

Manor Musings

February is:

- Library Lovers Month
- National Black History Month
- Spunky Old Broads Month

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February at the Manor

Recurring Events:

Communion with Pastor Kayti – First Monday of the Month at 2:00 PM

Wii Bowling – Tuesdays at 3:00 PM

Chair Yoga – Wednesday & Friday at 10:30 AM

Trivia w/ Erie County – Second Monday of the Month at 12:30 PM

On Wednesday, February 4th 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.

SUPERBOWL PARTY!

Join your neighbors in the community room on Sunday, February 8th to watch the big game with kickoff at 6:30 PM! Pizza and wings will be served. Bring snacks and drinks with you.

NEW EVENT! **Library 2 Go**

The Buffalo & Erie County Library will be here on Wednesday, February 11th from 12:30 PM to 1:30 PM. Sign up for a library card, check out books (including large print), CDs, or DVDs. Item requests can be made in advance. This will be held monthly on the 2nd Wednesday of each month.

Lori will be hosting Bingo on Thursday, February 12th at 5:00 PM and Thursday, February 26th at 6:00 PM.

On Monday, February 16th the Ebenezer Youth Group will have a game day with residents from 11AM – 2PM. At 12:30 PM a spaghetti & meatball lunch will be served.

Celebrate Paczki Day with us! Paczki's will be available on Tuesday, February 17th between 9AM and 10AM. Please sign up in advance so we have enough for everyone!

On Wednesday, February 18th 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.

Movie Matinee – Thursday, February 19th at 1:00 PM. We will be showing the Rodgers & Hammerstein classic “Oklahoma!”. Fresh popcorn will be served.

A Blood Pressure Clinic will be held on Monday, February 23rd at 12:45 PM

Our friendly Therapy Dog will return on Friday, February 27th at 1:00 PM.



Resident News

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!



Veronica Casillas February 2



Welcome to our newest resident, Veronica, Apt. 139. We hope she finds her new home warm and welcoming.

As a reminder, resident Wi-Fi is available. If you are interested in signing up, please stop in the office. The cost is \$5 per month for up to three devices.



REMEMBER, EDUCATE, CELEBRATE.

BLACK HISTORY MONTH



Football Pool

Numbers have been picked for the football pool. The pool is posted in the community room. If you need a copy, call the office and we will leave one in your mailbox.

Good luck to everyone that is participating!

Sarah's Snip Its

Laundry Room

We have recently ordered new washing machines for our laundry room. Based on usage we have decided to go with 3 traditional top loaders and only 1 front loader. The laundry room is intended for **resident laundry only**. To keep our new machines in tip top shape please do not place any linens or clothing into the washers with any solid waste. Please check pockets as coins, buttons, tissues and sanitary products can create serious blockages.

These steps help maintain sanitary conditions, prevent machine damage, and ensure the laundry facilities remain available and pleasant for everyone to use.



Outside Vendors

Thank you for your patience as we have had considerable trouble with our current contracted bedbug vendor Ehrlich.. On January 14, the technician showed up without the materials to change out the lures in the volcanoes. They have rescheduled for Wednesday, February 4th with arrival time between 9:00am and noon. I am sorry for this inconvenience.

Vehicles

Owning a vehicle is a responsibility. During winter months you are responsible for clearing off your car and moving it so that Joe and Dom can clear the driveway. Snow removal is a priority as it can be a safety concern. We do not want you, staff or guests to slip or fall on ice. If you cannot get out to move your car, please call the office so we can make other arrangements.

Energy Efficiency

We are always striving to find ways to make our building more energy efficient. Recently United Church Manor was awarded an incentive to have 52 new faucet aerators installed. They will be directly applied to our existing faucets, and it will provide an effective spray while saving water and energy. The installation will occur on Wednesday, February 4, 2026. It will be an in and out process and we do not expect any difficulties.

Winter Weather

Old Man Winter has been brutal to WNY. Be sure you are prepared with food, water and medicine as it may be unsafe to travel. Keep extra warm clothing on hand such as gloves, hats and blankets. Stay indoors and avoid travel when possible.



Upcoming Activities

This month we have a bunch of activities coming up. Be sure to check the bulletin board and calendar. Last month we had a movie day presenting Superman. It was well attended so this month on Thursday, 2/19 we will show Oklahoma! Mark your calendars for Wednesday 2/11 from 12:30pm-1:30pm as the "Library 2 Go" will be here. You will have the opportunity to borrow books, DVD's, CD's and use laptop computers. You will also get the chance to get a library card or update your card as well.



Stay Fit Dining

In observance of President's Day there will be no meals served on Monday, February 16th.

A Valentine's Day lunch will be served on Friday, February 13th. It will feature Broccoli Stuffed Chicken Breast with Herb Cream Sauce, Rice Pilaf, Mixed Vegetables, Cranberry Juice, Chef Salad, and Cheesecake with Chocolate Sauce.

On Tuesday, February 17th we'll be having a Fat Tuesday Lunch. It includes Cabbage Roll with Meat Sauce, Garlic Mashed Potatoes, Mixed Vegetables, a Dinner Roll, and a Mardi Gras Donut.

An Ash Wednesday Lunch will be served on Wednesday, February 18th. It will include Macaroni & Cheese, Stewed Tomatoes, California Blend Vegetables, Wheat Bread, and a Rice Krispie Treat.

When inclement weather is causing closures in the area, a specific announcement about closing the Nutrition Program will be made on WIVB, WGRZ, and WKBW TV between 7-9 AM. Listen/watch carefully to be sure that it is the *Erie County Stay Fit Dining Program* that is closed.

A message will also be sent through our resident connect system; make sure you're signed up to receive texts or calls from the Manor. If you are not yet signed up, please see Jessica.

A Bit of Humor

Snowman Jokes

How does a snowman get to work?

By Icicle

What do snowmen eat for breakfast?

Snowflakes

What is it called with a snowman has a temper tantrum?

A meltdown!

How would you scare a snowman?

Get a hairdryer!

What do grown up snowmen call younger snowmen?

Chill-dren

Dress Temptation

Struggling to make ends meet on a first-call salary, the pastor was livid when he confronted his wife with the receipt for a \$250 dress she had bought. "How could you do this?!"

"I was outside the store looking at the dress in the window, and then I found myself trying it on," she explained. "It was like Satan was whispering in my ear, 'You look fabulous in that dress. Buy it!'"

"Well," the pastor replied, "You know how I deal with that kind of temptation. I say, 'Get behind me, Satan!'"

"I did," replied his wife, "but then he said, 'It looks fabulous from back here, too!'"

Maintenance News

• Outside Doors

Please make sure to pull outside doors closed while going in or out. They can get caught on snow or ice causing them not to lock.

• Emergency Pull

Cords...should be untied and hanging to the floor.

- Please remember... to place all garbage in plastic bags that are **securely tied** before putting into the garbage chute.
- The Winter Parking Policy is in effect. Please follow the winter parking policy as outlined on the bulletin board.

• Fire Doors

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

- Please remember... to call the office if you have a work order request.

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

Please leave your name, telephone #, and a brief description of the problem you are having.

Valentine Facts



When did it all start?

There are various theories on the origin of Valentine's Day, but the most popular dates back to the time of the Roman Empire during the reign of Claudius II, 270 A.D. Claudius didn't want men to marry during wartime because he believed single men made better soldiers. Bishop Valentine went against his wishes and performed secret wedding ceremonies. For this, Valentine was jailed and then executed by order of the Emperor on Feb. 14. While in jail, he wrote a love note to the jailor's daughter, signing it, "From your Valentine." Sound familiar?

More Valentine's Day-related history

- The ancient Romans celebrated the Feast of Lupercalia on Feb. 14 in honor of Juno, the queen of the Roman gods and goddesses. Juno was also the goddess of women and marriage.
- Many believe the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.
- In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve."
- In 1537, England's King Henry VIII officially declared Feb. 14 the holiday of St. Valentine's Day.

Greeting Cards

- Approximately 145 million valentines are sent in the U.S. each year according to estimates by the U.S. Greeting Card Association. That's second only to Christmas with 1.6 billion units, and is followed by Mother's Day with 133 million units.
- Women purchase approximately 85 percent of all valentines.
- Over 50 percent of all Valentine's Day cards are purchased in the six days prior to the holiday, making Valentine's Day a procrastinator's delight.
- Teachers will receive the most Valentine's Day cards, followed by children, mothers, wives, sweethearts and pets.

February is National Women Inventors Month

Below are a few of the many invention's women have created that make our lives easier!

Mary Engle Pennington

Thanks to Mary Engle Pennington (1872 - 1952) we don't all have to be farmers to eat fresh food. Her scientific work in ensuring the safe transport of perishable foods (like eggs!) focused on refrigeration and its impact on food. Pennington earned a PhD in chemistry at the University of Pennsylvania in 1895, after being initially denied a bachelors degree in chemistry because of her gender. In addition to having been an expert in refrigeration science, Pennington is credited with inventing the egg carton to ship eggs in a safe and sanitary way.

Josephine Cochrane

Broken plates and seemingly endless post-meal cleaning inspired this wonder of modern kitchen technology: the dishwasher. Josephine Cochrane (1839 - 1913) was an American inventor who designed and patented a hand-powered dishwasher in December 1886. Her invention was primarily used in hotels and restaurants during her lifetime, but paved the way for a post-war world where dishwashers became popular and now-commonplace home appliances. We appreciate this alternative to hand-washing dishes more than Cochrane could ever know.

Florence Parpart

Do you know the work of inventor Florence Parpart? You might not say her name often in your home, but you probably use her invention daily. In fact, it might be in use 24/7 because Parpart (1873 - 1930) patented the electrical refrigerator in 1914. That beautiful appliance that keeps our food fresh and our leftovers safe to eat the next day. Parpart, who filed patents under her married Layman, was a trained stenographer who actually filed several patents, but as a co-inventor because women commonly listed male co-inventors on paperwork to curb bias against women. She kept on inventing despite the roadblocks and we are so thankful.

Rose Totino

Rose Totino (1915 - 1994) was already a successful restaurateur in Minneapolis when they started selling frozen pizzas in 1962. Then she elevated the game in 1979 when she patented a frozen pizza crust that maintained its crispness and deliciousness when baked. We recognize Totino as a titan of frozen pizza and a trailblazer in convenience food technology. We don't know where we'd be - even who we would be, honestly - without her work because a generation or two of us were likely sustained by Totino's frozen pizzas for a while there.

Nancy Johnson

Ice cream! You scream. Let's all scream for Nancy Johnson, the inventor of an ice cream maker that allowed for efficient and easy ice cream production! Johnson (1794 - 1890) was a housewife turned inventor, who was living in Philadelphia when she filed the 1843 patent for the "artificial freezer," a hand-cranked ice cream churn that would set a path towards the billion dollar ice cream industry we know today.



Service Coordinator Spot

For Your Information

NYSEG Electric Bill Assistance

Did you know that even though your heat is included with your rent, you can still receive help through NYSEG's Energy Affordability Program (EAP) for your electric service only.

What is EAP?

EAP is a program that provides monthly bill credits to help lower utility costs for households on fixed or limited incomes.

You may qualify if you:

- Receive benefits such as SNAP, SSI, Medicaid, or Veterans Benefits
- Have your name on the NYSEG electric account

Important to know:

- You do not need to pay for heat to qualify for electric assistance
- EAP credits are applied automatically once you are enrolled
- The credit appears directly on your NYSEG electric bill each month

***If you are interested in applying, please see me. I have applications in my office.**

Upcoming Events

Blood Pressure Clinic

Monday, February 23rd at 12:45pm

Please sign up on the bulletin board!

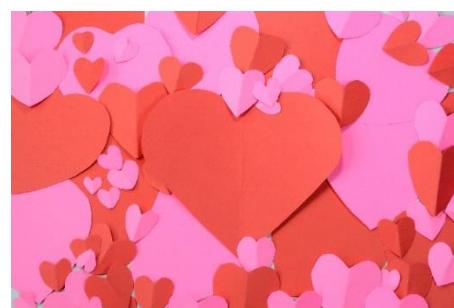
Therapy Dog Visit

Friday, February 27th at 1pm

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

The LIFE Program (through the Catholic Health System) can help you stay at home independently by providing extra care and support that you need. See me if you are interested in signing up!

No changes in Office Hours this month.





February 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Meal Program 12:00 PM ----- Communion w/ Pastor Kayti 2:00 PM ----- Change Your Password Day Groundhog Day	3 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	4 Southgate/Save a Lot Van 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 12:00 PM ----- Optimist Day	5 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM ----- Optimist Day	6 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	7
8	9 Meal Program 12:00 PM ----- Superbowl Party 6:30 PM	10 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	11 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM ----- Library 2 Go 12:30 PM - 1:30 PM	12 Meal Program 12:00 PM ----- Bingo w/ Lori 5:00 PM	13 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM ----- "Valentine's Lunch" 12:00 PM	14 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM
15	16 Games w/ Ebenezer Youth Group 11am - 2pm ----- Spaghetti Lunch 12:30 PM ----- Presidents' Day Susan B. Anthony Day	17 Paczki's 9AM-10AM ----- Meal Program "Fat Tuesady Lunch" 12:00 PM ----- Wii Bowling 3:00 PM	18 Transit Road Shops 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program "Ash Wednesday Lunch" 12:00 PM	19 Meal Program 12:00 PM ----- Movie Matinee - Oklahoma! 1:00 PM	20 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	21 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM
22	23 Meal Program 12:00 PM ----- Blood Pressure Clinic 12:45PM	24 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	25 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	26 Meal Program 12:00 PM ----- Bingo w/ Lori 6:00 PM	27 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM ----- Therapy Dog 1:00 PM	28 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM ----- Therapy Dog 1:00 PM