

ACORNS

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

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www.ridgeoak.org

Happy Father's Day, June 17th

*"My father gave me the greatest gift anyone can give another,
he believed in me."* Jim Valvano



Take a Minute...

If you were one of the residents lucky enough to hear the 5th grade chorus sing, please take a minute and let them know by sending a thank you note to their school.

Liberty Corner School
Mrs. Carole Beadle
61 Church Street
Liberty Corner, NJ 07938

If you attended the program *Trust Your Gut, Healthy Aging from the Inside Out*, please let Cheryl know you appreciated the time she took to present the program and to bring the probiotic and prebiotic foods for us to taste.

Bernards Township Health Department
Mrs. Cheryl Komline
262 South Finley Avenue
Basking Ridge, NJ 07920

Get Out & Vote

NJ Primary Election is Tuesday, June 5th
Your POLLING Place is Felmeth Hall
Transporter available from 1-2 pm only!

Key Buddy

To avoid a \$25 fee for an afterhours, lock out call, please give a spare key to a neighbor or friend to hold for you just in case you lock yourself out of your apartment.



Power Out

You **MUST** call the utility. The number is 888-544-4877. Ridge Oak maintenance cannot restore power. Our generators provide power for heat and hot water only. Here are a few power outage tips:



- NEVER burn candles
- Get fresh battery supply and test flashlights and lanterns
- Stock bottled water and non-perishable foods
- Keep your cell phone fully charged
- Do not overstock your refrigerator or freezer

Chilly Nights?

The heat is off for the season. Cover up with a blanket or put on a sweater if you feel a chill.

Bed Bugs

We have a responsibility to educate residents about reporting any apartment pests to the office so we can inspect and treat as needed. One of the most problematic pests are bed bugs. These insects are “hitch hikers” they come in to apartments in luggage, back packs, pocketbooks and on clothing. A bed bug problem has **NOTHING** to do with good or bad housekeeping. Once bed

bugs are in your apartment they will keep to themselves and hide until you are asleep when your body emits carbon dioxide. This is when they bite. They will leave a trail of blood (it usually looks brown) on the sheets or in the “nooks and crannies” of a mattress or box spring.

If you THINK you have bed bugs please report it to our office immediately! **DO NOT** throw out any bedding, mattress, box spring or any other household items until we inspect **AND** treat.

If you THINK you have bed bugs, **DO NOT** spray with any pesticide. This will only result in them running. It will not kill them. Call the office for an inspection to be done.

Tips to help “prevent” bed bugs from invading your space:

- Vacuum your apartment and launder bedding frequently. Put a little bit of baby powder or dematiaceous earth that is food grade **NOT** pool grade in the vacuum cleaner bag. This will suffocate any bug sucked up. Change your vacuum cleaner bags frequently.
- **NEVER** pick up roadside furniture or items from the trash and put them in your apartment.
- Keep clutter inside your apartment to an absolute minimum. Bed bugs love to hide in warm, dark places.

- If you buy things from a thrift shop or a garage sale be sure to thoroughly vacuum the item out (even the inside of drawers) before bringing it into your apartment.
- Used clothing or bedding should ALWAYS be laundered in HOT water and a HOT dryer before you bring it into your apartment.
- If you have been traveling, empty your suitcase outside. Put clothes in closed plastic bags for laundry (in HOT water and HOT dryer) and thoroughly vacuum out the suitcase.

Fire Bug

May 7th we had a small stovetop fire in a resident apartment. The building fire alarm sounded. Disturbingly, we had residents who were refusing to leave when the alarm was blasting and staff were telling them to vacate! Here are important reminders about fire safety:

- When a building alarm sounds you MUST vacate your apartment and go to your meeting station. This is NOT optional.
- Remember in a fire you cannot use the elevator in villages 12, 1A and 9A.
- When Ridge Oak staff tell you to leave your apartment you must do so immediately!



- Remove all items being stored on top of your stove or inside your oven. This includes stove top burner covers which are very flammable.
- In the case of a stove top fire, turn off the burner, cover the pot and leave the apartment closing the door behind you. Call 911 as soon as you are out of the building. Do not assume someone else called 911.
- In the case of an oven fire, keep the oven door closed, turn off the oven, leave the apartment closing the door behind you. Call 911 as soon as you are out of the building. Do not assume someone else called 911.
- If you can do so quickly and safely, grab your apartment keys as you leave your apartment. Do not worry about locking the door!
- Do not go back into the building or apartment until you are given the OK by police or fire personnel to do so.

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.



Magical Happenings

Magic Shop, a full-service hair salon for men and women, located on the lower level of Felmeth Hall is open on Fridays. Call our stylist Sabrina for an appointment, 908-221-1222. Tell Sabrina if you need a ride on the transporter. Residents are billed for salon services by the Ridge Oak office at the end of each month. Please tip the stylist after each service.

Computer Room Classes

Russ Archer will have computer classes Tuesday, June 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 join us in welcoming Mike Palanchi to the Ridge Oak team as our new Maintenance Manager. Mike started with us on May 7th. It will take him time to learn all the “ins and outs” of life at Ridge Oak. Please say “hi” to Mike when you see him.



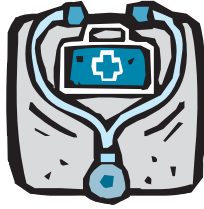
Also, please welcome Gail Bechtold to Ridge Oak. She is our new wellness nurse from the VNA of Somerset Hills. Gail will be working 2 days per week. Call the office to speak with Gail or to set up an appointment to see her.

Occupancy - *Christine,
 Patrice & Helen*

If we do not have a valid vehicle registration on file for your car you will be required to remove your car from the property. It is your responsibility to keep your car registration and driver’s license up to date and current. We will not allow residents to “store” unregistered and unused cars on the property. Be sure to bring this information with you to your recertification appointment.

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, June 14th at 12 noon in the annex of Felmeth Hall RB *Boye Community Room*. You will have time to have your blood pressure taken before the 1 pm movie!

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.

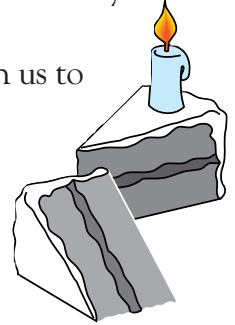
Meal Highlights for June

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

There is no meal on Tuesday, June 5th due to Election Day.

Monday, June 4th – Join us for lunch! Bacon & Cheddar Quiche served with French Onion Soup and Crunchy Vegetable Salad.

Thursday, June 14 – Join us to celebrate June birthdays! Roast Turkey, Herb Stuffing, Carrot Soufflé, Cranberry Sauce and Birthday Cake will be served!



Wednesday, June 20 – Come early! The Dixietones will return to Ridge Oak and play Dixieland Jazz before dinner. Pulled Pork Sliders will be served. For those dining with us, there will be a special dessert treat!

Friday, June 22 – Randell from Kings will cook Hamburgers on the grill. Served with lettuce, tomato, onion, pickles, condiments and yummy.

Housekeeping

Why not book an appointment with our wonderful housekeepers? Call the office and speak to Corey to find what time slots are available and about your co-pay 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. 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 installs and tests units. To sign up for this medical alert, call Elaine at the office. Units will be tested again on Thursday, June 21st.



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 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, sign-up is required by calling Ruth at 908-204-4616.

MARK YOUR CALENDAR

for Ridge Oak Activities

Tuesday, Thursday or Friday- Balance

Wednesdays

Walk in a Park with a Dog

Sunday, June 3rd - IMPACT Performs

Monday, June 4th

Mt. Prospect School Bingo

Wednesday, June 6th - Wegmans

Monday, June 11th

An Evening of Song

Wednesday, June 13th - Jersey Shore

Thursday, June 14th - Movie Matinee

Monday, June 18th

Wii Bowling Competition

Wednesday, June 20th

Peddler's Village

Friday, June 22nd

Garden Club Tour

Saturday, June 23rd - Papermill

Tuesday, July 3rd

4th of July Hot Dog Cook Out

Balance

Body, Brains & Balance

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



IMPACT Performs

We are honored to have the very talented group of young people, IMPACT, perform for us on Sunday, June 3rd at 2 pm in Felmeth Hall RB Boye Community Room. Sign-up is required.

IMPACT, founded in 2011 by piano teacher Wendy Wu, is an organization that works to bolster acoustic music in

the community. Their Mission is to develop creative programs by integrating a unique blend of world cultures into their musical performances.

Mt. Prospect School
Bingo

Students at Mt. Prospect School have invited us to play BINGO at their school on Monday, June 4th. The bus will leave at 12:30 pm for the school. There will be no charge but sign-up is required. We are limited to 20 residents!

Walk in a Park
with a Dog

All the good things that have come to me have come through my dog.

Weather permitting, our walks in a park will be on Wednesday, June 6th & 20th. If you have a dog that plays well with others and will sit on your lap on the bus, you are welcome to bring him/her on the walk with you. The Ridge Oak bus will leave at 9:45 am and return in time for shopping. You can walk as little or as much as you want. Bring a bottle of water for those warm mornings. Get out

and enjoy
the
fresh air.



Wegmans

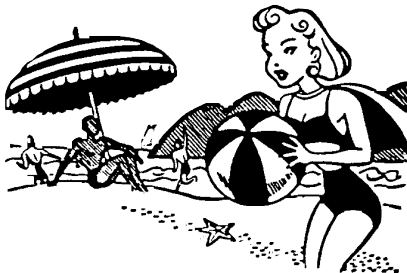
Wednesday, June 6th, the bus will leave at 11:30 am for Wegmans on Route 10 for shopping and lunch. Sign-up is required.

An Evening of Song

Monday, June 11th the Notables will perform at 7 pm in V12. After a busy year, they take a summer break and this is their *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. There is no charge but sign-up is required. The transporter is available if you call for a ride before 5 pm.

Jersey Shore

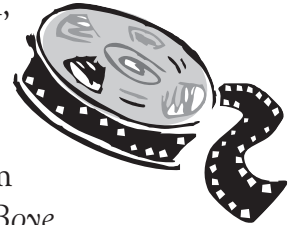
Wednesday, June 13th, rain or shine, a charter bus will leave Ridge Oak at 9:30 am for Ocean City New Jersey. You will be able to enjoy the many shops, the beautiful boardwalk and the ocean. There will be a \$10 charge towards the cost of the bus. You must be able to get yourself around town and back and forth to the bus on time. Sign-up is required.



Sign up starting Friday, June 1st. Cost of the trip is \$10. If you sign up and you cannot attend, you must cancel by 11 am Friday, June 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 July.

Movie Matinee

Thursday, June 14th, the movie *The Post*, starring Tom Hanks and Meryl Streep, will be shown at 1 pm in Felmeth Hall RB Boye Community Room.



When the “Washington Post” agrees to publish the leaked Pentagon Papers—which point to a secret escalation of the Vietnam War—the Nixon administration tries to block publication, setting off an epic legal and political battle.

Wii Bowling Competition

NO WII PRACTICE Monday, June 4th.

Starting Monday, June 18th at 12 pm we begin another season of fun competition with Wii Bowling. Sign-up is required to be placed on a team. If you have questions, speak to Connie.



Peddler's Village

Board the Ridge Oak bus Wednesday, June 20th at 11:30 am for a trip to Peddler's Village in Bucks County, PA. Shop, have lunch and go for a ride on the carousel. Sign-up required.



Garden Club Tour

Garden Club of Somerset Hills has invited our residents on a tour of several gardens in town on Friday, June 22nd. The tour will conclude with light refreshments. This is always a very enjoyable trip. The bus will leave Ridge Oak at 12:15 pm. There is no charge but sign-up is required.



Papermill Show

Saturday, June 23rd, the bus will leave at 12 noon for Papermill in Millburn to see the show *Halftime*. Cost of the ticket is \$45. There are only 18 seats available!

One Remarkable Dance Team. One Big Chance. One Small Twist... You've Got to Be Over 60! From the director/choreographer of Kinky Boots comes

the incredible true story of ten ordinary seniors with extraordinary dreams who audition to dance at halftime for a major basketball team. Only after making the cut do they learn they won't be dancing tap, salsa, or swing—instead, they will bring down the house with a style that is entirely new to them: hip-hop. Together they remind us that in life, when the odds are stacked against you and the challenges seem too great to overcome, it's not the end of the game—it's Half Time.

Sign up starting Friday, June 1st. Cost of the show is \$45. If you sign up and you cannot attend, you must cancel by 11 am on Friday, June 15th or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in July.

4th of July Hot Dog Cook Out

Tuesday, July 3rd 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. Transporter will be available. No meal deliveries. Sign-up is required.



Sign up starting Friday, June 1st. Cost of the picnic is \$4. If you sign up and cannot attend, you must cancel by 11 am Friday, June 29th or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed in August.

Games Anyone?

Dominoes/Mexican Train, Tiles, Phase 10? Saturday, June 16th at 12:30 pm join us for games in Felmeth Hall RB Boye Community Room. Everyone is welcome.

ACORN Collators & Distributors

Friday, June 29th, July Acorns will be ready for collating at 9:30 am and ready for distributors to pick up their village after 10 am.

Happy Hookers

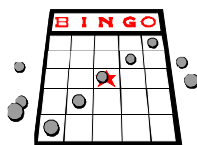
Knitting & crocheting group meets in Felmeth Hall RB Boye Community Room Annex, starting at 10:30 am on Monday, June 4th, 11th, 18th & 25th. You are welcome to come if you would like to learn how to knit or crochet or to refresh your skills. Open to all crafters.

Games

NO GAMES Monday, June 4th. Scrabble, Tiles, and other card games at 1 pm in Felmeth Hall RB Boye Community Room, on Mondays.

Bingo

Bingo will be played in Felmeth Hall RB Boye Community Room on Friday, June 1st, 8th, 15th & 29th at 1 pm.



Foot Care

Dr. Brown will visit in July. Dr. Geller's next visit is on Tuesday, June 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!

Mass

Monsignor Capik will say Catholic Mass Monday, June 4th at 8:30 am in Felmeth Hall RB Boye Community Room. All faiths are welcome!

Episcopal Service

Father Rick, of St Mark's Episcopal Church, will hold an ecumenical service on Thursday, June 7th 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. If you have questions, call Marion Horrer at 908-630-0312. All faiths are welcome!

Bible Study



No Bible Study on Friday, June 29th. Bible Study meets at 10 am on Fridays in Felmeth Hall

RB Boye Community Room

Annex. Other 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. Call Leon at 908-766-3299 if you have questions. All faiths are welcome!

OUR EXPANDING WORLD

Activities outside Ridge Oak



Senior Luncheon

Senior Luncheon at Millington Baptist will be Friday, June 15th, 12 noon - 2 pm. Bring a food dish to share. For more information, call the church at 908-647-0594.

Pain Management Seminar

Learn more about pain management techniques using non-opioid options for both acute and chronic pain from Dr. Terrence Welsh, MD. Dr. Welsh is a diplomat of the American Board of Anesthesiology and an expert in the pain management field. Community in Crisis is sponsoring this special, **FREE** seminar on Thursday, June 7th at 7 pm at the Community Hub (Old Library) at 2 Morristown Road, Bernardsville.

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.

- New York Skyscrapers with Kevin Woyce: Monday, June 4th; 7 pm.
- Evening Book Discussion: Tuesday, June 5th; 7:30 pm. This month's chosen book is *Underground Railroad* by Colson Whitehead.
- Remembering the Ladies: From Patriots to Petticoats to Presidential Candidates: Thursday, June 7th; 7 pm.



- The Greatest Ever: Babe Didrikson Zaharias Story: Sunday, June 10th; 2 pm. Actress Linda Kenyon portrays the life of “The Babe” as a woman burning a path in the revolution of women in sports.
- The Art of Crossword Puzzle Construction: Thursday, June 14th; 7 pm.
- George Washington, Morristown, and the Revolutionary War: Tuesday, June 19th; 7 pm. Docent Joel Farkas will present an oral and visual walk through the Revolutionary War.
- Cinema History, Spielberg Through the Eyes of a Child: Monday, June 25th; 7 pm.

Notable Notes

In May, some of our residents baked desserts and some served a meal to the families at Homeless Solutions. It is a good feeling to be able to give a helping hand to others.

St James Men of Charity held their annual 5K Run/Walk last month. Many of our residents were sitting along the route cheering, shaking pom poms and handing out water. The enthusiasm of our residents helped to carry them across the finish line!

Urgent Care

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

Dorsi Deli Pharmacy

Dorsi Pharmacy, in Stirling, delivers prescriptions and light groceries six days a week. Call 908-647-7878 to arrange for a delivery.



CVS Pharmacy

CVS Pharmacy at 107 Morristown Road in Bernardsville, near Shop Rite, offers free delivery on Tuesdays & Fridays. For information, call 908-221-0871.

Somerset County Transportation Services

Transportation is provided for medical appointments, to senior centers and for grocery shopping. Appointments must be arranged well in advance by calling 908-231-7116.

Somerset Hills YMCA

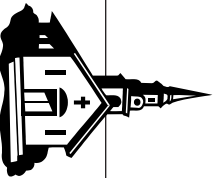
Ridge Oak residents can join the YMCA for just \$5 a month! Payment in full of \$60 for the year is required when you join. If interested, call the Ridge Oak office for an application. If you have questions about membership, call Suzanne Fischl at 908-766-7898 x 505. For financial assistance, contact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

The Active Older Adults Program at Somerset Hills 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.



Super Cuts

Super Cuts of Bernardsville gives a 10% senior discount.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Church BUS</p> <p>2 Impact Performs</p> <p>3</p>	<p>8:30 Mass 9:45 BUS Stirling & Gillette</p> <p>10:30 Happy Hookers</p> <p>12 LUNCH Bacon Cheddar Quiche</p> <p>12:30 Mt Prospect School Bingo</p> <p>4</p>	<p>NO MEAL</p> <p>Primary Election</p> <p>9 YMCA BUS</p> <p>9:45 BUS</p> <p>Bernardsville</p> <p>1 Balance V12</p> <p>5</p>	<p>9:45 Walk in a Park with a Dog</p> <p>11:30 Wegmans</p> <p>5 DINNER Grilled Salmon</p> <p>6</p>	<p>9 BUS YMCA</p> <p>10 Episcopal Service</p> <p>11 Balance V12</p> <p>3 Rosary</p> <p>5 DINNER Asian Delite General Tso's Chicken</p> <p>7</p>	<p>9 Sign ups</p> <p>9:45 BUS Stirling & Gillette</p> <p>10 Bible Study</p> <p>1 Bingo</p> <p>5 DINNER Brisket</p> <p>8</p>	<p>9</p>
<p>Church BUS</p> <p>10</p>	<p>9:45 BUS Stirling & Gillette</p> <p>10:30 Happy Hookers</p> <p>1 Games</p> <p>5 DINNER Coconut Shrimp</p> <p>7 An Evening of Song V12</p> <p>11</p>	<p>9 BUS YMCA</p> <p>9:45 BUS</p> <p>Bernardsville</p> <p>1 Balance V12</p> <p>5 DINNER</p> <p>Pork Chop</p> <p>12</p>	<p>9:30 Jersey Shore</p> <p>5 DINNER</p> <p>Stuffed Peppers</p> <p>13</p>	<p>9 BUS YMCA</p> <p>9:45 BUS Bernards</p> <p>11 Balance V12</p> <p>12 Blood Pressure</p> <p>1 Movie Matinee</p> <p>3 Rosary</p> <p>5 Birthday DINNER</p> <p>Roasted Turkey</p> <p>14</p>	<p>9:45 BUS Stirling & Gillette</p> <p>10 Bible Study</p> <p>1 Bingo</p> <p>5 Vegetable Pasta Primavera</p> <p>15</p>	<p>12:30 Games Anyone?</p> <p>16</p>
<p></p> <p>Church BUS</p> <p>Happy Father's Day</p> <p>17</p>	<p>9:45 BUS Stirling & Gillette</p> <p>10:30 Happy Hookers</p> <p>12 Wii Competition</p> <p>1 Games</p> <p>5 DINNER Chicken Caaciatore</p> <p>18</p>	<p>9 BUS YMCA</p> <p>9:45 BUS</p> <p>Bernardsville</p> <p>1 Balance V12</p> <p>5 DINNER Panko Tilapia</p> <p>19</p>	<p>9:45 Walk in a Park with a Dog</p> <p>11:30 Peddler's Village</p> <p>5 DINNER Pulled Pork Slider</p> <p>20</p>	<p>9 BUS YMCA</p> <p>9:45 BUS</p> <p>Bernardsville</p> <p>11 Balance V12</p> <p>3 Rosary</p> <p>5 DINNER Eggplant Rollatini</p> <p>21</p>	<p>9:45 BUS Stirling & Gillette</p> <p>10 Bible Study</p> <p>12:15 Garden Club Tour</p> <p>5 DINNER Hamburgers</p> <p>22</p>	<p>12 Papermill Show</p> <p>23</p>
<p>Church BUS</p> <p>24</p>	<p>9:45 Stirling & Gillette</p> <p>10:30 Happy Hookers</p> <p>12 Wii Competition</p> <p>1 Games</p> <p>5 DINNER French Toast</p> <p>25</p>	<p>9 BUS YMCA</p> <p>9:45 BUS</p> <p>Bernardsville</p> <p>5 DINNER Shrimp & Scallops</p> <p>26</p>	<p>9:45 BUS Lyons</p> <p>5 DINNER</p> <p>Chicken Piccata</p> <p>27</p>	<p>9 BUS YMCA</p> <p>9:45 BUS</p> <p>Bernardsville</p> <p>12 LUNCH</p> <p>Pizza</p> <p>3 Rosary</p> <p>28</p>	<p>9:45 BUS Stirling & Gillette</p> <p>1 Bingo</p> <p>5 DINNER</p> <p>Sausage & Peppers</p> <p>29</p>	<p>30</p>

JUNE

