

August 2025

Volume 30, Issue 8

Manor Musings

August Event Highlights

August is:

- American Artists Appreciation Month
- Happiness Happens Month
- What Will Your Legacy Be Month

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Chair Fitness will take place each Wednesday at 10:30 AM.

A Communion Service with Pastor Kayti will take place on Monday, August 4th at 2:30 PM.

On Wednesday, August 6th 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.

Bedbug Volcano Inspections will take place on Thursday, August 7th beginning at 9:00 AM. You do not have to be home during this inspection, Sarah or Dom will accompany the exterminator.

Bingo with Lori will take place on Sunday, August 10th at 2:00 PM and Thursday, August 21st at 6:30 PM.

On Monday, August 11th we will be Streaming Trivia with Erie County at 12:30 PM.

Pastor Kayti will be available in the library on Monday, August 18th from 12:30 – 3PM with open office hours for conversations, prayers, or just a friendly visit.

On Wednesday, August 20th 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.

Join your fellow residents for a Cornhole Tournament and hot dog cookout on Friday, August 22nd at 6:00 PM. Competitors and spectators are welcome!

A Blood Pressure Clinic will be held on Monday, August 25th at 12:45 PM.

Mr. Softee will be serving ice cream on Wednesday, August 27th at 2:00 PM. Cones are free for residents.

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.



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MAINTENANCE
EMERGENCY:
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E-MAIL:
manormusings@yahoo.com

Find us on the web
www.ucmanor.org

"Like" us on Facebook!

Resident News



<i>Marcia Jarmusz</i>	<i>August 5</i>
<i>Chris Wisniewski</i>	<i>August 21</i>
<i>Carole Vastola</i>	<i>August 21</i>
<i>Mary Ann Nowaczewski</i>	<i>August 27</i>

Baskets & Brunch Update

We will not be having a Baskets & Brunch event this year. Our board has decided to explore other fundraising possibilities. We will keep you updated with any future events!



In observance of the Labor Day holiday, the office will be closed on Monday, September 1st.

Wii Bowling League

We are looking to start a Wii Bowling League in September. Please sign up on the bulletin board if you would like to participate, we are hoping there is enough interest to bowl weekly!



Sarah's Snip Its

Service Coordinator

In July, we welcomed Jessica Papadakis as our new Service Coordinator. Her office hours remain the same as Becky's: Monday, Wednesday, and Friday. If you're due for your six-month assessment you should have received a letter from Jessica in your mailbox. If you need assistance in the meantime, Jessica is available during office hours. However, please note that she will be completing several HUD-mandated online trainings throughout her first year. For this reason, **we recommend making an appointment** instead of dropping in, so she can give you her full attention.



Fire Safety

Thank you for participating in our annual fire drill evacuation that took place on Wednesday, July 9. 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 Kathy our Safety Committee members who jumped into action and were able to account for each tenant in the building.

As a reminder, some residents had difficulty hearing the alarm. As you leave the building in an emergency feel free to

knock on doors however don't put yourself in jeopardy, keep moving toward the exit.

Trash and Garbage Removal

All trash must be placed in securely tied plastic garbage bags before being sent down the garbage chute. This helps prevent leaks and spills. Recently, an unsecured bag released wet garbage in the chute, creating a messy and smelly situation. **If you have someone assisting with waste removal, please share this information with them.** Failure to dispose of garbage properly is a lease violation.

Bedbugs Inspection

My apologies for the delay in our routine inspection. The vendor did not show as they were supposed to in July, I have reached out and it has been rescheduled for Thursday, August 7 between 9:00 and 11:00am. A reminder letter will be sent a week before the inspection. Thank you for your patience and cooperation as we work to keep our building pest-free.

Summer Fun

Make the most of summer with some outdoor fun! Our propane grill is available for tenant use. Sign it out in the office, as it's locked for safety. Please be sure to clean it thoroughly and return it to the condition you found it. We also have a cornhole game available, stored in the closet with the carts on the first floor.

Enjoy the sunshine and the dog days of summer!



Stay Fit Dining

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



On Friday, August 29th there will be a Labor Day Lunch. Breaded Chicken Drumsticks, Ranch Mashed Potatoes, Sweet Peas, Chef Salad, a Wheat Dinner Roll, and Banana Cream Pie will be served.

A Bit of Humor

A first grade teacher collected well known proverbs. She gave each child in her class the first half of a proverb and asked them to come up with the remainder of the proverb. Their insight may surprise you.

Better to be safe than....punch a 5th grader

Strike while the.....bug is close

It's always darkest before.....Daylight Savings Time

Never underestimate the power of....termites

You can lead a horse to water but.....how?

Don't bite the hand that....looks dirty

No news is.....impossible

A miss is as good as aMr.

You can't teach an old dog new.....math

No Meals will be served on Monday, September 1st due to the Labor Day Holiday.



Just a reminder...

- Reservations are due the Wednesday proceeding 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.

If you lie down with dogs, you'll.....stink in the morning

If at first you don't succeed.....get new batteries

An idle mind is.....the best way to relax

Where there's smoke, there's.....pollution

A penny saved is.....not much

Two's company, three's.....the Musketeers

Don't put off till tomorrow what....you put on to go to bed

Laugh and the whole world laughs with you, cry and.....you have to blow your nose

None are so blind as.....Helen Keller

Children should be seen and not....spanked or grounded



Maintenance News

- Anything thrown into garbage chutes should be bagged and securely tied.
- 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.
- **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 **716-238-0989**. These calls are automatically forwarded to the staff member on call.

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

~ Joe & Dom

ticketmaster®

2025 BILLS

FAREWELL SEASON 2025

SCHEDULE

(P1) Sat. 8/9 | 1:00 PM **VS** **NYG** (P2) Sun. 8/17 | 8:00 PM at→ **CHI** (P3) Sat. 8/23 | 7:30 PM at→ **TB**

① Sun. Sep. 7 - 8:20 PM VS BAL	⑩ Sun. Nov. 9 - 1:00 PM at→ MIA
② Sun. Sep. 14 - 1:00 PM at→ NYJ	⑪ Sun. Nov. 16 - 1:00 PM VS TB
③ Thu. Sep. 18 - 8:15 PM VS MIA	⑫ Thu. Nov. 20 - 8:15 PM at→ HOU
④ Sun. Sep. 28 - 1:00 PM VS NO	⑬ Sun. Nov. 30 - 4:25 PM at→ PIT
⑤ Sun. Oct. 5 - 8:20 PM VS NE	⑭ Sun. Dec. 7 - 4:25 PM VS CIN
⑥ Mon. Oct. 13 - 7:15 PM at→ ATL	⑮ Sun. Dec. 14 - 1:00 PM at→ NE
⑦ BYE WEEK	⑯ Sun. Dec. 21 - 1:00 PM at→ CLE
⑧ Sun. Oct. 26 - 1:00 PM at→ CAR	⑰ Sun. Dec. 28 - 4:25 PM VS PHI
⑨ Sun. Nov. 2 - 4:25 PM VS KC	⑱ TBD - TBD VS NYJ

ALL TIMES EASTERN STANDARD

*SELECT PRIMETIME GAMES SUBJECT TO CHANGE

FOR TICKETS VISIT › BUFFALOBILLS.COM/SINGLEGAMES EMAIL › TICKETSALES@BILLS.NFL.NET



Safety Tips for Seniors

According to the National Institute on Aging, approximately 22 percent of aging Americans (aged 71 years or older) experience some level of cognitive decline. Age-related brain atrophy and changes in hormones, neurotransmitters, and blood supply affect how our brain physically and functionally processes information. Physical and functional debility contributes to cognitive decline as well. Whether the changes are apparent, a decline in mental and physical functioning significantly increases the risk of injury and harm.

Here are 16 safety tips to make aging in place easier, safer, and more enjoyable for you.

Fall Prevention Safety

1. Remove obstacles in the house that could cause tripping. This includes throw rugs (small or large), decorative objects on the floor (e.g., vases, magazine racks, umbrella stands, coat racks), power cords, cords to appliances, and any clutter.
2. Ensure the toilet is high enough. Consider adding a riser to the toilet seat to make standing up easier.
3. Have your vision checked often and regularly. You may need a different prescription or to avoid driving at night. As we age, the amount of light our eyes can absorb decreases, so your vision at night is not what it was when you were younger.
4. Ask your medical provider to review your medication regularly. You may no longer need certain medicines or may need lower dosages; with age, bodies become more sensitive to medications.
5. Start exercising regularly, especially tai chi or yoga.
6. Consider wearing a safety alert button to allow quicker calling for help if you fall.

Fire And Kitchen Safety

1. Point pot handles away from the front edge of the stove. This ensures that you won't bump into them or catch your sleeve on them while cooking.
2. Have oven mitts available and ready for use; storing them next to the stove is a great idea.
3. Never leave cooking food unattended. Once you start cooking, set a timer for 10 minutes on your stove; if you step away from the kitchen and forget that you began cooking, your timer will remind you.
4. Wipe off any spilled grease from the stove regularly.

Financial Safety

1. Never leave your personal information unattended, including your purse, wallet, checkbook, cell phone, tablet, and iPad.
3. Avoid having large amounts of cash or valuables at home and in your purse/wallet.
4. Tear up or shred all personal and financial information; never just throw it into the trash intact. Use a shredder to destroy sensitive information properly.
5. Never give your Social Security number or bank details to anyone. If someone calls you and asks you to confirm that the account numbers are yours, do not give them any information. Ask for a phone number so you can call them back after you have verified their identity.
6. If you get calls asking for donations, tell them to send requests by mail; never discuss donations over the phone.

Service Coordinator Spot

For Your Information

New Service Coordinator, Jessica Papadakis

I want to thank you all for the very warm welcome into your community! It was so nice meeting those who attended the Root Beer Float Meet and Greet! I am looking forward to working with everyone and getting to know you all better by name. I can tell already that this is a very special place, and I am honored to be here. I will be available during the same hours as your previous service coordinator- please stop by to introduce yourself! 😊



Changes in Office Hours:

I will not be in the office the week of August 11th.

Educational and Wellness Programs

BLOOD PRESSURE CLINIC

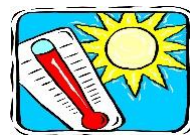
Catholic Health Life

MONDAY, AUGUST 25TH 12:45PM


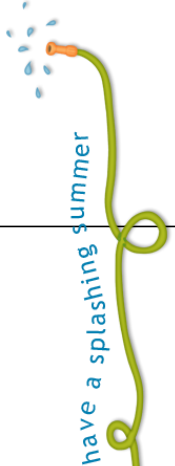


***If you are interested in learning more about a topic or have questions about something specific, please let me know! I would be more than happy to schedule a speaker or presentation on your topics of interest!**

Tips on Staying Cool During These Hot Summer Months:

- 1.) Stay hydrated- drink plenty of water!
Not drinking water can make you feel faint which can lead to dizziness and falls.
- 2.) On very hot days, skip going outdoors, or stick to early morning activities when it is cooler.
- 3.) Wear light, loose-fitting clothing.
- 4.) Close windows, doors, shades and curtains to prevent sunlight from entering during the hottest part of the day.



August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Meal Program 11:45 AM	2  National Sunflower Day
3	4 Meal Program 11:45 AM ----- Communion with Pastor Kayti 2:30 PM	5 Meal Program 11:45 AM ----- National Night Out	6 Southgate/Save A Lot Shopping 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 11:45 AM	7 Meal Program 11:45 AM	8 Meal Program 11:45 AM	9  Book Lovers Day
10 Bingo w/ Lori 2:00 PM ----- Smithsonian Day	11 Meal Program 11:45 AM ----- Streaming Trivia with Erie County 12:30 PM	12 Meal Program 11:45 AM	13 Chair Yoga 10:30 AM ----- Meal Program 11:45 AM	14 Meal Program 11:45 AM	15 Business Office Closed ----- Meal Program 11:45 AM	16
17 Baby Boomer's Recognition Day	18 Meal Program 11:45 AM ----- Office Hours with Pastor Kayti 12:30 PM - 3PM	19 Meal Program 11:45 AM ----- World Humanitarian Day	20 Transit Rd. Shops 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 11:45 AM	21 Meal Program "Senior Citizens Day" 11:45 AM ----- Bingo w/ Lori 6:30 PM	22 Meal Program 11:45 AM ----- Cornhole Tournament & Hot Dog Cookout 6:00 PM	23
24	25 Meal Program 11:45 AM ----- National Park Service Day	26 Meal Program 11:45 AM ----- Women's Equality Day	27 Chair Yoga 10:30 AM ----- Meal Program 11:45 AM ----- Mr. Softee 2:00 PM	28 Meal Program 11:45 AM	29 Meal Program "Labor Day Lunch" 11:45 AM	30 National Beach Day
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