

# Manor Musings

United Church Manor Vol. 31 Issue 1 Jan. 2026

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## Recipe for a Happy New Year

Take twelve fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancor and hate, cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past—have them fresh and clean as when they first came from the great storehouse of Time.

Cut these months into thirty or thirty-one equal parts. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot this way) but prepare one day at a time.

Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavor of the rest), hope, fidelity, liberality, kindness, prayer, meditation, rest (leaving this out is like leaving the oil out of the salad dressing—don't do it), and one well-selected resolution.

Put in about one teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor.



## Resident News

# Happy Birthday!

*Jean Petrusek*      *January 5*

*Sharon Speer*      *January 14*

*Denise Andrews*      *January 16*

*Sharon Miller*      *January 21*

## Super Bowl Pool

Squares for the Super Bowl Pool go on sale Monday, January 5<sup>th</sup>. Squares are \$5 each. Squares can be purchased in the community room between 10AM and 3PM each day. Please see the flyers in the community room, elevator, and laundry room for more information.

**Congratulations** to our door decorating winners! Mary Ann, Apt. 231, and Rodney Weber, Apt. 206! Thank you to all participants.



## Sarah's Snip Its

### Welcome 2026!

What a busy and joyful month we had in December! Our holiday dinner was a wonderful success, featuring delicious food and a special visit from Santa. The preschoolers truly melted our hearts with their songs and sweet smiles. We also enjoyed classic Christmas movies, along with the new favorite *Holiday Touchdown: A Bills Love Story*. It certainly is a magical time of year.

### NSPIRE Inspection

On December 2, we underwent an NSPIRE (National Standards for the Physical Inspection of Real Estate) inspection. NSPIRE is HUD's required physical inspection system for HUD housing. The program is designed to ensure properties meet basic health, safety, and habitability standards, with a stronger emphasis on conditions that directly affect residents inside their apartments.

During the inspection, two smoke detectors in the bedroom areas of two separate apartments did not activate. These deficiencies required a response and correction within 24 hours.

Repairs were completed promptly, and HUD was notified within the required timeframe.

These were the only deficiencies noted during the inspection. Because the items were not scorable, this resulted in an overall NSPIRE score of 100%. We really have an outstanding maintenance team and with a score like that it shows. Thank you for your cooperation, we couldn't do it without your help.

### Garbage

Please be sure your garbage bags are tied up and secure when placing them in the garbage chute. Joe and Dom have recently had several spills and messy cleanups from items that fall out of untied garbage bags.

### Community Living

Living in a shared community means we all play a part in creating a comfortable and respectful place to call home.

To help maintain a positive atmosphere, please do not address or correct one another directly regarding house rules or building matters. Even well-intended conversations can sometimes be misunderstood or cause discomfort. It is not necessary (or helpful) for neighbors to monitor, correct, or confront one another about perceived rule violations. This includes knocking on doors, questioning others' activities, or repeatedly reporting minor issues that do not present an immediate safety concern. However, if you have a concern that truly affects health, safety, or building operations, we ask that you **report it directly to the management office** and allow staff to handle it appropriately and confidentially.



### Illness

As a reminder, if you are not feeling well, please stay in your apartment. Many of us may have compromised immune systems and are at higher risk. Your consideration helps keep everyone safe.



As we step into a new year, may it bring you strength for the challenges, health to enjoy each day, and peace to fill your heart.

Happy New Year!

### Stay Fit Dining

In observance of Martin Luther King Day there will be no meals served on Monday, January 19<sup>th</sup>.



We will celebrate Martin Luther King Day on Friday, January 16<sup>th</sup>. The lunch will include Breaded Chicken Drumsticks, Red Beans & Rice, Seasoned Greens, Corn Muffin, and Banana Cream Pie.

Join us for Entrée Salads on Thursday, January 22<sup>nd</sup> and Tuesday, January 27<sup>th</sup>.



When inclement weather is causing closures in the area announcements will be made on WBEN and also on WIVB, WGRZ, and WKBW tv between 7-9 AM. Listen carefully to be sure that it is the Erie County Stay Fit Dining Program that is closed.

### **Manor Holidays**



## Maintenance News

- **Thank you** for the Christmas presents and warm holiday wishes! We hope you have a great new year!
- **Cardboard boxes**  
Please break down cardboard boxes before bringing to the maintenance room or putting them in the dumpster.
- **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.
- **Please remember...** to bring ALL work order requests to the office.

- **Winter Parking Policy**

The winter parking policy is currently in effect. If you need a copy of the parking policy, please stop by the business office.

- **Emergency phone number...** for after hours and weekend *maintenance emergencies only* 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

## January is National Volunteer Blood Donor Month

Did you know:

- Every 2 seconds someone in the U.S. needs blood and or platelets.
- Approximately 29,000 units of red blood cells are needed every day in the U. S.
- Nearly 5,000 units of platelets and 6,500 units of plasma are needed daily in the U.S.
- Nearly 16 million blood components are transfused each year in the U.S.
- Sickle cell disease affects 90,000 to 100,000 people in the U.S. About 1,000 babies are born with the disease each year. Sickle cell patients can require blood transfusions throughout their lives.
- The average red blood cell transfusion is approximately 3 units.
- A single car accident victim can require as many as 100 units of blood.
- Blood and platelets cannot be manufactured; they can only come from volunteer donors.
- The blood type most often requested by hospitals is type O.
- One donation can help save more than one life.
- According to the American Cancer Society, more than 1.9 million people are expected to be diagnosed with cancer this year. Many of them will need blood, sometimes daily, during their chemotherapy treatment.

## January 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

An Activity Planning meeting will take place on Monday, January 5<sup>th</sup> at 1:00 PM. Join us to play events and activities for the winter!

Pastor Kayti will be here on Monday, January 5<sup>th</sup> at 2:00 PM for Communion.

On Wednesday, January 7<sup>th</sup> 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 the cost is \$5.00.

Bedbug volcano placement and a visual inspection will take place on Wednesday, January 14<sup>th</sup> beginning at 9:00 AM. You do not have to leave your apartment for this. More information will be distributed to your mailbox.

Bingo with Lori will take place on Thursday, January 15<sup>th</sup> and Thursday, January 29<sup>th</sup> at 6:00 PM.



Join us for a screening of the 2025 Superman on Friday, January 16<sup>th</sup> at 1:00 PM. Fresh popcorn will be served!

We will be holding a Spaghetti Lunch on Monday, January 19<sup>th</sup> at 12:30 PM. This event is free for residents and includes spaghetti with meatballs and Italian bread with butter.

On Wednesday, January 21<sup>st</sup> 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 \$5.00.

A representative from the Life Program will be here on Monday, January 26<sup>th</sup> at 12:45 PM with a presentation and blood pressure clinic.

**\*\*Please sign up for events in advance to avoid cancellation. Please check the bulletin board often for any changes or added events!**

# Service Coordinator Spot

## For Your Information

**Staying Active Indoors This Winter**  
Cold weather doesn't mean you have to stop moving! Staying active during the winter months helps improve balance, strength, mood, and overall health. When it's too chilly or icy to go outside, there are still safe ways to keep your body moving indoors.

**Chair exercises** are a great option for all ability levels. Simple movements like leg lifts, arm circles, ankle rolls, and gentle stretching can be done while seated and help keep joints flexible and muscles strong. Always sit in a sturdy chair and move at a pace that feels comfortable for you. **You are invited to attend Chair Yoga every Wednesday at 10:30am in the Dining Room.**

**Walking the halls** is another easy way to stay active. Wear supportive, non-slip shoes, walk during well-lit hours, and be mindful of corners and doorways. If possible, walk with a neighbor for extra safety and companionship.

*Thank you for being so generous this holiday season! It has been wonderful getting to know you all this year, and I enjoyed my first holiday season with you. Your kindness, thoughtfulness and sincerity are appreciated. Happy New Year to everyone!*

## Educational & Wellness

**Center for Elder Law & Justice: Empowering Older Adults & Families**  
**Weds, January 14<sup>th</sup> at 1pm**  
**Community Room**

An overview of free civil legal services available for older adults will be provided. Q & A session to follow. Please sign up on the bulletin board.

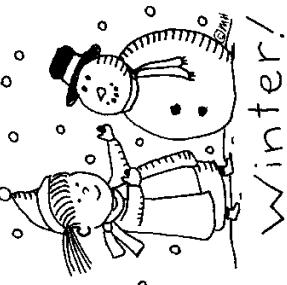
**LIFE Program Presentation & Blood Pressure Clinic**  
**Mon, January 26<sup>th</sup> at 12:45pm**  
**Community Room**

Come learn what the LIFE program has to offer! Blood pressure checks offered as well. Sign in sheet on the bulletin board.

## Changes in Office Hours:

I will be off on Thursday, January 1<sup>st</sup> for the holiday. I will be back in the office on Friday, January 2<sup>nd</sup>.





# January 2026



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4					1  HAPPY NEW YEAR	2	3
5	Meal Program 12:00 PM ----- Activity Meeting 1:00 PM ----- Communication 2:00 PM	6 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	7 Southgate/ Save A Lot Shopping 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	8 ----- Meal Program 12:00 PM	9 Meal Program 12:00 PM ----- Office Closed ----- No Meal Program	10 Meal Program 12:00 PM ----- Office Closed at 1:00 PM	
11	12 Meal Program 12:00 PM ----- Catholic Mass on TV in Community Room 8:30 AM	13 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	14 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM ----- Elder Law Presentation 1:00 PM	15 Meal Program 12:00 PM ----- Bingo 6:00 PM	16 Meal Program "MLK, Jr. Lunch" 12:00 PM ----- Movie Matinee Superman 1:00 PM	17 ----- Popeye Day	
18	19 No Meal Program ----- Catholic Mass on TV in Community Room 8:30 AM	20 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	21 Transit Road Shopping 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	22 ----- Meal Program "Entree Salad" 12:00 PM	23 ----- Meal Program "Entree Salad" 12:00 PM	24  K-12 Graduation Day	International Day of Education
25	26 Meal Program 12:00 PM ----- Catholic Mass on TV in Community Room 8:30 AM	27 Meal Program "Entree Salad" 12:00 PM ----- Wii Bowling 3:00 PM	28 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	29 Meal Program 12:00 PM ----- Bingo 6:00 PM	30 ----- Meal Program 12:00 PM	31 ----- Meal Program 12:00 PM	