

Manor Musings

August Event Highlights

August is:

- National Immunization Awareness Month
- Win With Civility Month
- Read A Romance Month

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Recurring Events:

Chair Fitness – Wednesdays and Fridays at 10:30 AM. Join us as we try new senior chair workouts!

Library 2 Go – Tuesday, August 11th from 1:00 PM – 2:00 PM.

A Communion Service with Pastor Kayti will take place on Monday, August 3rd at 2:00 PM.

Mr. Softee will be serving ice cream on Tuesday, August 4th at 2:00 PM. Free for residents, check your mailboxes for more information!

On Wednesday, August 5th 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.

A Fall Prevention Program will take place on Wednesday, August 5th at 1:00 PM.

Bedbug Volcano Inspections will take place on Monday, August 10th beginning at 9:00 AM. You do not have to be home during this inspection, Joe or Nick will accompany the exterminator.

Bingo w/ Lori will take place on Thursday, August 13th at 5:00 PM.

On Wednesday, August 19th 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.

"Nacho Libre" will be shown on Thursday, August 20th at 1:00 PM. *When Ignacio (Jack Black) learns of an orphanage's financial woes, he pitches in to help — by disguising himself and joining the professional wrestling circuit.*

Join your fellow residents for a hot dog cookout and Cornhole tournament on Friday, August 28th at 12:30 PM. Hot dogs, chips, watermelon, and ice cream bars will be served.

We've been granted a Senior Wish for a Buffalo Harbor Cruise (Miss Buffalo) on Wednesday, September 2nd at 2:00 PM. They have allotted 14 tickets for resident use (free of charge). There are limited tickets left, see the sign-up sheet on the bulletin board to claim a ticket. There will be limited transportation available, please indicate on the sign-up sheet if you need transportation. If you are interested in applying for a personal Senior Wish please see Jessica.

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!



<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>

Planting a garden of peace, kindness and love

For the garden of your daily living:

Plant three rows of peas

1. Peace of mind
2. Peace of heart
3. Peace of soul

Plant four rows of squash

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant four rows of lettuce

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

To conclude our garden we
must have thyme

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with patience and
cultivate with love.

There is much fruit in your
garden because you reap what
you sow.



Save The Date!

Bingocize will be taking place on Tuesdays and Thursdays at
10:45 AM, beginning Tuesday, September 1st. See Page 5
for more information!

Sarah's Snip Its

Neighborhood Buzz

Every community has its unofficial news network. A delivery truck pulls up, and people wonder what's in the box or who is it for. An ambulance arrives and speculation begins before it even shuts its lights off. Rumors have been shared about bed bugs or other infestations, and it spreads faster than the facts.

It's natural to notice what's happening around us. We care about our neighbors, and sometimes unusual activity catches our attention but there's a difference between being observant and turning assumptions into gossip. Sometimes the best way to be a good neighbor is simply to wish people well—and let them tell their own stories when they're ready.



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Annual Fire Drill

Our annual fire drill will be postponed until September when there is cooler weather. July was full of heat, wind and storms.

Buffalo Harbor Cruise

Senior Wishes has granted the residents of United Church Manor a group wish for the Buffalo Harbor Cruise. It will be on Wednesday, September 2. Vans will pick up residents here at 12:40pm and will return about 5:00pm. Based on the interest sheet that was posted they have pre-purchased 14 tickets. If you signed

up, there is a spot for you and there will be additional spots to sign up. If you have questions, please reach out to me.



Bedbugs Inspection

Mark your calendars for Monday, August 10, from 9:00am-11:00am for our quarterly bedbug volcano check. A reminder letter will be sent a week before the inspection.

Bingocize

Starting September 1 and continuing every Tuesday and Thursday until November 5 at 10:45am in the community room there will be Bingocize. Bingocize is a health promotion program that combines the game of bingo with inclusive exercises. You do not need to be a participant of the meal program to join. Bring a friend! Sign up in the community room. This program is funded by SNAP.

Time Away

At the end of the month, I will be off for a bit as I need to have surgery. I will be back in the office once I am cleared to come back.

"Everything will be okay in the end. If it's not okay, it is not the end."



Stay Fit Dining

We will be celebrating Senior Citizen's Day with a lunch on Friday, August 21st. It will include Broccoli-stuffed Chicken w/ Creamy Herb Sauce, Scalloped Potatoes, Peas w/ Red Peppers, Chef Salad, Dinner Roll, and Boston Cream Pie.



There will be no meal program on Friday, August 28th. We will be having a hot dog cookout and cornhole tournament for residents. All are welcome! Please sign up in advance.

Just a reminder...

- Reservations are due the Wednesday proceeding the week you would like to eat.
- The suggested donation for meals is \$3.50, though you may pay what you can.
- 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

Ken and his wife Edna went to the state fair every year,
And every year Ken would say, 'Edna, I'd like to ride in that helicopter'
Edna always replied, 'I know Ken, but that helicopter ride is fifty bucks, and fifty bucks is fifty bucks'

One year Ken and Edna went to the fair, and Ken said,
'Edna, I'm 75 years old. If I don't ride in that helicopter, I might never get another chance'
To this, Edna replied, 'Ken, that helicopter ride is fifty bucks, and fifty bucks is fifty bucks'

The pilot overheard the couple and said, 'Folks I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and don't say a word, I won't charge you a penny! But if you say one word it's fifty dollars.' Ken and Edna agreed and up they went.

The pilot did all kinds of fancy maneuvers, but not a word was heard. He did his daredevil tricks over and over again, but still not a word...

When they landed, the pilot turned to Ken and said, 'By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed!'

Ken replied, 'Well, to tell you the truth, I almost said something when Edna fell out, but you know, 'Fifty bucks is fifty bucks!'

Maintenance News

- **Anything thrown into garbage chutes should be bagged and securely tied. Please remind your aides!**
- Please clean the lint traps/filters each time you use a dryer. If an aide 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 & Nick



NUTRITION WORKSHOP

A 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone!

Come play and meet new people while learning about nutrition!

**United Church Manor
50 North Avenue**

**Tuesdays & Thursdays @ 10:45am
Starting September 1 through November 5, 2026**

**Best benefit when you attend as many sessions as possible.
No one new allowed to attend after the first week
(9.3.2026)**

If you would like to request reasonable accommodations to participate in this program, please contact Michelle at Erie County Department for the Aging at (716) 858-4951

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP aids low-income individuals and families in buying nutritious food for a better, healthier diet. For more information call 1-800-352-8401
This institution is an equal opportunity provider and employer.





2026 SCHEDULE



BILLS FOOTBALL

LET'S GO!

ticketmaster

PS1 VS PANTHERS
08.15 1:00pm

PS2 AT BROWNS
08.22 1:00pm

PS3 VS STEELERS
08.27 7:00pm

WK1 AT TEXANS
09.13 1:00pm

WK7 BYE WEEK

WK13 AT PATRIOTS
12.06 4:25pm

WK2 VS LIONS
09.17 8:15pm **TNF**

WK8 VS RAVENS
11.01 1:00pm

WK14 AT PACKERS
12.13 8:20pm **SNF**

WK3 VS CHARGERS
09.27 1:00pm

WK9 AT VIKINGS
11.09 8:15pm **MNF**

WK15 VS BEARS
12.19 8:20pm **SAT**

WK4 VS PATRIOTS
10.04 1:00pm

WK10 AT JETS
11.15 1:00pm

WK16 AT BRONCOS
12.25 4:30pm **XMAS**

WK5 AT RAMS
10.12 8:15pm **MNF**

WK11 VS DOLPHINS
11.22 1:00pm

WK17 AT DOLPHINS
01.03 1:00pm

WK6 AT RAIDERS
10.18 4:25pm

WK12 VS CHIEFS
11.26 8:20pm **THX**

WK18 VS JETS
TBD

FOR TICKETS VISIT → [BUFFALOBILLS.COM/SINGLEGAMES](https://buffalobills.com/singlegames)

EMAIL → [TICKETSALES@BILLS.NFL.NET](mailto:ticketsales@bills.nfl.net)

ALL TIMES EASTERN STANDARD

GAMES SUBJECT TO CHANGE



Service Coordinator Spot

For Your Information

Managing Pain Beyond Medication:

If you're living with arthritis or other chronic pain, medication isn't the only option for finding relief. Many people benefit from non-drug approaches that can help reduce pain, improve movement, and enhance overall well-being.

Some options to discuss with your healthcare provider include:

- **Physical or occupational therapy** to improve strength, flexibility, and make daily activities easier. (You do not need a doctor's order to schedule an evaluation through Stern at Home Therapy.)
- **Massage therapy**, which may help reduce muscle tension and promote relaxation.
- **Acupuncture**, a treatment that uses very thin needles to stimulate specific points on the body and may help relieve certain types of chronic pain.
- **Gentle exercise**, such as walking, stretching, chair exercises, tai chi, or water aerobics, to help keep joints flexible and muscles strong.
- **Heat and cold therapy** to ease stiffness or reduce swelling.
- **Mind-body techniques**, including deep breathing, meditation, or relaxation exercises, which can help manage the stress that often accompanies chronic pain.

Coverage for these services varies. **Medicare** often covers medically necessary physical and occupational therapy and may cover acupuncture for certain types of chronic low back pain.

Most massage therapy is not covered by Original Medicare unless it is part of another covered medical service.

If you're interested in learning what benefits are available through your Medicare, Medicaid, or Medicare Advantage plan, please contact me. I can help you find resources, understand your coverage, and connect you with programs that may support your health and independence.

Education and Wellness Programs:

Fall Prevention Seminar Weds, August 5th at 1pm Community Room

Erie County Health & Wellness Coordinator, Jennifer Chowdhury, will be here to teach home safety through an interactive workshop. Please sign up on the bulletin board.

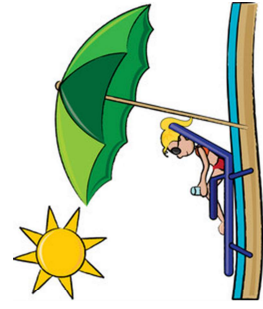
Changes In Office Hours:

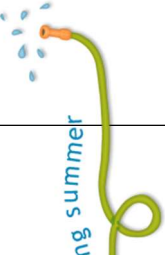
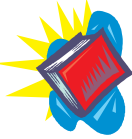
I will be out of the office the week of August 17th.





August 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Friendship Day 	3 Meal Program 11:45 AM ----- Communion w/ Pastor Kayti 2:00 PM	4 Meal Program 11:45 AM ----- Mister Softee 2:00 PM 	5 Southgate/Save A Lot Shopping 8AM - 12PM ----- Chair Fitness 10:30 AM ----- Meal Program 11:45 AM ----- Fall Prevention 1:00 PM <i>have a splashing summer</i> 	6 Meal Program 11:45 AM	7 Chair Fitness 10:30 AM ----- Meal Program 11:45 AM	8 World Lung Cancer Day
9 Book Lovers Day 	10 Meal Program 11:45 AM ----- Smithsonian Day	11 Meal Program 11:45 AM ----- Library 2 Go 1PM - 2PM	12 Chair Fitness 10:30 AM ----- Meal Program 11:45 AM	13 Meal Program 11:45 AM ----- Bingo w/ Lori 5:00 PM	14 Chair Fitness 10:30 AM ----- Meal Program 11:45 AM	15
16	17 Meal Program 11:45 AM ----- Baby Boomer Recognition Day	18 Meal Program 11:45 AM	19 Transit Road Shops 8AM - 12PM ----- Chair Fitness 10:30 AM ----- Meal Program 11:45 AM	20 Meal Program 11:45 AM ----- Movie Matinee "Nacho Libre" 1:00 PM	21 Chair Fitness 10:30 AM ----- Meal Program 11:45 AM "Senior Citizen Day"	22  National Bring Your Cat to the Vet Day
23	24 Meal Program 11:45 AM	25 Meal Program 11:45 AM ----- National Park Service Day	26 Chair Fitness 10:30 AM ----- Meal Program 11:45 AM	27 Meal Program 11:45 AM	28 Chair Fitness 10:30 AM ----- No Meal Program ----- Hot Dog Cookout and Cornhole Tournament 12:30 PM	29
30 National Grief Awareness Day	31 Meal Program 11:45 AM	