

# ACORNS

VOLUME 41, ISSUE 2 FEBRUARY 2018

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

908/221-0266

FAX: 908/221-0042

[www.ridgeoak.org](http://www.ridgeoak.org)

## Office Closed

### Presidents Day

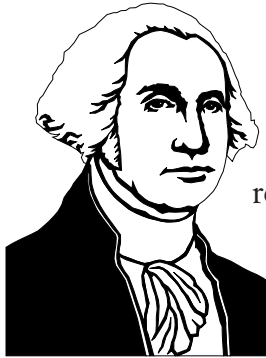
Monday, February 19th.

## National Thank Your Mailman Day

**There is mail** in your mailbox six day days a week so let's take time out of our day to thank the mail person who is responsible for getting it there! Thank A Mailman Day is always celebrated on February 4th (falls on a Sunday!) Take a minute to say, "thank you" or leave a note for Sukesh on Friday or Saturday.

## Congratulations

**We want to** congratulate Jaimata Serna, a member of our Housekeeping staff, on becoming a US Citizen. Jaimata, whose native language is Spanish, needed to answer 100 questions in English!



## Keep it Simple

**Stop at** the Ridge Oak office to find out about direct debit of rent and direct debit of invoices to pay us for things like meals and housekeeping.

## Weather Delays

**Listen to voice** message warnings and call the office as early as 7:30 am to find out about church bus, shopping, meal or activity cancellations. Information will be left with the answering service.

## Federal Inspection Ridge Oak II/Village 12

**Ridge Oak II** (village 12) will be inspected by the federal government on Thursday, February 1st. Apartments are selected at random for inspection on the day of the inspection. We have no

control over which apartments will be selected. Residents cannot refuse the inspection.

## Student Assistant

**Our student** translator, Danielle, who speaks Mandarin, will be in the office during the month of February 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.

## Tax Prep at Ridge Oak

**VITA** team (Volunteer Income Tax Assistance) from Bernards Township Library will schedule appointments at Ridge Oak to help residents who file income tax. Dates are Friday, February 9th & Friday, March 2nd. Call Joe Ryder at the library directly to schedule your appointment 908-204-3031 ext. 2.

**If you are** over 65 and single you do not need to file income tax forms unless:

- Your income in 2017 from sources other than Social Security was greater than \$11,950
- One half (50%) of your Social Security plus all your other income was greater than \$25,000.

- You had taxes withheld from your pension or earnings and wish to file for a refund.

## 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.



## Computer Room Classes

**Russ Archer** will have computer classes Tuesday, February 6th & 20th from 2:30 pm – 4 pm. Sign-up is required.



The computer room will be CLOSED to other computer users during class times.

## From the Executive Director *Bonnie*

**Our thanks** to all the residents, family members and friends who made donations to the Ridge Oak Care Fund this past holiday season. The Care Fund helps us to help our residents remain independent, healthy and happy!

Occupancy - *Christine,  
Patrice & Helen*

**If your car** registration is expired you will need to bring updated information to the office. Any vehicle that is not properly registered will have to be removed from the property.

Social Services - *Elaine*

### **Your Attitude Is More Important Than Your IQ**

People's core attitudes fall into either a fixed mindset or a growth mindset. With a fixed mindset, you believe you are who you are and you cannot change. When you're challenged, anything that appears to be more than you can handle is bound to make you feel hopeless and overwhelmed.

**People** with a growth mindset believe that they can improve with effort. They embrace challenges, treating them as opportunities to learn something new.

**Regardless** of which side of the chart you fall on, you can develop a growth mindset.

- **Don't stay helpless.**

We all hit moments when we feel helpless. We can either learn from it and move forward or let it drag us down.

People with a growth mindset know that to be successful, you need to be willing to fail and then bounce right back.

- **Be passionate.** Empowered people pursue their passions relentlessly. There's always going to be someone who's more talented than you are, but what you lack in talent, you can make up for in passion.

- **Take action.** People with a growth mindset know fear and anxiety are paralyzing emotions and that the best way to overcome this paralysis is to take action—turning all your worry and concern about failure into positive, focused energy.

- **Expect results.** People with a growth mindset know that they're going to fail from time to time, but they never let that keep them from expecting results.

- **Be flexible.** Everyone encounters unanticipated adversity. People with an empowered, growth-oriented mindset embrace adversity as a means for improvement, as opposed to something that holds them back.

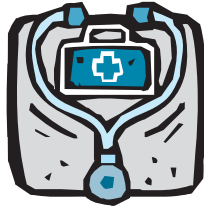


From Wellness Nurse

*Karen Ellis RN*

VNA of Somerset Hills

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



**Karen** will take blood pressures and discuss any health concerns with you on Thursday, February 22nd at 10:30 am in Felmeth Hall RB Boye Community Room.

From Supportive Housing  
*Corey*

**Remember** to leave your outside light on if you are receiving a meal delivery or walking home after your meal.

**You will be** charged for your meal if you do not cancel or call the day prior before 11 am.

**All meals** are dinner (except where noted) and are served in Felmeth Hall RB Boye Community Room.

### Meal Highlights for February

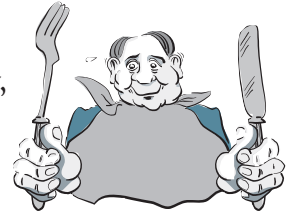
Call Corey at the office if you have a meal suggestion or a question!

**Monday**, February 5th – Asian Delite – Pork Lo Mein served with Rice & Chinese Vegetables.

**Thursday**, February 8th – Join us for Birthday Dinner! – Meatloaf, Baked Potato, and Vanilla Cake with Chocolate Mousse Filling.

**Monday**, February 12th – Dinner with our staff guest, Connie Ledder! Stuffed Peppers and Apple Pie for dessert (Connie's pick) will be served.

**Tuesday**, February 13th – Mardi Gras Fat Tuesday celebration! – Fried Chicken, Cole Slaw, Mac & Cheese, Corn Muffins.



**Wednesday**, February 14th – Valentine's Day – Panko Tilapia with Mashed Potato and Carrots.

**Tuesday**, February 20th – Lunch – Before the Chinese New Year event, join us for a hearty lunch of Chili with Cheddar Cheese, Sour Cream and Corn Muffins.

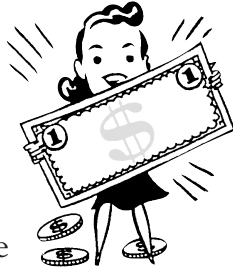
**Wednesday**, February 28 – Grab Bag Night – Join us for a night of prizes and fun. Swedish Meatballs with Buttered Noodles and Red Cabbage will be served.

### 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, March 22nd. 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 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 Chapel
- 8:30 am for the 9:15 am Traditional Service at Liberty Corner Presbyterian Church



## 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*

**Friday, February 2nd** - Wear Red

**Friday, February 2nd** - Soup Cook Off

**Thursday, February 8th**

Madison Concert & Whole Foods

**Friday, February 9th**

Tax Preparation

**Friday, February 9th**

Our Winter Olympics

**Saturday, February 10th**

St. James Mass & Special Service

**Tuesday, February 13th** - Chubb Bingo

**Wednesday, February 14th**

Ash Wednesday Service

**Wednesday, February 14th** - Trader Joes

**Thursday, February 15th**

Ageless Grace

**Friday, February 16th**

Walk, Shop & Lunch

**Tuesday, February 20th**

Chinese New Year

**Wednesday, February 21st**

Somerville Area Shopping

**Thursday, February 22nd**

Movie Matinee

**Friday, February 23rd**

Black History Month Program

**Wednesday, February 28th**

RHS Potluck & Show

## Wear Red

**Support** Go Red for Women's Heart Health by participating in National Wear Red Day® Friday, February 2, 2018. Find those red sweaters and wear them.

### Why Go Red?

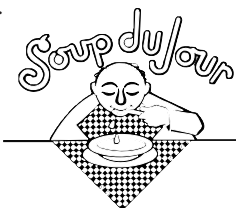
Cardiovascular disease in the US kills approximately one woman every 80 seconds. The good news is that 80% of cardiac events may be prevented with education and lifestyle changes.



## Soup Cook Off

**Cold winter** have you feeling blue? In honor of Super Bowl LII, we will have a Soup Cook Off Friday, February 2nd at 1 pm in Felmeth Hall RB Boye Community Room. We need 'Souper' cooks and tasters. All tasters must bring a can of soup for the food pantry!

There will be a prize for the three top winners. When you sign up, tell us if you are going to be a cook or a taster.



## Hand Chimes

**Practice** continues Tuesdays at 10 am in V12. Check your calendar for dates and times.

## Better Balance

**Body, Brains** and Balance. Classes are held most Tuesdays & Fridays in V12. Check your calendar for days and times.

## Madison Concert & Whole Foods

**Thursday**, February 8th, the bus will leave at 9:45 am for Madison Library for a concert sponsored by the Suburban Music Study Club. After the concert, we will stop by Whole Foods in Madison for lunch and shopping. Sign-up is required.

## Our Winter Olympics

**Friday**, February 9th, Ridge Oak will celebrate the Winter Games, in style. Join us for the fun at 1 pm in Felmeth Hall RB *Boye Community Room*. Sign-up is required.



**The “real”** 2018 Winter Olympics, officially known as the XXIII Olympic Winter Games is a major international multi-sport event scheduled to take place from February 9th to the 25th in PyeongChang County, South Korea.

## St. James Mass & Special Service

**Saturday**, February 10th, the bus will leave Ridge Oak at 7:45 am for 8 am mass, followed at 8:30 am by a special service, Saint James Consecration to Jesus through Mary and Brown Scapular Enrollment Service. If you would like a copy of the 33 Days of Personal Prayer, please tell Connie. Sign-up is required.

## Chubb Bingo

**Tuesday**, February 13th at 1:30 pm, Chubb volunteers will be here for a special Valentine’s Day Bingo Party. Sign-up is required.

## Ash Wednesday Service

**Wednesday**, February 14th, Father Rick will be here at 10 am in Felmeth Hall RB *Boye Community Room* to distribute ashes.

## Trader Joes

**Wednesday**, February 14th, the bus will leave at 11 am for Trader Joes in Westfield. Sign-up is required.

## Ageless Grace®

**Thursday**, February 15th, join us at 2 pm in Felmeth Hall *RB Boye Community Room* for a session of Ageless Grace. The cost of the session is \$5. We need at least 10 paying residents signed up to hold the session. Sign-up is required.

**Sign up** starting Thursday, February 1st. The cost of the program is \$5. If you sign up and you cannot attend, then you must cancel by 11 am on Wednesday, February 14th or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in March.

**Ageless Grace®** is a brain health fitness program to support cognitive function and activate all five primary functions of the brain. Each of the brain-changing movements focus on a primary physical skill needed for lifelong optimal function, such as mobility, balance, flexibility, strength and coordination. The program is designed to be practiced seated. Simple, natural movements are used in a playful and joyful environment.

## Walk, Shop & Lunch

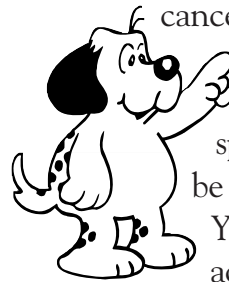
**Friday**, February 16th, the bus will leave at 12 noon for Bridgewater Mall. You will have time to shop, lunch and walk. Sign-up is required.

## Chinese New Year

“**Gung Hay Fat Choy**” which translates to” Best wishes and Congratulations. Have a prosperous and good year.”

**Celebrate** the Year of the Dog Tuesday, February 20th at 4 pm in Felmeth Hall *RB Boye Community Room*. There will be food, colorful clothes and entertainment. The cost of the celebration is \$5 per person. Do not bring food from home. Sign-up is required.

**Sign up** starting Thursday, February 1st. The program cost is \$5. If you sign up and you cannot attend, then you must cancel by 11 am on Friday,



February 9th or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in March.

## Somerville Area Shopping

**Wednesday**, February 21st, the bus will leave at 10 am for Somerville area. You can shop at the Christmas Tree Shop, Barnes & Noble and other stores. Our final stop will be Wegmans in Bridgewater. Sign-up is required.

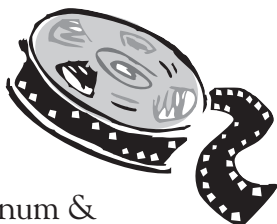


## Classic Movie Matinee

**Thursday**, February 22nd, the original “classic” 1952 version of *The Greatest Show on Earth* will be shown at 1:30 pm in Felmeth Hall RB Boye Community Room.

### Cecil B. DeMille

directs this Oscar winner for Best Picture, a splashy, three-ring epic about Ringling Bros. and Barnum & Bailey Circus. Charlton Heston stars as the respected circus manager who keeps the show together. Not an easy job, considering all the clashing egos involved, including a daredevil trapeze artist (Cornel Wilde) and his fellow performer (Betty Hutton). Jimmy Stewart co-stars as an undercover clown on the lam.



## Black History Month

**Friday**, February 23rd, two of our residents will lead a special program at 10:30 am in Felmeth Hall RB Boye Community Room on Black History. The program will take us through history via costumes, food and dance. Sign-up is required.

## RHS Potluck & Show

**Wednesday**, February 28th, the bus will leave at 5 pm for Ridge High School (RHS) Potluck Dinner. Everyone who

attends is to bring a dish to share. After the dinner, we are invited to attend the final rehearsal for *Annie*. Sign-up is required.

## Cards Anyone?

**Uno, Phase 10, Skip Bo?** Saturday, February 17th at 12:30 pm join us for card games in Felmeth Hall RB Boye Community Room. Everyone is welcome.

## ACORN Collators & Distributors

**Wednesday**, February 28th, Acorns will be ready for collating at 9:30 am and ready for distributors to pick up their village after 10 am.

## Wii Play

**Tell Connie** if you are interested in joining a Ridge Oak Wii team for a fun competition starting Monday, March 5th. Wii Play is on Monday, February 5th, 12th & 26th at 1 pm in Felmeth Hall RB Boye Community Room.

## Happy Hookers

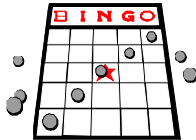
**Knitting & crocheting** group meets in Felmeth Hall RB Boye Community Room Annex, starting at 10:30 am on Monday, February 5th, 12th & 26th. Open to all crafters.

## Games

**Scrabble**, Tiles, and other card games at 1 pm in Felmeth Hall *RB Boye Community Room*, on Monday, February 5th, 12th & 26th.


## Bingo

**Bingo** will be played in Felmeth Hall *RB Boye Community Room* on Friday, February 23rd at 1 pm.



## Foot Care

**Dr. Brown** will be here in March. Watch Acorns for dates. Dr. Geller's next visit is on Tuesday, February 13th. Call his office directly 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 Roman Catholic Mass on Monday, February 5th at 8:30 am in Felmeth Hall *RB Boye Community Room*. All faiths are welcome!

## Ash Wednesday Service

Father Rick, of St Mark's Episcopal Church, will hold a service Wednesday, February 14th for Ash Wednesday at 10 am in Felmeth Hall *RB Boye Community Room*. All faiths are welcome!

## Rosary

Rosary Prayer Group meets in Felmeth Hall *RB Boye Community Room Annex*, on 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 on Fridays in Felmeth Hall *RB Boye Community Room Annex*. There will be NO Bible study on Friday, February 23rd. Other dates subject to change based on the group's conscience. If you have a bible, bring it with you as well as a pad and pencil for notes. All faiths are welcome!



# OUR EXPANDING WORLD

Activities outside Ridge Oak



## Senior Luncheon

**Senior Luncheon** at Millington Baptist will be Friday, February 16th, 12 noon - 2 pm. The program will be *Exploring World Cultures Through Dolls*. Bring a food dish to share. For more information, 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.

- Ten Moral Moments in the Life of Abraham Lincoln: Monday, February 5; 7 pm. Presenter: Historian, Glen W. LeBoeuf. Registration requested.
- The Legend of the Freedom Quilts and the Underground Railroad: Thursday, February 15; 7 pm. Trisha Chambers Production brings us this living history program performed in period costume. Registration requested.



- Ulysses S. Grant – Friendship with Abraham Lincoln: Thursday, February 22; 7 pm. A Traveling Literary Production presented by Ken Serfass. Registration requested.

- Mindfully Happy, Waking Up to Life: Monday, February 26; 7pm. Presenter: Diane Lang, Therapist, Author, and Educator. Registration requested.

## Notable Notes

**One afternoon** last month, Bonnie received a call from our Police Department. They needed help stuffing 8000 envelopes. They asked if we could have it done within five days. A call went out and 13 residents showed up within minutes to stuff. All 8,000 envelopes were stuffed in one hour! When you need something done, call Ridge Oak!

## 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 information, 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 Y 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 Y 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.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# FEBRUARY

4

Church BUS

Thank a Mailman Day

5

8:30 Mass  
9:45 BUS Stirling & Gillette  
10:30 Happy Hookers  
11 Better Balance V12  
1 Wii/Games  
5 DINNER Asian Delite Pork Lo Mein

6

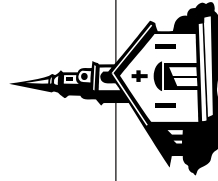
9 BUS YMCA  
9:45 BUS Bernardsville  
5 DINNER Stuffed Shells 

7

9:45 BUS Lyons  
5 DINNER Turkey Tetraxini 

11

Church BUS




12

9:45 BUS Stirling & Gillette  
10:30 Happy Hookers  
1 Wii/Games  
2 Balance V12  
5 DINNER Stuffed Peppers

13

9 BUS YMCA  
9:45 BUS Bernardsville  
1:30 Chubb Bingo  
5 DINNER Fried Chicken

14

Ash Wednesday Service  
11 Trader Joes  
5 DINNER Panko Tilapia 

15

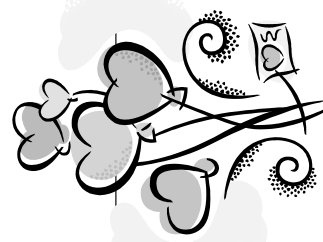
9 BUS YMCA  
9:45 BUS Bernardsville  
11 Better Balance V12  
2 Ageless Grace  
3 Rosary  
5 DINNER Kielbasa

16

9:45 BUS Stirling & Gillette  
10 Bible Study  
12 Walk, Shop, Lunch  
5 DINNER Vegetable Lasagna

17

12:30 Cards Anyone?



18

Church BUS



19

Office Closed

20

9 BUS YMCA  
9:45 BUS Bernardsville  
12 LUNCH Beef Chili  
1 Better Balance V12  
4 Chinese New Year

21

10 Somerville Area Shopping  
5 DINNER Chicken Marsala 

22

9 BUS YMCA  
9:45 BUS Bernardsville  
10:30 Blood Pressure  
11 Better Balance V12  
12 LUNCH Pizza  
1:30 Movie Matinee  
3 Rosary

23

10:30 Black History Month Program  
12 BUS Stirling & Gillette  
1 Bingo  
5 DINNER Stuffed Flounder

25

Church BUS

26

9:45 BUS Stirling & Gillette  
10:30 Happy Hookers  
1 Wii/Games  
5 DINNER Sausage & peppers

27

9 BUS YMCA  
9:45 BUS Bernardsville  
1 Better Balance V12  
5 DINNER Chicken Cordon Bleu

28

9:45 BUS New Providence  
5 DINNER Swedish Meatballs  
5 RHS Potluck & Show 