

ACORNNS

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

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www.ridgeoak.org

Updates

We anticipate that the site lighting project will get underway in August. This project will take 3-4 months to complete and will impact the entire property. It is critical that you stay away from roped off work areas. Please be safe and (if needed) walk a longer distance to remain on sidewalks. Do not walk on the grass. Except in a few locations, the old walkway lights will stay in place and will work until we switch over to new fixtures. Temporary lighting will be used if needed.

The next laundry room to be renovated will be Village 3. Village 5 laundry room renovation was a “test” so some things in Village 3



may be different. Work should start in early September. Notices will be distributed to impacted residents.

Read Carefully

There are a few days in August we do not have bus drivers and/or regular grocery shopping trips. Reference your calendar and plan shopping accordingly.

Smokers

DO NOT throw your butts in the mulch, on the lawn, on the sidewalk or in the roadway. Extinguish completely and put in a dumpster!

NEW Village 12 Quilt

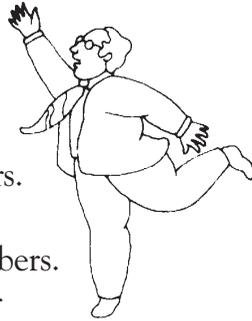
Look at the beautiful new quilt in Village 12 lobby. It’s called “Farm Girl Vintage” and was made by Bonnie’s sister Pat Roaldsen, part of the famous Long Island Auxiliary. It looks perfect and each stitch was darned by Pat with love!

Village 2 Resident Alert

Our retired nurse Karen Ellis is now a Ridge Oak volunteer. Midday on August 6th and August 13th she will be going door to door in Village 2 to help residents complete the emergency medical fact sheet that should be hanging on their refrigerator. Remember, this emergency medical fact sheet is the 1st thing the police and rescue squad will look for when they arrive at your door in response to a health emergency. If Karen comes and you are not home she will leave a note on your door. Please take advantage of Karen's expertise and time.

Bazaar Blast

2018 Bazaar is Friday, September 28th and Saturday, September 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

Be in It to Win It

Is \$20 REALLY a lot to ask? Two books of raffle tickets will be distributed in August to each Ridge Oak resident. The \$20, donated for two books of tickets, directly impacts Ridge Oak's contribution to Basking Ridge Rescue Squad. Ridge Oak keeps no money from the raffle. We rely on Basking Ridge Fire Company Number 1 Emergency Medical Squad to provide our residents with emergency medical assistance and subsequent transport to area hospitals. We know that money can be tight for many of our residents. However, think about all the times the rescue squad has come when you or a neighbor needed them!

- Did you know that Basking Ridge Volunteer Rescue Squad members are 100% volunteer?
- The squad relies heavily on generous donations of Ridge Oak and our township residents.
- All money raised goes towards oxygen replenishment, medical supplies/ equipment, vehicle maintenance, ongoing annual training and the other numerous costs associated with keeping equipment, firehouse and squad building operational year after year.

Please do your part by buying or selling both books of raffle tickets this year just because it is the right thing to do.

All raffle ticket sale proceeds go to support the following organizations:



- Basking Ridge Volunteer Rescue Squad
- Visiting Nurse Association of Somerset Hills
- Bernards Township PBA #357

If you need more raffle books, contact the office. When you sell, or buy a book of tickets, write your name on the cover and return it to the office with money collected. By writing your name as the seller on the outside of the book, we can keep track of all books sold by residents.

Doll House Raffle

A special friend of Ridge Oak from Long Island, Bill Merkel, made a beautiful doll house to be raffled off at the Bazaar. This charming little house with painted flowers on the shutters comes with furniture! Tickets are \$1 each.

Baby Bottle Brigade Challenge

Monsignor Capik is on the Board at the Center for Great Expectations in Somerset. Grounded in a spirituality that treasures the dignity of all, the Center for Great Expectations seeks to form a



partnership with homeless pregnant and/or parenting women & families in creating a safe place, safe presence, and safe path.

The Challenge

The Center is holding a baby bottle drive to provide funding for Katy's Place, their child development center. Stop by the Ridge Oak office in August and pick up one or more baby bottles. Take them home and fill them with change. Once your bottles are filled, bring them back to the office by August 31st. We will have the change counted and a check given to Katy's Place.

About Katy's Place

Katy's Place Child Development Center is an on-site licensed child development center that provides daily professional child care, making it possible for each mother to work on her recovery and educational and vocational goals while her child is well cared for in a safe nurturing environment.

Bus Talk

We are fortunate to have our bus aide, Jonathan, travel with us on shopping trips. His responsibilities are very clear: At the bus door, when shoppers are boarding after shopping, Jonathan will hand bags up to the driver to put on the shelf. Upon return to Ridge Oak the

driver hands the bags to Jonathan and he hands them to the resident or puts them in their cart. Jonathan DOES NOT carry bags across the street, to the benches, nor does he walk them to a resident door. If there is no aide, the drivers follow the same guidelines. You are encouraged to leave your shopping cart on Manchester Drive or at the front of Village 12 for the return trip. Please make sure your name is on your cart. Thank you for your cooperation.

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.



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.

Miss Steppers Revival

After many of our residents attended the Papermill performance of Half Time in June, we have decided to bring The Miss Steppers back for an encore performance at the end of the summer.



The Miss Steppers are a group of residents who had little or no experience dancing but gave it a try. Through the years they danced, laughed and performed at local sites. Many of our original group have gone to the 'big dance studio' in heaven. We only have 'spots' for 12 dancers. If you are interested in joining the fun, tell Connie. The first meeting is Wednesday, August 8th at 10 am in V12.

Shopping Trip Change

Once a month the bus is scheduled for New Providence Farmers Market. This month we're adding a quick stop at New Providence Stop & Shop. We will decide if it will become a permanent stop.

Computer Room Classes



Russ Archer will have computer classes Tuesday, August 7th & 21st, 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

A very special pre-bazaar thanks to the ladies and gents who have been working tirelessly in the basement with Connie getting things ready for the big sale.

Also, much love and thanks to the Long Island Auxiliary for the great donations, refinishing work, for the trips to NJ, for the beautiful quilt and for the lovely dollhouse.

Occupancy - *Christine, Patrice & Helen*

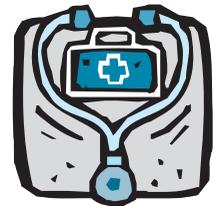
All Ridge Oak apartment wait lists are currently closed to new applications. We work from existing lists to fill vacancies. As we near the end of a list a decision is made to accept new applications. At the time a list opens, we send out an email (if an individual is on our contact list), with a link to the application that can be downloaded, completed and mailed to the Ridge Oak office. Or we can mail an application directly to the applicant. New applicants are put on the wait lists in the order in which applications are received.

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 health concerns with you on Thursday, August 16th at 11 am in Village 12.

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 August

Friday, August 3 – Bacon Cheddar Quiche served with Tomato Bisque Soup and Crunchy Vegetable Salad. This was a favorite meal in July!

Wednesday, August 15 – Birthday Dinner – Join us as we celebrate August birthdays! Fried Chicken will be served with delicious sides and Birthday Cake!

Monday, August 20 – Grab Bag Night – Plum Ginger Chicken will be served.

Tuesday, August 21 – Kielbasa & Apple Kraut with Sour Cream and Pierogis.

Thursday, August 30 – Labor Day weekend kickoff! Corey will cook Hot Dogs on the grill. Potato Salad and Baked Beans will also be served.

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

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 August 23rd.
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, but sign-up is required by calling Ruth at 908-204-4616.

MARK YOUR CALENDAR

for Ridge Oak Activities

Tuesday & Fridays - Balance

Mondays - Wii Competition

Tuesday, August 7th

Music Beyond Borders

Thursday, August 9th

Madison Farmers Market

Wednesday, August 15th

St Mary's Bingo

Friday, August 17th

Walk, Shop & Lunch

Tuesday, August 21st

Try Wii Bowling

Wednesday, August 22nd

Chester Area

Wednesday, August 29th

Melick's Farm

Wednesday, August 29th

Movie Matinee

Thursday, August 30th

Windows Into our World

Thursday, August 30th

Homeless Solutions

Save the Date

Wednesday, September 5th

Thomas Edison Museum

Balance

Body, Brains & Balance

Come and “fartlek” with us! 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.

Wii Competition

Wii Competition (bowling) continues Mondays 10:30 am - 3 pm and Tuesdays (not August 28th) at 10:30 am. Stop by and cheer on the players.

Music Beyond Borders

Tuesday, August 7th, the bus will leave at 11:30 am for the Green in Morristown to watch the Tavche Gravche: Gypsy/

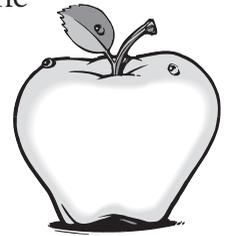


neo-Balkan Trio perform. After the performance, we will go to the Famished Frog for lunch. The performance is free and lunch is on your own. If the weather is bad, the concert will be held indoors sign-up is required.

Mayo Performing Arts Center in Morristown presents Music Beyond Borders on select Tuesdays this summer. The concerts feature a performance of world music reflecting the diverse culture of the area.

Madison Farmers Market

Thursday, August 9th, the bus will leave at 12 noon for Madison Farmers Market. You will have time to visit the shops, have lunch or get an ice cream before the market opens at 2 pm. The vendors do accept the Jersey Fresh certificates.



St Mary's Bingo

Wednesday, August 15th, the bus will leave at 10:30 am for St. Mary's in Manville for an afternoon of Bingo. Admission is \$2 and includes a package of 9 games. Additional game packages are available for purchase.

Bring money for lunch. The BINGO Kitchen opens at 10:30 am serving lunch fare such as hot dogs, hamburgers, cheesesteak sandwiches, cabbage and noodles, French fries, baked goods, coffee, tea, water and soda. The kitchen stops serving at 12:30 pm when BINGO play begins. Sign-up is required.

Walk, Shop & Lunch

With the warm weather, we take our walking indoors. On Friday, August 17th, the bus will leave at 12 noon for Rockaway Mall. You will have time to walk, shop and have lunch. Sign-up is required.



Try Wii Bowling

Would you like to try Wii Bowling? Join us on Tuesday, August 21st at 2:30 pm in V12. Danielle, our student translator, will be there at 3:30 pm. Sign-up is required.

Chester Area

Wednesday, August 22nd, 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.

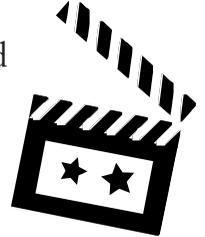
Melick's Farm

Wednesday, August 29th, the bus will leave at 10 am for Melick's Farm in Oldwick. They do accept Jersey Fresh Certificates. Sign-up is required.

Movie Matinee

Wednesday, August 29th, the movie *The Shack*, will be shown at 1 pm. This movie was recommended by Bonnie. Sign-up is required.

Though Mack Phillips is filled with doubts and still grieving after a family tragedy, he answers when God calls him to a deserted shack in the Oregon wilderness—where what Mack finds will transform his life!



Windows Into our World

Thomas Edison

Thursday, August 30th, join us at 1 pm in Felmeth Hall *RB Boye Community Room* for our interactive program with Thomas Edison as we visit, via LIVE videoconferencing! Hank Fincken, from A National Theatre Company of One, will portray the famous inventor. Thomas Edison will discuss his greatest inventions, the inventive process, his influences, and how he handled failure. You will be able to ask Mr. Edison questions, see slides of his family and inventions, a replica early light bulb, and a working 1909-cylinder phonograph. Sign-up starting Wednesday, August 1st.

The program cost is \$3. If you sign up and cannot attend, then you must cancel by 11 am on Monday, August 27th. No refunds will be issued for no-shows. You will be billed for this activity in September.

Save the Date!

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, starting Wednesday, August 1st.

The tour cost is \$5. If you sign up and 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.

Homeless Solutions

Thursday, August 30th, the Ridge Oak bus will leave at 4:15 pm to serve a meal to the residents at Homeless



Solutions in Morris Plains. Homeless Solutions offers “a hand-up, not a hand out” to people and families in need.

We need five residents to bake desserts and five residents to serve the meal. Sign-up is required.

Games Anyone?

Dominoes/Mexican Train, Tiles, Phase 10?

Saturday, August 18th 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

Friday, August 31st, September 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, August 6th, 13th, 20th & 27th. If you would like to learn how to knit or crochet or to refresh your skills, stop by the group on any Monday. Open to all crafters.

Games

Scrabble, Tiles, and other card games at 1 pm in Felmeth Hall *RB Boye Community Room*, on Monday, August 6th, 13th,

20th & 27th. 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, August 3rd, 10th, 24th & 31st. We are thankful for our volunteer callers. Bingo can only happen because they give their time! If you are willing to call one week, please tell Connie.

Foot Care

Dr. Brown will next visit in September. Dr. Geller's next visit is on Tuesday, August 14th. Call his office directly at 908-281-9002 to schedule a visit. Call the Ridge Oak office for a visit by Dr. Brown. We do not endorse either physician, nor do we resolve or mediate billing and/or payment issues.



For Your Spiritual Wellness

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

Mass

Monsignor Capik will say Catholic Mass on Wednesday, August 8th 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, August 2nd at 10 am. All faiths are welcome!

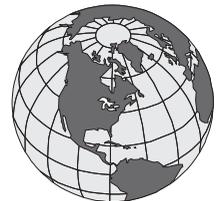
Rosary

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

Bible Study

Bible Study meets at 10 am on Fridays in Felmeth Hall RB *Boye Community Room Annex*. Dates are subject to change based 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

National Night Out

Join your friends on August 7th at 6:30 pm at Astor Fields (Ridge High School Fields) for Bernards Township's National Night out. Presented by Bernards Township Police Department. Enjoy a night with the community!

Annual AAUW Used Book Sale

Book Sale will be held on Thursday, August 2nd & Friday, August 3rd from Noon - 8 pm and on Saturday, August 4th from 9 am - 3 pm at Bernardsville Middle School on Seney Drive.

The Library Corner

Bernards Township Library offers many programs and a great book collection. The library has books and magazines written in Chinese. Call 908-204-3031 ext. 116 to register for a program.

Thursday, August 2nd - Photo lecture on Scotland presented from 7- 8 pm.

Thursday, August 9th - Go, van Gogh! Armchair Art Tour with Dr. Michael Norris from 7 - 8 pm.

Thursday, August 14th - New Jersey State Parks with Kevin Woyce from 7- 8:30 p.m.

Monday, August 20th - A Mouse Divided: How UB Iwerks Became Forgotten and Walt Disney Became Uncle Walt from 7 - 8 pm.

Thursday, August 23rd - What's Next for Human Space Travel? 7- 8:30 pm.



5K Run & 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 or for information, call Hailey Lifson at 908-526-6605.

Visions and Pathways provides abused, neglected, homeless and missing youth throughout New Jersey with housing and supportive services.

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. 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. 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.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

AUGUST

5

Church BUS

6

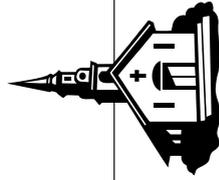
9:45 BUS Stirling & Gillette
10:30 Happy Hooker Wii Competition
1 Games
5 DINNER Stuffed Pork Chops

12

Church BUS

13

10:30 Happy Hookers
Wii Competition
1 Games
5 DINNER Pulled Pork Sliders



19

Church BUS

20

9:45 BUS Stirling & Gillette
10:30 Happy Hookers Wii Competition
1 Games
5 DINNER Plum Ginger Chicken

7

9 BUS YMCA
10:30 Wii Competition
11:30 Music Beyond Borders
5 DINNER Swedish Meatballs



14

10:30 Wii Competition
1 Balance V12
5 DINNER Pizza



8

8:30 Mass
9:45 BUS New Providence
10 Miss Steppers V12
1 Balance V12
5 DINNER General Tso's Chicken



15

10:30 St. Mary's Bingo
5 Birthday
DINNER Fried Chicken



9

9 BUS YMCA
9:45 BUS Bernardsville
12 Madison Farmers Market
3 Rosary
5 DINNER Stuffed Flounder



16

9 BUS YMCA
9:45 BUS Bernardsville
11 Blood Pressure Clinic V12
11 Balance V12
3 Rosary
5 DINNER Shrimp

10

9:45 BUS Stirling & Gillette
10 Bible Study
11 Balance V12
1 Bingo
5 DINNER Eggplant Rollatini



17

9:45 BUS Stirling & Gillette
10 Bible Study
12 Walk, Shop & Lunch
5 DINNER Beef Meatloaf

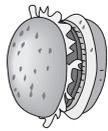
12:30 Games Anyone?

26

Church BUS

27

9:45 BUS Stirling & Gillette
10:30 Happy Hookers Wii Competition
1 Games
5 DINNER Turkey Burgers



28

9 BUS YMCA
9:45 BUS Bernardsville
1 Balance V12
5 DINNER Shrimp & Scallops



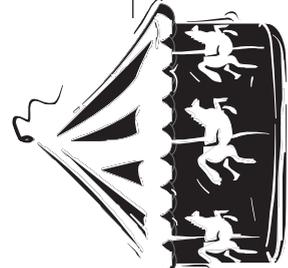
30

9 BUS YMCA
9:45 BUS Bernardsville
1 Windows/Our World
3 Rosary
4:15 Homeless Solutions
5 DINNER Hot Dogs



31

9:45 BUS Stirling & Gillette
10 Bible Study
11 Balance V12
1 Bingo
5 DINNER Chicken Cacciatore



25

Church BUS

24

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



23

9 BUS YMCA
9:45 BUS Bernardsville
3 Rosary
5 DINNER Spare Ribs



29

Church BUS

22

9:45 BUS Lyons
12 Chester Area
5 DINNER Grilled Salmon



21

10 Melick's Farm
1 Movie Matinee
5 DINNER Baked Ham



20

9 BUS YMCA
9:45 BUS Bernardsville
10 Bible Study
12 Walk, Shop & Lunch
5 DINNER Beef Meatloaf

18

9:45 BUS Stirling & Gillette
10 Bible Study
11 Balance V12
1 Bingo
5 DINNER Eggplant Rollatini

11

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

3

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

4

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