

# ACORN

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[www.ridgeoak.org](http://www.ridgeoak.org)

## Project Update

**After numerous** delays, we expect the site lighting replacement project will get underway in earnest during September. Please do not walk through any work areas. Do not walk in the grass. Stay on sidewalks even if this means taking an alternate path and a longer walk.

**In addition,** Village 3 and 1 (in that order) laundry rooms will be renovated in mid-September. These rooms will look similar to the “test” we did in Village 5 with a few modifications.

## 2018 Bazaar

**2018 Bazaar** will be Friday, September 28th & 29th from 9 am to 3 pm. Mark your calendars. Please pass the word to friends and

family members. Raffle winners and door prize winners will be drawn on Tuesday, October 2nd at 10 am.

**This year’s prizes** are wonderful! We are offering the following items:

- Queen Size Homemade Quilt
- Dell Inspiron 15" 2-in-1 Touch Screen Laptop
- Apple Watch Series 3

**You may ask,** “What can I do”?

- If you have not turned in your raffle tickets, please do so.
- Invite your friends and family to shop.
- Volunteer to sell raffle tickets at one of the stores or at the post office.
- Ask stores to post one of our flyers.



- Bake something for the Bake Shop.
- Fold raffle tickets on Tuesday, September 25th at 10 am.

### Volunteer Workers

If you are available to work a 3-hour shift at the Bazaar either Friday or Saturday, please tell Connie when and where you would like to work. Do not worry, you do not have to be on your feet, we provide chairs at each area!

### Lend a Hand with Flyers

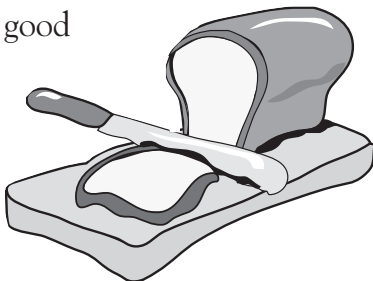
We need residents to deliver Bazaar flyers at the following meetings/places:

- YMCA Active Older Adults Center
- Bonafides
- Wellness Center
- Leisure Learning at Basking Ridge
- Presbyterian Church on Mondays

**Please tell Connie** if you know of other organizations/meetings that would be willing to hand out flyers.

### Bakers Needed

We need home-baked items for the Bake Shop which is always a Bazaar highlight! Although we appreciate the gesture, “store bought” items do not sell well. Baked good items that are needed include; breads, pies,



cookies and brownies. Drop off your home-baked items in Felmeth Hall on Thursday, September 27th between 9 am and 12 noon. Please deliver your items in disposable containers. If you deliver items in a pan, tin or plate which you would like returned, put your name on it. If you don't feel like baking, why not ask a family member to bake something to donate? Delicious homemade treats of all kinds are always big sellers.

### Raffle Ticket Sales



The following dates and suggested times are available for residents to “man” a table to sell raffle tickets. Sign up with a friend or we can match you up with someone. We supply everything and help you set up. No experience required! It is not hard to do and can be fun!

- Saturday, September 8th Basking Ridge Post Office, 9 am – 12 noon.
- Wednesday, September 12th Stop ‘n Shop at Lyons, 10 – 12 noon.
- Thursday, September 13th Kings of Bernardsville 11 – 1 pm.
- Monday, September 17th Stop ‘n Shop at Lyons, 10 – 12 noon.
- Wednesday, September 19th Kings of Bernardsville, 11 – 1 pm.
- Saturday, September 22nd Basking Ridge Post Office, 9 am – 12 noon.

## The Challenge

We will give \$50 to the 3 residents (not necessarily working in a team) with the highest total ticket sales.

## Bed Bugs AGAIN?

**We recently** had a problem with bed bugs in a few resident apartments. This was very frustrating for our residents and caused major inconvenience and expense!



**As you know** we have a responsibility to educate residents about reporting 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, pocket books 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 sleep in a recliner or on a couch they will live there too!

**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 anything with a pesticide. This will only result in them running. It will not kill them. Call the office for an inspection to be done.

### Here are some tips:

- NEVER pick up roadside furniture or items from the trash and put them in your apartment. Bed bugs hide in books, boxes, on soft furniture and wood furniture! Bed bug eggs look like grains of salt.
- Keep clutter inside your apartment to an absolute minimum. Bed bugs love to hide in warm, dark places. They can live for more than a year without biting!
- 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 them into your apartment. ALWAYS launder clothing items in HOT water and a HOT dryer before you bring them into your apartment.
- If you have been traveling, empty your suitcase and other luggage outside. Put clothes in closed plastic bags and immediately take them to the laundry (in HOT washer and HOT dryer) and thoroughly vacuum out your luggage and bags.



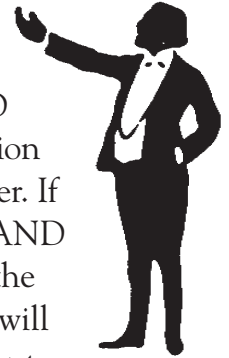
- If you visit a hotel, family or friends do not assume that they DO NOT have bed bugs. Keep your suitcase off beds, chairs and carpets. Keep it in the bathroom, on a luggage rack, when traveling.
- Get a bed bug cover for your mattress AND your box spring. These are available at Bed Bath & Beyond or other stores. Be careful not to rip the covers when putting the box spring on the frame or flipping the mattress.
- Vacuum your apartment and launder bedding frequently. Put a little bit of baby powder (or diatomaceous 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.
- See “Mark Your Calendar for Ridge Oak Activities” for important information about a special “Bed Bug 101” educational session being offered.

## Beginning ESL

### English as a Second Language

Starting Monday, September 24th, a free Beginning ESL course will be given at the nearby Farmstead Arts Center. The course will run for 10 weeks from 9-10 am. For more information or to register, call 973-443-9222 or email [tasinfo@theadultschool.org](mailto:tasinfo@theadultschool.org).

**We need a minimum** of TEN residents that register for the class AND that need bus transportation to schedule a weekly driver. If you register for the class AND need the bus, please call the office to let us know. We will plan for a driver after we get 10 residents committed to attending.



## Baby Bottle Brigade Challenge

**We are giving you** just a little more time—your last chance to turn in your baby bottles full of change will be Friday, September 7th. Then we will turn our change into cash and donate to Katy’s Place. This is a developmental center at the Center for Great Expectations which supports homeless, addicted women with babies.



## Student Assistant

**Our student** translator, Danielle, who speaks Mandarin, will be in the office 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.



From the Executive Director  
*Bonnie*

**We look forward** to seeing all of our residents and friends and family members at the Bazaar September 28th & 29th! This is the time of year that Ridge Oak really shines, and we open our doors to many shoppers! Please welcome our visitors and friends as they open their wallets to support our BIG sale.

**Thanks** to the crew of basement workers who have been in the basement all year sorting, cleaning, pricing and getting donated items ready for the sale. Also, many thanks to our Happy Hookers who have been working their hooks and needles all year making beautiful items that will be for sale at the Bazaar.

Occupancy - *Christine, Patrice & Helen*

**Overnight guests** are not permitted for more than 14 days in a calendar year. Your apartment is not a “shelter” for dislocated or homeless family members or friends. We DO keep a close eye on this—to be sure that no one has an unauthorized person living in their household! Remember that more than one household member means more household income and thus the Federal government pays less subsidy and we are due more rent.

## 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.

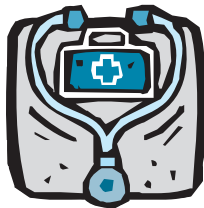
## Computer Room Classes

**Russ Archer** will have computer classes Tuesday, September 4th & 18th, 2:30 pm – 4 pm. Sign-up is required. Computer room will be CLOSED to other computer users during class times.



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, September 20th 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 September**

**Monday**, September 10th – Join us for Grab Bag Night as we celebrate Grandparents Day! Sausage & Peppers will be served.

**Thursday**, September 13th – Turkey, Stuffing, Carrot Soufflé, Cranberry Sauce and Chocolate Cake will be served for this month's birthday dinner.

**Friday**, September 21st – Last day of summer! Join us as we say goodbye to summer. Pasta Primavera will be served. We will also have an Ice Cream Sundae bar!



**Tuesday**, September 25th – Corned Beef & Cabbage, Carrots, Potatoes, Rye Bread and Very Berry Pie. Why wait until St. Patrick's Day for this great meal?

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. 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 in October. 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 at 908-204-4616.

## MARK YOUR CALENDAR

### *for Ridge Oak Activities*

**Tuesdays & Fridays** - Balance

**Wednesday, September 5th**

Thomas Edison Museum

**Tuesday, September 11th**

Bed Bugs 101

**Mondays**

Wii Bowling Practice

**Wednesday, September 12th**

Chester Area

**Wednesday, September 19th**

Movie Matinee

**Tuesday, September 25th**

Fold Raffle Tickets

**Thursday, October 4th**  
Hudson Valley Trip

## Balance

### **Body, Brains & Balance**

Move It or Lose It! 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. We practice “Controlled Instability.” Anyone is welcome.

## Thomas Edison Museum

**As a follow-up** to our videoconferencing visit with Thomas Edison, we will visit the Thomas Edison Museum in Menlo Park on Wednesday, September 5th. The bus will leave at 10 am. After our tour, we will stop at Menlo Park Mall for lunch. Sign-up is required.

**Tour cost is \$5.** If you sign up and you cannot attend, then you must cancel by 11 am on Tuesday, September 4th. No refunds will be issued for no-shows. You will be billed for this activity in October.

## Bed Bugs 101

**Sybil Rainey** from Bernards Township Health Department will join us on Tuesday, September 11th at 2 pm to educate our residents about bed bugs! Sign up for this important informational session starting on Tuesday, September 4th. Learn about how to look for bed bugs and what to do (and not to do) if you think you have bed bugs! This is very important information to have and to understand. If we could make attendance at this session mandatory we would.

## Wii Bowling Practice

**There will be open** Wii bowling practice for any interested residents on Monday September 17th & 24th. Stop by any time between 11 am and 3 pm.



## Chester Area

**Wednesday**, September 12th, the bus will leave at 12 noon for the Chester area. You will have time to visit the local shops and have lunch or an ice cream. On the way home, we will make a stop at the Dollar Store in Flanders. Sign-up is required.



## Movie Matinee

### Wednesday,

September 19th at

1 pm, the movie

*Book Club*, starring

Diane Keaton, Jane

Fonda and Candice Bergen will be

shown in the Felmeth Hall *RB Boye*

*Community Room*. Please sign up.



**Friends** and members of the 60-plus set,

Diane, Jane, Sharon and Carol have

seen it all when it comes to relationships.

But after reading “Fifty Shades of Gray,”

they’re inspired to make bold choices in

the romance department, with hilarious

results.

## Fold Raffle Tickets

**Tuesday**, September 25th at 10 am we

will need volunteers to fold our raffle

tickets for the Bazaar. Easy way to

volunteer! Sign-up is required.

## Hudson Valley Trip

**Thursday**, October 4th, a charter bus

will leave Ridge Oak at 10 am for the

Hudson Valley. We will have lunch at

the River’s Edge and then board the

River Rose for a two-hour cruise on the

Hudson. Cost

of the trip is

\$35. Sign-up

is required.



**Sign up** starting Monday, September 4th.

Cost of trip is \$35. If you sign up and

cannot attend, you must cancel by 11 am

on Thursday, September 27th or you will

be billed for your spot. No refunds will be

issued for no-shows. You will be billed for

this activity in November.

## Games Anyone?

**Dominoes**/Mexican Train, Tiles,

Phase 10? Saturday, September 15th at

12:30 pm join us for games in Felmeth

Hall *RB Boye Community Room*. This

activity is for Ridge Oak residents only.

## ACORN Collators & Distributors

**Wednesday**, September 26th, October

Acorns, will be ready for collating at

9:30 am. Distributors can pick up their

village on Friday morning, September

28th at the office—our Bazaar day. See

Shannen at the front desk!

## Happy Hookers

**Knitting** & crocheting group meets in

Felmeth Hall *RB Boye Community Room*

Annex, starting at 10:30 am on Monday,

September 10th, 17th & 24th. All items

for the Bazaar will be priced on Monday,

September 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.

## Games

**Scrabble**, Tiles, and other card games in Felmeth Hall RB Boye Community Room, on Monday, September 10th, 17th & 24th at 1 pm. We provide the table, you bring a friend or two to play!

## Bingo

**Bingo** will be played at 1 pm in Felmeth Hall RB Boye Community Room Friday, September 14th & 21st. We are very thankful for our volunteer callers. Bingo can only happen because they give their time! If you would be willing to call Bingo, please tell Connie.

## Foot Care

**Dr. Brown** will visit Tuesday September 25th. Dr. Geller's next visit is on Tuesday, October 9th. 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, September 10th at 8:30 am in Felmeth Hall RB Boye Community Room. All faiths welcome!

## Episcopal Service

Father Rick, of St Mark's Episcopal Church, will hold an ecumenical service on Thursday, September 6th at 10 am. All faiths are welcome!

## Rosary

There will be no Rosary on Thursday, September 27th. Rosary Prayer Group meets in Felmeth Hall RB Boye Community Room Annex, on Thursdays at 3 pm. Dates subject to change based upon the group's conscience. All faiths are welcome!

## Bible Study

There will be no Bible Study on Friday, September 28th. 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



## St Mark's Rummage Sale

**Annual Fall** Rummage Sale will be held Friday, September 14th & Saturday, September 15th from 9 am-2 pm.

## Bishop Janes Rummage Sale

**Bishop Janes** holds their Fall Sale on Friday, September 21st & Saturday, September 22nd from 9 am - 2 pm. There will be many good offers on winter coats, sweaters, shoes and much more. If you would like to donate clothes they can be dropped off at church starting September 17 after 9 am.

## Argyle Fish & Chips

**First Presbyterian** Church of Stirling holds a Fish & Chips Dinner Saturday, September 22nd from 4:30-6:30 pm. Senior tickets are \$17 at the door.

## Special Sea Shell Collection

**In September**, at the Long Hill Public Library's City Hall Center, view the museum quality sea shell collection of our own Ridge Oak Board member Royal Garms. The library is open each

day at 10 am except on Sunday. Shells are from all over the world. Roy's favorite shells are from South East Asia. He especially loves the specimens from the Philippines.

## 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, September 6th Scarlatti in New Jersey – Film Screening and Discussion from 7-8 pm.
- Monday, September 10th Costume Jewelry: A Cultural Stroll Through the Decades program from 7-8 pm. Marilyn Visakay will highlight the evolution of American costume jewelry, discuss history and influences on designers, and offer tips on preserving these vintage and antique treasures.

- Thursday, September 13th Songs and Letters of World War II – 7-8 pm. Three seasoned professional actors and singer Maggie Worsdale perform an uplifting tribute to the greatest generation. Free.



- Sunday, September 16th Jacqueline Kennedy Onassis: Preservation and Grace, an American Legacy program from 2-3 pm. American Historical Theatre's Jill Lawrence brings Jackie O to life in this poignant portrait.
- Monday, September 17th Monday Fall Concert Series from 1-2 pm. in the Sanctuary at Basking Ridge Presbyterian Church. Concert features a Roy Orbison Tribute by Rave On.
- Monday, September 24th Monday Fall Concert Series offered 1-2 pm. in the Sanctuary at Basking Ridge Presbyterian Church. Concert features a Gershwin Tribute with Fred Miller on piano.
- Saturday, September 29th Somerset Hills Kennel Club will bring dogs to the Bernards Township Library from 10:30-11:30 am. All ages welcome.

## VNA Rummage Sale

**VNA Rummage Sale** at Far Hills Fair Grounds. Sale dates are October 5th & 6th (9:30 am to 3:30 pm) and October 7th (12:30 pm to 3:30 pm). Admission and parking are free. Be prepared for large crowds. This famous Rummage Sale held every fall and spring at the Fairgrounds in Far Hills is New Jersey's largest and oldest. As a major fundraiser for the VNA, 100% of the proceeds support the VNA's hospice and respite programs.

## 5K Run and 2 Mile Walk

**20th annual** Visions and Pathways Run & Walk will be held Saturday, October 27th in Duke Island Park. The walk is at 9 am and the run at 10 am. To register call 908-526-6605.



## FREE Medical Equipment

**Available** through Pluckemin Presbyterian Church Medical Equipment Ministry. Call 908-396-6057. Regular hours on Saturdays from 10 am - 12 noon.

## Urgent Care

**Astrahealth** Centers has an Urgent Care Center at Lyons Mall. 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.

## 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.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday **1**

# SEPTEMBER

**2**

Church BUS

**3**

Labor Day  
Office Closed



**4**

Sign ups  
9 BUS YMCA  
9:45 BUS  
Bernardsville

1 Balance V12  
5 DINNER  
Stuffed  
Flounder



**5**

10 Thomas  
Edison  
Museum

5 DINNER Asian  
Delight Beef  
& Broccoli



**6**

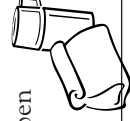
9 BUS YMCA  
9:45 BUS  
Bernardsville

10 Episcopal Service  
3 Rosary  
5 DINNER  
Chicken  
Marsala

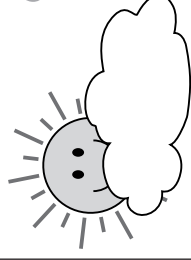


**7**

9:45 BUS Stirling  
& Gillette  
10 Bible Study  
11 Balance V12  
12 LUNCH Pastrami  
Reuben



**8**



**9**

Church BUS

**10**

8:30 Mass  
9:45 BUS Stirling  
& Gillette  
10:30 Happy Hookers

1 Games  
5 DINNER  
Sausage  
& Peppers



**11**

9 BUS YMCA  
9:45 BUS  
Bernardsville

1 Balance V12  
2 Bed Bugs 101  
5 DINNER Grilled  
Salmon

**12**

9:45 BUS  
Lyons  
12 Chester Area

5 DINNER  
Meat  
Lasagna



**13**

9 BUS YMCA  
9:45 BUS  
Bernardsville

3 Rosary  
5 Birthday DINNER  
Roast  
Turkey



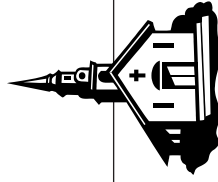
**14**

9:45 BUS  
Stirling  
& Gillette  
10 Bible Study  
11 Balance V12  
1 Bingo  
5 DINNER Bacon  
Cheddar Quiche

**15**

12:30 Games Anyone?

**16**



Church BUS

**17**

9:45 BUS Stirling  
& Gillette  
10:30 Happy Hookers  
11 Wii Bowling  
Practice

1 Games  
5 DINNER Pork  
Chop

**18**

9 BUS YMCA  
9:45 BUS  
Bernardsville

5 DINNER Coconut  
Shrimp



**19**

9:45 BUS New  
Providence  
1 Movie Matinee  
5 DINNER Chicken  
Francaise



**20**

9 BUS YMCA  
9:45 BUS  
Bernardsville

1 Blood Pressure  
3 Rosary  
5 DINNER Stuffed  
Peppers

**21**

9:45 BUS  
Stirling  
& Gillette  
10 Bible Study  
1 Bingo  
5 DINNER Pasta  
Primavera



**22**

**23**

Church BUS

**24**

9:45 BUS  
Stirling &  
Gillette  
10:30 Happy Hookers  
11 Wii Bowling  
Practice

1 Games  
5 DINNER Tilapia

**25**

9 BUS YMCA  
9:45 BUS  
Bernardsville

10 Fold Raffle Tickets  
5 DINNER  
Corned Beef  
& Cabbage



**26**

9:45 BUS  
Lyons  
12 LUNCH  
Turkey  
Burgers



**27**

9 BUS YMCA  
9:45 BUS  
Bernardsville

**28**

9-3 BAZAAR

**29**

9-3 BAZAAR

**30**

Church BUS