuesday, April 24th as we travel in style to Pingry Intergenerational Dinner Dance. A charter bus will pick us up at 5:15 pm and bring us back to Ridge Oak at about 8:30 pm. You can dance or just enjoy the music, the dinner and the talented young people. Call for a ride on the transporter. There is no charge but sign-up is required.



Walk in a Park

Weather permitting, our outdoor walking will begin on Wednesday, April 25th. The Ridge Oak bus will leave at 9:45 am and return in time for shopping. You can walk as little or as much as you want. Get out and enjoy the fresh air. Wear comfortable clothes.

“Walking is man’s best medicine”

Hippocrates

Benefits of walking:

- Improves circulation, wards off heart disease, brings up the heart rate and lowers blood pressure.
- Walking can stop the loss of bone mass while strengthening the leg and abdominal muscles.
- Walking lightens the mood.

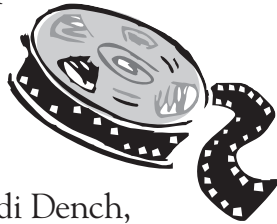
Movie Matinee

Wednesday, April 25th

at 1 pm in Felmeth
Hall RB Boye

Community Room,
the movie *Victoria*

and Abdul, starring Judi Dench,
will be shown at 1 pm. Sign-up is
required.



Victoria & Abdul—The extraordinary true story of an unexpected friendship in the later years of Queen Victoria’s remarkable rule. When Abdul Karim,

a young clerk, travels from India to participate in the Queen’s Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity.

Irish Tea

Friday, April 27th,
Coldwell Banker
Realtors will host an
Irish Tea in Village
12 at 3 pm. After the
tea, at approximately



4 pm, students from a local Irish Dance School will perform. If you have a favorite tea cup and saucer, please bring it with you. The transporter will be available. Residents going to dinner that night can get a ride to Felmeth Hall afterwards. Sign-up is required.

Save the Dates

South Plainfield Shopping

Wednesday, May 2nd, the bus will leave at 11:30 am for the South Plainfield area for shopping. You can shop at Unique, Big Lots and other stores. On the way

home, we will stop at Aldi's for groceries. Bring your shopping bags! Your lunch choices are Wendy's and Flaming Grill Buffet. Sign-up is required.

Breakfast Bingo

Friday, May 4th, the ladies from St. James will call a special Breakfast Bingo. They will provide a continental breakfast at 9:30 am, followed by Bingo at 10 am. Sign-up is required.

Games Anyone?

Dominoes/Mexican Train, Tiles, Phase 10? Saturday, April 14th at 12:30 pm join us for card games in Felmeth Hall RB *Boye Community Room*. Everyone is welcome.

ACORN Collators & Distributors

Monday, April 30th, May Acorns will be ready for collating at 9:30 am and ready for the distributors to pick up their village after 10 am.

Happy Hookers

Knitting & crocheting group meets in Felmeth Hall RB *Boye Community Room Annex*, 10:30 am on Monday, April 2nd, 23rd & 30th. Open to all crafters. On Monday, April 16th the Hookers group will be open to others who want a knitting or crocheting lesson.

Games

Scrabble, Tiles, and other card games at 1 pm in Felmeth Hall RB *Boye Community Room*, Mondays.



Bingo

Bingo will be played in Felmeth Hall RB *Boye Community Room* on Friday, April 6th, 13th & 20th at 1 pm.

Foot Care

Dr. Brown will be here in May. Dr. Geller's next visit is Tuesday, April 10th. Call his office at 908-281-9002 to schedule a visit. Call the Ridge Oak office for a visit by Dr. Brown. We do not endorse either physician, nor do we resolve or mediate billing and/or payment issues.



For Your Spiritual Wellness
ALL RESIDENTS regardless of their faith are welcome to attend any religious service or activity held at Ridge Oak!

Mass

Monsignor Capik will say Catholic Mass on Monday, April 9th at 8:30 am in Felmeth Hall RB *Boye Community Room*. All faiths are welcome!

Episcopal Service

Father Rick, of St Mark's Episcopal Church, will hold an ecumenical service on Thursday, April 5th at 10 am. All faiths are welcome!

Rosary

Rosary Prayer Group meets in Felmeth Hall *RB Boye Community Room Annex*, Thursdays at 3 pm. Dates subject to change based on the group's conscience. All faiths are welcome!

Bible Study

Bible Study meets at 10 am Fridays in Felmeth Hall *RB Boye Community Room Annex*. Dates are subject to change based on the group's conscience. If you have a bible, bring it as well as a pad and pencil for notes. All faiths welcome!

OUR EXPANDING WORLD

Activities outside Ridge Oak



Senior Luncheon

At Millington Baptist, Friday, April 20th, 12 noon. The program is *Marvelous Musical Machines* from Morris Museum. Bring a food dish to share. For info, call the church at 908-647-0594.

The Library Corner

Bernards Township Library on Maple Avenue offers many programs and a great book collection. The library has books and magazines written in Chinese. They can also order books in other languages from Morristown. Call 908-204-3031.



Free Monday Spring Concert Series: Mondays at 1 pm; April 2, 9, 16, 23, 30. Held at Westminster Hall at Basking Ridge Presbyterian Church.

Evening Book Discussion: Tuesday, April 3; 7:30 pm. This month's chosen book is *The Spy Who Came in from the Cold* by John LeCarre. No registration required.

Out of Your Mind – Mindreading with Mentalist Fred Berthelot: Thursday, April 5; 7 pm. (For adults and teens ages 14 and up only) Presenter: Fred Berthelot, NJ Mentalist.

Carnaby Street Band Concert – Musical Tour of the 1960s: Sunday, April 8; 2 pm. Free concert celebrating the kick-off to National Library Week. Registration requested.

Listen My Children, Paul Revere:
Tuesday, April 17; 7 pm. Listen to the Longfellow poem and review of the historical events that inspired it.

Daytime Book Discussion: Wednesday, April 18; 10 am. This month's chosen book is *Underground Railroad* by Colson Whitehead. No registration required.

Milton Hershey – The Man Who Reinvented Chocolate: Thursday, April 19; 7 pm. Learn about the dreams, drive, struggle, failure and success of the world-famous Chocolate King.

Urgent Care

Astrahealth Centers has an Urgent Care Center at Lyons Mall. For information, call 908-760-8888.



Dorsi Deli Pharmacy

Dorsi Pharmacy, in Stirling, delivers prescriptions and light groceries six days a week. Call 908-647-7878 to arrange for a delivery.

CVS Pharmacy

CVS Pharmacy at 107 Morristown Road in Bernardsville, near Shop Rite, offers free delivery on Tuesdays & Fridays. For info, call 908-221-0871.



Somerset County Transportation Services





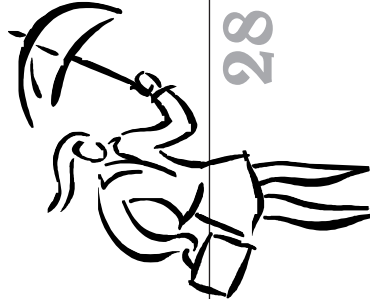

Transportation is provided for medical appointments, to senior centers and for grocery shopping. Appointments must be arranged well in advance by calling 908-231-7116.

Somerset Hills YMCA

Ridge Oak residents can join the YMCA for just \$5 a month! Payment in full of \$60 for the year is required when you join. If interested, call the Ridge Oak office for an application. If you have questions about membership, call Suzanne Fischl at 908-766-7898 x 505. For financial assistance, contact Beatriz at 908-766-7898 x 346.

The Active Older Adults Program at Somerset Hills YMCA meets in Gagnon Teen/Community Center on the lower level each Tuesday & Thursday from 9 am to 2:30 pm. They offer social activities, lectures, aquatics and wellness activities including cardio, strength and flexibility.



<p>Sunday 1</p> <p>Church BUS</p>	<p>Monday 2</p> <p>9 Sign-ups 9:45 BUS Stirling & Gillette 10:30 Happy Hookers 12 Wii Competition 5 DINNER Chicken</p>	<p>Tuesday 3</p> <p>10-4 Office Closed No Bus</p>	<p>Wednesday 4</p> <p>9:45 BUS Lyons 5 DINNER Shrimp & Scallops</p> 	<p>Thursday 5</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 10 Episcopal Service 3 Rosary 5 DINNER Lasagna</p>	<p>Friday 6</p> <p>9:45 BUS Stirling & Gillette 10 Bible Study 1 Bingo 5 DINNER Apple Stuffed Pork Chop</p>	<p>Saturday 7</p>
<p>8</p> <p>Church BUS</p>	<p>9</p> <p>8:30 Mass 10 Childrens' Songfest V12 11 BUS Stirling & Gillette 12 Wii Competition 1 Games 5 DINNER Chicken</p>	<p>10</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 1 Balance V12 3:30 Conversation with Translation 5 DINNER Pulled Pork Sliders</p>	<p>11</p> <p>11 Uncle Giuseppe's 5 DINNER Asian Delite General Tso's Chicken</p> 	<p>12</p> <p>9:45 Madison Library Concert & Whole Foods 2 Ageless Grace 3 Rosary 5 DINNER Stuffed Peppers</p>	<p>13</p> <p>9:45 BUS Stirling & Gillette 10 Bible Study 11 Balance V12 1 Bingo 5 DINNER Lobster Mac & Cheese</p> <p>12:30 Games Anyone?</p>	<p>14</p>
<p>15</p> <p>Church BUS</p>	<p>16</p> <p>9:45 BUS Stirling & Gillette 10:30 How to Knit & Crochet 12 Wii Competition 1 Games 5 DINNER Sausage & Peppers</p>	<p>17</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 1 Balance V12 5 DINNER Grilled Salmon</p> 	<p>18</p> <p>9:45 BUS New Providence 5 Birthday DINNER Spare Ribs</p> 	<p>19</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 10:30 Blood Pressure Clinic V12 11 Balance V12 1 Senior Meal Ideas 3 Rosary 5 DINNER Chicken</p>	<p>20</p> <p>9:45 BUS Stirling & Gillette 10 Bible Study 12:30 Asian Market 1 Bingo 5 DINNER Stuffed Shells / Meatballs</p>	<p>21</p> 
<p>22</p> <p>Church BUS 8-10:30 Pancake Breakfast</p>	<p>23</p> <p>9:45 BUS Stirling & Gillette 10:30 Happy Hookers 12 Wii Competition 1 Games 5 DINNER Tilapia Almondine</p>	<p>24</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 12 LUNCH Pizza 1 Balance V12 5:15 Pingry Dinner Dance</p>	<p>25</p> <p>9:45 Walk in a Park 11:30 BUS Lyons 1 Movie Matinee 5 DINNER Beef Brisket</p> 	<p>26</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 12 LUNCH Chicken Quesadilla 2 Ageless Grace 3 Rosary</p>	<p>27</p> <p>9:45 BUS Stirling & Gillette 10 Bible Study 11 Balance V12 3 Irish Tea V12 5 DINNER Baked Ham</p>	<p>28</p>
<p>29</p> <p>Church BUS</p>	<p>30</p> <p>9:45 BUS Stirling & Gillette 10:30 Happy Hookers 12 Wii Competition 1 Games 5 DINNER French Toast w Bacon</p>	<p>APRIL</p>				