

OLDER AMERICANS MONTH: COMMUNITIES OF STRENGTH

May 2021

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again at WRC as friends, neighbors, and businesses have found new ways to support each other. In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, WRC will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

Here are some ways to share and connect:

Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home cooked meal.

Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

Share your story: There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate! Please join WRC in strengthening our community!



Village at Ridgmont



VILLAGE AT RIDGMONT

MAY 2021

UPCOMING EVENTS

Face coverings are required when entering the Community Center, along with 6' social distancing while visiting the Community Center.

Monthly Birthday Party Schedule

Residents get together for a birthday party on the first Monday of each month. The following residents have volunteered to provide cake for the designated months:

| | | | |
|------------|--------------------|-----------|----------------------|
| May: | Rose Dattoli | June: | Sonny & Becky Chenot |
| July: | Management | August: | Jennie Milford |
| September: | Patty Balocco | October: | John & Kathy Clark |
| November: | Vonalee Allegretto | December: | Joan Armanini |

Everyone is Welcome to attend.

Ladies Appreciation Day

Breakfast sandwich & orange juice to-go for the ladies, Tuesday, May 4th at 10:30am. Sign-up is required on the bulletin board in the Community Center before April 29th.

National Apple Pie Day

Homemade deep dish apple pie will be served on May 13 at 2pm following bingo in the Community Room. Sign-up is required on the bulletin board in the Community Center before May 4th.

Hot Diggity Dog!

Thompson hot dogs, macaroni salad and dessert picnic to-go on Thursday, May 27th at noon. Sign-up is required on the bulletin board in the Community Center before May 18th. \$3.00 per person.

Spring Planting Season

If any of your friends or family members are thinning out their perennials, please let them know we are always looking for extra plants to add to the wooded area along the driveway around the Village. Let the office know if any perennials are available from family or friends. No additional plants are permitted to be added to the current landscaping around the buildings. You can only set a flower pot in the landscaping area, nothing can be planted in the ground.

PA Rental Rebate

You still have time to get your 2020 Rent Rebate Certificate Completed & mailed before June 20, 2021.

Reminder

Nothing is permitted to be stored in your mechanical room where your hot water tank & furnace are located. This is for safety reasons due to it being a combustible area. This was discussed during your move in & each year during the apartment inspections. Since apartment inspections were postponed in 2020 due to COVID, management was not able to do inspections. It is hopeful that apartment inspections will take place in 2021. I would suggest you start your spring cleaning & prepare now for the inspections. A schedule will be posted once management can enter the apartments for inspections. If you have any questions or concerns, please speak to the office for clarifications.



VETERANS 2021

Village at Laurelbrooke

Robert Stephen

Village at Ridgmont

Francis Sidelinger
Arthur Zambanini
Sonny Chenot

Laurels

Lanny Ferraro
Jack Johnston
Larry Gilford
David Welton
Ken Himes
Raph Minich
Roger Roebke
Ken Sprankle
Darr Briggs

Villas

Irvin "Poncho Yockey"

Laurelbrooke PC

William Williams
John Tress

Ridgmont PC

Terry Titchner
Paul Parmigiani

Edgewood Heights PC

Julian Males
Jack Mogle

Highland Oaks PC

Doc Crawford
Ed Clowney
John Burgdorfer
Donald Lavelly
Cecil Smith
Larry Slaten

McKinley Health Care

Lawrence Aharrah
Harry Chitester
Edward Dornbrock
Bernard Drayer
Richard Haas
Samuel Hanley
Richard Kahle
Robert "Tom" Milligan
George Senott
Robert Stormer

North Fork Heights

Richard Atchison
Glenn Gearhart
Susan Joiner
Steven McMurray
Rocco Pangallo
Eugene Richards
Clyde Shumaker
Wayne Flack
Richard Atchetson
Robert Teeter

happy
MOTHER'S
day