



MANOR MUSINGS

VOL. 30 ISSUE 12 DECEMBER 2025

In This Issue:

Resident News	2
Manager's Message	3
December Events	6
Service Coordinator	9
December Calendar	10

*The United Church
Manor Board of
Directors and staff
members wish you
and your families a
blessed and joyous
holiday season!*

"A Christmas Dream, And How It Came True"

Louisa May Alcott

From our happy home
Through the world we roam
One week in all the year,
Making winter spring
With the joy we bring
For Christmas-tide is here.
Now the eastern star
Shines from afar
To light the poorest home;
Hearts warmer grow,
Gifts freely flow,
For Christmas-tide has come.
Now gay trees rise
Before young eyes,
Abloom with tempting cheer;
Blithe voices sing,
And blithe bells ring,
For Christmas-tide is here.
Oh, happy chime,
Oh, blessed time,
That draws us all so near!
"Welcome, dear day,"
All creatures say,
For Christmas-tide is here.

Resident News

Happy Birthday!

<i>DeSales Kellick</i>	<i>December 6</i>
<i>Karen Hayes</i>	<i>December 10</i>
<i>Sylvia Chmurzynski</i>	<i>December 19</i>
<i>David Shelton</i>	<i>December 27</i>
<i>Laurey Ortner</i>	<i>December 29</i>



Also, a Happy Birthday to our Director of Housing, Sarah, and Dom in Maintenance!

United Church Manor

50 North Ave.
West Seneca, NY 14224

PHONE:
(716) 668-5804

AFTER HOURS
MAINTENANCE
EMERGENCY:
(716) 238-0989

Find us on the web
www.ucmanor.org

"Like" us on Facebook!



★ MAY YOUR ★

Christmas

★ BE MERRY ★

Bright &

In observance of the
Christmas and New
Year's holidays the office
will be closed on
Wednesday, December
24th, Thursday,
December 25th and
Thursday, January 1st.

RECERTIFICATION NOTE: HUD requires us to meet with you once a year to reevaluate your income, assets and medical expenses. When you receive your recertification notice, please check the date and time we have listed for your interview and mark it on your calendar. We have HUD deadlines to meet and having to send 2nd or 3rd notices for missed meetings delays our certifications. Thank you for your cooperation.



We will once again have a Super Bowl pool with squares available for purchase in early January. Look for more info in the January newsletter, they sell out fast!



Sarah's Snip Its

NSPIRE Inspection: I would like to extend a sincere thank you to all our residents for your cooperation and understanding during the preparation for the NSPIRE (National Standards for the Physical Inspection of Real Estate) inspection. We know that arranging for inspections can be stressful and requires extra time and effort, and we truly appreciate the way everyone worked with us throughout the process.

Your cooperation helps ensure that our community remains safe, well-maintained, and compliant with HUD standards. Whether you made adjustments in your home, responded to staff requests, or simply remained patient as inspection activities took place, your efforts made a difference. Thank you again for your support and for helping us keep United Church Manor a comfortable place to live.

Building Wide Internet is available to our residents for the low cost of only \$5.00 a month for up to three devices. Please stop down to the office if you would like to sign up.

Safety: Please do not place trash or any personal items outside your apartment door. Hallways must remain clear and unobstructed at all times for the safety of all residents and emergency personnel.

Maintenance Emergencies: If you experience no heat, no water, a ceiling leak, an overflowing toilet, or broken water pipes, please contact our on-call emergency maintenance immediately. Prompt reporting helps prevent further damage and costly repairs. Thank you for your cooperation.

Reflecting on 2025: As we close another year, I would like to take a moment to reflect on all that 2025 provided for our community. We extend our heartfelt appreciation to our dedicated volunteers who give their time and talents to make life at United Church Manor brighter. Whether serving meals, hosting BINGO and craft sessions, offering communion and religious services, bringing in friendly dog visits, or simply lending a helping hand, your contributions mean more than words can express.

We are also extremely grateful for our generous financial sponsors. Their support made it possible to provide so many special activities and treats this year, including transportation for shopping, football parties, pancake breakfasts, a fish fry lunch, our summer picnic, ice cream from Mr. Softee, cider and donuts, and our annual holiday dinner. These experiences help strengthen our sense of community and bring joy throughout the year.

A special thank-you goes to Erie County for the donation of our large screen TV. It has been a wonderful addition to our building, allowing us to enjoy exercise classes, trivia, Wii bowling, and educational programs from University Express.

In addition, we made several important physical plant improvements throughout 2025. These include the installation of new concrete sidewalks and garbage corral along with a new walkway leading to the garage. Every apartment received new roller shades, and we added beautiful outdoor benches dedicated to Terry and Jerry—two beloved former residents whose memory continues to brighten our community.

We also updated our website with fresh photos highlighting many of our current residents and showcasing the wonderful spirit of life at United Church Manor.

As we look ahead to the coming year, we remain grateful for the kindness, involvement, and spirit that make our community so special. Thank you for being part of a wonderful 2025. Wishing you a peaceful holiday season and a happy, healthy New Year!



Stay Fit Dining

A Christmas Meal will be served on Wednesday, December 17th. It will include Broccoli-stuffed Chicken with Creamy Herb Gravy, Vegetable Rice Pilaf, Peas with Red Pepper, a Dinner Roll, Chef Salad, and Cheesecake with Chocolate Sauce.



We will celebrate the first day of Winter with Roasted Turkey with Stuffing, Gravy & Cranberry Sauce, Mashed Potatoes, Mixed Vegetables and Apple Pie with Whipped Topping on Friday, December 19th.

Pork Loin with Stuffing & Cranberry Chutney will be served for our New Year's Meal on Wednesday, December 31st along with Scalloped Potatoes, Brussels Sprouts, Chef Salad, a Dinner Roll, and Chocolate Cream Pie.



There will be **no meals** served on Wednesday, December 24th, Thursday, December 25th and Thursday, January 1st due to the holidays.

A Bit of Humor

Jimmy received a parrot for Christmas. The parrot was fully grown, with a very bad attitude and worse vocabulary.

Every other word was an expletive; those that weren't expletives were, to say the least, rude.

Jimmy tried to change the bird's attitude by constantly saying polite words, playing soft music... anything he could think of. Nothing worked.

He yelled at the bird, and the bird got worse. He shook the bird, and the bird got madder and more rude.

Finally, in a moment of desperation, Jimmy put the parrot in the freezer. For a few moments he heard the bird swearing, squawking, kicking and screaming and then, suddenly, there was absolute quiet.

Jimmy was frightened that he might have actually hurt the bird, and quickly opened the freezer door.

The parrot calmly stepped out onto Jimmy's extended arm and said, "I'm sorry that I offended you with my language and my actions, and I ask your forgiveness. I will endeavor to correct my behavior."

Jimmy was astounded at the changes in the bird's attitude and was about to ask what had changed him, when the parrot continued, "May I ask what the Turkey did?"



Maintenance News

• HUD INSPECTION

A HUD representative will be here on Tuesday, December 2nd for a property and apartment inspection. They will enter approx. 20 apartments at random; we do not know beforehand which apartments they will enter. Please notify staff if you notice any maintenance problems in your apartment so it can be addressed ASAP.

- **Fire Doors** Please keep the fire doors at the end of each hallway closed during the winter months to minimize heat loss.

• Winter Parking Policy

The winter parking policy is in effect. The updated policy is posted on the main bulletin board and on page 7 of this newsletter. Please review the policy and ask staff if you have any questions. Please do not enter the parking lot when plowing is taking place. This includes clearing or moving your vehicle.

- **Please remember...** to bring ALL work order requests to the office.

• 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



Holiday Door Decorating Contest

Please share your holiday spirit by decorating your apartment door. Doors will be judged by your fellow residents and the favorite door will receive a Save A Lot Gift Card.

If you will be taking part, please have your apartment door decorated by Friday, December 12th. Judging will take place December 13th through December 17th (you will receive a ballot in your mailbox). Winners will be announced at the preschool caroler event on Friday, December 19th.

Please remember to only decorate your door, do not hang anything on the walls or put rugs or other items in the hallway.

We look forward to seeing all the festive doors!

December Event Highlights

Catholic Mass on TV - Sundays at 8:30 AM
 Wii Bowling - Tuesdays at 3:00 PM
 Chair Yoga – Wednesdays at 10:30 AM

 Pastor Kayti will be here on Monday, December 1st at 2:00 PM for Communion.

 On Wednesday, December 3rd the “Southgate/Save A Lot Express” will transport residents between the Manor and Southgate Plaza, with an additional stop at Save A Lot between 8AM and 12PM. The cost is \$5.00.

 We will be trimming the tree on Friday, December 5th at 12:30 PM. Join us in making our community room festive!

 A friendly therapy dog will be visiting on Friday, December 5th at 1:00 PM.

 Trivia from the Senior Center will be steamed in the community room on Monday, December 8th at 12:30 PM.

 The Orchard Park High School Jazz Band will be here on Wednesday, December 10th at 9:45 AM. They will perform a Christmas concert for residents and breakfast treats, and coffee will be served.

 Our annual holiday party will be taking place on Wednesday, December 10th. Seating will begin at 4:30 PM, the meal will be served at 5:00 PM. This event is for residents only. Remember to bring your own table setting (plate, silverware, coffee cup) to this event.

On Monday, December 15th Father Ryan will be here for confession from 1:00 PM to 1:45 PM, Pastor Kayti will have “Coffee & Conversation” at 1:30 PM.

 On Wednesday, December 17th residents will be transported between the Manor and Aldis, Wegmans, and Walmart on Transit Road between 8AM and 12PM. The cost is of \$5.00.

 Christmas Bingo with Lori will take place on Thursday, December 18th at 5:30 PM.

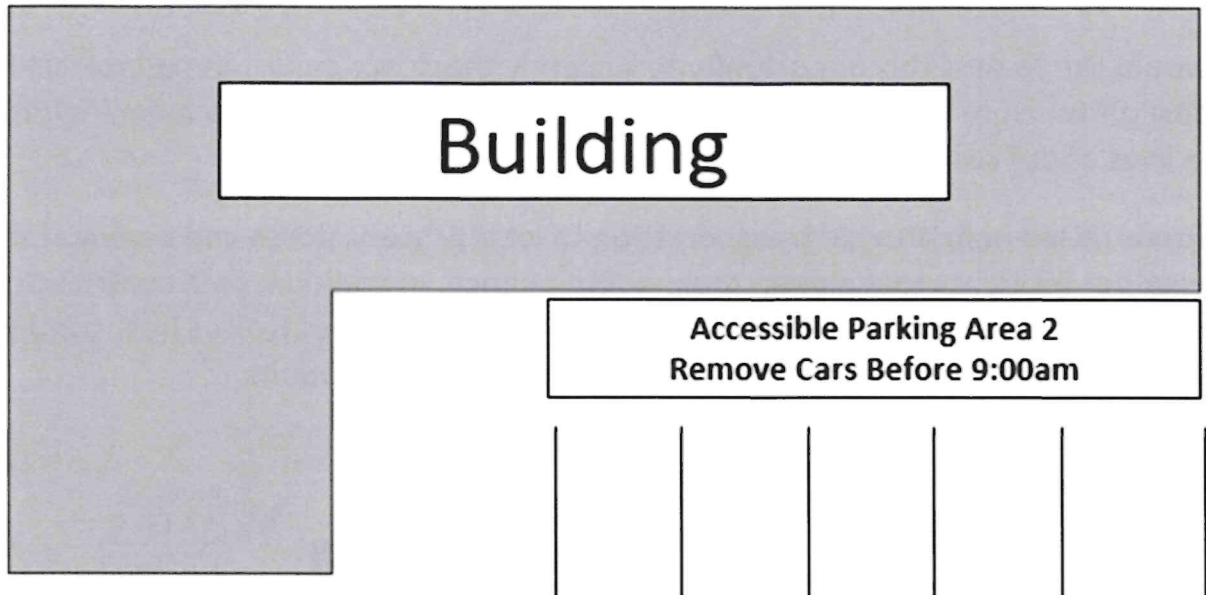
 We will be visited by Preschool Carolers on Monday, December 19th at 10:00 AM. They will put on a short play and sing holiday songs in the Community Room. Door decorating winners will be announced at the end of their program.

 A Blood Pressure Clinic will be held on Monday, December 29th at 12:45 PM.

 Help us plan activities and events for the new year on Friday, December 29th at 1:00 PM. We welcome input from residents!

****Please remember to sign up for all events in advance. Sign up sheets are on the bulletin board in the community room.****

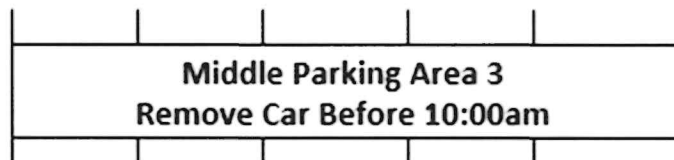
WINTER PARKING IN EFFECT:
NOVEMBER 1 TO APRIL 1 ANNUALLY



AREA 2 is plowed 2nd
remove cars before
9:00 am.

Area 3 is plowed 3rd
remove cars by
10:00am .

Area 1 is plowed 1st
No overnight parking
from 9:00pm-9:00am



Adhering to the snow plowing policy ensures a safe and accessible parking lot which will allow for visitors and guest to pick up and drop off as necessary.

2025 Direct Sponsorship Campaign

We would like to take this opportunity to sincerely thank our generous supporters for their ongoing partnership with United Church Manor. Your support makes a meaningful impact in the lives of our residents every single day.

The funds raised help provide transportation to local grocery stores and essential shopping, allowing our residents to maintain their independence. In addition, past contributions have allowed us to create a peaceful outdoor fountain and garden, as well as host community-building activities such as ice cream socials and holiday celebrations.

PLATINUM SPONSORS



**TRAUTMAN
ASSOCIATES**
ARCHITECTS / ENGINEERS



live life.



LITWIN
CASTLE
INSURANCE



GOLD SPONSORS



SILVER SPONSORS

Pilgrim Memorial / First Congregational UCC of Jamestown/ Cleveland Heights Christian Church



CADETS FCU



**BANK OF
HOLLAND**
A better way to bank.™

Service Coordinator Spot

For Your Information

Mindful Moments: Finding Calm This December

December can be joyful, busy and sometimes overwhelming. This month, consider taking a few *Mindful Moments*-small pauses that help quiet the mind and bring a sense of peace:

- One-Minute Breathing: Inhale slowly for 4 seconds, exhale for 6. Repeat 5-8 times.
- The Warm Cup Pause: Hold a warm drink, feel the heat in your hands, and take one slow sip with full attention.
- Micro-Stretch Break: Roll your shoulders, gently stretch your neck, and loosen your jaw.
- Look Out the Window: Notice one beautiful thing- a tree, a cloud, a bird- and rest your mind there for a moment.

Spotlight Program: Arts Access

For those of you who did not attend the presentation on Arts Access, it's not too late to sign up! Arts Access is a wonderful program that offers free or low-cost tickets to a variety of venues from galleries, theaters, concerts, museums and more. Eligibility is open to anyone receiving income-based public assistance in WNY. I have extra applications in my office and can help you sign up if interested!

Educational & Wellness Programs

Therapy Dog Visit Friday, December 5th at 1pm

We are welcoming back Kae and her therapy dog this month! Come down to the community room for some furry cheer! Sign in sheet on the bulletin board.

A Christmas Concert Wednesday, December 10th 9:45 AM

The Orchard Park High School Jazz Band will be here in the community room to perform some festive tunes. All are welcome and encouraged to come enjoy the performance!

Blood Pressure Clinic Monday, December 29th 12:45pm

Sign up sheet on the bulletin board!



Changes in Office Hours:

I will not be in the office from: December 22nd- January 1st.

Sending wishes of joy, peace and warmth to you this holiday season. Happy New Year to all!



December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Meal Program 12:00 PM ----- Communion w/ Pastor Kayti 2:00 PM	2 HUD Property Inspection 9:00 AM ----- Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	3 Chair Yoga 10:30 AM ----- Southgate/ Save A Lot Shopping 8AM- 12PM ----- Meal Program 12:00 PM	4 Meal Program 12:00 PM	5 Meal Program 12:00 PM ----- Tree Trimming 12:30 PM ----- Therapy Dog 1:00 PM	6
7 Catholic Mass on TV 8:30 AM	8 Meal Program 12:00 PM ----- Trivia 12:30 PM	9 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	10 Orchard Park High School Jazz Band 9:45 AM ----- Resident Holiday Party 4:30 PM ----- No Meal Program	11 Meal Program 12:00 PM	12 Meal Program 12:00 PM ----- Poinsettia Day	13 National Guard Birthday
14 Catholic Mass on TV 8:30 AM ----- Hanukkah Begins	15 Meal Program 12:00 PM ----- Confession w/ Father Ryan 1:00 PM - 1:45 PM ----- Coffee & Conversation w/ Pastor Kayti 1:30 PM	16 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	17 Transit Road Shops 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	18 Meal Program 12:00 PM ----- Christmas Bingo w/ Lori 5:30 PM	19 Preschool Carolers 10:00 AM ----- Meal Program 12:00 PM	20
21 Catholic Mass on TV 8:30 AM ----- Winter Solstice	22 Meal Program 12:00 PM	23 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	24 Office Closed ----- No Meals Served ----- Christmas Eve	25 Christmas Office Closed ----- No Meal Program	26 Christmas Meal Program 12:00 PM	27
28 Catholic Mass on TV 8:30 AM	29 Meal Program 12:00 PM ----- Blood Pressure Clinic 12:45 PM ----- Activity Meeting 1:00 PM	30 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	31 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM ----- New Year's Eve			