

ACORN

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

908/221-0266

FAX: 908/221-0042

www.ridgeoak.org



The United States is the only country with a known birthday. All the rest began, they know not when, and grew into power, they know not how.... There is no "Republican," no "Democrat," on the Fourth of July—all are Americans.

~James Gillespie Blaine

Office Closed

The office will be closed on Wednesday, July 4th in celebration of Independence Day.

Village 5 Laundry Room

We are in the process of renovating the Village 5 laundry room. This will be a prototype for other laundry room renovations. Village 5 residents can use laundry machines in other villages. Please be courteous and welcoming.

Hurricane Readiness

Ridge Oak Generators provide power for heat and hot water only. They **DO NOT** provide backup electric power.

In case of a power failure you must call JCP&L directly at 800-662-3115. Ridge Oak maintenance does not "fix" power outages.

- For those using OXYGEN, be sure to have a full tank of oxygen on hand that you can operate manually.
- Have plenty of flashlights with fresh batteries on hand in case of a power failure. LED lanterns are great!
- **DO NOT** burn candles.
- Stock your prescription pill box!
- Keep your cell phone fully charged. Portable phones will not work during a power failure.
- Keep a battery-operated transistor radio on hand for news reports.

- Keep bottled water and dry food on hand. Do not overload your refrigerator and freezer.
- PERSYS and other medical alert units will probably not work for long or at all in a power outage.
- Management and maintenance staff will be contacted by our answering service and/or local police as needed. Call 908-221-0266 if needed.

Thank You Note



Each year, Basking Ridge Garden Club invites our residents for an afternoon Garden Party. This year we visited several beautiful local gardens and then finished with light refreshments.

Thank you notes can be sent to:

Basking Ridge Garden Club
PO Box 66
Basking Ridge, NJ 07920

Car Security

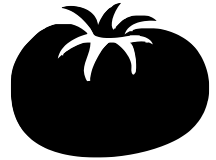
Bernards Township Police have asked that we remind people to **LOCK** their cars. Also, do not leave items of value or money in your car. We have not had any incidents on Ridge Oak property but this is an important safety reminder.

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.

Farmers Market Coupons

If your annual income is less than \$22,459 for a single person or \$30,451 for a couple or two people residing in an apartment, you are eligible to sign up for farmer's market coupons. You will be given a list of where you may use the coupons. Sign up starting July 2nd. Coupons will be available to be picked up in the office from Monday, July 9th through Wednesday, July 11th only. If you don't think you will be able to use the coupons, please do not sign up for them. Any unclaimed coupons after July 11th will be returned to Somerset County Office on Aging.



Village 1 Resident Alert

Our retired nurse Karen Ellis is now a Ridge Oak volunteer. Midday on July 11th & July 25th she will be going door

to door in Village 1 to help residents complete the emergency medical fact sheet that should be hanging on their refrigerator. Remember, this emergency medical fact sheet is the 1st thing the police and rescue squad will look for when they arrive at your door in response to a health emergency. If Karen comes and you are not home she will leave a note on your door. Please take advantage of Karen's expertise and time.

Computer Room Classes

Russ Archer will have computer classes Tuesday, July 3rd & 17th, 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

Bernards Township Planning Board recently approved Ridge Oak's plan to replace the walkway and site lighting on Manchester Drive property. Our walkway lights and wiring are 40 years old! We hope this project will start in early August and it will take at least 4 months to complete. The new lights are like those at the front of Felmeth Hall

and are LED so the "coverage" below the light head is excellent. We currently have 86 walkway lights and will add an additional 18 on the entire campus. No requests for more lighting at individual apartments can be considered as this project has been approved by Planning Board and will be inspected by the town. Please pay careful attention to notices and voice messages about this project.

Occupancy - *Christine,
Patrice & Helen*

If you have any of the following financial accounts, the requirements have changed as far as what written documentation you need to provide at your annual recertification appointment. Please read carefully.

CD (Certificate of Deposit), you are now required to provide the following information in writing for each CD:

- Current Value
- Term of CD must be specified: 6 months, 12 months, 24 months, etc.
- % interest earned
- Dollar amount that you will be penalized if you withdraw money now.

ANNUITY

- Cash Value
- % interest earned
- Dollar amount that you will be penalized if you withdraw money now.

STOCK

- Most recent quarterly dividend stub.
- If you do not receive dividends, it is your responsibility to call the transfer agent and request number of shares in writing.
- Dollar amount that you would be charged if you cashed in the shares now.

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.

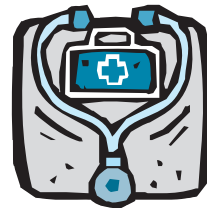


From Wellness Nurse

Gail Bechtold RN

VNA of Somerset Hills

Gail Bechtold 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.



Gail will take blood pressures and discuss any health concerns with you Thursday, July 19th at 12 noon in Felmeth Hall *RB Boye Community Room Annex*. You will have time to have your blood pressure taken before the 1 pm movie!

Dehydration

It is that time again—summer—when we can be more prone to dehydration. The temperature in summer causes our body to be warm and we sweat, which causes us to lose fluids and become dehydrated. Diarrhea, vomiting and frequent urination can also lead to dehydration.

Drinking coffee, soda or alcoholic drinks will NOT hydrate you. These fluids act as diuretics (water pills) causing you to urinate more and lose more water and important electrolytes from your body.

To prevent dehydration drink plenty of fluids. This can include water, juice, water with fruit, sorbets, popsicles.



Eat a balanced diet that includes fruits and vegetables as they contain a large amount of water, salt and vitamins that can help prevent dehydration.

Keep a water bottle within easy reach so you can take sips throughout the day.

Signs of dehydration are: thirst, dry mouth, headache, weakness, decreased urine output, dizziness, fatigue, dark urine, dry skin, altered mental state.

Stay well hydrated and enjoy a healthy summer.

From Supportive Housing *Corey*

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.

Special Friday Meals

Join us for “Summer Fridays!” In July, the dining room will have a different summer theme every Friday night. Though the meals will all be “lighter fare” for summer, plenty of food will be served!

Friday, July 6th – Bacon Cheddar Quiche

Friday, July 13th – Turkey Burgers

Friday, July 20th – Grilled Chicken Quesadilla

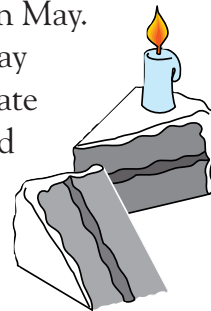
Friday, July 27th – Pastrami Reuben

Other Meal Highlights for July

Monday, July 9 – We will serve Chicken Marsala and Apple Pie for dessert. This was a favorite meal back in May.

Tuesday, July 17 – Birthday Dinner – Join us to celebrate July birthdays. Sausage and Peppers will be served.

Wednesday, July 25 – A favorite meal, Spare Ribs will be served along with Cole Slaw, Beans and Corn Muffins.



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

Housekeeping

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

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 in August. Once the date is set you will be notified. 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 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 908-204-4616.



MARK YOUR CALENDAR

for Ridge Oak Activities

Tuesday, July 3rd

Hot Dog Cook Out

Thursday, July 5th

Shop, Walk & Lunch

Tuesday & Friday - Better Balance

Tuesday, July 10th

Music Beyond Borders

Tuesday, July 17th - Try Wii Bowling

Wednesday, July 18th

Red Mill Museum & Lunch

Thursday, July 19th - Movie Matinee

Tuesday, July 24th

Concert in the Park

Thursday, July 26th - Denville Dairy

Hot Dog Cook Out

Tuesday, July 3rd at 12 noon on V12 patio we will celebrate July 4th Holiday with an all-

American lunch; hot dogs, beans, kraut and watermelon.

There will be



music and fun for everyone. This is for Ridge Oak residents only. The cost is \$4. The transporter will be available. No meal deliveries. Sign-up is required.

Sign up Monday, July 2nd before 11 am. Cost is \$4. Cancel by 11 am on Monday, July 2nd or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in August.

Shop, Walk & Lunch

Now the warm weather is here, we will take our walking indoors.

On Thursday, July 5th, the bus will leave at 12 noon for Livingston Mall. You will have time to walk, shop and have lunch. Sign-up is required.



Balance

Body, Brains & Balance

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

Balance exercises can help you maintain your balance—and confidence—at any age. Balance exercises can also help prevent falls and improve your coordination. Anyone is welcome.

Music Beyond Borders



Tuesday, July 10th, the bus will leave at 11:30 am for the Green in Morristown to watch the BALAM Dance Theatre perform. We will be able to enjoy the elegant and exotic dances and costumes from Indonesia's island of Bali. After the performance, we will go to the Famished Frog for lunch. The performance is free and lunch is on your own. If the weather is bad, the concert will be held indoors sign-up is required.

Mayo Performing Arts Center in Morristown presents Music Beyond Borders on select Tuesdays this summer. The concerts feature a performance of world music reflecting the diverse culture of the area. In August, we will attend the Tavche Gravche: Gypsy/neo-Balkan Trio.

Try Wii Bowling

Would you like to try Wii Bowling? Join us on Tuesday, July 17th at 3:30 pm in V12. Danielle, our student translator, will be there. Sign-up is required.



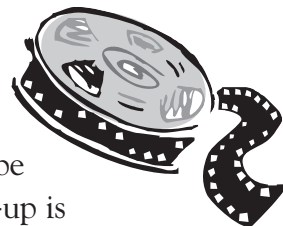
Red Mill Museum & Lunch

Wednesday, July 18th, the bus will leave at 10 am for the Red Mill Museum in Clinton for the exhibit *The Sound of the Times: Antique Radio Exhibit*. The cost of admission is \$8. Afterwards we will stop for lunch at Cracker Barrel. Sign-up is required.

Sign up starting Monday, July 2nd. Cost is \$8. Cancel by 11 am on Friday, July 13th or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in August.

Movie Matinee

Thursday, July 19th the newly released *Greatest Showman on Earth*, starring Hugh Jackman, will be shown at 1 pm. Sign-up is required.



Behind "The Greatest Show on Earth" was one of history's greatest showmen, P.T. Barnum. This musical biopic centers on Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind.

Concert in the Park



Tuesday, July 24th, the bus will leave at 6:30 pm for Pleasant Valley Park. The program will be Jersey Sound. We provide the chairs; you bring your own bug spray! The rain site will be Ridge High School. Sign-up is required.

Jersey Sound is one of the Tri State Area's premier oldies band, known for its versatility and talented members. Jersey Sound offers a blend of classic Oldies, Classic Rock, Motown, R&B, British Invasion and Pop.

Denville Dairy

Thursday, July 26th, the bus will leave at 1 pm for Denville Dairy. Sign-up is required.

Denville Dairy is a premium ice cream store located in Denville, NJ. They are a family run establishment in business for over fifty years. The best homemade ice cream around. Have a scoop or soft serve. Fresh fat free/low sugar and fat free/sugar free soft serve products are options as well.



Save the Date

Madison Farmers Market

Thursday, August 2nd, the bus will leave at 12 noon for Madison Farmers Market. You will have time to visit the shops, have lunch or get an ice cream before the market opens at 2 pm. The vendors do accept the Jersey Fresh certificates.

Wii Bowling Competition

Wii Competition continues Mondays starting at 11 am. Stop by and cheer on the players.

Games Anyone?

Dominoes/Mexican Train, Tiles, Phase 10? Saturday, July 21st at 12:30 pm join us for games in Felmeth Hall *RB Boye Community Room*. Everyone is welcome.

ACORN Collators & Distributors

Tuesday, July 31st, August 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

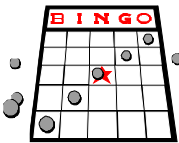
Knitting & crocheting group meets in Felmeth Hall *RB Boye Community Room Annex*, starting at 10:30 am on Monday, July 2nd, 9th, 16th, 23rd & 30th. If you would like to learn how to knit or

crochet or to refresh your skills, stop by the group on any Monday. Open to all crafters.

Games

Scrabble, Tiles, and other card games at 1 pm in Felmeth Hall *RB Boye Community Room*, on Monday, July 2nd, 9th, 16th, 23rd & 30th.

Bingo



Bingo will be played in Felmeth Hall *RB Boye Community Room* on Friday, July 6th, 13th, 20th & 27th. On Friday, July 27th, Candy will provide some special treats in honor of her mom who would have been 100! The cost of Bingo is \$1. We are very thankful for our volunteer callers. If you would be willing to call one week, please tell Connie.

Foot Care

Dr. Brown will visit July 17th & 24th. Dr. Geller's next visit is on Tuesday, August 14th. 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, July 9th at 8:30 am in Felmeth Hall *RB Boye Community Room*. All faiths are welcome!

Please join us in congratulating Monsignor William Capik on the 63rd anniversary of his ordination as a Catholic Priest. We are so blessed to have Monsignor Capik as part of our Ridge Oak family.

Episcopal Service

Father Rick, of St Mark's Episcopal Church, will hold an ecumenical service Thursday, July 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 on Fridays in Felmeth Hall *RB Boye Community Room Annex*. Dates are subject to change

based upon 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

Parks & Recreation

This summer, Bernards Township Parks & Recreation has a full calendar of events. Contact the office at 908-204-3003 for details or visit their website at Bernards Township Parks & Recreation.

- Concerts are held Tuesdays at 7 pm at Pleasant Valley Park, July 10th–July 31st.
- Family Movies are held Wednesday evenings at 8:30 pm at Dunham Park, July 11th–August 1st.
- Plays in the Park, The Little Mermaid, will be July 13th–July 28th.
- Family Fun Night, July 11th at Dunham Park, 6:30 pm.

National Night Out

Join your friends and neighbors on August 7th at 6:30 pm at Astor Fields (Ridge High School Fields) for Bernards Township's National Night out.

Presented by Bernards Township Police Department. Enjoy a night with the community! The event has been held annually since 1984, and is sponsored by the National Association of Town Watch in the United States and Canada.

Annual AAUW Used Book Sale

Book Sale will be held on Thursday, August 2nd & Friday, August 3rd from Noon – 8 pm and on Saturday, August 4th from 9 am – 3 pm at Bernardsville Middle School on Seney Drive. They will accept donations from July 23rd – July 26th from 9 am – 2 pm at the school. If you would like to volunteer to sort books, call 908-647-2791 or email bonniegould@verizon.net.

Seussical

Somerset Hills Summer Musical Camp will present “Seussical” at Bishop Janes United Methodist Church July 27th and 28th. Ridge Oak has been invited by Bishop Janes to attend the July 28th 2 pm performance. Characters from many of Dr. Seuss's books will be portrayed by children grades 5 and up who have attended the musical summer camp.

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.

- Thursday, July 12th Castles of New Jersey offered from 7 pm - 8:30 pm.
- Monday, July 16th The 4 Vagabonds – Edison, Ford, Firestone, and Burroughs program offered from 7 pm – 8 pm.
- Wednesday, July 25th Life on the International Space Station Program will be offered from 7 pm – 8 pm.
- Monday, July 30th The Beatles “From Liverpool to Abbey Road” lecture offered from 6:30 pm – 8:30 pm.



FREE Medical Equipment

Available through Pluckemin Presbyterian Church Medical Equipment Ministry. Call 908-396-6057. They have 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.








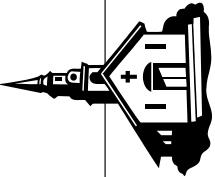






CVS Pharmacy

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.

<p>Sunday 1</p> <p>Church BUS</p>	<p>Monday 2</p> <p>Sign ups 9:45 BUS Stirling & Gillette 10:30 Happy Hookers 11 Wii Competition 5 DINNER Rigatoni</p>	<p>Tuesday 3</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 12 Hot Dog Cook Out V12</p> 	<p>Wednesday 4</p> <p>Office Closed Happy 4th of July</p> 	<p>Thursday 5</p> <p>9 BUS YMCA 9:45 BUS Bernards 10 Episcopal Service 12 Shop & Lunch 3 Rosary 5 DINNER Flounder</p>	<p>Friday 6</p> <p>9:45 Stirling & Gillette 10 Bible Study 1 Bingo 5 DINNER Bacon Cheddar Quiche</p>	<p>Saturday 7</p>		
<p>8</p> <p>Church BUS</p>	<p>9</p> <p>8:30 Mass 9:45 BUS Stirling & Gillette 10:30 Happy Hookers 11 Wii Competition 1 Games 5 DINNER Chicken Marsala</p>	<p>10</p> <p>9 BUS YMCA 11:30 Music Beyond Borders 5 DINNER Baked Manicotti</p> 	<p>11</p> <p>9:45 BUS New Providence 1 Balance V12 5 DINNER Asian Delight Beef & Broccoli</p> 	<p>12</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 12 BUS Manville 3 Rosary 5 DINNER Tilapia Almondine</p>	<p>13</p> <p>9:45 BUS Stirling & Gillette 10 Bible Study 11 Balance V12 1 Bingo 5 DINNER Turkey Burgers</p> 	<p>14</p>		
<p>15</p> <p>Church BUS</p>	<p>16</p> <p>9:45 BUS Stirling & Gillette 10:30 Happy Hookers 11 Wii Competition 1 Games 5 DINNER Grilled Salmon</p> 	<p>17</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 1 Balance V12 3:30 Try Wii Bowling V12 5 Birthday DINNER Sausage & Peppers</p>	<p>18</p> <p>10 Red Mill Museum & Lunch 5 DINNER Eggplant Rollatini</p> 	<p>19</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 12 Blood Pressure Clinic 1 Movie Matinee 3 Rosary 5 DINNER Brisket</p>	<p>20</p> <p>9:45 BUS Stirling & Gillette 10 Bible Study 11 Balance V12 1 Bingo 5 DINNER Grilled Chicken Quesadilla</p>	<p>21</p> <p>12:30 Games Anyone?</p>		
<p>22</p> <p>Church BUS</p> 	<p>23</p> <p>9:45 BUS Stirling & Gillette 10:30 Happy Hookers 11 Wii Competition 1 Games 5 DINNER Stuffed Peppers</p>	<p>24</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 1 Balance V12 5 DINNER Chicken Parmesan 6:30 Concert in the Park</p>	<p>25</p> <p>9:45 BUS Lyons 5 DINNER Spare Ribs</p> 	<p>26</p> <p>9:45 BUS YMCA 9:45 BUS Bernardsville 1 Denville Dairy 3 Rosary 5 DINNER Coconut Shrimp</p> 	<p>27</p> <p>9:45 BUS Stirling & Gillette 10 Bible Study 11 Balance V12 1 Bingo 5 DINNER Pastrami Reuben</p>	<p>28</p> 		
<p>29</p> <p>Church BUS</p>	<p>30</p> <p>9:45 BUS Stirling & Gillette 10:30 Happy Hookers 11 Wii Competition 1 Games 5 DINNER Baked Ham</p>	<p>31</p> <p>9 BUS YMCA 9:45 BUS Bernardsville 1 Balance V12 5 DINNER Plum Ginger Chicken</p> 	<p>JULY</p>					