

April Event Highlights

Solar Eclipse Lunch

The Manor will be providing a lunch for residents on Monday, April 8th at 1:30 PM. Cold cuts, rolls, chips, water, and coffee will be provided. Enjoy a meal before heading outside to watch the solar eclipse!

On Wednesday, April 10th 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 there is a cost of \$5.

Bedbug Preventative Maintenance will take place on Wednesday, April 10th beginning at 9:00 AM.

Pull Cord & Heat Detector Inspections will take place on Wednesday, April 17th beginning at 9:00 AM. Each apartment will be entered for inspection, you do not need to be present as Joe or Dom will enter with the inspector.



On Wednesday, April 17th we will have a safety committee meeting at 1:00 PM. Members of the committee or those interested in the committee should attend.

Join your neighbors for coffee and donuts on Saturday, April 20th at 10:00 AM. The cost is \$1 per person. Please pre-pay in the office.

Join Joe for Karaoke in the community room on Saturday, April 20th at 6:00 PM. Remember your snacks!

On Wednesday, April 24th 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.

Join Capt. John Urbanski from the West Seneca Police Dept. to learn about avoiding fraud & scams and what to do if you have been scammed. Wednesday, April 24th at 10:45 AM.

Our monthly Blood Pressure Clinic will be held on Monday, April 29th at 12:45 PM.

April is:

- Autism Awareness Month
- Celebrate Diversity Month
- National Donate Life Month

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Resident News



Bud Bean April 23

Linda Weekes April 29

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

Reminders:

Annual Apartment Inspections will begin in April. Keep an eye on your mailbox, you will receive a notice a few days before your apartment is scheduled.

Thank you to Salem UCC for the Easter goodies residents received in March. There is a thank you card on the bulletin board if you'd like to leave a note, or if you'd like to write your own, please bring it to the office and we'll be happy to deliver it to Salem.

Guess Who!

Let us know which staff member or resident this cutie is. The first one to guess correctly will win a free lunch coupon!

If you'd like to be featured in one of our newsletters, bring a baby/child picture to the office.



Sarah's Snip Its

Thank you for your continued patience as I grow more familiar with my role and responsibilities here at United Church Manor. I have enjoyed getting to know you and look forward to working with you.

Patience is not the ability to wait, but the ability to keep a good attitude while waiting.

Bed Bug Preventative Maintenance

We got a clean bill for bed bug activity. Please keep your apartment free from crumbs, spilled liquids, garbage and open food containers. Remember, maintaining a clean and dry environment is essential to deter bugs and other nuisance animals from invading your home.

The next preventative maintenance will be performed on **April 10** for residents in **Group 2**. If your apartment is to be treated, you will receive a reminder in your mailbox. Thank you for your continued cooperation.

Fire Safety Meeting

Thank you for attending the fire safety meeting that we had on March 20. The information provided was crucial and it was a good reminder that when the fire alarm goes off you must exit the building and meet at your respective meeting area to check in. If you cannot get out of your apartment, go to your windows and get the attention of the firefighters so they can assist you. If you can get to the stairwell, you can stay there and the emergency personnel will get you down the stairs. Do not use the elevator!

I also want to acknowledge the inappropriate language that was used by the building inspector. Please accept my apology for those of you who were upset by the inappropriate language that was used at the meeting.

Annual Apartment Inspections

Annual apartment inspections will begin April 16 and will be completed on Tuesdays and Thursdays until all apartments have been inspected into the last week of May. You will receive a letter of the dates of your inspection approximately 2 weeks in advance. We will be checking for:

- No blocked egress
- Windows are working properly
- Doors close, latch & lock
- No evidence of smoking in the unit
- Exhaust fans free from debris
- Emergency cords loose & accessible
- No signs of hoarding or unsanitary conditions

Safety Committee Meeting

April 17, at 1:00pm join us for our safety committee meeting. We will go over emergency evacuation plans and answer questions you may have. This is not a mandatory meeting.

With Appreciation

A special thank you to the Salem United Church of Christ in Tonawanda for the thoughtful Easter baskets that were delivered to your apartments on Monday, March 25.

Happy Easter!

Sarah



Stay Fit Dining

On Monday, April 1st we will celebrate Dyngus Day with a lunch of Cabbage Rolls with Savory Meat Sauce, Mashed Potatoes, Carrots, Dinner Roll, and Chocolate Éclair.



Entrée Salads will be served on Friday, April 19th and Wednesday, April 24th.

There will be no meal program on Monday, April 8th due to the solar eclipse.

We will have a lunch for residents at 1:30 PM which will include sandwiches, drinks, and desserts.

The eclipse begins at 2:04 PM. Glasses will be distributed to residents the week before the eclipse.

A Bit of Humor

Two little boys, ages 8 and 10, were excessively mischievous. They were always getting into trouble and their parents knew all about it. If any mischief occurred in their town, the two boys were probably involved.

The boys' mother heard that a preacher in town had been successful in disciplining children, so she asked if he would speak with her boys.

The preacher agreed, but he asked to see them individually. So the mother sent the 8-year-old first, in the morning, with the older boy to see the preacher in the afternoon.

The preacher, a huge man with a booming voice, sat the younger boy down and asked him sternly, "Do you know where God is, son?" The boy's mouth dropped open, but he made no response, sitting there wide-eyed with his mouth hanging open.

So, the preacher repeated the question in an even sterner tone, "Where is God?"

Again, the boy made no attempt to answer. The preacher raised his voice even more, shook his

finger in the boy's face, and bellowed, "Where is God?"

The boy screamed and bolted from the room, ran directly home and dove into his closet, slamming the door behind him.

When his older brother found him in the closet, he asked, "What happened?"

The younger brother, gasping for breath, replied, "We are in BIG trouble this time, GOD is missing, and they think we did it!"

FINALLY MY
WINTER FAT
IS GONE.
NOW I HAVE
SPRING ROLLS.

Maintenance News

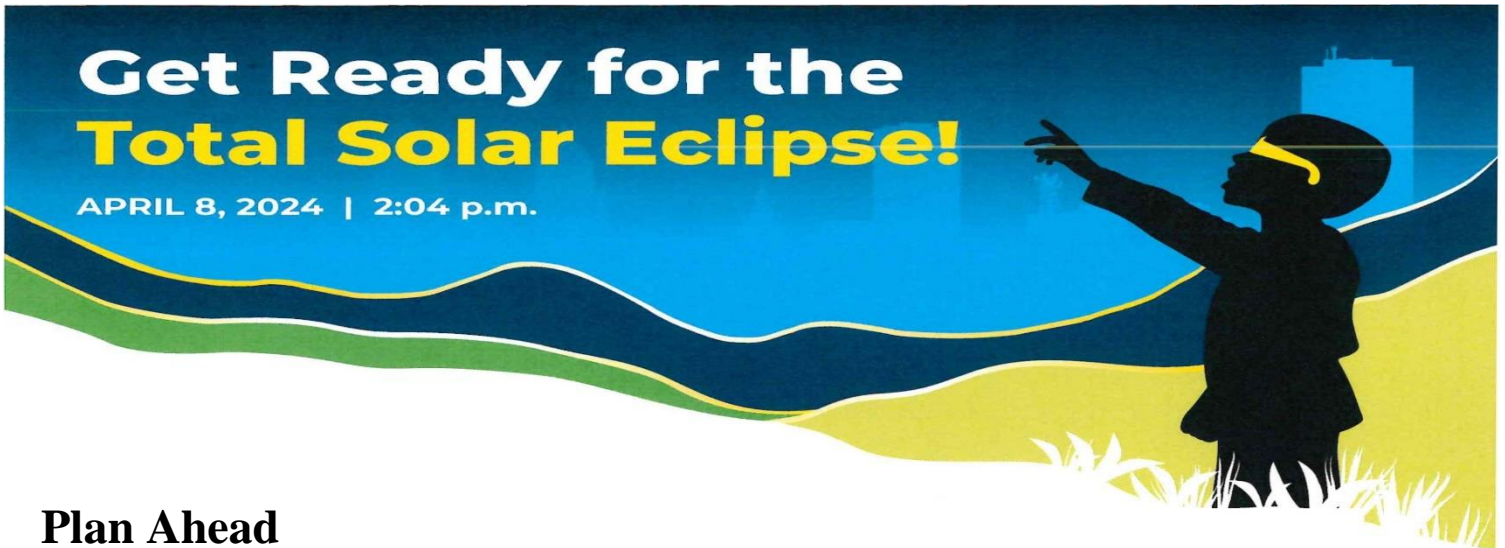
- **Please remember...** to place all garbage in plastic bags that are **securely tied** before putting into the garbage chute.
- **Emergency Pull Cords...** should be untied and hanging to the floor.
- **Kitty Litter...** Do not throw kitty litter in the 2nd floor garbage chute. Bring it to the first floor to dispose of it.
- **Please remember..** to call ALL work order requests into the office.
- **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.

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

~ Joe & Dom

April 19th is National Clean Out Your Medicine Cabinet Day!

1. **Check the dates.** Examine everything in your medicine cabinet, including ointments, supplements and vitamins. Discard any item that is beyond the expiration date. Many medications lose their effectiveness after the expiration date. Some may even be toxic.
2. **For prescriptions, follow the one year cut off rule.** Discard any prescription medications that are more than one year old.
3. **Ditch any items that have changed color, smell or taste.** This includes any colors that have faded, because they may have been exposed to too much light.
4. **Discard unmarked containers.** If something is no longer in its original container and cannot be identified, get rid of it. In the future, try to always keep medications in their original containers so that you can easily recognize every medication. This includes ointments, since these can easily be mistaken for creams.
5. **Be careful about throwing out medication.** Because of the potential harm to the environment, it is not recommended to simply throw out medication or flush them down the toilet. *Becky will be collecting medications for "Drug Take Back Day" on April 27th. Please bring any medication you are disposing of to Becky by Wednesday, April 24th. If possible, remove the labels or black out any identifying information with a marker.*
6. **Consider relocating your medicine cabinet.** Many people don't realize that the bathroom cabinet is not the best place to store medication. The temperature and humidity changes that take place while the shower is running can lower the potency of your medication. Medications should be kept in a cool dry place, away from children. Consider a drawer in your dresser or a lock box in your closet.



Plan Ahead

- Erie County is preparing for upwards of one million additional people coming to the county to see the eclipse.
- Run any errands – like grocery shopping – a couple of days beforehand.
- Anyone in Western New York with a clear view of the southwestern sky will be able to view the eclipse.

Protect Your Eyes

- During the partial phases of the eclipse, you need to use solar filters (eclipse glasses) or an indirect viewing method to observe the sun.
- Do not look through a camera (including your cellphone), telescope, binoculars or any other optical device while using your eclipse glasses. These devices must have their own solar filters.

Protect Your Skin

- Since you might be standing in direct sunlight for several hours, make sure to put on sunscreen, wear long sleeves and/or wear a hat.

Have Fun!

- This is a once-in-a-lifetime opportunity for many of us, so enjoy the experience!



Timing of the Eclipse

- 2:04 PM – Partial eclipse begins (wear your eclipse glasses)
- 3:18 PM – Totality begins (you can remove your glasses)
- 3:22 PM – Totality ends (put your eclipse glasses back on)
- 4:32 PM – Partial eclipse ends

Service Coordinator Spot

FOR YOUR INFORMATION

Did you know that April is Stress Awareness Month? Chronic stress can keep you from feeling and performing your best. Researchers have identified common health problems associated with chronic stress; heart disease, headaches, gastrointestinal problems and depression just to name a few. The good news is we can learn ways to reduce stress in our lives:

Mindfulness- When we practice mindfulness, we're practicing the art of creating space for ourselves—space to think, space to breathe, space between ourselves and our reactions.

Exercise- In addition to physical benefits like increasing lung capacity bone density and overall longevity, exercise has a distinct impact on brain health. Even a simple quick walk can improve your overall cognitive health.

Healthy Diet- A less commonly known stressor comes in the form of foods lacking nutritional density. It's critical to our mental health & stress levels that the food we eat be full of vitamins and minerals our bodies need to optimally function. Try to avoid eating too much processed foods & foods with too much sugar.

EDUCATIONAL & WELLNESS PROGRAMS

The **National Prescription Drug Take-Back Day** is back! This year it will be held on **Saturday, April 27th**.

I will be collecting any old or unused prescription and over-the-counter medications. You can drop them off in my office and I will take them to the designated location on this day in April. See Becky if you have any questions.

PROTECT YOURSELF FROM SCAMS WEDNESDAY, APRIL 24th 10:45 a.m.

2- PART SERIES- This month we welcome back, Captain John Urbanski from the West Police Department to educate residents about the current scams going around - mailer/phone calls/texts/pop-ups, etc. - what to look out for and how to protect yourself. Captain Urbanski will also discuss a recovery plan if you had your identity compromised.

In May, we will welcome another speaker to cover scams involving Medicare fraud. Stay tuned!

Sign-up Sheet on Bulletin Board

BLOOD PRESSURE CLINIC

Karen Shalke, OTR-
Catholic Health LIFE

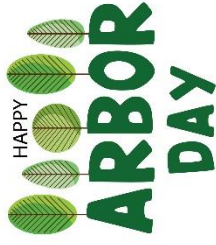
MONDAY, APRIL 29TH

12:45 PM

Sign in the day of



April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Meal Program "Dyngus Day Meal" 12:00 PM ----- April Fool's Day	2 Meal Program 12:00 PM	3 Meal Program 12:00 PM	4 Meal Program 12:00 PM	5 Meal Program 12:00 PM	6 World Physical Activity Day
7	8 No Meal Program ----- Office Closing 12:00 PM ----- "Eclipse" Lunch 1:30 PM	9 Meal Program 12:00 PM	10 Southgate/Save A Lot Shopping 8AM - 12PM ----- Meal Program 12:00 PM	11 Meal Program 12:00 PM	12 Meal Program 12:00 PM	13
14	15 Meal Program 12:00 PM	16 Meal Program 12:00 PM	17 Pull Cord/Head Detector Inspections 9:00 AM ----- Meal Program 12:00 PM ----- Safety Committee Meeting 1:00 PM	18 Meal Program 12:00 PM	19 Meal Program "Entree Salad" 12:00 PM ----- National Clean Out Your Medicine Cabinet Day	20 Donut & Coffee Hour 10:00 AM ----- Karaoke with Joe 6:00 PM
21	22 Meal Program 12:00 PM ----- Earth Day	23 Meal Program 12:00 PM	24 Transit Road Shopping 8AM - 12PM ----- Fraud & Scam Prevention 10:45 PM ----- Meal Program "Entree Salad" 12:00 PM	25 Office Closed 9AM - 11AM ----- Meal Program 12:00 PM	26 Meal Program 12:00 PM ----- Arbor Day	27 Independent Book Store Day
28 Workers Memorial Day	29 Meal Program 12:00 PM ----- Blood Pressure Clinic 12:45 PM	30 Meal Program 12:00 PM ----- Animal Advocacy Day				