



PHASE III ASSOCIATION EXECUTIVE BOARD

President

John Shoop

Vice President

Terry Lenig

Secretary

Carol Henderson

Treasurer

Sharon Pearce

Board Members

Matt Krolikowski

Brian Ransom

Robert Sheatler

Bill Webb

George Woodling

TOWNHOMES ASSOCIATION EXECUTIVE BOARD

President

Larry Strosser

Secretary/Treasurer

Bette Alvey

Board Members

Cindy Hassenplug

Barbara Minnick

Patricia Sheatler

Beverly Stoelting

NEWSLETTER EDITOR

Carol Henderson

8 Chester Court

742-4164

carolh@ptd.net

Patricia S. Young
Administrative Office
516 Columbia Avenue
Milton, PA 17847
psycpa@ptd.net

In this issue

Presidents Corner **P.1**

Annual Meetings Notice **P.2**

Holiday Tips for Coping **P.3**

Architectural Review Committee **P.3**

The Presidents Corner

Residents of Rolling Ridge: from the executive board I bring you greetings during this holiday season.

At the last board meeting, after much discussion, it was decided by a vote that an increase in the annual assessment was needed, due to increased costs of operating the various services provided to the community. This decision was not one of ease as we are all acutely aware of the current economic conditions.

Our community is one of the local communities admired by the local populations, and I am sure that you as a resident are proud of our community and the appearance it projects.

I wish all of you a very Merry Christmas, Happy Hanukkah, and a very Happy and safe New Year.

Respectfully,
John E. Shoop

President of Phase III Association. ❏



WELCOME TO THE NEIGHBORHOOD

Rolling Ridge is a friendly and growing community. If you see new neighbors out and about, make sure you stop and say hello to welcome them to the community.

Marvin Border
21 Greenbriar Drive

H. Keith & Myrtle
Anderson
50 Rolling Ridge Drive

Lorne & Allison Ernst
4 Crestview Drive

George Napp
20 Crestview Drive



Please remember those in our community who are without family during the holidays. Sometimes neighbors are the only bright spot in an individual's life during this time of year.

Annual Meeting Notices

The annual meeting for the Rolling Ridge Townhomes Association is Monday, January 9th at 7 pm at the Milton Borough building. The budget will be approved and elections for executive board members will be held.

The annual meeting for the Rolling Ridge PRD

Phase III Association (both single family & townhome owners) will be held on Monday, January 23rd at 7:00 pm at the Milton Borough building. Election of executive board members and approval of the annual budget are the important agenda items.

Please try to attend or,

if you cannot be there, send in your proxies to the administrative office so quorum can be achieved for each meeting. This is your opportunity to ask questions about the Associations and voice your opinion on issues important to you as a homeowner. ✂

Stress, depression and the holidays: Tips for coping

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression. [By Mayo Clinic staff](#)

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
3. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.
4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
5. **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

Continued...Stress, depression and the holidays: Tips for coping

- 6 **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.
- 7 **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.
- 8 **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.
- 9 **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.
- 10 **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays. . ✨

ARCHITECTURAL REVIEW COMMITTEE

Any work done on the outside of your property such as patios, fences, sheds, brick work, concrete or any other type of changes must be approved. Townhomes must also get approval for the addition of any shrubs, trees, or flower beds. Please contact Tom Lang for single family and Cindy Hassenplug for Townhomes.

If you put in landscaping without approval, the Associations can request you remove it.



WINTER NOTES

With winter upon us, please remember that all public sidewalks need to be cleared within 24 hours of a snowfall. Also, please watch out for children sledding in the development. The walking trail is not cleared or salted during the winter months so walking on the trail is at your own risk when there is snow or ice.

Rolling Ridge Classifieds



We provide problem resolution, purchasing assistance/guidance, installation and education for: PCs, PC related equipment/software, Home Networks and Home Theaters.

We also specialize in PC & network security.

**Brian Ransom 742.3849
TechHandyman1@verizon.net**





Upcoming Events

Rolling Ridge Women's Group

A social group has been started for Rolling Ridge resident women. It's a way to meet your neighbors and enjoy some light refreshments and conversation. Please feel free to join us, and bring a friend. We usually meet on the 3rd Wednesday of the month at 7:00pm. If you want to be notified of activities and meeting dates, email me at carolh@ptd.net and I will put you on the email list

For more information contact
Carol Henderson - 8 Chester - Court -742-4164



If you have some local news like someone's graduation, birthday, milestone anniversary, accomplishment, or perhaps an article that might be of interest to Rolling Ridge residents, contact the editor for inclusion in this newsletter.