

# ACORNNS

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

908/221-0266

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www.ridgeoak.org

## Office Closed

**The office** will be closed for the Thanksgiving holiday Thursday, November 25th & Friday, November 26th. Have an enjoyable holiday weekend!

## Election Day Made EASY

**Election Day** is Tuesday, November 2nd. Felmeth Hall, *RB Boye Community Room* is your polling place. Polls are open from 6 am to 8 pm.

- Questions? Call Somerset County Clerk at 908-541-1289.
- Transporter available from 2-3 pm for rides.

**If you are** a poll worker, the income received must be reported to Ridge Oak Occupancy Department. Call Chris Randazzo at the office or e-mail – [crandazzo@ridgeoak.org](mailto:crandazzo@ridgeoak.org).

## Daylight Savings Time

**Fall Back** occurs on Sunday, November 7th at 2 am as Daylight Savings Time comes to an end. Before you go to sleep on Saturday, November 6th set your clocks back one hour and enjoy your extra hour of sleep.

## Want to Sing with Emma?

**If you have** an interest in singing and rehearsing with Emma Walker-Lanese in November for a Ridge Oak holiday recital in December, contact Connie at the office or e-mail [cledder@ridgeoak.org](mailto:cledder@ridgeoak.org).

**Rehearsals** are Sunday, November 14th, 21st, 28th & December 5th at 2 pm in Felmeth Hal. The transporter will NOT be available for rides to practices. The special Holiday Sing for our residents is Sunday, December 12th at 2 pm.

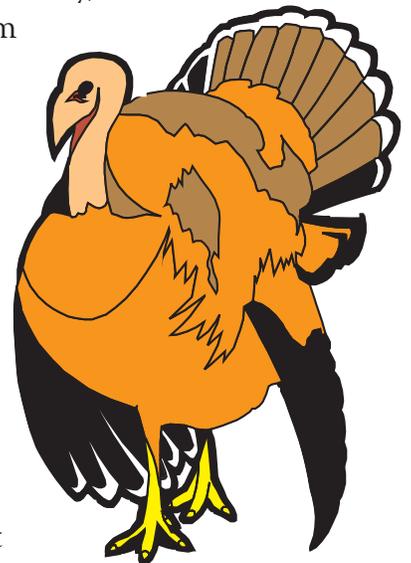
## Clean Up

**Anything you planted** in the raised gardens behind the barn, in a pot or in the ground around your apartment needs to be cleaned out by Friday, November 12th. Our landscapers will remove and throw out anything you leave behind. Old pots and personal decorative items interfere with snow removal.

## FREE Rabies Clinic

**Bernards Township** Health Department will provide residents with a Free Rabies Clinic for dogs and cats. Saturday, November 13th from 10 am to Noon at Bernards Township Public Works Garage 277 South Maple Avenue, Basking Ridge. No appointment necessary.

- Rabies expiration date for your pet can be found on your current dog/cat



license. If you are unsure of the expiration date call or email Michelle Santoro, Bernards Township Animal Control Officer, at 908-204-3066 or MSantoro@Bernards.org

- All Bernards Township dogs and cats must be licensed, as per NJ statute and Bernards Township Ordinance. Current dog and cat licenses expire January 31st of each year. To download an application, go to: <http://www.bernardshealth.org/DogCatLicensing.aspx>
- Licensing of animals is a requirement of Ridge Oak tenancy and an important aspect of community safety, rabies, and animal control.

## Another Way to Connect

**You can participate** in Ridge Oak activities from the comfort of your own home. Use your iPad, computer, or phone to connect to us via TWITCH. Go to [www.twitch.tv.ridgeoak](http://www.twitch.tv.ridgeoak) recreation to view select activities. You can also download the app on your cell phone or iPad and search “ridgeoakrecreation.” Read activity descriptions to determine if a live stream “twitch” connection is available.

## Ridge Oak Tree Photo Contest

**We had many wonderful** photos of our Ridge Oak trees submitted for the photo contest.

**But we could only** have one winner for the gift card, so we called in a naturalist to make the decision.



**Rich Hoffman**, a naturalist at the Somerset County Environmental Center chose the photo of a Norway Spruce, near the Village 5 parking lot. The conifer is proudly loaded with pinecones. Our winner won a \$50 gift card to Shop Rite.

## Homemade Quilt Drawing

### Pat Roaldsen

(Bonnie's sister) made a Queen size quilt (70' x 88") in beautiful shades of raspberry. The quilt is on display in Felmeth Hall and on the display monitors. If you would like to purchase chances on the quilt, call



or email the office and let us know how many chances you would like. You will be billed in December. Chances are \$2 each and are being sold only to Ridge Oak residents, their family members, staff and Acorn readers. The winner will be drawn on November 30th.

**Funds raised** will go to Basking Ridge First Aid Squad. Ridge Oak will “match” funds raised via this special raffle. If we sell \$200 in tickets, Ridge Oak will match that amount for \$400 to be donated to the First Aid Squad! Even if you don't want to buy a ticket, monetary donations are welcome!

## COVID19 and the Flu from Atlantic Health System

**It's helpful to understand** the differences between these two respiratory illnesses and what you can do to protect yourself and others.

COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2), and flu (Influenza) is caused by infection with influenza viruses. Because some of the symptoms are similar, it may be hard to tell the difference between them based on symptoms alone. Testing may be required to determine the virus type and treatment.

**Common symptoms** shared by COVID-19 and flu include fever or feeling feverish/chills, cough, shortness of breath or difficulty breathing, fatigue, sore throat, runny or stuffy nose, muscle pain or body aches, headache, vomiting and diarrhea. COVID-19 may include loss of taste or smell. Both COVID-19 and flu can result in severe illness and complications. Those at highest risk are older adults, people with certain underlying medical conditions, and pregnant people.

### How it's Spread

COVID-19 and flu can both spread between people in close contact (within about 6 feet). Both are spread by particles expelled when people with the illness cough, sneeze, or talk. In indoor settings with poor ventilation, small particles might be spread further than 6 feet. Although most spread is by inhalation, it may be possible to get infected by shaking hands with someone who has the virus on their hands or by touching a surface that has virus on it, and then touching mouth, nose, or eyes.

Both flu and COVID-19 can be spread to others by people before they begin showing symptoms—by people with mild symptoms; and people who never experience symptoms (asymptomatic). If a person has COVID-19, they could be contagious for a longer time than if they had flu.

### How to Protect Yourself and Others from Flu and COVID-19

You can prevent the spread of both flu and COVID-19 by getting vaccinated with both vaccines, wearing a mask, practicing social distancing (maintaining a distance of at least 6 feet between people), washing hands after contact with people or surfaces, avoiding crowds and poorly ventilated spaces, covering coughs and sneezes, and avoiding touching your mouth, nose, or eyes.

## Hanukkah



**Hanukkah**, which is Hebrew for “dedication,” is the Festival of Lights. This festive holiday begins Sunday evening, November 28th and continues through Monday, December 6th. It commemorates the victory of the Maccabees over the Syrian Greek army, and the subsequent miracle of rededicating the Holy Temple in Jerusalem and restoring its menorah, or lamp.

The miracle of Hanukkah is that only one vial of oil was found with just enough oil to illuminate the Temple lamp for one day and yet it lasted for eight full days.

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## Shopping Bus

**Shopping bus** will leave at 10:30 am as we work around the availability of school bus drivers. Days of week and locations vary. Check the calendar! Generally, the schedule is:

- Tuesday - Bernardsville
- Alternating Wednesdays - Lyons
- Alternating Wednesdays - New Providence Farmers Market
- Thursday - Stirling & Gillette

**Advance sign-up** for the shopping bus is required. We can accommodate up to 10 residents per trip and no last minute, “on the fly” seating will be accommodated!

### New Providence

#### Farmer's Market

- Great prices, great selection.
- Does NOT take the Farmers Market Coupons



## Computer Room

**Computer room** users MUST wear a mask when using computers and must disinfect machines before and after each use.

From the Executive Director  
*Bonnie*

**Things are looking up** for the holiday season! COVID seems to be on the decline. Don't forget to get your COVID booster and your flu shot if you have not already done so.

**Please be safe** this Thanksgiving, avoid big crowds but try to relax and enjoy time with loved ones. Have some ice cream on that apple pie! We have so much to be grateful for!

**Happy Hannukah** to those celebrating this fun and festive holiday starting on Sunday, November 28th.

Occupancy - *Christine,  
Patrice & Helen*

**Starting January 1st**, Occupancy Department will e-mail correspondence to you rather than sending it via US Mail. This includes but is not limited to late rent notices, annual recertification notices, parking, and pet letters. If you do not want notices sent via e-mail you will need to let us know. If you do not have e-mail, we will continue to mail documents to you. If you have questions, contact Christine at [crandazzo@ridgeok.org](mailto:crandazzo@ridgeok.org) or 908-221-0266.

From Congregate - *Shannen*

**Housekeeping** – Please wear your mask when Hadjila is in your apartment!

**Meals** - All meals are delivered to residents at meal delivery rate. Delivery slots are limited.

**Special Meal** - Friday, November 19th - Thanksgiving Dinner. Delivery slots are limited.



Meal orders must be received by 11 am the business day prior to the

meal. Cancellations must also be received by 11 am the business day prior to the meal or you will be billed for the cancelled meal.

**Congregate** also offers laundry, personal care, and medication management services. If you want to schedule a service or a meal or if you have questions about your cost for ANY service, please call Shannen or email – [srivers@ridgeoak.org](mailto:srivers@ridgeoak.org)

Notes from the Nurse

**November is Diabetes Awareness Month**

Type 2 diabetes is the most common among older adults. Type 2 diabetics produce insulin, but the body does not use it efficiently. Too much sugar circulates in the bloodstream; if uncontrolled this may lead to disease of circulatory, nervous, and immune systems.

**RISK FACTORS for TYPE 2 Diabetes**

- Age 45 or older
- Black, Hispanic/Latino, American Indian, Asian American or Pacific Islander
- Parent, brother, or sister with diabetes
- Are overweight
- Are physically inactive
- Have high blood pressure or take medicine for high blood pressure
- Have low HDL cholesterol and/or high triglycerides

**The good news** is you can prevent or delay type 2 diabetes. If you're at risk, making small changes to the way you eat, increasing your physical activity levels or getting early treatment can, for some, return blood sugar levels to a normal range.

**If you're looking for ideas** on how to get started—or reverse the course of what's already underway—talk to your physician. And if you're at high risk or feel like you might have diabetes, get a blood test to find out if you have diabetes or prediabetes.

## Care Fund

**Care Fund** subsidizes meals, personal care, Adult Day Care services, and Persys Medical Alert monitoring services. Many thanks to the people who have made recent donations to the Care Fund.

### Mark Your Calendar *For Ridge Oak Activities*

- Take note of activities that require sign-up.
- Sign-up is required each month!
- We have space restrictions.
- Limited seating is for everyone's comfort.
- Last minute chair additions will not be accommodated!

Call 908-221-0266 or email the office  
Sreino@ridgeoak.org or Cledder@ridgeoak.org

**Mondays & Fridays** - Wii Bowling

**Tuesdays & Thursdays** - Move It

**Mondays** - Walk Abouts

**Fridays** - Happy Hookers

**Fridays** - Bingo

**Wednesday, Nov 3rd** - Pokeno V12

**Thursday, Nov 4 & Friday, Nov 5th**  
Walmart & Cracker Barrel

**Wednesday, Nov 10th** - Zumba Gold

**Wednesday, Nov 10th & 17th**  
Table Games

**Thursday, Nov 11th**  
Episcopal Service

**Thursday, Nov 11th** - Sounds of a Harp

**Thursday, Nov 18th** - Book Buggy

**Wednesday, Nov 17th**  
Fire Safety & You

**Monday, Nov 29th** - Afternoon Movie

## Wii Bowling

**Games are played** Mondays & Fridays at 10 am and 11 am in Felmeth Hall. Only 4 people each hour. You can sign up as an individual or with friends. Wii Play is open to everyone. No experience required. Tell the office what time and day you prefer. Sign-up required each month. Do not show up if you are not signed up. There is no Wii Bowling Friday, November 5th & Friday, November 26th.

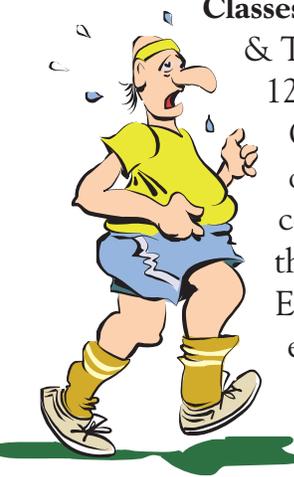
## Move It

**Classes are held** Tuesdays

& Thursdays at 11 am and 12:30 pm in the Wellness

Center on the lower level of Felmeth Hall. Enter via computer room entrance at the back of the building.

Each session includes exercises for brain, body, and balance. Class size is limited to 12. Sign-up is required. Do not



show up if you are not signed up. You will be turned away. If you fail to call to cancel your spot, you will be charged \$3.

**12:30 pm class** on Tuesday & Thursday is live streamed via twitch. Go to [www.twitch.tv/ridgeoakrecreation](http://www.twitch.tv/ridgeoakrecreation) to enjoy from your home.

**No classes** Thursday, November 4th & Thursday, November 25th.

## Walk About

**Weather permitting**, join Connie Monday, November 1st, 8th, 15th & 22nd at 2 pm for a short walk about. If you have questions about the weather, call the office. Dress for the weather and wear comfortable shoes. No dogs please.

## Happy Hookers

**Fridays at 10:30 am** in Felmeth Hall, Happy Hookers meet for a social time of knitting and crocheting. All levels are invited to join. Sign-up is required. There will no Happy Hookers Friday, November 26th.

## Bingo

**Bingo is played** Fridays at 1 pm in Felmeth Hall. Cost of each card is \$1. Transporter is available for rides. Space is limited. Sign-up in advance. Do not show up if you are not signed up. No Bingo Friday, November 26th.

## Pokeno

**Wednesday**, November 3rd at 2 pm, join the game of Pokeno at V12. All that's required is a bag of least 50 pennies. Pokeno, a combination of Bingo and Poker is simple to learn. Sign-up is required.

## Clinton Area Shopping

**Thursday**, November 4th & **Friday**, November 5th, the shopping bus will leave at 10:30 am for Clinton Walmart and Cracker Barrel. When you sign up, indicate which day you prefer. We want to accommodate as many residents as possible, so you cannot sign up for both days! Sign-up in required.

## Zumba Gold

**Wednesday**, November 10th at 10 am in Felmeth Hall, we will have a Zumba Gold class. The dances can be done standing or sitting. Wear comfortable clothes and come out and give it a try. Sign-up is required.

## Table Games

**Wednesday**, November 10th & 17th at 1 pm, in Felmeth Hall we will play table games like Mexican Train, Tiles, Phase 10 and others. Bring your friends and games with you. Masks are required. Sign-up is required.

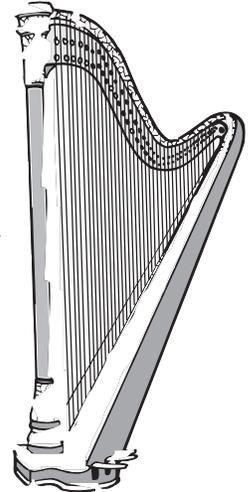
## Episcopal Service

**Thursday**, November 11th at 10 am in Felmeth Hall, all are welcome for the Episcopal Service led by Father Rick from St. Mark's. Sign-up is required. This will be live streamed. Go to [www.twitch.tv/ridgeoakrecreation](http://www.twitch.tv/ridgeoakrecreation) to enjoy from the comfort of your own home.

## Sounds of a Harp

**Thursday**, November 11th at 1:30 pm in Felmeth Hall, Merynda Adams will offer an afternoon of music on her harp. Sign-up is required.

**The harp** is a stringed musical instrument with individual strings running at an angle to its soundboard, and plucked with the fingers. Harps can be made and played in various ways. Its most common form is triangular and made of wood.



**This will be live streamed.** Go to [www.twitch.tv/ridgeoakrecreation](http://www.twitch.tv/ridgeoakrecreation) to enjoy from the comfort of your own home.

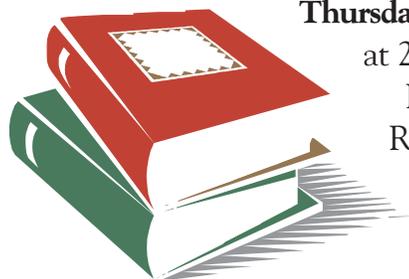
## Fire Safety & You

### Rescheduled from October

**Wednesday**, November 17th at 10:30 am come to Felmeth Hall to learn about how you can be "fire safe" in your apartment! A resident recently had a cooking fire in her apartment that caused extensive damage. Find out about what is being done at Ridge Oak to improve fire safety and what you can do too! Those in attendance will be entered into a raffle for wonderful prizes! Be here and in it to win it. Sign up is required.

**This will be live streamed.** Go to [www.twitch.tv/ridgeoakrecreation](http://www.twitch.tv/ridgeoakrecreation) to enjoy from the comfort of your apartment.

## Book Buggy



**Thursday**, November 18th

at 2 pm, the Book Buggy will visit Ridge Oak. It will start in front of Felmeth Hall and then circle

Manchester Drive. Sit on a

bench as close to Manchester Drive as you can. We can't promise a specific time, but if you let us know in advance you want us to stop near you, call the office and give us a "heads up."

## Afternoon Movie

**Monday**, November 29th at 1 pm in Felmeth Hall, the comedy *War with Grandpa* will be shown. Sign-up is required.

**Recently widowed** grandfather Ed (Robert De Niro) moves in with his family and takes over his grandson Peter's bedroom. However, Peter refused to accept the new arrangement, igniting a fierce intergenerational prank war.

## Foot Care

**Call the Ridge Oak office** if you would like to schedule a visit with our podiatrist, Dr. Brazinski. She will come to Ridge Oak on Thursday, November 4th & Thursday, December 2nd.

## Our Expanding World

**Ridge High School** Drama department invites our community to attend the FREE open dress rehearsal of the drama "Puffs" on Thursday, November 11th at 6:30 pm. Questions, call Susan at (917) 561-0971.

# CALENDAR

### Week of November 1st

- 1st Monday
  - Sign ups
  - 10 am & 11 am Wii Bowl
  - 2 pm Walk About
  - 5 pm DINNER Beef Stew
- 2nd Tuesday
  - General Election
  - 10:30 am BUS Bernardsville
  - 11 am & 12:30 pm Move It
  - DINNER Bacon & Cheddar Quiche
- 3rd Wednesday
  - 10:30 am BUS Lyons
  - 2 pm Pokeno V12
  - DINNER Eggplant Rollatini
- 4th Thursday
  - 10:30 am Walmart & Cracker Barrel #1
  - DINNER Crab Cakes
- 5th Friday
  - 10:30 am Happy Hookers
  - 10:30 am Walmart & Cracker Barrel #2
  - DINNER Pulled Pork Sliders

### Week of November 8th

- 8th Monday
  - 10 am & 11 am Wii Bowl
  - 2 pm Walk About
  - DINNER Vegetable Lasagna
- 9th Tuesday
  - 10:30 Bernardsville
  - 11 am & 12:30 pm Move It
  - DINNER Roast Beef Sandwich
- 10th Wednesday
  - 10 am Zumba Gold
  - 10:30 am BUS Farmers Market
  - 1 pm Table Games
  - DINNER Chicken Pot Pie
- 11th Thursday
  - 10 am Episcopal Service
  - 10:30 am BUS Stirling & Gillette
  - 11 am & 12:30 pm Move It
  - 1:30 pm Sounds of a Harp
  - DINNER Shrimp Scampi w Linguini

12th Friday  
10 am & 11 am Wii Bowl  
10:30 am Happy Hookers  
1 pm Bingo  
DINNER Pork Loin w/ Apple Kraut

**Week of November 15th**

15th Monday  
10 am & 11 am Wii Bowl  
2 pm Walk About  
DINNER Swedish Meatballs

16th Tuesday  
10:30 Bernardsville  
11 am & 12:30 pm Move It  
DINNER Chicken Marsala

17th Wednesday  
10:30 am Fire Safety & You  
1 pm Table Games  
DINNER Ziti & Meatballs

18th 10:30 am BUS Stirling & Gillette  
11 am & 12:30 pm Move It  
2 pm Book Buggy  
DINNER Stuffed Flounder

19th Friday  
10 am & 11 am Wii Bowl  
10:30 am Happy Hookers  
1 pm Bingo  
DINNER Roast Turkey

**Week of November 22nd**

22nd Monday  
10 am & 11 am Wii Bowl  
2 pm Walk About  
DINNER Kielbasa & Kraut

23rd Tuesday  
10:30 am Bernardsville  
11 am & 12:30 pm Move It  
DINNER Balsamic Rosemary Chicken

24th Wednesday  
10:30 am BUS Lyons  
LUNCH Pork Lo Mein

25th Thursday  
Office Closed - Happy Thanksgiving

26th Friday  
Office Closed

**Week of November 29th**

29th Monday  
10 am & 11 am Wii Bowl  
1 pm Afternoon Movie  
DINNER Beef Brisket

30th Tuesday  
10:30 am Bernardsville  
11 am & 12:30 pm Move It  
DINNER Turkey Gobbler Sandwich