



July 2021

necessity to make vacated units ready very quickly for new residents – sometimes with only *days* to complete this task. Our maintenance technicians, Tim, and Steve, have to coordinate and complete the entire make-ready process, while also completing resident work orders, building issues and general building maintenance. Every day they need to prioritize and plan. We appreciate your understanding if you are waiting on a non-urgent work order.

I hope everyone is enjoying their summer thus far! Please take advantage of all that Forest Ridge has to offer, invite a neighbor to join you in trying something new – or attend and make new friends!

Look, Don't Touch!

A concerned family member of a resident pointed out that there are some caustic plants along the walking path around our building. This is a good time to remind everyone to not pick or touch the wild growth along this path!

Expansion and Remodeling Updates

General Update

You likely noticed some exterior work on the north end of the Millennium wing; this work included running electrical lines for the Epoch II expansion. Additional site work will be continuing through the summer.

Updates will be included in your monthly newsletter with special notices going out as needed.

Message from Ellen

Summer is in full swing, and our Forest Ridge activity calendar reflects lots of opportunities to spend time outdoors, try new adventures off-site, partake in outdoor barbeques, and much more! A great deal of time, thought, and organization goes into planning all these activities and we have appreciated all the positive comments shared. We are doing something new this year! Select off-site activities will be escorted by Shay! We want to be certain your experience is comfortable, and the activity runs smoothly – with Shay as your escort you will receive assistance if needed and she is there to make sure the Forest Ridge group receives great service!

Activities that require a fee will have a slight upcharge to off-set the cost of escort service. Review your calendar carefully and watch for the sign-up sheets along the shelf by the east dining room entrance.

You may have heard about the red-hot housing market right now, but did you know this affects Forest Ridge? Many prospective residents considering making Forest Ridge their new home have a home to sell. Often, they realize it makes more sense to move before their home goes on the market. Home sales are happening with lightning speed, meaning little time to make a move. What this means for Forest Ridge is the

The remodeling of the Founders area does not have a scheduled start date yet, however all affected units have been vacated in readiness.

Window Washing

Forest Ridge contracts for window washing every other year. Due to the upcoming construction, we will revise the schedule for outdoor window. ALL interior windows will be scheduled for cleaning, and a modified portion of exterior windows. The plan will be communicated in August with the service to be performed in September. Stay tuned!

Power Outage

On July 13th, the Millennium wing will have all electrical service suspended from beginning at 9:00am lasting through the day until **approximately** 5:00pm. It likely will be restore much sooner than 5:00pm but residents in the Millennium wing should plan for the full day. A special notice to these residents has been distributed. If you have friends living in this wing, offering a place to spend some time this day may be appreciated!

Furnace Filter Replacement Project

The Millennium and Epoch wings will have their furnace filters replaced the weeks of XXXXXXXXXX. A specific time and day will not be provided. If you do not give permission for them to enter your apartment to complete this maintenance task, please notify the front desk by July 5th and the

techs will only complete this when you are home. Thanks for your cooperation!

Dehydration – A Serious Threat!

Please remember to stay hydrated during this warm weather. Dehydration, especially in older adults and those with chronic medical conditions, can happen quickly and have dire results.

Dehydration

Dehydration occurs when your body does not have as much water and fluids as it needs.

Dehydration can be mild, moderate, or severe, based on how much of your body's fluid is lost or not replaced. Severe dehydration is a life-threatening emergency.

Causes

You can become dehydrated if you lose too much fluid, do not drink enough water or fluids, or both.

Your body may lose a lot of fluid from:

- Sweating too much, for example, from exercising in hot weather
- Fever
- Vomiting or diarrhea
- Urinating too much (uncontrolled diabetes or some medicines, like diuretics, can cause you to urinate a lot)

You might not drink enough fluids because:

- You do not feel like eating or drinking because you are sick
- You are nauseated
- You have a [sore throat](#) or [mouth sores](#)
- Older adults and people with certain diseases, such as diabetes, are also at higher risk for dehydration.
- <https://medlineplus.gov/dehydration.html> accessed 6/15/21

July Activity Highlights

- Outside Patio Time
- Popcorn & Pop Party
- Forest Ridge Group Tour
- Rock N Food Truck Rally
- Milkmen Pro Baseball Outing
- Lake Geneva Boat Tour
- July Birthday Party Social
- Potawatomi
- Thirsty Thursday
- Wine Down Wednesday

July Restaurant Outing

- ❖ Barnacle Buds
- ❖ Famous Dave's BBQ
- ❖ The Explorium Brewpub Restaurant
- ❖ Ruby Tuesday
- ❖ Denny's Breakfast
- ❖ Crawdaddy's Restaurant
- ❖ Fazoli's
- ❖ Lalas Mexican Food Restaurant



Forest Ridge lost the following resident recently; please keep her family and loved ones in your thoughts and prayers

Lola Taylor

Minnie Bittner

Richard Mansfield

Welcome Home!

Please join us in welcoming the following new residents to Forest Ridge! May new life here bring you happiness for many years!

Marlon Cherry 204W

Walter & Patricia Vogel 209S

June Events / Activities



Thank you to all the Forest Ridge residents who have participated in the Annual Low In-come Senior Paper Drive. Anyone who would like to support this cause please donate toilet paper, Kleenex, and paper towel by July 13th. I would like to give a special shout out to Laurie Boswein and Betty Kukowski for taking such a great photo.

Lorrie Greco participating in Karaoke



Art & Design / Patriotic Stars



Outdoors Game & Lemonade



Wine Down Wednesday



Podiatrist Services

Forest Ridge Has decided to partner up with Preferred Podiatry Group to assist our residents with foot care. Preferred Podiatry will host their first clinic on July 1st at 1:00pm. If you are interested in seeing the podiatrist here at Forest Ridge, please stop at the front desk to pick up an authorization

form to be completed and return to the front desk. Residents who are schedule for services July 1st would be given an appointment card in their mailbox.

Hold The Dates

- **August 15**, speaking of an amazing turn out, why not have another **Milwaukee Milkmen Baseball** outing. We want you all to experience a good time watching the Milwaukee Milkmen play a great game.
- **August 17,18,19** Forest Ridge is having their annual **August Picnic**. This year we are going above and beyond with a 3-day event filled with fun, laughter, and entertainment. Make sure you “Hold the Dates” on your calendar.
- **August 27**, if you missed the 1st boat tour, come out and enjoy Forest Ridge 2nd Luncheon Boat Tour of the beautiful **Lake Geneva**. Tickets are \$55.00. Look for flyers in your mailbox soon!

Sherry Gill Apt 137 is looking for Poker and 500 Rummy Players. If you are interested, please reach out to Sherry at 414-425-7352. Thank you!

Underground Garage Cleaning Schedule

Our awesome Hales Corners Fire Department will once again use our underground parking garages for fire hose training of their crew. They have done this in the past and it benefits Forest Ridge and provides a much-needed opportunity for their crew.

Following is the schedule; residents are required to move their vehicle to a surface parking spot on the days their garage will be cleaned:

Epoch Garage Schedule:

Monday July 26th from 6pm-8pm

Wednesday July 28th from 1pm-3pm

Saturday July 31st from 9am-11am

Millennium & Legacy Garage Schedule:

Monday July 12th from 6pm-8pm

Wednesday July 14th from 1pm-3pm

Saturday July 17th from 9am-11am

You are welcome to leave your car in a surface space over the course of the week if you prefer. **Residents not having their garage cleaning during the times noted – please use your underground space to ensure enough surface parking spots for your neighbors needing to move their cars.**

Also – ALL items within your space must be removed! Residents cannot use their parking space as extra storage beyond the following: bicycle, folding transport cart, small storage bin for car cleaning supplies. Shelving units, furniture, potting/planting items, etc. are not allowed and this by fire code. Please move these items prior to the cleaning date and permanently store them either in your apartment or your assigned locker.

Residents with storage lockers in the Epoch garage: please make sure your items are either in plastic storage bins or raised off the floor to prevent any water damage. Although water is not sprayed *into* your storage locker, there could be some water that spreads through the course of cleaning.

Cleaning of the garage floors is something residents routinely request and we appreciate everyone joining together to make this happen and run smoothly!