

ACORNNS

VOLUME 41, ISSUE 3 MARCH 2018

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

908/221-0266

FAX: 908/221-0042

www.ridgeoak.org

Daylight Savings Time

Saturday, March 10th, turn your clocks ahead by one hour before you go to bed. The time officially changes on March 11th at 2 am.



Take a Minute

Tyrone Parker and his team from Chubb, are such good friends of Ridge Oak. They give a Bingo Party twice a year and lend their support at the Bazaar. We could not ask for a nicer group of volunteers! Please take a minute to send a thank you note to:

Tyrone Parker
Senior Commercial Express Underwriter
Casualty
202 Halls Mill Road Bldg. B
Whitehouse Station NJ 08889

Office Closed

Good Friday,
March 30th.

Bug Buzz

As the weather warms, box elder bugs and stink bugs start to appear. They are slow moving and will not bite you or a pet. Box elder bugs are long in shape, black with an orange dot on their back. Stink bugs are round and gray. We can spray for box elder bugs. Stink bugs need to be flushed or vacuumed away. There is no spray for stink bugs.

Chinese New Year Thank You

Please say thank you to our Chinese neighbors for sharing their music, culture and food with us in celebration of the Chinese New Year. Remember... 'You and me, from one world, we are family.'





A Taste of Soul

FROM SLAVERY TO A PRESIDENT

Special Thanks

Two of our residents deserve an extra special Ridge Oak “thank you” for the spectacular Black History Month program they planned and executed on Friday, February 23rd.

In addition to our own Ridge Oak residents who acted out the lives and triumphs of Black Americans, we were treated to a beautiful dance and a talk by a wonderful historian, which filled our minds and hearts with reverence, warmth and gratitude. We learned and celebrated; From Slavery to A President.

Laundry Rooms

Please do not leave your personal reading materials in the laundry rooms. Some material may be personally offensive to other residents for religious, moral or political reasons. These are common areas maintained by Ridge Oak and should never be used as a means for purporting your personal beliefs or opinions. We will throw out any items left behind. Feel free to do the same.

Pull Cords

Pull cords in your bathroom and bedroom need to be UNTIED and completely unobstructed. You need to comply with this Federal inspection rule. What good will the alarm (horn and light on the exterior of your apartment) do you if you are lying on the floor and cannot reach it because it is wrapped up or you can't reach around the item blocking it?

Student Assistant

Our student translator, Danielle, who speaks Mandarin, will be in the office every Tuesday & Thursday in March 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 concern with a Ridge Oak staff member. Please stop by the Ridge Oak office to see Danielle.

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 on 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.

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, March 6th & 20th from 2:30 pm – 4 pm. Sign-up is required.



The computer room will be **CLOSED** to other computer users during class times.

From
Executive Director
Bonnie

As we write this issue of ACORNS it is 60+ degrees outside! Don't rest on your laurels. Winter is not over. Stay smart and stay safe. Thanks to all that listen and adhere to our weather warning voice messages!

Occupancy - *Christine, Patrice & Helen*

Recertification Documents

When you gather your financial documents please remember the following:

Collect 6 months of current consecutive bank statements. You either receive your bank statements in the mail or you can access them online. Each statement must show the beginning and ending balance. We do not accept a printout of all your transactions—that is money coming in and money going out.

Medical documentation -you need to show that you paid the bill. There are many ways to do this:

- Attach the medical bill to the bank statement that shows payment.
- Circle/hi-light/star the paid check on the bank statement OR
- If you used your credit card to pay, attach the medical bill to the statement that shows payment OR
- Call the doctor and request a “patient payment ledger” from the date of your recertification appointment back one year. This will show what you paid.

If family paid the medical/dental bill, you cannot use it as a medical deduction. If you have any questions, please call Christine in the office.

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 Thursday, March 22nd at 11 am in Felmeth Hall RB *Boye Community Room*.

From Supportive Housing *Corey*

Feature Article of the Month

Dining with Friends

Meals are often enjoyed more when they are shared with other people. Many of us grew up with sit-down family dinners where loved ones would

discuss the events of the day. Mealtimes can become lonely for those who no longer have others with whom to share a meal.



Studies have shown that dining with others increases happiness and helps to alleviate depression in seniors, not to mention it's a great opportunity to reconnect with others and promote or reinforce healthy lifestyle choices.

About 85 percent of seniors say having someone to share their meals with makes mealtimes more satisfying, and studies also show that when mealtimes are shared with others, meals last up to twice as long than when eating alone. Eating more slowly can help improve digestion and hydration and promote easier weight loss and maintenance.

If you haven't already done so, why not try the meal program at Ridge Oak? We serve meals Monday through Friday in Felmeth Hall *RB Boye Community Room*. The main course for each day is listed on the ACORNS calendar. Full menus can be found on the calendar in your laundry room. Come once to try it, or sign up for a few meals this month. Stop by the office or call Corey with any questions you have regarding the dining program.

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

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

All meals are dinner (except where noted) and are served in Felmeth Hall *RB Boye Community Room*.

Meal Highlights for February

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

Thursday, March 15th – St. Patrick's Day celebration! Join us for Corned Beef & Cabbage, Potatoes and Irish Soda Bread.

Monday, March 19th – Dinner with Shannen & Grab Bag Night! Join

Shannen (our newest staff person) for a fun night of prizes and surprises at grab bag night! Spare Ribs, Baked Beans & Corn Muffins served.

Wednesday, March 21st – Birthday Dinner – Sausage & Peppers with Portuguese Rolls and Chocolate Cake.

Wednesday, March 28th – Easter Celebration – We will celebrate the Easter holiday with Roast Turkey, Stuffing and Cranberry Sauce!



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.



From our Bus Drivers

Please bring shopping bags with you. All yellow Shop Rite bags or Dollar Store white bags look the same! Make it easier on everyone.

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, 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 on Thursday, March 22nd. 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 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
- 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

Monday, March 5th

Wii Bowling Competition

Wednesday, March 7th

South Plainfield Area

Thursday, March 8th - Fish Fry

Friday, March 9th - Tea for Three

Wednesday, March 14th

Bingo and Sundaes

Thursday, March 15th & 29th

Ageless Grace

Sunday, March 18th

IMPACT Concert

Monday, March 19th

Music of the Irish

Wednesday, March 21st

It's Our War Too

Thursday, March 22nd - Wegmans

Monday, March 26th

Denville String Band

Wednesday, March 28th

Museum of Early Trades
& Crafts

Wii Bowling Competition

Monday, March 5th, 12th & 26th

at 12 pm we have a friendly Wii Bowling competition between our Ridge Oak teams. Stop by and cheer on your neighbors in Felmeth Hall RB *Boye Community Room*.

Hand Chimes

Practice continues Tuesdays at 10 am in V12. Check your chime calendar for dates and times.

Better Balance

Body, Brains & Balance

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



South Plainfield Area

Wednesday, March 7th, the bus will leave at 11 am for South Plainfield area for shopping. You can shop at Unique, Big Lots and other stores. On the way home, we will stop at Aldi's for groceries. Your lunch choices are Wendy's and Flaming Grill Buffet. Sign-up is required.



Fish Fry

The 40th Annual Kiwanis Club Fish Fry will be Thursday, March 8th at Ridge High School. If you do not eat fish, you can order chicken tenders instead. The bus will leave at 5:15 pm. The event starts at 5:30 pm. We have generously been given discounted tickets. The cost for seniors is normally \$14; our tickets will be only \$10! Tickets are limited and will be handed out the day of the event. Let us know if you plan on driving or taking the bus. No meal deliveries are available. Payment due when you sign up.



Sign up starting Thursday, March 1st. The program cost is \$10. If you sign up and you cannot attend, you must cancel by 11 am on Wednesday, March 7th or you will be billed for your ticket. No refunds will be issued for no-shows. You will be billed for this activity in April.

Tea for Three

Friday, March 9th, in celebration of Women's History Month, the bus will leave at 11:30 am for Raritan Valley Community College and the program Tea for Three.



You will have time to eat lunch on your own in Branchburg at Smash Burger, Stefanos, Moe's or at the buffet in Shop Rite. The cost of the program is \$12, lunch is on your own. There are only 18 available tickets. Sign-up is required.

Tea for Three is an intimate portrait of three remarkable first ladies who suddenly found themselves in the limelight, Lady Bird, Pat and Betty. This is a remarkable one-woman play starring Elaine Bromka.

Sign up starting Thursday, March 1st. The program cost is \$12. If you sign up and you cannot attend, you must cancel by 11 am on Monday, March 5th or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in April.

Bingo & Sundaes

Wednesday, March 14th, students from Basking Ridge Presbyterian Fellowship will host a Bingo Party with sundaes at 6:15 pm followed by Bingo in Felmeth Hall RB Boye Community Room. The transporter will be available for rides. The cost is 60 cents a card. Please bring correct change. Sign-up is required.



Ageless Grace®

Thursday, March 15th & Thursday, March 29th, join us at 2 pm in Felmeth Hall *RB Boye Community Room* for a session of Ageless Grace. The cost of each session is \$5. We need at least 10 paying residents signed up to hold the session. Sign-up is required.

Sign up starting Thursday, March 1st. The cost of the program is \$5. If you sign up and you cannot attend, you must cancel by 11 am on Monday, March 12th for the 15th session or Monday, March 26th for the 29th session or you will be billed for your spot. No refunds will be issued for no-shows. You will be billed for this activity in April.

Ageless Grace® is a cutting-edge brain health fitness program. Each of the brain-changing movements focuses 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.

IMPACT Concert

International Musicians' Performing Arts Cultural Troupe. Sunday, March 18th, the group IMPACT will perform 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. They have a group of young musicians who perform at prestigious venues around the world as well as local community centers.

Music of the Irish



Join us on Monday, March 19th at 2 pm for a special live musical program, the Music of the Irish in Felmeth Hall *RB Boye Community Room*. Sign-up is required.

It's Our War Too!

Join us Wednesday, March 21st at 2 pm in Felmeth Hall *RB Boye Community Room* as we visit, via LIVE videoconferencing, the World War II Museum in New Orleans. Sign-up is required. This is a great way to celebrate March; Women's History Month. Learn about the role women played in serving our country. Women answered the call to service and enlisted to fill critical roles here and abroad.

Sign up starting Thursday, March 1st. The program cost is \$3. If you sign up and you cannot attend, you must cancel

by 11 am on Tuesday, March 20th or you will be billed. No refunds will be issued for no-shows. You will be billed for this activity in April.

Wegman's

Thursday, March 22nd, the bus will leave at 12:30 pm for Wegmans in East Hanover. Sign-up is required.

Denville String Band

Monday, March 26th, Denville String Band will perform at 7 pm in Felmeth Hall *RB Boye Community Room*. Dessert and coffee will be served. Sign-up is required.

Museum of Early Trades & Crafts

Wednesday, March 28th the bus will leave at 12:15 pm for the Museum of Early Trades & Crafts in Madison for a special program; Baseball in 9 Innings. Learn fun facts about the interesting and varied background and history of America's game—from its inception, to strange superstitions, to the "seventh inning stretch." Afterwards, we will allow time to walk the main street of Madison and get ice cream. Sign-up is required.



Cards Anyone?

Uno, Phase 10, Skip Bo? Saturday, March 24th at 12:30 pm join us for card games in Felmeth Hall *RB Boye Community Room*. Everyone is welcome.

ACORN Collators & Distributors

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

Happy Hookers

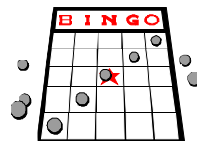
Knitting & crocheting group meets in Felmeth Hall *RB Boye Community Room Annex*, starting at 10:30 am Monday, March 5th, 12th, 19th & 26th. Open to all crafters.

Games

NO GAMES March 19th. Scrabble, Tiles, and other card games at 1 pm in Felmeth Hall *RB Boye Community Room*, Monday, March 5th, 12th, & 26th.

Bingo

Bingo will be played in Felmeth Hall *RB Boye Community Room* Friday, March 2nd & 23rd at 1 pm. The callers will be Doris and Bobby.



Foot Care

Dr. Brown will be here March 6th & 13th. Dr. Geller's next visit is on Tuesday, April 10th. 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

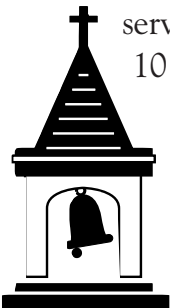
ALL RESIDENTS regardless of their faith are welcome to attend any religious service or activity held at Ridge Oak!

Mass

Monsignor Capik will say Catholic Mass Monday, March 5th 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 Thursday, March 1st at 10 am. All faiths are welcome!



A Lenten Morning

Saturday, March 10th, there will be a special program of Recollection for Women at St. James Church. RSVP to Christine at 908-672-7453 or Barbara 908-766-7328 so they can plan enough food. You need to provide your own transportation. There is no charge, but donations for Life Choices accepted.

Mass 8 am in the Chapel. Breakfast is available from 8:30 am-9:30 am. The program, "Mary, Our Companion During Lent" will be in the multipurpose 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 on Fridays in Felmeth Hall *RB Boye Community Room Annex*. Dates are 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. All faiths are welcome!



OUR EXPANDING WORLD

Activities outside Ridge Oak



Senior Luncheon

Senior Luncheon at Millington Baptist will be Friday, March 16th, 12 noon - 2 pm. The program will be Marvelous Musical Machines from the Morris Museum. 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.

- Birds of the World Bonanza – Thursday, March 1; 7 pm
 - Slateford Creek in Concert, A Celtic Voyage – Sunday, March 4; 2 pm.
- Musical visit to the British Isles featuring Jeff & Jan Ausfahl.
- Remembering the Ladies: From Patriots



- in Petticoats to Presidential Candidates – Thursday, March 8; 7 pm. Presenter: Carol Simon Levin.
- Rosie the Riveter Unmasked – Thursday, March 15; 7 pm. Presenter: Dr. James Kimble, Seton Hall University College of Communications and Arts.
- Leisure Learning Spring Session Begins – Monday, March 19; 9:30 am. Pre-registration required. Call 908-204-3021, ext. 116 for more information.
- Free Monday Spring Concert Series: at Westminster Hall at Basking Ridge Presbyterian Church. Mondays at 1 pm; March 19, 26. No registration required. Visit www.bernardslibrary.org for schedule.
- Declutter Program – Tuesday, March 20; 7 pm. Presenter: Jamie Novak, professional organizer, humorist and author.
- Local, Fresh, Naturally Grown Farming Presentation – Monday, March 26; 7 pm.

Notable Notes

Congratulations and thanks to our residents who made soup for our Super Bowl Soup Contest. Twenty cans of soup were donated to the local Food Pantry. A delicious way to spend the afternoon on a cold winter day!

Somerset County Transportation Services



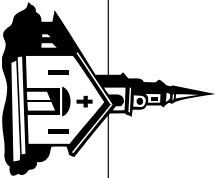
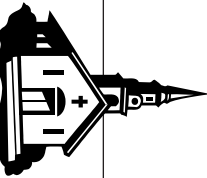






Transportation is provided for medical appointments and to senior centers. Appointments must be arranged well in advance by calling 908-231-7116.

Somerset Hills YMCA

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

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.

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Church BUS</p> <p>4</p> <p>8:30 Mass 9:45 BUS Stirling & Gillette</p> <p>10:30 Happy Hookers 12 Wii Bowling Competition</p> <p>1 Games 5 DINNER Pork Loin</p>	<p>Church BUS</p> <p>11</p> <p>9:45 BUS Stirling & Gillette</p> <p>10:30 Happy Hookers 12 Wii Bowling Competition</p> <p>1 Games 5 DINNER Chicken Piccata</p>	<p>BUS YMCA</p> <p>6</p> <p>9:45 BUS Bernardsville</p> <p>1 Balance V12 5 DINNER Beef Stew</p> 	<p>BUS Lyons</p> <p>14</p> <p>9:45 BUS LUNCH Hot Turkey & Swiss</p> <p>6:15 Ciabatta Club Bingo & Sundaes</p> 	<p>BUS YMCA</p> <p>8</p> <p>9:45 BUS Bernardsville</p> <p>11 Balance V12 3 Rosary 5 DINNER Baked Ham</p> <p>5:15 Fish Fry</p>	<p>BUS Stirling & Gillette</p> <p>2</p> <p>9:45 BUS Stirling & Gillette</p> <p>10 Bible Study 11:30 Tea for Three</p> <p>5 DINNER Lobster Mac & Cheese</p> 	<p>Change Clocks Ahead 1 Hour</p> <p>10</p>
<p>Church BUS</p> <p>18</p> <p>9:45 BUS Stirling & Gillette</p> <p>10:30 Happy Hookers 2 Music of the Irish 5 DINNER Spare Ribs</p> <p>Shannen & Grab Bag</p> <p>2 IMPACT Concert</p> 	<p>BUS YMCA</p> <p>13</p> <p>9:45 BUS Bernardsville</p> <p>1 Balance V12 5 DINNER Stuffed Flounder</p> 	<p>BUS New Providence</p> <p>21</p> <p>9:45 BUS It's Our War Too</p> <p>2 Birthday DINNER Sausage & Peppers</p> 	<p>BUS YMCA</p> <p>15</p> <p>9:45 BUS Bernardsville</p> <p>11 Balance V12 2 Ageless Grace 3 Rosary 5 DINNER Corned Beef & Cabbage</p>	<p>BUS Stirling & Gillette</p> <p>9</p> <p>9:45 BUS Stirling & Gillette</p> <p>10 Bible Study 5 DINNER Vegetable Lasagna</p> 	<p>BUS Stirling & Gillette</p> <p>23</p> <p>9:45 BUS Stirling & Gillette</p> <p>10 Bible Study 1 Bingo 5 DINNER Coconut Shrimp</p>	<p>Cards Anyone?</p> <p>24</p> 
<p>Church BUS</p> <p>25</p> <p>9:45 BUS Stirling & Gillette</p> <p>10:30 Happy Hookers 12 Wii Bowling 1 Games 5 DINNER Stuffed Peppers</p> <p>7 Denville String Band</p>	<p>BUS YMCA</p> <p>20</p> <p>9:45 BUS Bernardsville</p> <p>1 Balance V12 5 DINNER Plum Ginger Chicken</p>	<p>Museum of Early Trades & Crafts</p> <p>28</p> <p>12:15 Museum of Early Trades & Crafts</p> <p>5 DINNER Turkey</p> 	<p>BUS YMCA</p> <p>22</p> <p>9:45 BUS Bernardsville</p> <p>11 Balance V12 11 Blood Pressure 12 LUNCH Tuna Melt</p> <p>12:30 Wegmans 3 Rosary</p>	<p>BUS Stirling & Gillette</p> <p>16</p> <p>9:45 BUS Stirling & Gillette</p> <p>10 Bible Study 5 DINNER Vegetable Lasagna</p> 	<p>BUS YMCA</p> <p>29</p> <p>9:45 BUS Bernardsville</p> <p>11 Balance V12 12 LUNCH Pizza 2 Ageless Grace 3 Rosary</p>	<p>Good Friday Office Closed</p> <p>30</p>