

Manor Musings

July at the Manor

July is:

- Cell Phone Courtesy Month
- National Grilling Month
- National Ice Cream Month

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On Monday, July 1st a Snap-Ed Nutrition Program will take place at 12:45 PM. Join them for a healthy cooking presentation.

Bedbug Preventative Maintenance will take place on Wednesday, July 10th beginning at 9:00 AM.

On Wednesday, July 10th, the "Southgate/Save A Lot Express" will transport residents between the Manor, Southgate Plaza, and Save A Lot between 8AM and 12PM. The cost is \$5 roundtrip.

Join us for an Ice Cream Social on Friday, July 12th at 12:45 PM.



designed by freepik

On Sunday, July 14th and 28th Lori will be here with crafts at 12:00 PM and Bingo at 2:00 PM.

On Wednesday, July 24th, a van will transport residents between the Manor and Tops, Walmart, Wegmans, and Aldi's on Transit Rd. between 8AM and 12PM. The cost is \$5 roundtrip.

A blood pressure clinic will be held on Monday, July 29th at 12:45 PM.

United Church Manor

50 North Ave.
West Seneca, NY 14224

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(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!

Community Room Wi-Fi
Network: Manor Guest
Password: Resident

Resident News

Happy Birthday!

- Patty Szaflarski* *July 5*
- Nancy Swift* *July 8*
- Mike Pelow* *July 15*
- Irene Kron* *July 24*
- Fred Fredericks* *July 26*



In observance of the Independence Day holiday, the office will be closed on Thursday, July 4th. We hope everyone has a safe and enjoyable 4th of July!



Welcome to our newest resident, Sharon, Apt. 138. We hope she finds her new home friendly and inviting!

Postage Increase! First class postage stamps will be increasing to 73¢ on July 14th.

Remember to take advantage of our fountain and picnic area in this summer weather!

Sarah's Snip Its

Welcome Summer

On Juneteenth we celebrated a picnic together with a brand-new grill. The propane grill will be available for our residents to use thanks to donated funds. If you would like to use the grill, please come down to the office to complete a form and we will provide you with the key. We hope residents and their families will take advantage of our beautiful outdoor areas this summer.



Bedbugs Group 2

Our bedbug preventative maintenance plan will be performed on **Wednesday, July 10th**. Residents in Group 2 will receive information regarding the maintenance in their unit.

Please be reminded that you can protect yourself from a possible bed bug infestation by: avoiding the purchase of used furniture or used clothing; maintaining a clutter-free apartment; moving your bed a couple of inches from the wall so it does not touch the wall; keeping bed skirts and bed spreads a few inches above the floor; educating yourself on what a bedbug looks like; and reporting any suspicious insect activity to the office or to maintenance.

Annual Fire Drill

This year we will be having our annual fire drill in July. I will send out a letter going over our emergency fire plan to each tenant so you know what to do when you hear the fire alarm.

In March, we had several representatives here from West Seneca to discuss emergency evacuation and we had a follow up meeting with our Safety Committee. We have a good plan in place and the drill will serve as an opportunity to practice and evaluate our procedures.

Feeding Wildlife

The grounds at United Church Manor plays host to many wildlife species. We have seen several squirrels close to entering the building in search of food. When humans feed wildlife, it can lead to unintended consequences, such as altering their natural behavior, causing overpopulation, and increasing the risk of disease transmission. Please do not feed any of the animals around the premises.

Day at the Races

For those who came out for the day at the races I hope you enjoyed the fun! A special thank you to Karen H. who created the horse track and audience cut outs. She is so creative. I loved seeing the competitiveness that took place as we rolled the dice to win the race.

Power Outages

With the recent heat wave and thunderstorms, it's a good time to refresh memories about power outages. Sometimes, residents may have partial power in their apartments. This phenomenon is known as a "brown-out." Brown-out conditions can be detrimental to all electrical appliances and has caused TV's; computers; and other appliances to "burn-out." If there is a power outage in the building, you should contact **NYSEG** to report the outage. Remember, the generator will power the lights in the corridors, stairwells and community room.

Have a safe & happy Fourth of July!



STAY FIT DINING

On Wednesday, July 3rd a Fourth of July Meal will be served. It will feature a Hot Dog with Baked Beans, Macaroni & Cheese, a Chef Salad, and an Ice Cream Sandwich.



In observance of the July 4th holiday, there will be *no meals served* on Tuesday, July 4th.

There will be no meals at the Manor on Thursday, July 25th. Diners will be attending the meal program picnic at Como Lake Park. You must be a registered, regular user of the program to participate.

Please remember to give your lunch reservations to Michele no later than the Wednesday morning preceding the week you'd like to attend. The earlier the better!

A Bit of Humor

A preacher was completing a temperance sermon; with great expression he said, "If I had all the beer in the world, I'd take it and throw it into the river."

With even greater emphasis he said, "And if I had all the wine in the world, I'd take it and throw it into the river."

And then finally, he said, "And if I had all the whiskey in the world, I'd take it and throw it into the river."

He sat down.

The song leader then stood very cautiously and announced with a smile, "For our closing song, let us sing Hymn # 365: "Shall We Gather at the River."

A new pastor was visiting the homes of his parishioners.

At one house it seemed obvious that someone was at home, but no answer came to his repeated knocks at the door. Therefore, he took out a card and wrote "Revelation 3:20" on the back of it and stuck it in the door.

When the offering was processed the following Sunday, he found that his card had been returned. Added to it was this cryptic message, Genesis 3:10."

Reaching for his Bible to check out the citation, he broke up in gales of laughter.

Revelation 3:20 begins "Behold, I stand at the door and knock." Genesis 3:10 reads, "I heard your voice in the garden and I was afraid, for I was naked."

Maintenance News

- **Do not feed wildlife.** Squirrels have been found trying to enter the building and garage as they are comfortable with humans due to residents feeding them. They can damage the building and spread disease. Please refrain from feeding them.
- **To keep sinks from clogging please do not put grease or food scraps into the drains.**
- **Garbage Room** Please securely tie your garbage bag shut, double bag when necessary, and refrain from dropping garbage containing glass or kitty litter from the 2nd floor chute. Please review this information with any aide service or family member as necessary.
- **Emergency Pull Cords...** should be untied and hanging to the floor and should not be blocked by furniture or other items.
- **Please remember...** to bring ALL work order requests to 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



Guess Who!

Let us know which staff member or resident this cutie is. The first one to guess correctly will win a free lunch coupon!

If you'd like to be featured in one of our newsletters, bring a baby/child picture to the office.

A note from Sarah:

We are very lucky to have a very close-knit caring community and it is evident through the good deeds I see take place here at the United Church Manor. I see smiles shared, meals made and time spent together. Although there are many benefits to having caring neighbors, for some it may go too far. I have heard talk that some tenants exit through side doors or have waited to call for emergency services because they are worried about what the neighbors are going to say. If you happen to be around when emergency services are present, please remove yourself from the area so there is ample room for the paramedics to work and the person can have the privacy they deserve.

Many neighbors want to be friendly but do not want to share personal information such as health conditions, financial situations or family matters. Please respect these boundaries. A piece of timeless advice, "if you have nothing nice to say, don't say anything at all."

Before you speak,
THINK:

T - is it true?

H - is it helpful?

I - is it inspiring?

N - is it necessary?

K - is it kind?



Fourth of July Trivia

Test your knowledge!

We will post the answers on the board outside of the office on July 5th!

1. Where was the first celebration of Independence Day held?
 2. Every Independence Day, how many times does the Liberty Bell ring?
 3. What was the name of the newspaper that published the Declaration of Independence?
 4. The Fourth of July commemorates which document?
 5. Which American president was born on July 4th?
 6. Which president of the United States was the first to host a Fourth of July celebration at the White House?
 7. What was the total number of people who signed the Declaration of Independence?
-

Service Coordinator Spot

For Your Information

Summer Is Finally Here! Here are some tips to help keep cool during these summer months:

- **Drink Plenty of Fluids** - Drink plenty of water, even if you aren't thirsty. Limit your caffeine & alcohol intake, as it increases the risk of dehydration.
- **Wear Appropriate Clothes** - Wear light-colored, light-weight, loose-fitting clothing.
- **Stay Indoors During Mid-day Hours** - The best time to run errands or be outdoors is before 10 a.m. or after 6 p.m. when the temperature tends to be cooler.
- **Take It Easy** - Avoid exercise or strenuous activity, particularly outdoors, when it is very hot out.
- **Seek Air-Conditioned Environments** - If you do not have air conditioning, consider finding an air-conditioned place to spend time during extreme heat. Taking a cool bath or shower can also be beneficial.
- **Know the Warning Signs of Heat-Related Illness** - Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately.

CHANGES IN OFFICE HOURS:

I will be on vacation for the entire week of July 22nd



Educational & Wellness Programs

SNAP-NUTRITION EDUCATION PRESENTATION

**Monday, July 1st at 12:45 p.m.
(this was re-scheduled from June)**

SNAP-Ed is a statewide program that provides nutrition education and workshops to low income individuals and families all throughout the community.

They offer hands-on workshops to empower participants to shop, cook, and eat healthier, all while staying within their budget. Olivia will be preparing a refreshing, summer-themed treat!

Come join the fun and treats – All are welcome!!

Sign-Up Sheet On Bulletin Board



BLOOD PRESSURE CLINIC

Catholic Health LIFE


MONDAY, JULY 29th 12:45 p.m.

Sign in the day of



July 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Meal Program 12:00 PM ----- Snap-Ed Nutrition Program 12:45 PM	2 Meal Program 12:00 PM ----- Made in the USA Day	3 Meal Program "4th of July Meal" 12:00 PM	4  Office Closed ----- No Meals Served	5 Meal Program 12:00 PM	6
7	8 Meal Program 12:00 PM	9	10 Southgate/ Save A Lot Shopping 8AM - 12PM ----- Meal Program 12:00 PM ----- Library Reserved 2:30 PM	11 Farmer's Market Coupons Distributed 11AM - 12PM ----- Meal Program 12:00 PM	12 Meal Program 12:00 PM ----- Ice Cream Social 12:45 PM	13 International Day of Rock n' Roll
14 Global Forgiveness Day	15 Meal Program 12:00 PM	16 Meal Program 12:00 PM	17 Meal Program 12:00 PM ----- Disneyland Day	18 Meal Program 12:00 PM	19 Meal Program 12:00 PM	20 Community Room & Picnic Area Reserved 2PM - 10PM
21 Crafts with Lori 12:00 PM ----- Bingo 2:00 PM	22 Meal Program 12:00 PM	23 Meal Program 12:00 PM	24 Transit Road Shopping 8AM - 12PM ----- Meal Program 12:00 PM	25 No Meals Served	26 Meal Program "Entree Salad" 12:00 PM	27
28 Crafts with Lori 12:00 PM ----- Bingo 2:00 PM	29 Meal Program 12:00 PM	30 Meal Program 12:00 PM ----- Friendship Day	31 Meal Program 12:00 PM	