

ACORNS

VOLUME 41, ISSUE 1 JANUARY 2018

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

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www.ridgeoak.org

We're Streamlining
Our New Year's
Resolution, "Less is
More". Our ACORNS
will be short on fluff
(most people do not
read it anyway) and
more on substance.
Read what you like and leave the rest.



Housekeeping
Appointments
Available

Call Corey at the office
if you are interested in
housekeeping. We have
appointment openings at the
end of January.

Office Closed

New Year's Day - Monday, January 1st.

Staff Changes

- Brandon Cawley has joined us as a Maintenance Technician.
- Effective January 2nd, Corey Hovanec will take on a new role as Office Manager and CHSP Coordinator. Please contact Corey about meal or housekeeping issues.
- Effective January 2nd, Shannen Rivers will be our office Receptionist.

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.

Holiday Gift Boxes

Ridge Oak staff are prohibited from accepting tips from tenants. We know that many of you want to give something extra to the staff that serves you

throughout the year. Gift Boxes will be in Felmeth Hall until Friday, January 5th. CASH only (for this collection ONLY) please. No checks. General note of thanks is always appreciated. There will be separate boxes for the following:

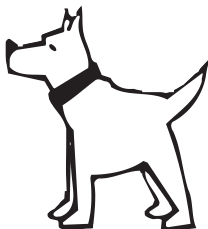
- Bus Drivers & Jonathan
- Housekeepers – Gladys & Jaimata
- Maintenance Team
- Meal Delivery – Jeannie

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. Please call the office if you have a repair that needs to be made in your apartment.

Rabies Shot Clinics

Bernards Township Health Department offers Free Rabies Clinic for dogs and cats. It will be Saturday, January 13th from 10 am to 12 pm at Bernards Township Public Works Garage, 277 South Maple Avenue.



Shred Day

Bernards Township Shred Day will be Saturday, January 20th from 9 am – 1 pm at the Public Works Building, 277 South Maple Avenue.

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. The dates are Friday, February 9th & Friday, March 2nd. Call Joe Ryder at the library 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.

Residents Meeting

Monday, January 8th at 10 am, we will distribute the raffle and bazaar proceeds to Bernard's Township Police, VNA of Somerset Hills and Basking Ridge First Aid Squad.

Jim DelGiudice will also be here for an educational program; State of Emergency: Disasters, Catastrophes and Goof-ups that Shaped NJ History—from the sabotage that got us into WWI, to an alien landing, to the superstorm that changed our coastline.

Computer Room Classes

Russ Archer will have a computer class on Tuesday, January 2nd & 16th 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 of you who made a holiday donation to the Ridge Oak Care Fund.

If you are going out to an event or to grab your mail, PLEASE lock your door and take your apartment key with you. Lock your car too. While Ridge Oak is a “crime free” community, it is always best to be vigilant. Desperate people do desperate things.

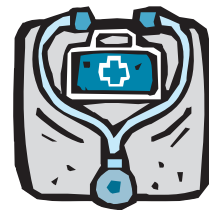
Occupancy - *Christine, Patrice & Helen*

Security Deposit – In the beginning of 2018, you will receive a 1099 financial statement from Chase that shows the interest that was earned on your security deposit for the year 2017 if it is over \$10. Interest is automatically deposited into your security deposit account. The current interest rate is .50%.

Security Deposits are held by:
JP Morgan Chase Bank
Tenant Lease Security
4 New York Plaza
15th Floor
New York, NY 10004

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 any health concerns with you on Thursday, January 18th at 12 noon in

V12. If you need to see Karen at home, please call the office to schedule a visit with her.

5 New Year's Resolutions to Make

The New Year is a fresh start—we set personal goals for optimum health and productivity. Although New Year's resolutions are made with good intentions, they are often unrealistic goals and soon broken. Many residents can benefit from these 5 easy resolutions that will allow you to take small steps towards a better self in the New Year.

1. **Take a walk** every day, even if it's short. Just 20 minutes of physical activity a day, such as walking, can reap huge health benefits. Seniors can decrease risk of developing diabetes, high blood pressure, heart disease and more just by staying active.

2. **Skip dessert** or opt for the sugar-free option. Eating dessert after dinner each night can lead to unhealthy weight gain and risk of high blood sugar. In the New Year, skip dessert a few times a week, or choose the sugar-free option such as a piece of fresh fruit.

3. **Visit or write** your grandchildren. The art of a handwritten letter isn't lost just yet! If you can't get out to visit your



grandchildren, try starting a pen pal system with them. Seniors who stay connected with family and friends are more likely to feel content.

4. **Rekindle or find a hobby.** Use the fresh start of the New Year as inspiration to get back to one of your favorite pastimes. Or turn your hobby into community service, which may bring you great purpose.

5. **Volunteer.** Experience a sense of purpose and satisfaction by helping others in need. There are endless opportunities for volunteering—a local food shelter or simply visiting with a less mobile senior. Feel good about doing good in the new year!

Contact Karen with questions you have about receiving VNA services at home. Services include nursing and therapies (Physical, Occupational and Speech) as well as medication and home health aide assistance.

If you are in the hospital and will need services on discharge, please remember to request the VNA of Somerset Hills.

From Supportive Housing

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

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

All meals are dinner except where noted, served in Felmeth Hall RB Boye Community Room.

Meal Highlights for January

Wednesday, January 3rd – Shrimp Cocktail and Panko Talapia, with Carrot Cake for dessert.

Tuesday, January 9th –Asian Delite - General Tso’s Chicken with Chinese Vegetables and Almond Cookies for dessert.

Tuesday, January 16th – BIRTHDAY DINNER - Roast Turkey with Gravy & Stuffing followed by Chocolate Cake with Vanilla Icing.

Friday, January 19th – Stuffed Flounder with Spinach and Rice Pilaf.

Thursday, January 25th – LUNCH – Join us at 12 for Macaroni Salad and Reuben Panini.

Tuesday, January 30th – Chicken Francaise with Mashed Sweet Potatoes and Carrot Cake for dessert.

Housekeeping

Why not book an appointment with our wonderful housekeepers? Call the office to find out your copay. If we are full, you

will be placed on a waitlist. If you have an appointment and cancel LESS THAN 24 hours prior, you WILL BE charged for the service unless it is a medical EMERGENCY.



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 to process the paperwork. Units will be tested again on Thursday, January 25th. If you will not be home, 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

Wednesday, January 3rd

Movie Matinee

Thursday, January 4th

Walk, Shop, Lunch

Tuesdays & Thursdays

Better Balance V12

Wednesday, January 10th

Ageless Grace

Thursday, January 11th

Madison Concert & Whole Foods

Wednesday, January 17th

Wegmans Shopping

Sunday, January 21st

Pizza and Games

Wednesday, January 24th

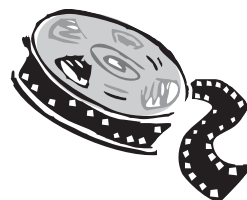
Cracker Barrel & Walmart

Wednesday, January 31st

Asian Market & Dollar Store

Movie Matinee

Wednesday, January 3rd, the movie *Collateral Beauty*, starring Bruce Willis



will be shown at 1 pm in Felmeth Hall RB Boye Community Room. Sign-up is required.

Walk, Shop & Lunch

Thursday, January 4th, the bus will leave at 12 noon for Bridgewater Mall. You will have time to shop, lunch and walk. Sign-up is required.

Better Balance

A **ten-week session** of balance classes will begin on Tuesday, January 9th. You can choose to attend a Tuesday morning class at 1 pm or a Thursday morning class at 11 am. (Thursday, January 11th the class will be at 2 pm.) Sign-up is required.

Ageless Grace®

Wednesday, January 10th, join us at 1:30 pm in Felmeth Hall RB Boye Community Room for an introductory class of Ageless Grace. Sign-up is required.

Ageless Grace® is a cutting-edge brain health fitness program based on stimulation of neuroplasticity to support cognitive function and activate all five primary functions of the brain. Each of the brain-changing movements also 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.

Madison Concert & Whole Foods

Suburban Music Study Club

Thursday, January 11th, 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 shopping. Sign-up is required.

Wegmans Shopping

Wednesday, January 17th, the bus will leave at 11:30 am for Wegmans on Route 10. You will have time to shop and have lunch. Sign-up is required.



Pizza & Games

Sunday, January 21st, the girls from Ridge High School will be here at 12:30 pm to make 'homemade' pizzas and to play games. If you have a favorite pizza topping, bring it with you. Sign-up is required.

Cracker Barrel & Walmart

Wednesday, January 24th, the bus will leave at 11 am for Walmart in Clinton. After shopping we will stop at Cracker Barrel for lunch. Sign-up is required.

Asian Food Market & Dollar Store

Wednesday, January 31st, the bus will leave at 11 am for the Asian Market on Route 22 in North Plainfield and then a stop at the Dollar Store. Sign-up is required.

Looking Ahead to February Wear Red

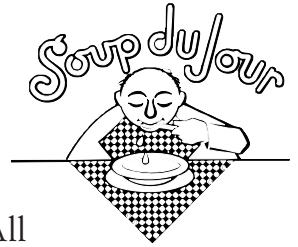
Support Go Red for Women's Heart Health by participating in National Wear Red Day® on Friday, February 2, 2018. Find those red sweaters and wear them. Why Go Red? Cardiovascular disease in the US kills approximately one woman every 80 seconds. The good news is that 80 percent of cardiac events may be 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 on Friday, February 2nd

at 1 pm in the Felmeth Hall RB Boye Community Room. We are looking for '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.



Cards Anyone?

Uno, Phase 10, Skip Bo?

Saturday, January 20th at 12:30 pm join us for card games in the Felmeth Hall RB Boye Community Room. Everyone is welcome.

ACORN Collators & Distributors

February ACORNS will be collated on Wednesday, January 31 at 9:30 am in Felmeth Hall RB Boye Community Room. Distributors can pick up for their village after 10 am.

Wii Play

Open Wii Bowling will be on Monday, January 8th, 15th, 22nd & 29th at 1 pm, in Felmeth Hall RB Boye Community Room.

Happy Hookers

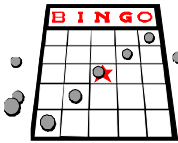
Knitting & crocheting group meets in Felmeth Hall RB *Boye Community Room* Annex, starting at 10:30 am on Monday, January 15th, 22nd & 29th. Open to all crafters.

Games

Scrabble, Tiles, and other card games at 1 pm in Felmeth Hall RB *Boye Community Room*, on Monday, January 8th, 15th, 22nd & 29th

Bingo

Bingo will be played in Felmeth Hall RB *Boye Community Room*, Friday, January 5th, 12th, 19th & 26th at 1 pm.



Foot Care

Dr. Brown will be here in February. Read February Acorns for the dates. Dr. Geller's next visit is 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 Monday, January 8th at 8:30 am in Felmeth Hall RB *Boye Community Room*. Come for mass, stay for the Residents Meeting. All faiths are welcome!

Episcopal Service

Father Rick, of St Mark's Episcopal Church, will hold a service on Thursday, January 25th at 10 am in Felmeth Hall RB *Boye Community Room*.



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 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.

OUR EXPANDING WORLD

Activities outside Ridge Oak



Senior Luncheon

Senior Luncheon at Millington Baptist will be Friday, January 19th, 12 noon to 2 pm. The program will be the Relief Bus Ministry. 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.

- Poetry Writing Group: Tuesday, January 9; 1-2 pm. Free program, no registration required.
- Serious Fun Classes – Online Safety: Friday, January 12; 2 pm. Presenter: Ryan McCloskey. Registration requested.



- Daytime Book Discussion: Wednesday, January 17; 10 am (A Canticle for Leibowitz by Walter Miller). No registration required.
- FHIG, Family History Interest Group: Tuesday, January 23; 6:30 – 8:45 pm.
- Serious Fun Classes – Fitness & Diet Apps: Thursday, January 25; 10:30 am. Presenter: Sarah Gillis. Registration requested.

Urgent Care

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



Dorsi Deli Pharmacy

Dorsi Pharmacy, in Stirling, will deliver 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 more 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 YMCA for just \$5 a month! Payment in full of \$60 for the full 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.



Ridge Restaurant Special Offer

Ridge Restaurant at 25 South Finley Avenue offers a 10% discount for Ridge Oak residents during lunch (11 am - 2 pm) and dinner (5 pm - closing) every Monday & Tuesday.

Ridge Oak Senior Housing Staff

ADMINISTRATION

Bonnie Kelly, *Director*
Susan Cohn, *Assistant Director*
Patty Goulden, *Accounting*
Shannen Rivers, *Receptionist*
Danielle Yang, *Student Translator*

OCCUPANCY

Chris Randazzo, *Occupancy Manager*
Patrice Wessel, *Marketing & Leasing*
Helen Colonnello, *Occupancy Clerk*

RESIDENT SERVICES






Elaine Kilcullen, *Social Services*
Connie Ledder, *Recreation*
Corey Hovanec, *Congregate Services*
Karen Ellis, *Nurse*
Gladys & Jaimata Serna, *Housekeeper*
Jaimata Serna, *Janitorial & Housekeeping*
Frank Schaedel, Mimi Benson,
Tony Iannacone, *Bus Drivers*
Jonathan Schachter, *Bus Aide*

MAINTENANCE

Kerry Lucas, *Maintenance Manager*
Tom Smith, *Maintenance Technician*
Abdeslam Harbi, *Maintenance Technician*
Melvin Kortoe, *Maintenance Technician*
Brandon Cawley, *Maintenance Technician*
Brandon Falzon, *Seasonal Maintenance
Assistant*

CANINE

Mister Darcy, *Therapy Dog in Residence*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>7</p> <p>Church BUS</p>	<p>1</p> <p>Happy New Year Office Closed</p>	<p>2</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 5 DINNER Apricot Chicken</p>	<p>3</p> <p>9:45 BUS Lyons 1 Movie Matinee 5 DINNER Panko Tilapia </p>	<p>4</p> <p>9 BUS YMCA 9:45 BUS Bernards & Gillette 10 Bible Study 1 Bingo 5 DINNER Vegetarian Lasagna</p>	<p>5</p> <p>9:45 BUS Stirling & Gillette 10 Bible Study 1 Bingo 5 DINNER Beef Meatloaf</p>	<p>6</p> <p>Saturday</p>	
<p>14</p> <p>Church BUS</p> 	<p>8</p> <p>8:30 Mass 10 Residents Meeting 12 BUS Stirling & Gillette 1 Wii Play 1 Games 5 DINNER Scallops & Shrimp</p>	<p>9</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 1 Better Balance V12 5 DINNER Asian Delite General Tso's Chicken</p>	<p>10</p> <p>9:45 BUS New Providence 1:30 Ageless Grace 5 DINNER Pork Loin w Apple Kraut </p>	<p>11</p> <p>9:45 Madison Concert & Whole Foods 2 Better Balance V12 3 Rosary  5 DINNER Eggplant Parmesan</p>	<p>12</p> <p>9:45 BUS Stirling & Gillette 10 Bible Study 1 Bingo 5 DINNER Beef Meatloaf</p>	<p>13</p>	
<p>21</p> <p>Church BUS 12:30 Pizza & Games</p> 	<p>15</p> <p>9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Wii Play 1 Games 5 DINNER Chicken Caesar</p>	<p>16</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 1 Better Balance V12 5 Birthday DINNER Roast Turkey </p>	<p>17</p> <p>11:30 Wegmans Shopping 5 DINNER Stuffed Peppers </p>	<p>18</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 11 Better Balance V12 12 Blood Pressure V12 3 Rosary 5 DINNER Beef Brisket</p>	<p>19</p> <p>9:45 BUS Stirling & Gillette 10 Bible Study 1 Bingo 5 DINNER Stuffed Flounder </p>	<p>20</p> <p>12:30 Cards Anyone?</p> 	
<p>28</p> <p>Church BUS</p>	<p>22</p> <p>9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Wii Play 1 Games 5 DINNER Baked Ham </p>	<p>23</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 1 Better Balance V12 5 DINNER Baked Manicotti w Sausage</p>	<p>24</p> <p>11 Cracker Barrel & Walmart 5 DINNER Plum Ginger Chicken </p>	<p>25</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 10 Episcopal Service 11 Better Balance V12 12 LUNCH Reuben Panini 3 Rosary</p>	<p>26</p> <p>9:45 BUS Stirling & Gillette 10 Bible Study 1 Bingo 5 DINNER Coconut Shrimp </p>	<p>26</p>	
<p>28</p> <p>Church BUS</p>	<p>29</p> <p>9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Wii Play 1 Games 5 DINNER Baked Ziti </p>	<p>30</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 1 Better Balance V12 5 DINNER Chicken Francaise </p>	<p>31</p> <p>11 Asian Market & Dollar Store 5 DINNER Sausage & Peppers</p>	<p>JANUARY 2018</p>			<p>31</p>