

Manor Musings

August Event Highlights

August is:

- American Adventures Month
- National Wellness Month
- Read-A-Romance Month

In This Issue:

Resident News	2
Manager's Message	3
Stay Fit Dining	4
A Bit of Humor	4
Service Coordinator	7
August Calendar	8

Bedbug Preventative Maintenance will take place on Wednesday, August 7th beginning at 9:00 AM.

On Wednesday, August 7th residents will be transported to Southgate Plaza, and Save A Lot from 8 AM to 12 PM. The cost is \$5 roundtrip, please pay in the office.



Join us for a Day at the Derby on Wednesday, August 7th at 1:00 PM. Bring your singles and place your bets!

On Sunday, August 11th Lori will be here for Bingo at 2:00 PM.

Floral Home Care will be here on Monday, August 12th at 12:45 PM.

On Wednesday, August 21st residents will be transported to Tops, Aldi's, Wegman's and Walmart from 8 AM to 12 PM. The cost is \$5 roundtrip, please pay in the office.

On Sunday, August 25th Lori will be here with crafts at 12:00 PM and Bingo at 2:00 PM. This month's craft will be interchangeable door signs with magnets to affix to your door.

A Blood Pressure Clinic will be held on Monday, August 26th at 12:45 PM.

Please remember to sign up for events/activities you are interested in as soon as possible.

If there is not enough participation, events and activities will be cancelled. Sign-up sheets can be found on the bulletin board in the Community Room.



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



- Marcia Jarmusz August 5*
- Chris Wisniewski August 21*
- Carole Vastola August 21*
- Mary Ann Nowaczewski August 27*

Save the Date!

Our annual “Baskets and Brunch” fundraiser will take place on Saturday, November 2nd. It will once again be held at The Columns Banquets. More information will be distributed later this month. We look forward to seeing residents and their families at this event!



Guess this month’s cutie!
← Which resident or staff member is this? Let us know your guess in the office, if you are correct, you’ll win a free lunch!

Sarah's Snip Its

Fire Safety

Thank you for participating in our annual fire drill evacuation that took place on Wednesday, July 17. It was successful due to those who followed the guidelines and checked in with the Safety Committee at their evacuation meeting point. A special thanks goes out to Tony, Gloria, Mike, George and Katharyne our Safety Committee members who jumped into action and were able to account for each tenant in the building.

Please do not leave items on the stove or in the oven. We recently had a few cases where personal items have melted onto the stovetop causing smoke and damage to the stove. When cooking please stay alert and do not leave items unattended. Use the range vents to remove smoke and DO NOT open the apartment door to air out your unit as it will cause the fire alarm to go off for the building!

Clogged Pipes

Please do not pour cooking waste such as grease, oil or food scraps down the drain. An alternative would be to put grease from cooking into a can, let it cool and throw it in the garbage in a tightly sealed garbage bag. Do not flush any bathroom products not intended for flushing down the toilet such

as too much toilet paper, food scraps, clumps of hair or fur, paper towels and wipes. Thank you for your cooperation.

Meal Program Picnic

On July 25, 2024, a delicious Chiavetta's Chicken BBQ, potato salad, Italian spiced tomato wedges, and roll was served. Watermelon and ice cream rounded out the meal. We enjoyed live music and outside activities. The weather was picture perfect!

Feeding Wildlife

The grounds at United Church Manor plays host to many wildlife species. We have seen several squirrels close to entering the building in search of food or their "friend" who likes to them. When humans feed wildlife, it can lead to altering their natural behavior, causing overpopulation, and increasing the risk of disease transmission. Please do not feed any of the animals around the premises this includes peanuts.



Bedbugs Group 3

Our bedbug preventative maintenance plan will be performed on **Wednesday, August 7th**. Residents in Group 3 will receive information regarding the maintenance in their unit.

Save the Date

Baskets & Brunch, our annual fundraiser, will be held on Saturday, November 2, 2024, at The Columns Banquet Facility on Transit Road in Elma. Doors open at 10:00 AM and brunch will be available until 12 PM. As a reminder, all funds that are donated are used for resident transportation for shopping, activities and aesthetic updates.



Ambulance

When a fellow tenant falls or needs emergency services, please give that person some space and privacy. Be respectful and remove yourself from the situation once help arrives.



Stay Fit Dining

We will be celebrating Senior Citizen's Day with a lunch on Wednesday, August 21st. It will include a Breaded Pork Chop with Warm Cinnamon Apples, Mashed Sweet Potatoes, Bussels Sprouts, a Wheat Dinner Roll, and Peach Pie with Whipped Topping.



On Friday, August 30th there will be a Labor Day Lunch. Breaded Chicken Drumsticks, Ranch Mashed Potatoes, Au Gratin Broccoli, a Wheat Dinner Roll, and Banana Cream Pie will be



Just a reminder...

- Reservations are due the Wednesday preceding the week you would like to eat.
- We ask that you notify us when you are unable to attend a meal you have reserved.
- We sometimes have a meal available due to a cancellation. Inquire about "EXTRAS" in the office or in the Community Room, Monday through Friday, from 11:00 until 1:00.

A Bit of Humor

One day God was looking down at Earth and saw all of the rascally behavior that was going on. So he called one of His angels and sent the angel to Earth for a time.

When he returned, he told God, 'Yes, it is bad on Earth; 95% are misbehaving and only 5% are not.'

God thought for a moment and said, 'Maybe I had better send down a second angel to get another opinion.'

So God called another angel and sent him to Earth for a time.

When the angel returned he went to God and said, 'Yes, it's true. The Earth is in decline;

95% are misbehaving, but 5% are being good.'

God was not pleased. So He decided to e-mail the 5% that were good, because he wanted to encourage them, and give them a little something to help them keep going.

Do you know what the e-mail said?



Okay, I was just wondering, because I didn't get one either.

Maintenance News

- Please clean the lint traps/filters each time you use a dryer. If an aide or family member is doing your laundry, please remind them to do this.
- Anything thrown into garbage chutes should be bagged and securely tied.
- For Your Safety emergency pull cords should be untied and hanging to the floor.
- Please remember... to place ALL work order requests with the office
- Emergency phone number... for after hours and weekend maintenance emergencies call **238-0989**. These calls are automatically forwarded to the staff member on call.

*After hours maintenance, emergencies only
238-0989*

~ Joe & Dom



Summer Search

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

August
 beach
 bikini
 boat
 camping
 fan
 fishing



hat
 hot
 ice cream
 July
 June
 lotion
 mosquito

shorts
 sunburn
 sunglasses
 sun tan
 swimming
 tent
 vacation



Putting your best foot forward: Steps for happy, healthy feet.

Our feet are mechanical wonders. They support the weight of our bodies and allow us to stand, balance, and move through the world. Just like any other part of your body, your feet need care to stay healthy, active, and strong—and to prevent problems later!

Did you know that your feet are made up of 26 bones, 33 joints, and more than 100 muscles, tendons, and ligaments? These parts work together so you can walk, run, skip, dance, and more. But this complexity—and the stress your feet undergo each day—also means there's a lot that can go wrong.

Some common problems include:

- **Athlete's foot.** A fungal infection that causes itching, burning, and skin scaling.
- **Bunions.** Bony, painful bumps that form at the big toe joint.
- **Corns and calluses.** Thickened, often painful areas that form due to friction or pressure on the skin. These often develop on areas of the feet where bones rub against shoes.
- **Hammer toe.** A toe that curls downward at the middle joint.
- **Ingrown toenails.** Toenails that grow into the skin, causing pain and inflammation.
- **Plantar fasciitis.** Heel pain that's caused by inflammation of the tissue that supports the arch of your foot.
- **Diabetic foot ulcers.** Open sores that can form on the feet of people with diabetes.

Foot problems can be more than just a pain in the...foot. They can sometimes signal other health issues such as arthritis, diabetes, or nerve damage. Left untreated, they can even cause pain and dysfunction in other parts of your body, including your back, hips, and knees.

Catching foot problems early is key to preventing them from getting worse. Pay attention to:

- Changes in the skin or nails (such as cracks, cuts, sores, or discoloration)
- Pain, swelling, or redness
- Tingling, burning, or numbness
- Stiff or swollen joints in the foot or ankle
- Difficulty walking or balancing

If you notice any of these, or if you have new, severe pain that doesn't go away with rest or over-the-counter pain medication, it's time to talk to a doctor.

This is especially important if you have diabetes. Diabetes can lower the amount of blood flow and damage nerves in your feet, making problems more likely.

Simple steps for happy feet -

- **Wash your feet every day.** Use soap and water and dry them thoroughly, especially between the toes. A warm foot bath can be a relaxing treat! Moisturize any dry, rough, or cracked areas (such as the heels) and put on clean, dry socks when you're done.
- **Check your feet often.** Look for any cuts, sores, blisters, or changes in skin color. If you have diabetes, pay special attention to your feet, and see your doctor regularly for checkups.
- **Trim your toenails regularly.** Cut them straight across and not too short. This helps prevent cuts and ingrown toenails.
- **Wear comfortable, supportive shoes.** Choose footwear that fits you well—not too tight, not too loose. Your feet can change over time, so ask to have them measured each time you shop for new shoes.
- **Keep your feet active.** Stretches and exercise help improve blood flow, strengthen your feet, and help with flexibility. If you need to sit for a long time, put your feet up to improve blood flow and take frequent breaks to move your body.

Your feet are your foundation. Treat them right, and they will take good care of you!

Service Coordinator Spot

For Your Information

SETTING HEALTHY BOUNDARIES:

Boundaries are the ‘rules’ of a relationship that guide the way that two people interact, including things that are expected, OK, and not OK to say or do. Similar to the way a society needs laws & rules to safeguard individual freedoms, rights, and safety, a relationship needs boundaries to ensure that two people have their feelings and needs respected in a friendship. While trust & closeness cause boundaries to loosen and shift, some boundaries need to remain in place in order to keep a relationship healthy.

Some people have a really hard time setting clear, firm & consistent boundaries with others, especially with those closest to them.

Some tips on how to establish stronger boundaries with friends include:

- Express your feelings, wants and needs
- Check whether you need to set more boundaries
- Maintain your individuality and personal space
- Protect your priorities
- Learn how to say **NO** to friends
- Address issues while they’re still small
- Be clear and consistent with boundaries
- Protect yourself from toxic or abusive friends

Source: Social Self.com



Educational and Wellness Programs

FLORAL HOME CARE (Formerly called Pleet Home Care)

MONDAY, AUGUST 12th at 12:45 p.m.

Sally Swanson will be here to answer any questions residents may have about what Floral Home Care has to offer. This will not be a formal presentation as Sally will set up a table you can visit at your convenience to ask any questions. Sally will be bringing informative resources and some treats for those who visit.

SIGN IN THE DAY OF

BLOOD PRESSURE CLINIC

Catholic Health LIFE

Monday, August 26th 12:45 p.m.

SIGN IN THE DAY OF

Office Hour Changes for August:

I will be out of the office on Monday, August 19th and Wednesday, August 21st



August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>have a splashing summer</p>			1	2	3
4	5	6	7	8	9	10
National White Wine Day	Meal Program 12:00 PM	Meal Program 12:00 PM	Southgate/Save A Lot Van 8AM - 12PM Meal Program 12:00 PM Day at the Races 1:00 PM	Meal Program 12:00 PM ----- Happiness Happens Day	Meal Program 12:00 PM ----- Book Lovers Day	National Clown Day
11	12	13	14	15	16	17
Bingo 2:00 PM	Meal Program 12:00 PM ----- Floral Home Care 12:45 PM	Meal Program 12:00 PM	Meal Program 12:00 PM	Meal Program 12:00 PM ----- National Relaxation Day	Meal Program 12:00 PM	Baby Boomer's Recognition Day
18	19	20	21	22	23	24
Serendipity Day	Meal Program 12:00 PM	Meal Program 12:00 PM	Transit Road Shops 8AM - 12PM ----- Meal Program 12:00 PM	Meal Program 12:00 PM	Meal Program 12:00 PM	
25	26	27	28	29	30	31
Crafts with Lori 12:00 PM ----- Bingo 2:00 PM	Meal Program 12:00 PM ----- Blood Pressure Clinic 12:45 PM	Meal Program 12:00 PM ----- National Cinema Day	Meal Program 12:00 PM	Meal Program 12:00 PM	Meal Program 12:00 PM	Meal Program 12:00 PM