

ACORNS

VOLUME 42, ISSUE 2 FEBRUARY 2019

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

908/221-0266

FAX: 908/221-0042

www.ridgeoak.org

Office Closing

The office will be closed Monday, February 18th for President's Day.

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.

Thank You for Your Efforts

Keep up the good work! People really paid attention when we made a note in January ACORNS about late rent payments. Thank you! We had 12 more people sign up to have their rents direct debited! Worry-free way to pay your rent. Call Helen in the Ridge Oak office for details.



Lincoln

National Thank a Mail Carrier Day

"Through rain or snow, or sleet or hail, we'll carry the mail. We will not fail."



There is mail in your mailbox six 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 Mail Carrier Day is always observed on Monday, February 4th. It is a reminder of just how important mail carriers are to our everyday lives. Take a minute to say, "thank you" or leave a note for Sukes.

Speaking of Mail

We do not accept resident mail or packages at the Ridge Oak

office. We will return it to the mail carrier or delivery person. Please make sure your address is up to date and correct on your mail and shipping addresses!

Have You Heard About the Big Hit at Ridge Oak?

Because it is both affordable and convenient, over 20 Ridge Oak residents have already been seen by the dentists on the Zufall Mobile Dental Van, some for their second appointment. The van was first here in December, again on January 2nd, and plans to return Friday, February 22nd.



Our goal is to have the van here monthly, so we need continued support from the Ridge Oak community to keep it coming! Ridge Oak residents have commented that the dentists are “wonderful and kind”, the service is “good for my budget” and “we have really appreciated the convenience of this service”.

At your first dental visit you will receive a clinical exam, x-rays, and treatment plan. Patients are then scheduled for an appointment for a cleaning or periodontal scaling based on the condition of their gums. All patients should bring a

current list of medications, allergies, hospitalizations, and medical problems for the first visit and inform the dentist of any changes at future visits.

The van will be here again on February 22nd. Call the Ridge Oak office if you would like to make an appointment and to pick up the forms needed for your first visit.

Residents Meeting

A Double-Header

Tuesday, February 5th at 10 am, we will distribute checks from the Bazaar to three of the organizations that assist us in living at Ridge Oak: Bernard’s Township Police Department, VNA of Somerset Hills and Basking Ridge First Aid Squad. This is our way of saying THANK YOU!

After the presentation of the checks, the police department will present a program on the latest scams.

Choosing charities by name alone is a mistake some donors make, and their money sometimes ends up going to less-than-worthy groups. Those organizations perhaps spend too much on administrative costs or are outright scammers. The best course of action before giving is to check out a charity



with BBB Wise Giving Alliance. or two other major charity watchdogs, Charity Navigator and Charity Watch.

With a little preparation and vigilance, you can cut down on the threat of becoming a scam victim. This is a program you should not miss!

Income Tax Preparation

VITA team (Volunteer Income Tax Assistance) from Bernards Township Library will schedule appointments at Ridge Oak on Friday March 8th to help residents who need to file income tax.

Let's answer the big question: "Do I or do I not have to file?"

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

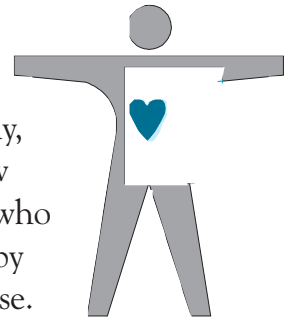
- Your income in 2018 from sources other than Social Security was greater than \$13,600.
- One half (50%) of your Social Security plus all your other income was greater than \$25,000.
- You had taxes withheld from your pension or earnings and wish to file for a refund.

If you have a question about filing for our volunteer, Joe Ryder, leave a message at Bernards Township Library 908-204-3031 extension 2, and he will get back to you. Appointments can be made now.

National Wear Red Day

American Heart Association

encourages people to wear red on Friday, February 1st to show support for women who have been affected by cardiovascular disease.



Cardboard

Cardboard boxes do NOT go into dumpsters or inside the blue recycling bins next to dumpsters. For Villages 1-11, flatten boxes (NOT food boxes) and put them in the closet inside the laundry room. For Village 12, flatten boxes (NOT food boxes) and put them in the recycling closet behind the mailboxes. For Villages 1A and 9A, flatten boxes (NOT food boxes) and put them behind the recycling containers at the front porch of your building. Food boxes (for things like fruit, cereal, cookies, cakes) always go directly into the dumpsters.

Snow Woes

Clear ALL snow off your car before you drive. It is illegal to drive with snow anywhere on your car. It is dangerous and you will get a ticket. Ask a family member to help if you cannot clear your car off entirely. This is NOT something Ridge Oak staff will do.

Student Assistant

Our student translator, Danielle, who speaks Mandarin, will be in the office on Tuesdays & Thursdays 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.

我們的學生翻譯

楊德妮

(Danielle)

， 會在二月的每一個

星期二和

星期三

四

下午3點半到

五

點

，

在辦公室

為大家服務

。如果有關於報名活動或餐飲的問題，或是要跟工作人員討論某些事項，請在上述

的時間到

辦公室

找德妮。謝謝！



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

Do you need tech help? Did you receive a new device and need help? It is as easy as signing up for a computer class with Russ. Learn something new or brush up on what you know. Learn how easy it is to connect to family via the computer or to play games on the computer when you are stuck inside.



Russ Archer will have computer classes Tuesday, February 5th & 19th, 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

Please be courteous and avoid late night “ins and outs” of your apartment and the laundry room areas. Close doors quietly and walk softly. Many residents are resting or sleeping and can hear you coming and going. Please be thoughtful. Thank you.

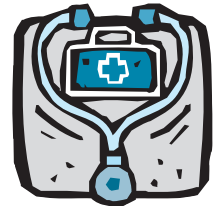
Occupancy - *Christine,
Patrice & Helen*

If something needs to be fixed in your apartment, please call the office Monday through Friday between 9 am and 4:30 pm 908-221-0266. Work orders should be communicated to the office as they occur. Please do not wait until the end of the week, when you see a maintenance man walking by or for your annual apartment inspection to report issues in your apartment. If you have an emergency such as no heat, no hot water, an overflowing toilet or a flood, call 908-221-0266 immediately. Maintenance staff is always on call for such emergencies even on week nights and on the weekends.

Non-emergencies will wait until the next business day. Examples of non-emergencies are a light bulb is out, a noisy refrigerator or a loose toilet seat.

From Wellness Nurse
Gail Bechtold RN
VNA of Somerset Hills

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



Gail will take blood pressures and discuss any health concerns with you Thursday, February 14th at 2 pm in Felmeth Hall RB *Boye Community Room*. Stop by for a blood pressure check and get a sweet treat, dark chocolate!

From Supportive Housing
Corey

Please bring a container and bag from home if you want to take meal leftovers. As of February 1st, we no longer provide containers for leftovers. Thank you for helping in our efforts to reduce waste! Please remember that meal orders or cancellations for the following day need

to be called in by 11 am the day before or you will be charged.

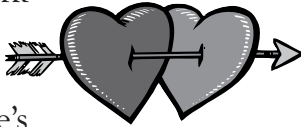
Meal Highlights for February

Friday, February 8th – Join us to try a new pasta dish—Orecchiette Pasta with Ham & Peas in a Cream Sauce. Served with Tossed Salad, Italian Bread and Cannoli.

Thursday, February 14th – Celebrate Valentine’s Day with us! Goat Cheese & Greens Salad, Pork Loin, Creamed Spinach, Rye Bread and Valentine’s Day Cupcakes will be served.

Wednesday, February 20th – Birthday Dinner! Join us for Spare Ribs, Mac & Cheese, Honey Glazed Carrots and Cake!

Tuesday, February 26th – We will serve Split Pea Soup, Apricot Chicken, Rice, Brussel Sprouts and Red Velvet Cake.



Housekeeping

Please give a warm welcome to Natalia, our new housekeeper. To find out more about our housekeeping services, call the office and speak to Corey.

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.

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 Chapel

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

Tuesdays & Fridays - Better Balance

Friday, February 1st

This Old Hat Program

Tuesday, February 5th

Residents Meeting

Wednesday, February 6th

Walk, Shop & Lunch

Thursday, February 7th

Movie Matinee

Monday, February 11th

Party with the Kids

Tuesday, February 12th

Chinese New Year

Wednesday, February 13th

Valentine Bingo

Wednesday, February 20th

Afternoon at the Races

Thursday, February 21st

Cooking with Allison

Wednesday, February 27th

Out to Lunch

Thursday, February 28th

World the Dolphins Program

Better Balance

Stability & Mobility

Classes are held 2x a week, generally on Tuesdays & Fridays in V12. Check your calendar for days and times.

This Old Hat Program

Friday, February 1st at 2 pm we will have a live video conference program *This Old Hat, American Heroines* at 2 pm. Women of American history, musical style! A living history presentation unlike any other. Sign-up is required.

Cost is \$3. No refunds will be issued for no-shows. You will be billed for this activity in March.

Walk, Shop & Lunch

With the winter weather, we will walk indoors this month. Wednesday, February 6th, the bus will leave at 10 am for Rockaway Mall. You will have time to walk, shop and lunch. Sign-up required.

Movie Matinee

Thursday, February

7th at 1 pm the

movie *5 Flights Up*,

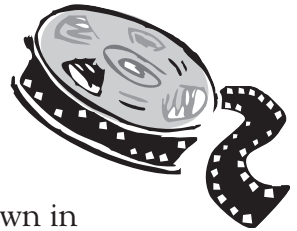
starring Diane

Keaton and Morgan

Freeman, will be shown in

Felmeth Hall *RB Boye Community*

Room. Sign-up is required.



Married for four decades, New Yorkers Ruth and Alex have had a wonderful life together—most of it spent in their cherished Brooklyn walk-up. But now that it's time to sell, the universe seems determined to thwart them.

Party with the Kids

We have been invited to share an early Valentine's Day with the kids at Liberty Corner Presbyterian Church. Monday, February 11th, the bus will leave at 9:45 am for LCPC. Together we will do a craft, maybe make "slime", have

entertainment and a light snack with the kids. We will need a volunteer to read a Valentine's story to the kids. Connie has the book. 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 Pig on Tuesday, February 12th at 3:30 pm in Felmeth Hall *RB Boye Community Room*. Food, colorful clothes and entertainment. The cost of the celebration is \$3 per person. Do not bring food from home. Sign-up is required for everyone who attends.

If you were born in 1935, your birth symbol is the pig. Pigs have a beautiful personality and are blessed with good fortune in life. Their chubby faces and big ears are signs of wealth.

Cost of this program is \$3. You must cancel by 11 am on Friday, February 8th, 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.

Valentine Bingo

Tuesday, February 13th at 1:30 pm, our favorite group, the team from Chubb, will be here for a special Valentine's Day Bingo Party. Sign-up is required.

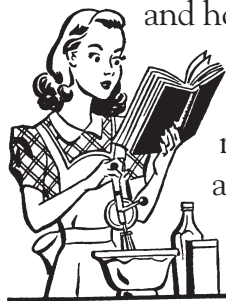
Afternoon at the Races

Wednesday, February 20th, join us at 1:30 pm for an afternoon of video horse races. Pretzels and beer (the root variety) will be served. No experience, no money required. Just come for the fun. Sign-up is required.



Cooking with Allison

Allison, the registered dietician from Bernardsville Shop Rite, will be here on Thursday, February 21st at 2 pm for a pre-diabetes cooking class. Allison will talk about carbohydrate portions, the importance of pairing carbs with protein and how exercise helps to lower blood sugar. She will provide shopping tips and menu ideas! This is open to any resident interested in eating healthier. Sign-up is required.



Out to Lunch

We are going international! This month we will go to Yutaka in Somerville for a hibachi lunch. Hibachi-style of cooking is also known as Teppanyaki, is a type of Japanese cuisine that uses an iron griddle to cook food.

The bus will leave at 12:30 pm on Wednesday, February 27th. The cost of the lunch special is \$20. This includes your choice of shrimp, chicken, pork, salmon, scallops or steak with soup, salad, Asian vegetable, fried rice or noodle or steamed rice, ice cream and beverage. Sign-up is required.

Cost of lunch is \$20. You must cancel by 11 am on Monday, February 25th, 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.

World of Dolphins

Thursday, February 28th at 2 pm, we will travel to the Florida Keys via video-conferencing to the Dolphin Research Center. We will hear what is it like to care for the medical needs of marine mammals. Learn about how marine mammals make unique patients with Dolphin Research Center staff. Discover how we learn about our dolphins and their unique personality.

Program cost is \$3. You must cancel by 11 am on Wednesday, February 27th 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.

Games Anyone?

Dominoes/Mexican Train, Tiles, Phase 10?

Cards & games gathering will now be twice a month as our hall availability permits! You will have the opportunity to play on Saturday, February 9th & 23rd at 12:30 pm. Stop by and join your friends or meet someone new.



ACORN Collators & Distributors

Thursday, February 28th, March Acorns will be ready for collating at 9:30 am. Distributors can pick up their village after 10 am.

Happy Hookers

Knitting & crocheting group meets in Felmeth Hall RB Boye Community Room Annex, starting at 10:30 am on Monday, February 4th, 11th, & 25th. If you would like to learn how to knit or crochet or to refresh your skills, stop by the group on any Monday. Open to all crafters.

Games & Wii Practice

Scrabble, Tiles, card games and Wii Practice will be at 1 pm in Felmeth Hall *RB Boye Community Room*, on Monday, February 4th, 11th & 25th. We provide the table, you bring a friend to play!

Bingo

Bingo on Friday, February 8th will be played at 1 pm in Felmeth Hall *RB Boye Community Room*.

Foot Care

Dr. Brown will visit in February. Dr. Geller's will visit on Tuesday, February 12th. 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!

Episcopal Service

Father Rick Morley, of St Mark's Episcopal Church, will hold a service Thursday, February 7th at 10 am. Everyone welcome. Call that morning if you need a ride.

Catholic Mass

A member of the St. James Catholic Church clergy will be here to celebrate Roman Catholic Mass on Tuesday, February 26th at 9 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.

Bible Study

Bible Study meets at 10 am Fridays in Felmeth Hall *RB Boye Community Room Annex*. Dates are subject to change based upon the group's conscience.

OUR EXPANDING WORLD

Activities outside Ridge Oak



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 ext. 116 to register for a program.

Here are some of the programs this month:

Who is at My Bird Feeder? Monday, February 4; 7 pm. Presenter: Wild Birds Unlimited of Scotch Plains. Registration requested.

John & Abigail Adams: A Love Story for the Ages: Wednesday, February 13; 7 pm. Presenter: Historian, Glenn W. LeBoeuf. Registration requested.

Just Add Color! – Coloring book event for all ages: Sunday, February 17; 1 pm. No registration required.

President Who?!!: Thursday, February 21; 7 pm. Presenter: Historian, Rich Rosenthal. Registration requested.

Introduction to Aromatherapy: Monday, February 25; 7 pm. Presenter: Anjali Shekdar of Amara Scentsations. Registration requested.

Queen Victoria: Wednesday, February 27; 7 pm. Ladies of History Production brings us this living history program performed in period costume. Registration requested.



Senior Luncheon

Millington Baptist Church's Senior Pot Luck Luncheon on Friday, February 15th from 12 noon to 2 pm. Bernards Township nutritionist will present a program

on Chocolate! Bring your favorite dish to share. For information call the church office at 908-647-0594.

High School Musical

The students at Ridge High School perform *High School Musical*. The seniors in town have been invited to the dress



rehearsal on Wednesday, February 27th at 6:30 pm ...FREE! You will need to provide your own transportation.

The story is about a popular high school athlete and an academically gifted girl who get roles in the school musical and develop a friendship that threatens East High's social order.

FREE Medical Equipment

Available through Pluckemin Presbyterian Church Medical Equipment Ministry. Call 908-396-6057. Regular hours on Saturdays from 10 am - 12 noon.

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.

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.

Pasta Night









Every Wednesday is half price pasta at Ridge Restaurant. Stop by with a friend or neighbor and enjoy!

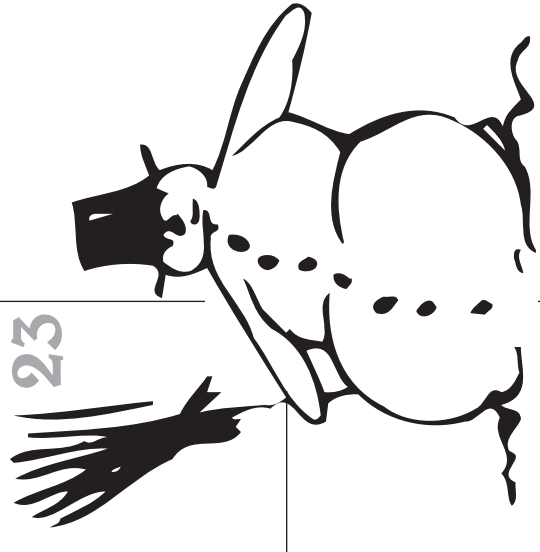
Somerset Hills YMCA






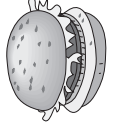
Ridge Oak residents can join the Y for just \$5 a month! Payment in full of \$60 for the year is required when you join. Call the Ridge Oak office for an application. For questions about membership, call Suzanne Fischl at 908-766-7898 x 505. For financial assistance, contact Beatriz at 908-766-7898 x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

The Active Older Adults Program at Somerset Hills YMCA meets in Gagnon Teen/ Community Center on the lower level Tuesdays & Thursdays 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
			<h1>FEBRUARY MEALS</h1>			
	<p>3</p> <p>Vegetable Bisque Open Faced Turkey Sandwich Cranberry Sauce Potato Leek Torte Apple Pie </p>	<p>4</p> <p>Crunchy Vegetable Salad Kielbasa & Kraut Pierogies Sour Cream Steamed Carrots Seven Layer Cake</p>	<p>5</p> <p>Tri Color Salad Stuffed Flounder Green Beans w Almonds Roasted Potatoes Lemon Cookies </p>	<p>6</p> <p>ASIAN DELIGHT Egg Drop Soup Beef & Broccoli Rice Crunchy Noodles Almond Cookies </p>	<p>7</p> <p>Tossed Salad Orecchiette Pasta w Ham & Peas in Cream Sauce Italian Bread Cannoli </p>	<p>8</p> <p>Caesar Salad Baked Manicotti Mixed Vegetables Garlic Knots Mini Pastry Platter</p>
<p>10</p> <p>Cream of Broccoli Soup Chicken Marsala Grilled Asparagus Dinner Rolls Chocolate Cream Pie </p>	<p>11</p> <p>Cream of Broccoli Soup Chicken Marsala Grilled Asparagus Dinner Rolls Chocolate Cream Pie </p>	<p>12</p> <p>No Meal</p>	<p>13</p> <p>Scallop & Bacon Chowder Coconut Shrimp Rice Mixed Vegetables Carrot Cake </p>	<p>14</p> <p>Goat Cheese & Greens Salad Pork Loin w Apple Kraut Creamed Spinach Rye Bread Valentine's Cupcakes </p>	<p>15</p> <p>Tomato Bisque Stuffed Peppers Dinner Rolls Chocolate Pudding w Whipped Cream </p>	<p>16</p> <p>Tomato Bisque Stuffed Peppers Dinner Rolls Chocolate Pudding w Whipped Cream</p>
<p>17</p> <p>Closed President's Day </p>	<p>18</p> <p>Closed President's Day </p>	<p>19</p> <p>French Onion Soup Chicken Cordon Bleu Rice Parmesan Encrusted Cauliflower Very Berry Pie</p>	<p>20</p> <p>Birthday Dinner Tossed Salad Spare Ribs Mac & Cheese Honey Glazed Carrots Birthday Cake </p>	<p>21</p> <p>Lunch Chicken Noodle Soup Bacon Cheddar Quiche Signature Slaw Black & White Cookies</p>	<p>22</p> <p>New England Clam Chowder Tilapia Almondine Green Beans w Shallots Rosemary Roasted Potatoes Key Lime Pie</p>	<p>23</p> <p>New England Clam Chowder Tilapia Almondine Green Beans w Shallots Rosemary Roasted Potatoes Key Lime Pie</p>
<p>24</p> <p>Crunchy Vegetable Salad Sausage & Peppers Portuguese Rolls Brownies & Ice Cream </p>	<p>25</p> <p>Crunchy Vegetable Salad Sausage & Peppers Portuguese Rolls Brownies & Ice Cream </p>	<p>26</p> <p>Split Pea Soup Apricot Chicken Basmati Rice Brussel Sprouts Red Velvet Cake </p>	<p>27</p> <p>Tri Color Salad Grilled Salmon Broccoli Roasted Potatoes Blueberry Pie </p>	<p>28</p> <p>Lunch Minestrone Soup Pastrami Reuben Creamy Cole Slaw Whoopie Pies </p>	<p>29</p> <p>Tossed Salad Orecchiette Pasta w Ham & Peas in Cream Sauce Italian Bread Cannoli </p>	<p>30</p> <p>New England Clam Chowder Tilapia Almondine Green Beans w Shallots Rosemary Roasted Potatoes Key Lime Pie</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Church BUS	9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Wii/Games	10 Residents Meeting 12 BUS Bernardville 1 Balance V12	10 Walk, Shop & Lunch 	9 BUS YMCA Bernardville 9:45 BUS Episcopal Service 10 Movie Matinee 1 Rosary 3	9:45 BUS Stirling & Gillette 10 Bible Study 11 Balance V12 2 Old Hat program	12:30 Games Anyone?
Church BUS	9:45 Party with the Kids 10:30 Happy Hookers 1 Wii/Games	9 BUS YMCA Bernardville 9:45 BUS Balance V12 11 Chinese New Year 3:30	9:45 BUS New Providence 1:30 Valentine Bingo 	9 BUS YMCA Bernardville 9:45 BUS Blood Pressure Clinic 2 Rosary 3	9:45 BUS Stirling & Gillette 10 Bible Study 1 Balance V12 	16
Church BUS	President's Day Office Closed 	9 BUS YMCA Bernardville 9:45 BUS Balance V12 1	9:45 BUS Lyons Afternoon at the Races 	9 BUS YMCA Bernardville 9:45 BUS Cooking w Allison 2 Rosary 3	9 Dental Van 9:45 BUS Stirling & Gillette 10 Bible Study	12:30 Games Anyone?
Church BUS	9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Wii/Games	9 BUS YMCA Mass 9:45 BUS Bernardville 1 Balance V12	9:45 BUS Lyons Out to Lunch 12:30 	9 BUS YMCA Bernardville 9:45 BUS World of Dolphins program 2 Rosary 3		

FEBRUARY ACTIVITIES

