



United Methodist
Communities

PineRidge of Montclair

PineRidge

News

March 2023

HELLO MARCH!



Lent Lily

One of the flowers most associated with March is the Narcissus (wild daffodil). Named after the boy in Greek Mythology, who was changed into a flower. Narcissus is also known as lent lily, because it blooms in early spring and the blooms usually dropping before Easter.

The daffodil symbolizes **rebirth and new beginnings**. It's one of the first flowers to bloom at the end of winter, announcing the beginning of spring and signifying the end of the cold, dark days. Less commonly, daffodils may also symbols of creativity, energy, resilience, forgiveness and vitality.

March is when spring officially begins and many people turn their clocks forward for daylight saving time. It also can be a dramatic month with sometimes wild and shifting weather. As the seasons change from winter to spring. March holidays and observances cover fun foods, educational activities, health awareness, environment causes, and more.

Let's spring ahead into this season and bring all the positive energy that will allow you to enjoy all that awaits for you throughout the spring season!

"I wish you a beautiful new month from the first day of this month to the last day."

– J. K. Rowling

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**For emergencies after hours,
please contact the Security Desk at
973-746-6668.*

**United Methodist
Communities at
PineRidge of Montclair**

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PineRidge-of-Montclair

Administrator's Corner

From Housing Administrator, Dominique Phillips

My Dear Residents

Time is flying already three months into “2023”, but what a blessing. It's the month of Spring and we know what that brings warmer weather, and longer days. PineRidge's March Madness will introduce the start our game night, memo will follow.

The month of march is also Women's Awareness month. Let's embrace one another, encourage one another, be kind to one another, and keep each other's spirits up. During the Town Hall meeting we received some great Ideas and will implement those ideas. If you have any questions or suggestions bring them to the office or place them in the SSC's box.

[#EmbraceEquity](#)

Remember United we stand divided we fall.

Pineridge Strong!

Dominique Phillips

Housing Administrator

Social Service Coordinator Chat

Welcome March

March is the month of expectations. This is the month when a lot changes happen.

Winter is gradually coming to an end. It won't be long before there are more daylight hours, flowers start to bloom, and the weather gets warmer. If you had a tough winter, spring could be the reset you're looking for. After all, it's hard to not want to pick yourself up and enjoy life when the sun is shining and the birds are singing. Swapping winter clothes for easy, breezy pieces can also help put a spring in your step!

There are countless reasons why spring is the best season for many, but did you know that this time of year is actually good for your health?

Extra daylight gives you more time to spend outside and naturally enhances your mood. Plus, your body will be eager to soak up the nutrients from natural vitamin D now that there's more of it. Essential for optimal health, vitamin D keeps your bones strong and healthy and is a warm welcome after dark winter days.



Need a Ride?

Essex County Special Transportation will take you shopping or to your doctor's appointment. Call **Essex County Special Transportation** at **973-737-7200** to schedule a trip.

EZ Ryde 4 Life provides free Uber/Lyft rides to doctors and shopping. Call **EZ Ryde 4 Life** at **201-939-4242 extension 4 Monday-Friday 8am-8pm, Saturday 8am-5pm**.

Congregate Services

The Congregate program is a grant funded program designed to help maintain resident independence. You can receive housekeeping and personal care services for as little as \$1.29 a day depending on your disposable income. Services are available to you at your discretion. You do not have to have these services everyday, you can choose to have this service once or twice per week whatever makes you feel comfortable.

You may already have a Home Health Aide but need some additional housekeeping services to help you maintain your quality of life. However, if you do not have a Home Health Aide, this is the program for **YOU**. The housekeeper will provide you with outstanding services, always wearing the proper PPE and face mask while in your apartment.

A Message from the Foundation

Regardless of amount, monthly contributions sustain UMC's mission while giving donors a manageable way to make a difference. If you prefer to make your donations by check, we can supply you with prepaid envelopes to save you a stamp and make supporting seniors even easier. If you prefer to give online, our secure online donation page, umcommunities.org/foundation/donate offers a checkbox to make your donation recur monthly.

For assistance, please contact a member of the UMC Foundation team at 732-922-9800 or email foundation@umcommunities.org.



Wellness and Learning

Wellness Nurse

Monique Freckleton, RN

Tuesdays 8:30am-4:30pm & Wednesdays 8:30am—12:30pm

Come in and speak with the wellness nurse about any medical questions or concerns you may have, also get your Blood Pressure Checked while your there.

IT Support

Mondays 1:00pm-2:00pm

Andrew Kwon, IT Specialist

Will be here to assist and answer questions about your devices.

Chair Aerobics

Monday, March 6, 13, 20, 27

@11:00am-12:00pm

The movements increase blood flow and keep your joints active and lubricated. They also strengthen your muscles.

Walking Wednesdays

Wednesday (Weather Permitting)

March 1, 8, 15, 22, 29 @10:00am

Just 30 minutes can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.

Chair Zumba

Thursday, March 2, 9, 16, 23, 30

@ 11:00am—12:00pm

Chair Zumba incorporates movements taken from Latin dances like the merengue, salsa, and cha cha to create an exhilarating program that aims to improve overall energy, core stability, muscular strength, cardiovascular endurance, and motor skills.

Chair Yoga with Pammi Anadani

Tuesday, March 28th

@ 11:00am-12:00pm

Come enjoy the benefits of chair yoga

Chair Yoga is a type of yoga that has been modified to allow participants to perform all of the required exercises from a seated position

Bloomfield Pharmacy

Tuesday March 7

@ 1:00pm

♦ One on One Consultations w/ Pharmacist

- ♦ Covid test/Vaccines (Moderna/Pfizer)
- ♦ Booster/Flu Shots/Pneumonia/Shingles
- ♦ Giveaways and Refreshments Served

Bible Study

Tuesday, March 21, 5:00-6:00pm

Pastor Karline Dubuisson will host bible study every third Tuesday of the month with the residents of PineRidge.

Virtual Senior Center

Wednesdays, March 1, 8, 22, 29

11:00am—12noon

Virtual Senior Space program al-

lows you

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wellness

pro-

grams,

educa-

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Connect with us through social media!

Arts and Leisure

Int'l Women Day Celebration

Wednesday March 8, @ 1:00pm

Come down and let's celebrate ourselves and women achievements. This year's theme is; #EmbraceEquality.

Refreshments will be Served

Art w/ J Robinson

Wednesday March 15, @ 11:00am

Inside the lines, outside the lines -whatever!
Lay your supplies out and get creative with JJ Robinson and your fellow PineRidge Residents.

Women History Month Movie

Wednesday March 22, @ 1:00pm

Michelle Obama: Life after the White House.



Bingo

Friday, March 24 @ 2:00pm

Come and enjoy a few games of Bingo and win some prizes with your fellow

PineRidge residents.



OTHER:

Exterminator :

Tuesday March 28, @10:00 am

Reminder: As you receive your Annual recertification notices, call, and schedule an appointment with Nereida Roncallo, Housing Admin. Asst. have all supporting documents ready upon appointment date.

***Please make sure when you have to recertify for SNAP program, complete form and return promptly. If not returned by due date, you will have to reapply.**

Community Room/Quiet Room

Will Be Open For Scheduled Activities

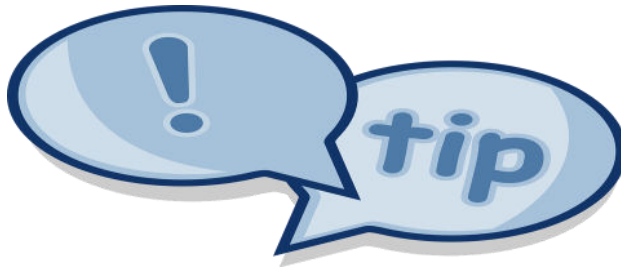
- Masks are strongly recommended, especially If not vaccinated.
- Residents can use the community room at their discretion.

Snow Storms Preparedness Tips

- Prescription medications and OTC pain relievers
- Drinking water (1 gallon per person per day for at least 3 days)
- Vitamin-rich snack bars
- A good flashlight with extra batteries
- Transistor radio
- First aid kit
- Cell phone with a charger and extra battery
- Extra eyeglasses or contact lenses



Connect with us through social media!



Tips to Become Computer Savvy

Following are some tips to become computer savvy.

1. Conquer Your Fear

Fear holds us back from living our best lives. While exploring a new thing can be intimidating and scary, you know that you will get better with time. You have not come this far in your life by being timid, but by being brave.

Look back at all those things that you were once afraid of that now enjoy, maybe it was making a speech or dancing and see how you conquered that! This too will be fun.

2. Have A Positive, Open Attitude

It is true that your attitude determines your altitude. Have an open attitude towards learning about computers and the Internet.

Your friends and colleagues have probably said some negative things about it and therefore held some strong opinions against it but now is the time to let that go and find out on your own. You may like the experience a lot and even find it exciting.

3. Reach Out

Do not be afraid to reach out and ask for help when you make the choice to learn about technology. Most young people are really good at this and will be more than willing to help.

This could also be a great time to spend time and bond with your child or grandchild. If you are an older person, who is still working you could request your younger colleagues or someone from the IT department to spend some of their breaks teaching you.

4. Google

In some cases, you may not have someone physically there to assist you, not to worry Google is your friend. Once you are connected to the Internet, you can use Google to find out anything you need to know.

If you search 'how to use Microsoft word,' Google will provide you with countless detailed results to pick from. Follow the instructions that are simplest to you.

5. Basic Settings Should Suit Your Needs

Making simpler alterations to suit your needs such as larger text size and louder sounds will improve your experience.

6. Write Down Your Passwords

As you get older you may experience some level of forgetfulness which is quite normal. It is therefore advisable to have a backup plan. Write down your new passwords in your journal so that in the event you log out and forget, you can always get them in hard copy.

7. Take Your Time

Take your time as you explore this new topic, take short breaks when you feel exhausted. Don't be too hard on yourself. Be patient and know that you cannot learn everything in a day. After learning a new skill, take time to practice it repeatedly so that you really understand it.

8. Battery

Only charge your computer, tablet, or phone when the battery is running low on charge. Charging your device all day can reduce the battery life.

9. Stay Connected

It is okay to switch off your computer when you are not using it, you can switch it on every now and then to see if you have any new messages for example once or twice a day.

However, with your phone, you do not need to switch it off since that can prevent people from reaching you in real time.

10. Personal Information

If you are making an online transaction or storing bank details, it is important to speak to your bank and understand the precautions you need to take. However, your information is safe in such situation.

11. Always Opt for Touch Screens

Research shows that seniors get on better with a tablet that has a touchscreen than a traditional computer so given a choice always choose a tablet or a smartphone.

12. Search History

If you share your tablet or computer with someone say a spouse or your grandchildren who want to play games but you want to keep your activities private, always delete your search history when you are done.

13. Most Things are Free

While in the real world most things are not free, on the Internet they are. According to a BBC article, an application for counting your calories or playing your favorite puzzle will not cost you a thing. However, be sure to check first.

14. Read Reviews Before Buying Items Online

If you want to buy a particular product or use a certain service say booking a hotel online, online reviews are very helpful. Most companies will not be honest about their shortcomings on their website, but a reviewer will be.

15. Virus/Malware Scanning

Invest in a good antivirus; this is a great way to keep your information protected. The good news is that most computers nowadays come with an inbuilt virus and malware and the scanner is quite user-friendly.

**Andrew Kwon,
IT Specialist**

INTERNATIONAL WOMEN'S DAY

WEDNESDAY MARCH 8, 2023



Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all [#EmbraceEquity](#).

Celebrate women's achievement. Raise awareness about discrimination.

Take action to drive gender parity.

IWD belongs to everyone, everywhere. Inclusion means all IWD action is valid.

Saint Patrick's Day Word Search

V	G	D	H	V	C	T	Z	K	Q	W	P	V	A	R
X	Z	L	U	S	I	F	O	S	Y	O	C	Q	D	Q
Y	C	E	Q	B	P	A	N	O	T	B	N	B	R	Z
L	E	P	E	H	L	A	H	O	Q	N	J	V	A	K
N	L	R	U	K	K	I	F	S	E	I	X	C	C	O
A	T	E	J	E	C	G	N	E	I	A	M	I	L	I
N	I	C	S	X	O	I	R	P	Y	R	R	T	U	D
F	C	H	M	L	N	G	R	V	R	T	I	N	A	S
A	A	A	D	J	S	I	H	E	A	H	E	I	N	N
N	T	U	X	Z	M	D	F	P	M	W	P	A	V	L
N	D	N	E	G	E	L	W	N	B	I	U	S	U	P
N	T	J	W	W	K	L	Q	U	C	H	L	Y	U	P
J	B	Q	A	P	F	Z	O	K	U	N	Q	O	J	X
I	W	I	N	B	I	R	E	L	A	N	D	G	S	Y
J	D	C	K	C	O	R	M	A	H	S	Y	B	Z	X



celtic
ireland
leprechaun
potofgold
shamrock

dublin
irish
limerick
rainbow
snakes

green
legend
patrick
saint





March 2023

Sun Mon Tue Wed Thu Fri Sat

			<p>1) 10am Walk- ing Wed. 11am Senior Space</p>	<p>2) 11am Chair Zumba</p>	<p>3) Staff Meeting</p>	<p>4)</p>
<p>5)</p>	<p>6) 11am Chair Aerobics</p>	<p>7) 1:30—4:00 Bloomfield Pharmacy</p>	<p>8) 10am Walk- ing Wed. 11 S Space 1:30 Women Day</p>	<p>9) 11am Chair Zumba</p>	<p>10)</p>	<p>11)</p>
	<p>13) 11am Chair Aerobics</p>	<p>14)</p>	<p>15) 10am Walking Wed. 11 Art w/J Robinson</p>	<p>16) 11am Chair Zumba</p>		<p>18)</p>
<p>19)</p>	<p>20) 11am Chair Aerobics </p>	<p>21) 5pm Bible Study</p>	<p>22) 10am Walk- ing Wed. 11am Senior Space</p>	<p>23) 11am Chair Zumba</p>	<p>24) 2pm BINGO</p>	<p>25)</p>
<p>26)</p>	<p>27) 11am Chair Aerobics</p>	<p>28) 11am Chair Yoga 3pm Heart Healthy Benefits</p>	<p>29 10am Walking Wed. 11am Senior Space</p>	<p>30 </p>	<p>31</p>	