

Manor Musings

March is:

- Social Work Month
- National Nutrition Month
- Women's History Month

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March Event Highlights

On Wednesday, March 6th the "Southgate/Save A Lot Express" will transport residents between the Manor and Southgate Plaza, with an additional stop at Save A Lot. Rides will take place between 8:00 AM and 12:00 PM and the cost is \$5 roundtrip.



Daylight savings begins on Sunday, March 10th. Remember to turn your clocks forward one hour before bed on Saturday!!

SNAP Nutrition Education will be here on Wednesday, March 13th at 12:45 PM. Come down for helpful tips and tasty treats!

Help us plan Spring and Summer events at our Activity Meeting on Friday, March 15th at 1:00 PM.

A friendly therapy dog will be visiting the Manor on Monday, March 18th at 1:00 PM. Come to the community room to get in some pets!

On Wednesday, March 20th residents will be transported between the Manor and Walmart, Wegmans, and Tops on Transit Road. Rides will take place between 8:00 AM and 12:00 PM and the cost is \$5 roundtrip.

MANDATORY MEETING

Representatives from the West Seneca Fire and Police Departments will be here on Wednesday, March 20th at 2:00 PM for a Fire Safety meeting. This is a mandatory meeting for all residents.

A Blood Pressure Clinic with Karen Shalke will be held on Monday, March 25th at 1:00 PM.

A Good Friday fish fry will be held on Friday, March 29th at 12:00 PM. Fish fries will be delivered to the Manor. Drinks and dessert will be available to those dining in. Sign up and payment due by Tuesday, March 26th. We are unsure where we are ordering from or the cost. Please check the bulletin board in the next few days for more information.

United Church Manor

50 North Ave.
West Seneca, NY 14224

PHONE:
(716) 668-5804

AFTER HOURS
MAINTENANCE EMERGENCY:
(716) 238-0989

E-MAIL:
manormusings@yahoo.com

Find us on the web
www.ucmanor.org

“Like” us on Facebook!

Community Room Wi-Fi
Network: Manor Guest
Password: Resident

Resident News



Judy Liesinger

March 8

Kathy Rakiski

March 11

Errol Bulutt

March 13

Welcome to Sarah, our new Director
of Housing!

Also *welcome* to our newest resident,
Marcia, Apt. 232. We hope she is
comfortable in her new home!

Congratulations to our Super Bowl Pool winners –
George and Rodney!

Watch for fraud and scams!

- Check your bank and credit card statements carefully for any charges you don't recognize, or recurring charges that you did not authorize.
- Do not give personal information out over the phone unless you initiated the phone call.
- Never “pay” someone over the phone or internet with gift cards. No companies or public service will accept gift cards as payment. If they are asking for gift cards, it is a scam!



Welcome Spring!



Karen's Korner



A short note to thank everyone who either stopped by or attended my retirement party this past Sunday. I am so thankful and humbled by the love & generosity bestowed on me. I will surely miss interacting with the UCM staff, board members and of course, it goes without saying, all of you.....Until Next Time....

"Goodbye may seem forever. Farewell is like the end, but in my heart is the memory and there you will always be."

— Disney

Karen



Only 19 days to Spring (officially)!!

A note from Sarah:

Thank you for your warm welcome! I appreciate your willingness to introduce yourself and allowing me some time to get to know you and your names, thanks for your patience. I come from many years of HUD senior housing experience, but I feel I have some big shoes to fill. Karen has built a beautiful community. Please know that I am mission focused and will work diligently to keep your home a place you love to live.

COVID-19 Test Kits...we have COVID test kits and disposable masks available. Please stop by the office if you are in need of any of these supplies.

Bed Bug Preventative Maintenance... the inspection for Group 3 last month proved to be negative for bed bug activity.

The next preventative maintenance will be performed on **March 6** for residents in **Group 1**. If your apartment is to be treated, you will receive a reminder in your mailbox. Thank you for your continued cooperation.

Your Cooperation...please remind your visitors and service representatives that United Church Manor's building and campus are designated as non-smoking. All smoking must be taken off of the property.

Manor Wildlife...please be reminded that the feeding of wildlife (deer, skunks, raccoons, etc.) or stray animals (cats, dogs) is **not** allowed on Manor property. Foodstuffs attract unwanted pests such as **coyotes, rats, skunks, and raccoons**. Feeding of deer is against State Law & DEC regulations and violators can be fined and/or jailed. Thank you for your cooperation.

Apartment Inspections...will be scheduled from the middle of April into June. All residents will be given at least 24-hours notice of the inspection date for their unit.

Construction...we anticipate work on the first floor, building rear, to commence late May. This will complete the air conditioner opening repair and siding replacement. We will provide ample notice when we have a more definite date.



Stay Fit Dining

A St. Patrick's Day lunch will be served on Thursday, March 14th. It will include Corned Beef with Cabbage, Buttered Potatoes, Carrot Coins, Deli Rye Bread, and Chocolate Eclair.



Join us as we Welcome Spring on Monday, March 20th. The meal features a Grilled Chicken, Mandarin Orange, and Sunflower Seed Salad, Whole Wheat Dinner Roll, and Lemon Meringue Pie.

On Wednesday, March 27th we will celebrate Easter with Chicken Cordon Bleu, Vegetable Rice Pilaf, Normandy Mixed Vegetables, a Chef Salad, Dinner Roll, and Coconut Cream Pie.



The meal program will not be serving meals on Friday, March 29th due to the Good Friday holiday. We are ordering Fish Fry's for residents that day. See the bulletin board for more information.

A Bit of Humor

One day my mother was out and my dad was in charge of me. I was maybe 2 ½ years old and had just recovered from an accident.



Someone had given me a little 'tea set' as a get-well gift and it was one of my favorite toys.

Daddy was in the living room engrossed in the evening news when I brought Daddy a little cup of 'tea', which was just water.

After several cups of tea and lots of praise for such yummy tea, my mom came home.

My dad made her wait in the living room to watch me bring him a cup of tea, because it was 'just the cutest thing!'

My mom waited, and sure enough, here I come down the hall with a cup of tea for Daddy and she watches him drink it up.

Then she says, "Did it ever occur to you that the only place that the baby can reach to get water is the toilet?"

Church Bulletin Bloopers

- Remember in prayer the many who are sick of our church and community.
- The ladies of the church have castoff clothing of every kind. They can be seen in the church basement Saturday.
- The eighth graders will be presenting Shakespeare's *Hamlet* in the church basement on Friday at 7 p.m. The congregation is invited to attend this tragedy.
- The 2019 Spring Council Retreat will be held May 10th and 11th.

Maintenance News

- **Do Not Leave Items (tires, electronics, furniture) near the dumpster.** If you need to dispose of one of these items, see Joe for information on disposal. Anyone caught dumping items will be charged for their removal.
- **Please remember...** to call the office with ALL work order requests.

- **The Winter Parking Policy is in effect.** Please follow the winter parking policy as outlined on the bulletin board.
- **Please remember...** to place all garbage in plastic bags that are **securely tied** before putting into the garbage chute.

- **Emergency phone number...** for after hours and weekend maintenance emergencies call **716-238-0989**. These calls are automatically forwarded to the staff member on call.
- **Emergency Pull Cords...** should be untied and hanging to the floor.

*After hours
maintenance,
emergencies only
716-238-0989*

~ Joe & Dom

March is Irish American Heritage Month!

The U.S. Congress designated March as Irish American Heritage Month in 1991 and the president issues a proclamation commemorating the occasion each year.

Originally a religious holiday to honor St. Patrick who introduced Christianity to Ireland in the 5th century, St. Patrick's Day has evolved into a celebration of all things Irish. The world's first St. Patrick's Day parade occurred on March 17, 1762, in New York City, featuring Irish soldiers who served in the English military. This parade became an annual event, with President Truman attending in 1948.

Did You Know?

30.7 million or 9.2%

The number and percentage of U.S. residents who claimed Irish ancestry in 2022.

Source: 2022 American Community Survey 1-year estimates

112,251

The number of foreign-born U.S. residents who reported Ireland as their birthplace in 2022.

Source: 2022 American Community Survey 1-year estimates

418,997

The number of people living in Cook County, Illinois — the nation's county with the largest Irish American population — who claimed Irish ancestry in 2022.

Source: 2022 American Community Survey 1-year estimates



Solar Eclipse 2024

WHAT'S HAPPENING ON APRIL 8TH 2024?

On Monday, April 8, 2024, there will be a total solar eclipse, and Buffalo, NY is in the direct path of totality. In a solar eclipse, the moon gets between the Sun and Earth. In a *total* solar eclipse, people who are in the path of totality see the Sun's bright disk totally covered by the Moon for a short time.

WHAT WILL WE SEE FROM BUFFALO?

The Moon will begin to cover the Sun at 2:04 pm. Using a safe solar viewing method, we will see more and more of the Sun covered by the Moon over the next 70 minutes. This time is called a partial phase because the Sun is partially covered by the Moon. Totality begins at approximately 3:15pm and lasts about 3 minutes 45 seconds for viewers on the centerline. The farther you are from the centerline, the shorter totality will last. After totality, the Moon gradually uncovers the Sun in a second partial phase. The eclipse ends for Buffalo viewers at about 4:30 pm.

WHAT IS THE BIG DEAL?

A total eclipse is one of the rarest and most spectacular events in nature. During the partial phases just before and after totality, the landscape around you is transformed by eerie dim light and strangely sharp shadows. During totality, the sky becomes as dark as deep twilight, bright stars and planets appear, and the Sun's outer atmosphere, called the corona, shines around the black disk of the Moon's silhouette. Changes in temperature, winds, and animal behavior occur during the time around totality. The experience is emotionally powerful and unforgettable.

ARE SOLAR ECLIPSES DANGEROUS?

Like hiking in the woods, riding a bicycle, or cooking on an outdoor grill, eclipse viewing is safe, enjoyable, and worthwhile if you equip yourself with some basic information and take simple precautions. To prevent eye damage, do not look directly at the Sun during the partial phases of an eclipse. (You wouldn't normally do that anyway, but during an eclipse, the Sun is more interesting than usual.) Don't look into a mirror at a reflected image of the Sun. Instead, look through a filter or "glasses" made specifically for solar viewing, or project the Sun's image onto some surface.

HOW RARE IS THIS?

For Buffalo or any other single location, it is rare; globally, it is not so rare. There are at least two solar eclipses every year, and there can be as many as five. In many eclipses, the Moon's shadow passes over the oceans or polar regions, where few people are watching. For most of the others, the Moon's shadow does not come near Buffalo. Jean Meeus, a world-renowned expert on astronomical calculations, found that a random point on Earth sees either a total or annular eclipse on average every 140 years. But that is only an average. The actual timing of eclipses at one location is irregular. For example, Carbondale, Illinois is about to experience two total eclipses just seven years apart (2017 and 2024), then not another one until the twenty-fourth century!

We are hoping to have an Eclipse viewing party on April 8th at the Manor, check the bulletin board and April newsletter for updates!

Service Coordinator Spot

FOR YOUR INFORMATION

KINDESS FOR OURSELVES AND OTHERS

Exhibiting kindness, even in the smallest doses, can impact the brain composition of both the giver and the receiver by releasing hormones like oxytocin and endorphins. A recent study has shown that small acts of kindness positively affect the levels of happiness it generates for both the giver and receiver. Additionally, it helps us build and sustain bonds with others and creates a positive human connection built on kindness. The rule of treating others as you would want to be treated in their place will ultimately lead to your own happiness.

FIRE SAFETY/AWARENESS PRESENTATION

WEDNESDAY, MARCH 20TH 2:00 P.M.

The Town of West Seneca Fire Inspector, Building Inspector and representatives from West Seneca Fire and Police will be here to do a very informative and vital presentation about fire safety and awareness. There will be a lot to cover and this is a wonderful opportunity to learn more about how to protect yourselves and your neighbors. This meeting is **MANDATORY** for residents.



OFFICE HOURS UPDATE:

I will be in the office on Thursday, March 7th instead of Friday, March 8th. I will be out of the office on Wednesday, March 27th and Friday, March 29th.

EDUCATIONAL & WELLNESS PROGRAMS

SNAP-NUTRITION EDUCATION PRESENTATION

WEDNESDAY, MARCH 13^h at 1 p.m.

SNAP-Ed is a statewide program that provides nutrition education and workshops to low income individuals and families all throughout the community. They offer hands-on workshops to empower participants to shop, cook, and eat healthier, all while staying within their budget. Olivia Johnson will be here with a lesson in healthy comfort and convenient foods.

All are welcome!!

Sign-Up Sheet On Bulletin Board

THERAPY DOG VISIT

Monday, March 18th at 1 p.m.

A Certified Therapy Dog will be here to visit with residents in the Community Room. All are welcome!!

BLOOD PRESSURE CLINIC

Karen Shalke, OTR-
Catholic Health LIFE

**MONDAY, MARCH 25th
at 12:45 p.m.**

Sign in the day of





March 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Meal Program "Entree Salad" 12:00 PM	2 Dr. Sues Day
3 Simplify Your Life Day	4 Meal Program "Entree Salad" 12:00 PM	5 Meal Program 12:00 PM	6 Southgate/Save A Lot Shopping 8AM - 12PM ----- Meal Program 12:00 PM	7 Meal Program 12:00 PM ----- World Book Day	8 Meal Program 12:00 PM	9 Rember to turn your clocks ahead tonight!
10 Daylight Savings Time Begins	11 Meal Program 12:00 PM	12 Meal Program 12:00 PM ----- Alfred Hitchcock Day	13 Meal Program 12:00 PM ----- Nutrition Education 12:45 PM	14 Meal Program "St. Patrick's Day Meal" 12:00 PM	15 Meal Program 12:00 PM ----- Activity Meeting 1:00 PM ----- Ides of March	16
17 St. Patrick's Day	18 Meal Program 12:00 PM ----- Therapy Dog 1:00 PM	19 Meal Program 12:00 PM ----- Library Reserved 6:00 PM ----- Spring Begins	20 Meal Program "Welcome Spring Meal" 12:00 PM ----- FIRE SAFETY MEETING MANDATORY FOR RESIDENTS 2:00 PM	21 Meal Program 12:00 PM	22 Meal Program 12:00 PM	23 Earth Hour
24 Palm Sunday	25 Meal Program 12:00 PM ----- Blood Pressure Clinic 1:00 PM	26 Meal Program 12:00 PM	27 Meal Program "Easter Meal" 12:00 PM	28 Meal Program 12:00 PM	29 No Meal Program ----- Resident Fish Fry 12:00 PM ----- Good Friday	30
31 Easter						