

ACORNS

VOLUME 42, ISSUE 6 JUNE 2019

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

908/221-0266

FAX: 908/221-0042

www.ridgeoak.org

Basement Sale

Friday, June 7th from 9–3 pm, we will hold a one-day sale in the basement of Felmeth Hall. Help us to empty our basement in preparation for the BIG 2-day Bazaar in October.

Village 1A & 9A Alert

We are waiting for notice from the federal government about inspections of these two buildings. We will only be given 14 days' notice of inspection. If you have an item in your apartment that needs repair, PLEASE do not wait to call us. If you see something in the common area that requires our attention, please call us and let us know. Thank you!

Sweet Surprise

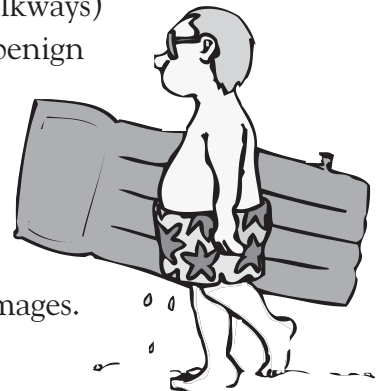
Tuesday, June 4th, students from Ridge High School will deliver a sweet treat to your door. Enjoy!

Windows and Doors

House Rules state the following: Ridge Oak does not permit signs, stickers, paint, postings, fixtures, fence or notices of any kind to be placed on the grounds, in or on the buildings, light fixtures, in garden/planting areas, balconies, doors, porches or windows.

Per house rules, seasonal wreaths are permitted on your door with an over the door or magnetic hanger.

This prevents the “display” (in common areas and walkways) of the most benign happy face sticker vs a poster that includes offensive symbols or images.



Capital Projects Continue

Ridge Oak (villages 1-11) bathroom fans and vent work replacements to the roof will continue in June. This will require access into every apartment. Roofs will be replaced starting in July.

Ridge Oak II (village 12) preparation work for the replacement of the common area air conditioner units (that cool the halls and common areas) will start in early summer.

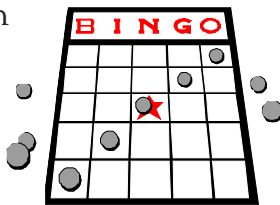
Ridge Oak III (villages 1A & 9A) interior/common area painting will get done before summer.

Thank You Notes

It only takes a minute to write but the thought lasts a long time!

For St. James Church
Breakfast Bingo on
May 7th

Ms. Joan Holmes
15 Butternut Lane
Basking Ridge, NJ
07920



For Children's Songfest on May 16th

Mrs. Jen Nowack
Tree House Child Center
One East Oak Street
Basking Ridge, NJ 07920

For Irish Tea on May 17th

Ms. Marie Moore
& Ms. Theresa
Filippone
Coldwell Banker
1 South Finley
Avenue
Basking Ridge, NJ 07920



Village 12 Reminder

The lobby is not your living room. What you say can be heard by other residents and visitors. Keep your visits to the lobby area brief and friendly. This is a community space—for COMMON UNITY. Bullying, harassment, discriminatory language and unkind behavior in the lobby area is a House Rule violation. Please report incidents in writing to the Ridge Oak office. Thank you.

Primary Elections

NJ Primary Election Tuesday, June 4th.
Your POLLING Place is Felmeth Hall.
The transporter will only be available
for rides from 1-2 pm.

Laundry Room Facelifts Continue

Village 4 laundry room renovation is underway. REMEMBER any resident can use any laundry room any time. Please be courteous.

Student Assistant

Starting Monday, June 10th and for the duration of the summer, Danielle, who speaks Mandarin, will be in the office on Mondays & Thursdays from 9 am until 5 pm for residents who would like to ask a question 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.

從6月10日星期一開始而在夏季，我們的學生翻譯楊德妮 (Danielle)，會在星期一和星期四上午9點到下午5點在 Ridge Oak 辦公室為您們服務。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 will be closed Friday, June 7th for the One-Day Sale. Magic Shop, a full-service hair salon for men and women, on the lower level of Felmeth Hall, is open 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? 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, June

4th & 18th 2:30 pm –

4 pm. Sign-up is required. Computer room will be CLOSED to other computer users during class times.



From the Executive Director
Bonnie

There has been a lot of work activity on the Ridge Oak campus; small road repairs, fan installations, laundry renovations etc. This is all being done to keep Ridge

Oak up to par and safe. We are getting ready for roof replacements on the original Ridge Oak campus. This project will take 4-6 months to complete. Please do your part. Walk around work areas. Stay alert and be aware of what is happening around you. Thank you!

Occupancy - *Christine, Patrice & Helen*

Do I Have to Report It?

Resident Asks: I got a part time job working at a day care center. I will be paid \$11 an hour and will work about 5 hours a week. I expect I will work about 6 months while the regular day care worker is on medical leave. After taxes are deducted from my pay, I will take home less than \$200 a month. Do I have to report this to the Ridge Oak office?

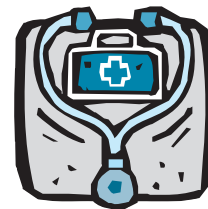
Ridge Oak Answers: YES, you MUST report this to our office. This is not a one time “gift” it is regular income. Any employment income (even if it is temporary) of \$200 per month or more (before taxes are deducted) must be reported to us. If you do not report it to us, we will “catch it” in reports we run from Enterprise Income Verification system at the time of your rent recertification and you will pay us back rent. Avoid this nightmare. Report the income right away.

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, June 13th at 1 pm in Felmeth Hall RB Boye Community Room.

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.

Meal Highlights for June

As outdoor temperatures get warmer, we will run the air conditioning during dinner. Please bring a light jacket or sweater if you tend to get cold easily.

Monday, June 3rd – In order to accommodate setup for Election Day on June 4th, we will serve lunch. Come join us for a Turkey Gobbler Sandwich!

Thursday, June 13th – Birthday Dinner. Celebrate June birthdays with us! Crunchy Vegetable Salad, Spare Ribs, Peas and Birthday Cake will be served.



Monday, June 17th – We will serve Open Faced Roast Beef Sandwiches. Vegetable Soup, Signature Slaw and Banana Cream Pie will also be served.

Friday, June 21st – First day of summer! Kick off summer with a delicious meal. Tomato, Basil & Mozzarella Salad, Turkey Burgers, Pickles, Potato Salad and Watermelon will be served.

Housekeeping

If you are interested in finding out more about our housekeeping services, please call the office and speak to Corey.

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

Wednesday, June 5th

Walk in a Park

Friday, June 7th

Basement Sale

Monday, June 10th

Evening of Song

Wednesday, June 12th

Shop Rite Tour

Tuesday, June 18th - Happy Feet

Wednesday, June 19th - Church Visit

Wednesday, June 26th

Movie Matinee

Thursday, June 27th

Meet the Author

Friday, June 28th

Dental Van

Tuesday, July 2nd

Hot Dog Cook Out



Walk in a Park

Weather permitting, the bus will leave at 9:45 am for an area park. This month we will walk on Wednesday, June 5th.

Wear comfortable clothes and foot wear. All levels of walkers are welcome.

Friendly dogs (under your control and on a leash) and their human companions are welcome to join us. The bus will return in time for the shopping run. Because of summer heat and humidity, in July we will switch to mall walking.

Basement Sale

Bring money and a friend as we price items to sell in Felmeth Hall basement. The sale is from 9 am to 3 pm!

Evening of Song

Monday, June 10th the Notables will perform at 7 pm in V12. After a busy year, they take a summer break, and give a *Say Goodbye for the Summer* performance. At this performance, they present a scholarship to a talented high school senior. The winner will perform that night. Light refreshments will be served.

No charge, but sign-up is required. The transporter will be available for this event if you call for a ride before 5 pm.

Better Balance

Does exercise improve independence? YES! When older adults exercise to improve their strength, flexibility, balance and posture, they feel better, have more energy and a positive attitude. Exercise is the key to reversing poor posture, weakness and unsteady gait.

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

Shop Rite Tour

Wednesday, June 12th, the bus will leave at 9:45 am for Bernardsville Shop Rite. Our favorite nutritionist, Allison, will give us a tour and a 'food talk'. Sign-up is required.

Happy Feet

What do your feet say about your health? Join us Tuesday, June 18th at 2 pm in V12 to meet local podiatrist, Dr Brazinski, and hear all about your feet. The transporter will be available. Sign-up is required.



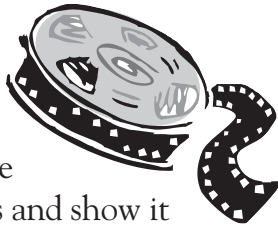
Church Visit

Is **Betsy Ross** really buried under the front steps? Wednesday, June 19th the bus will leave at 11:15 am for Basking Ridge Presbyterian Church. Learn the history of this historical church and graveyard. Sign-up is required.

Movie Matinee

Summer is here.

Time for a fun movie. Let us know what your favorite movie is, we will count the votes and show it on Wednesday, June 26th at 1 pm. Surprise!



Dental Van

The van will be here on Friday, June 28th at 9 am. Call the Ridge Oak office if you would like to make an appointment and to pick up the forms needed for your first visit.

We have been so lucky to have the fully equipped, affordable and convenient Zufall Mobile Dental Van visit our property. Services are subsidized!

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.

Hot Dog Cook Out

Tuesday, July 2nd at 12 noon on V12 patio we will celebrate the July 4th Holiday with an all-American lunch: hot dogs, beans, kraut and watermelon. There will be music and fun for everyone. The cost of the picnic is \$4 per resident. We cannot accommodate outside guests so please do not ask. The transporter will be available. No meal deliveries. Sign-up starts Monday, June 3rd.



If you sign up and you cannot attend, then you must cancel by 11 am Friday, June 28th 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.

Games Anyone?

Dominoes/Mexican Train, Scrabble, Tiles, Phase 10? Cards and games gathering will now be twice a month.

This month you will have the opportunity to play on Saturday, June 15th & 29th at 12:30 pm. Stop by and join your friends or meet someone new.

ACORN Collators & Distributors

Friday, June 28th, July Acorns will be collated at 9:30 am and ready for the village distributors after 10 am.

Happy Hookers

Knitting & crocheting group meets in Felmeth Hall *RB Boye Community Room* Annex, starting at 10:30 am on Monday, June 3rd, 10th, 17th & 24th. 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.

Wii Teams

Monday, June 3rd there will be NO Wii. Monday, June 10th, at 10:30 am we will have the final Wii competition of the season.

Games

Monday, June 3rd there will be NO Games. Scrabble, Tiles, & card games will be on Mondays at 1 pm in Felmeth Hall *RB Boye Community Room*.

Bingo

Bingo will be on Friday, June 14th & 21st at 1 pm in Felmeth Hall *RB Boye Community Room*.

Foot Care

Dr. Geller will visit on Tuesday, June 11th. Call his office directly at 908-281-9002 to schedule a visit. Dr. Brown will next visit in June. 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, June 6th at 10 am. Everyone is welcome. Call that morning if you need a ride.

Catholic Mass

A member of St. James Catholic Church clergy will be here to celebrate Roman Catholic Mass on Tuesday, June 25th at 9 am in Felmeth Hall *RB Boye Community Room*. All faiths are welcome! Call the day before if you need a ride.

Rosary

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

Bible Study

There will be NO Bible Study Friday, June 7th or Friday, June 28th, Bible Study meets at 10 am on Fridays in Felmeth Hall RB Boye Community Room Annex. Dates are subject to change based upon Ridge Oak's schedule or 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



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.

Some of the programs this month:

Sunday, June 2nd, Julia says "Bon Appetit" 1:30 - 2:30 pm. Actress Linda Kenyon portrays



the life of American cook, author and television personality Julia Child. Registration requested.

Thursday, June 6th, Theodore Roosevelt "American in the Arena" 7 - 8 pm. First person interpreter Peyton Dixon of the American Historical Theatre portrays the life of our 26th President. Program is funded by New Jersey Council for the Humanities. Registration requested.

Wednesday, June 26th, 7-8 pm. Dining with History: Notable Restaurants and their Historic Origins program. Presenter: Author and historian Phil Jaeger. Registration requested.

Argyles Fish & Chips

First Presbyterian Church of Stirling, 158 Central Avenue, hosts its annual Fish & Chips Dinner on Saturday, June 1st from 5-7 pm. Seniors \$16 (ahead of time) or \$18 at the door.



Free Medical Equipment

Available through Pluckemin Presbyterian Church Medical Equipment Ministry. Equipment is loaned out at no cost and returned when no longer needed. They can provide hospital beds, walkers, canes, shower chairs, wheelchairs, adult diapers and many other healthcare items. Call 908-396-6057 for more information. Regular hours are Saturday, 10-12 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.

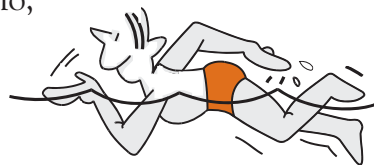
GoGoGrandparent









GoGoGrandparent is another way to get a ride. Call 855-464-6872 for information.

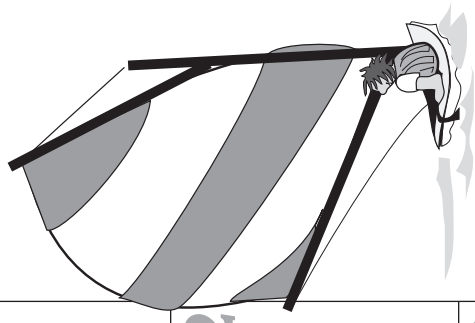
Somerset Hills YMCA




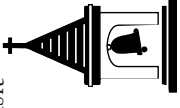




Ridge Oak residents can join the YMCA for just \$5 a month! Payment in full of \$60 for the year is required when you join. If interested, call the Ridge Oak office for an application. If you have questions about membership, call Suzanne Fischl at 908-766-7898 x 505. For financial assistance, contact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

The Active Older Adults Program at Somerset Hills 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
			<h1>JUNE MEALS</h1>			
	<p>2</p> <p>LUNCH Creamy Cole Slaw Turkey Gobbler Sandwich Potato Chips Fresh Fruit Salad</p> 	<p>4</p> <p>Election Day No Meal</p> 	<p>5</p> <p>Roasted Potato Soup Pork Loin w Apple Kraut Grilled Asparagus Dinner Rolls Blueberry Pie</p>	<p>6</p> <p>Tri Color Salad Beef Meatloaf Peas & Carrots Mashed Potatoes Rye Bread Lemon Meringue Pie</p>	<p>7</p> <p>Asian Delight Egg Roll Sweet & Sour Shrimp Rice Vegetables Crunchy Noodles Almond Cookies</p>	<p>8</p>
<p>9</p> <p>Tomato Soup Chicken Marsala Rice Pilaf Mixed Vegetables Brownies & Ice Cream</p>	<p>10</p> <p>Manhattan Clam Chowder Grilled Salmon Roasted Brussel Sprouts Whipped Sweet Potatoes Very Berry Pie</p>	<p>11</p> <p>Tossed Salad Stuffed Peppers Parmesan Encrusted Cauliflower Dinner Rolls Lemon Cookies</p> 	<p>12</p> <p>Tri Color Salad Kielbasa & Kraut Pierogies Sour Cream Steamed Carrots Butter Pound Cake w Fresh Berries</p>	<p>13</p> <p>Birthday Dinner Crunchy Vegetable Salad Pork Spare Ribs Creamed Peas Corn Muffins Chocolate Birthday Cake</p>	<p>14</p> <p>Caesar Salad Stuffed Shells Meatballs Garlic Knots Mini Pastry Platter</p> 	<p>15</p>
<p>16</p> <p>Vegetable Soup Open Faced Roast Beef Sandwich Signature Slaw Bannana Cream Pie</p> 	<p>17</p> <p>Goat Cheese & Greens Salad Spinach Stuffed Flounder Steamed Broccoli Roasted Potatoes Cherry Pie</p>	<p>18</p> <p>Onion Soup Apricot Chicken Rice Pilaf Green Beans w Shallots Rye Bread Chocolate Mousse Cake</p> 	<p>19</p> <p>Minestrone Soup Chicken Cordon Bleu Potato Leek Torte Grilled Asparagus Dinner Rolls Carrot Cake</p>	<p>20</p> <p>Tri Color Salad Kielbasa & Kraut Pierogies Sour Cream Steamed Carrots Butter Pound Cake w Fresh Berries</p>	<p>21</p> <p>First Day of Summer Tomato, Mozzarella & Basil Salad Turkey Burgers Pickles Red Skin Potato Salad Watermelon Slices</p>	<p>22</p>
<p>23</p> <p>Lobster Bisque Tilapia Almondine Brown Rice Pilaf Creamed Spinach Rye Bread Seven Layer Cake</p>	<p>24</p> <p>Tossed Salad Beef Short Ribs Peas & Mushrooms Mashed Potatoes Apple Pie</p>	<p>25</p> <p>Minestrone Soup Chicken Cordon Bleu Potato Leek Torte Grilled Asparagus Dinner Rolls Carrot Cake</p>	<p>26</p> <p>Tri Color Salad Kielbasa & Kraut Pierogies Sour Cream Steamed Carrots Butter Pound Cake w Fresh Berries</p>	<p>27</p> <p>LUNCH Creamy Cole Slaw Pulled Pork Sliders Potato Salad Fresh Fruit Salad</p> 	<p>28</p> <p>Iceberg Lettuce Wedge Eggplant Rollatini Fresh Italian Bread Rice Pudding</p> 	<p>29</p>
<p>30</p>						



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Church BUS	3 Sign ups 9:45 BUS Stirling & Gillette 10:30 Happy Hookers	4 Primary Elections 9 BUS YMCA 9:45 BUS Bernardville 1 Hand Chimes V12	5 Walk in a Park 9:45 BUS New Providence 11:30 	6 9 BUS YMCA Bernardville 9:45 BUS Episcopal Service 10 Rosary	7 Basement Sale 9-3 	8
Church BUS	10 9:45 BUS Stirling & Gillette 10:30 Happy Hookers Wii Teams 1 Games 7 Evening of Song	11 9 BUS YMCA Hand Chimes off-site 9:15 BUS Bernardville 9:45 Balance V12	12 9:45 Shop Rite Tour 	13 9 BUS YMCA Bernardville 9:45 BUS Blood Pressure Clinic 1 Rosary	14 9:45 BUS Stirling & Gillette 10 Bible Study 11 Balance V12 1 Bingo	15 12:30 Games Anyone?
Church BUS	17 9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Games	18 9 BUS YMCA Bernardville 9:45 BUS Happy Feet V12 2	19 11:15 Church Visit 	20 9 BUS YMCA Bernardville 9:45 BUS Rosary 3 	21 9:45 BUS Stirling & Gillette 10 Bible Study 11 Balance V12 1 Bingo	22
Church BUS	24 9:45 BUS Stirling & Gillette 10:30 Happy Hookers 1 Games	25 9 Mass 9 BUS YMCA Bernardville 9:45 BUS Balance V12 1 	26 1 Movie Matinee 	27 9 BUS YMCA Bernardville 9:45 BUS Meet the Author 2 Rosary 3	28 Dental Van 9:45 BUS Stirling & Gillette 11 Balance V12 	29 12:30 Games Anyone?
Church BUS	30					

JUNE ACTIVITIES

