

Manor Musings

July is:

- Cell Phone Courtesy Month
- National Blueberry Month
- Self-Care Month

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July at the Manor

Chair Fitness will take place each Wednesday at 10:30 AM.

A Communion Service with Pastor Kayti will take place on Monday, July 7th at 2:30 PM.

Learn about the Pony Express with University Express on Tuesday, July 8th at 1:00 PM.

On Wednesday, July 9th, 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.

Bingo with Lori will be held on Sunday, July 13th at 2:00 PM and Thursday, July 24th at 6:30 PM.

Crafts are on hold for the summer and will resume in September.

On Monday, July 14th we will stream the senior centers monthly trivia at 12:30 PM.

Learn more about Using Google with University Express on Tuesday, July 15th at 1:00 PM.

BYOB BBQ to the community room on Wednesday, July 16th at 5:00 PM. Karen H. will be manning the grill if you'd like throw something on!

Pastor Kayti will be available on Monday, July 21st from 12:30 – 3PM with open office hours for conversations, prayers, or just a friendly visit.

On Monday, July 21st a Snap-Ed Nutrition Program will take place at 12:45 PM. Join them for a healthy cooking presentation.

On Wednesday, July 23rd, 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.

Welcome our new Service Coordinator at a Root Beer Float Meet & Greet on Wednesday, July 23rd at 1:00 PM.

Join us for "Christmas in July" on Friday, July 25th in conjunction with the meal program. We will enjoy Christmas carols and have Christmas games and activities.

A Blood Pressure Clinic will be held on Monday, July 28th at 12:45 PM.

On Monday, July 28th an Activity Planning Meeting will be held at 1:00 PM.

United Church Manor

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West Seneca, NY 14224

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Find us on the web
www.ucmanor.org

“Like” us on Facebook!

Resident News

Happy Birthday!

Patty Szaflarski July 5

Denice Bromley July 15

Mike Pelow July 15

Irene Kron July 24

Fred Fredericks July 26



Postage Increase! First class postage stamps will be increasing to 78¢ on July 13th.

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



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



Cell Phone & Tablet Recycling

Do you have an old cell phone or tablet you need to get rid of? Bring it to the office by July 21st. We will be sending them to Big Sky who recycles smartphones, mobile cell phones, and tablets to help support environmental, domestic violence and military charities. They securely erase any data left on the phone or tablet before recycling.

Sarah's Snip Its

Service Coordinator

On Juneteenth, we enjoyed a wonderful picnic and took time to say goodbye to our beloved Service Coordinator, Becky. Thank you to everyone who joined us and brought something to share—it was a special time of togetherness and celebration.

We're pleased to share that we have hired a new Service Coordinator who will begin in mid-July. More information will be shared soon! If you need assistance with service coordination in the meantime, please see us in the office.



Annual Fire Drill

Our annual fire drill will take place this July. A letter will be sent out beforehand with details about our emergency fire plan so that everyone knows what to do when the fire alarm sounds. After the drill, please join us in the community room for a brief resident meeting. Everyone who attends will be entered into a drawing to win a \$15 Walmart gift card!

No Lifting Policy

As a reminder, our staff are not trained medical professionals and cannot lift residents who have fallen. However, we will stay with you, provide support, and immediately call emergency services to ensure you get the help you need.



Bed Bug Maintenance

The volcanoes will be checked by our exterminator on Wednesday, July 9, and should start around 9:00am.

Summer Fun

We have our propane grill available for tenant use. Please sign it out in the office as it has a lock on it. In addition, we have a cornhole game. If you would like to use it, please let the office know and we will get it out for you.

Our friends from St. Matthew's

Pastor Kayti from St. Matthew's United Church of Christ in Hamburg will continue to provide communion and open office hours monthly. See the calendar for the exact dates. She is working with community members to provide shawls to those in need. If you enjoy knitting or crocheting and would like to contribute, please reach out—I plan to make one too!

Have a safe & happy Fourth of July!



STAY FIT DINING

On Thursday, July 3rd a Fourth of July Meal will be served. It will feature a Hot Dog with Baked Beans, Macaroni & Cheese, Broccoli Florets, Fruit Punch, and an Ice Cream Sandwich.



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

A Bit of Humor

A stingy old lawyer who had been diagnosed with a terminal illness was determined to prove wrong the old saying, "You can't take it with you."

After much thought and consideration, the old ambulance-chaser finally figured out how to take at least some of his money with him when he died.

He instructed his wife to go to the bank and withdraw enough money to fill two pillowcases. He then directed her to take the bags of money to the attic and leave them directly above his bed.

His plan: When he passed away, he would reach out and grab the bags on his way to heaven.

Several weeks after the funeral, the deceased lawyer's wife, up in the attic cleaning, came upon the two forgotten pillowcases stuffed with cash.

"Oh, that old fool," she exclaimed. "I knew he should have had me put the money in the basement."

A Christmas in July Meal will be served on Friday, July 25th. Roast Beef with Horseradish & Gravy will be served along with Scalloped Potatoes, Burssels Sprouts, a Chef Salad, Rye Bread, and Cheesecake with Chocolate Sauce.

There will be no meals at the Manor on Thursday, July 31st. Diners will be attending the meal program picnic at Como Lake Park. You must be a registered, regular user of the program to participate.



Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman--already dressed and sitting on the bed with a suitcase at his feet--who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him.

"I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."

Maintenance News

- **Do not feed wildlife.** Human food is unhealthy for them and encourages them to stop hunting or foraging on their own.
- Please rinse/clean items before putting into the recycling bins in the stairwell.
- 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

Summer Safety Tips



Stay Hydrated

Drink 8 or more glasses of water per day to stay healthy & hydrated



Know the Side Effects of Medications

Some medications have side effects such as drowsiness or sun sensitivity



Stay Cool

Stay in the A/C, indoors, go swimming, etc.



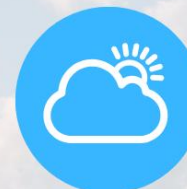
Wear Light, Loose Fitting Clothing

Wear breathable clothing and light colors that reflect the sun



Have Emergency Contacts

Have a list of people to call in case of emergency



Know the Weather Forecast

Plan your days accordingly depending on the weather



Disneyland is 70!

Disneyland officially opened on July 17, 1955 and is marking it's 70th Anniversary this year! Find below some interesting facts you may not know about Disneyland.

- **Disneyland was a TV Show Before it was a Park** The building of Disneyland was an expensive venture of \$17 million. Sure, it could have been done for cheaper, but it wouldn't have been big enough to hold all of Walt's ideas. In addition to borrowing from his life insurance, selling his vacation home and making a few deals with several companies, Disney made a deal with the ABC television network to create the TV series, *Disneyland* which premiered on Wednesday, October 27, 1954. In addition to showing cartoons and short stories, Walt shared updates about the new theme park. The show even won an Emmy for Best Variety Series during its first season.
- **More Bang for Your Buck** Disneyland opened with just 33 attractions. Today, it boasts of nearly 70 rides, shows and exhibits.
- **Ticket Prices Then and Now** Admission was initially set at just \$1 person when Disneyland first opened. However, this didn't include the cost of the attractions. Standard single tickets in 2025 range from \$103-\$206 a day!
- **The Strangest Shop Ever at the Park** Main Street USA has seen a lot of changes over the years. During the first couple of years, outside vendors rented space on Main Street. Among the shops were Cole of California Swimsuits (1956-1957), Fine Tobacco (1955-1990) and Town Square Realty (1955-1960). But none were more offbrand than Hollywood-Maxwell's Brassiere Company (1955-1956). Inside was a revolving stage recreating fashions of the 1890s on one side and more modern fashions styles on the other. Guests were welcomed by the "wizard" himself with a wave of his magic wand to show them "how it was and how it is" – in bras. It closed six months later.
- **The First Fireworks** In 1958, guests would complain that there wasn't any fireworks like those featured on Disney's TV show, so Walt made plans to create a fireworks show against the backdrop of Sleeping Beauty Castle. Today, the fireworks show is considered part of the Disneyland experience.
- **Older Than it Looks** Many attractions and props in Disneyland are made to look older than they really are, but in the case of the King Arthur Carousel, the opposite is true. It was actually built in 1922. Disney bought the carousel from Sunnyside Beach Park in Toronto.

INDEPENDENCE DAY

WORD SEARCH PUZZLE

HAPPY 4th OF JULY!

The words appear UP,
DOWN, BACKWARDS, and
DIAGONALLY.
Find and circle each word.

C	S	T	A	T	E	S	F	D	A	S	M	P	F	N
B	P	K	H	W	M	S	E	L	T	J	M	A	C	O
H	I	L	R	J	S	T	R	N	A	A	I	R	V	I
O	C	G	F	O	I	E	E	A	S	G	N	T	A	T
L	N	L	N	N	W	M	M	E	T	R	D	Y	C	A
I	I	A	U	I	U	E	L	A	M	S	E	B	A	N
D	C	T	D	N	P	C	R	O	G	S	P	A	T	Z
A	C	A	O	E	N	M	D	I	E	Y	E	R	I	Y
Y	R	M	N	U	M	E	A	P	F	E	N	B	O	T
P	E	E	W	T	E	O	I	C	T	E	D	E	N	R
G	M	R	V	R	H	R	C	I	G	U	E	C	A	E
P	M	I	F	U	T	E	H	R	D	L	N	U	X	B
N	U	C	I	S	F	W	M	P	A	B	C	E	R	I
V	S	A	W	P	A	R	A	D	E	C	E	R	E	L
K	E	T	A	R	B	E	L	E	C	R	Y	I	D	L

AMERICA
ANTHEM
BARBECUE
BLUE
CAMPING
CELEBRATE
DEMOCRACY

FIREWORKS
FLAG
FREEDOM
GAMES
HOLIDAY
INDEPENDENCE
LIBERTY

MONUMENTS
NATION
PARADE
PARTY
PICNIC
RED
STARS

STATES
STRIPES
SUMMER
UNCLE SAM
UNITED
VACATION
WHITE





July 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Meal Program 11:45 AM	2 Chair Fitness 10:30 AM ----- Meal Program "Entree Salad" 11:45 AM	3 Meal Program "Independence Day Lunch" 11:45 AM 	4 Office Closed ----- No Meals Served	5
6	7 Meal Program 11:45 AM ----- Communion with Pastor Kayti 2:30 PM	8 Meal Program 11:45 AM ----- University Express - The Pony Express 1:00 PM	9 Southgate / Save A Lot Shopping 8AM - 12 PM ----- Chair Fitness 10:30 AM ----- Meal Program 11:45 AM	10 Meal Program 11:45 AM	11 Meal Program 11:45 AM	12
13	14 Meal Program 11:45 AM ----- Trivia 12:30 PM ----- Bastille Day	15 University Express - Using Google 1:00 PM ----- Meal Program 11:45 AM	16 Chair Fitness 10:30 AM ----- Meal Program 11:45 AM ----- BYOBQ 5:00 PM	17 Meal Program 11:45 AM	18 Meal Program 11:45 AM ----- Nelson Mandela International Day	19 National Eat Your JELL-O Day
20 	21 Meal Program 11:45 AM ----- SNAP-Ed Nutrition 12:45 PM ----- Office Hours with Pastor Kayti 12:30PM - 3PM	22 Meal Program 11:45 AM	23 Transit Road Shops 8AM - 12PM ----- Chair Fitness 10:30 AM ----- Meal Program 11:45 AM ----- Root Beer Float Meet & Greet 1:00 PM	24 Meal Program "Entree Salad" 11:45 AM ----- Bingo w/ Lori 6:30 PM	25 Meal Program "Christmas in July Lunch" 11:45 AM	26
27 	28 Meal Program 11:45 AM ----- Blood Pressure Clinic 12:45 PM ----- Activity Planning Meeting 1:00 PM	29 Meal Program "Entree Salad" 11:45 AM ----- International Chicken Wing Day	30 Chair Fitness 10:30 AM ----- Meal Program 11:45 AM	31 Meal Program Picnic at Como Lake Park - No meals at the Manor		