

Manor Musings

July at the Manor

Chair Yoga will take place each Wednesday and Friday at 10:30 AM.

A Communion Service with Pastor Kayti will take place on Monday, July 6th at 2:00 PM.

On Wednesday, July 8th, 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 12th at 4:00 PM and Thursday, July 23rd at 5:00 PM.

The Buffalo & Erie County Library’s “Library 2 Go” will be here on Tuesday, July 14th from 1:00 to 2:00 PM. You can request books/CDs/DVDs by emailing them at librarytogo@buffalolib.org or by phone at 716-858-7156. They will also have books, DVDs and other items available to browse & check out on the 14th.

A representative from Mary Agnes Manor will be available on Wednesday, June 15th from 9AM to 10AM. Stop by with any questions about their services or admissions.

Our monthly movie matinee will take place Thursday, July 16th at 1:00 PM. This month’s movie is “Dr. Zhivago”. *During the Russian Revolution, Yuri Zhivago (Omar Sharif) is a young doctor who has been raised by his aunt and uncle following his father's suicide. Yuri falls in love with beautiful Lara Guishar (Julie Christie), who has been having an affair with her mother's lover, Victor Komarovskiy (Rod Steiger), an unscrupulous businessman. Yuri, however, ends up marrying his cousin, Tonya (Geraldine Chaplin). But when he and Lara meet again years later, the spark of love reignites.*

Pastor Kayti will be available on Monday, July 20th from 1:00 – 3PM with open office hours for conversations, prayers, or just a friendly visit.

On Wednesday, July 22nd 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 take place on Monday, July 27th at 12:45 PM.



July is:

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

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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!

Resident News

Happy Birthday!

Patty Szaflarski July 5

Denice Bromley July 15

Mike Pelow July 15

Irene Kron July 24

Fred Fredericks July 26



*Happy Birthday to our Service
Coordinator, Jessica!*

Postage Increase! First class postage stamps will be increasing to 82¢ on July 12th.

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 3rd. We hope everyone has a safe and enjoyable 4th of July!



Sarah's Snip Its

At last, it is finally summer, most people's favorite season. Time for sunshine, warm evenings, fresh produce and you don't have the hassle of bundling up to go outside. However, summer can pose other dangers we don't tend to think about, **heat exhaustion, heat stroke, and dehydration** which can trigger falls, cognitive confusion, and sudden medical emergencies.

- **Heat Exhaustion Symptoms:** Dizziness, headache, nausea, muscle cramps, lethargy, and a rapid pulse.
- **Heat Stroke Symptoms:** Body temperature over 104° F, dry or red skin, confusion, loss of consciousness, and a strong, racing heart rate.
- **Dehydration Symptoms:** Thirst, dry mouth, fatigue, dark urine, and infrequent urination.

To avoid these dangers, drink plenty of water and clear juices, regardless of thirst. During hot spells use fans or air conditioning in your apartment. Pull the blinds down to darken the room during the day to keep the heat out and open windows in the evening. Utilize air-conditioned spaces, if you do not have air conditioning in your apartment sit down in the community area or library if you are looking for solitude.

Noise

I have received some complaints in the office regarding noise in the building specifically slamming of apartment doors when you enter or exit your apartment. While this may not be intentional, the repeated slamming is disturbing to other residents, particularly during the evening and overnight hours.

All residents are expected to be considerate of their neighbors and take reasonable steps to minimize noise. Please ensure your apartment door is closed gently rather than allowed to slam shut. If your door closes forcefully, (when windows are open) you are encouraged to install a door draft stopper or another device that helps reduce the noise. Thank you for helping maintain a quiet and respectful living environment for everyone.



Tenant Meeting

Thank to those of you who attended our tenant meeting in June. There was good and productive conversations had and it was an opportunity to ask questions and get information about what is going on in the community.

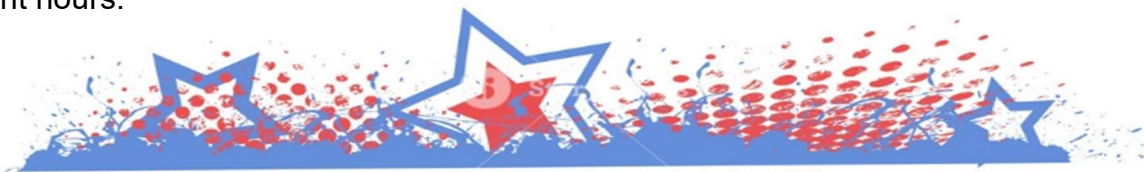
Annual Fire Drill

Our annual fire drill will take place this July. Every tenant should have received a new orange "Evacuated" magnet to put under their apartment door handle when you have exited your apartment. If you do not have one please let the office know.

Roof

Thank you for everyone's patience and cooperation while we received the new roof. Scott's did a tremendous job and they got it done so quickly! A few days of craziness was well worth the payoff of a new roof!

Have a safe & happy Fourth of July!



STAY FIT DINING

On Thursday, July 2nd a Fourth of July Meal will be served. It will feature a Hot Dog with Baked Beans, Macaroni Salad, Mixed Vegetables, Fruit Punch, and an Ice Cream Sandwich.



In observance of the July 4th holiday, there will be *no meals served* on Friday, July 3rd.

A Christmas in July Meal will be served on Friday, July 24th. Roast Beef with Horseradish & Gravy will be served along with Scalloped Potatoes, Brussels Sprouts, a Chef Salad, Rye Bread, and Cheesecake with Chocolate Sauce.



There will be no meals at the Manor on Thursday, July 30th. Diners will be attending the meal program picnic at Como Lake Park. You must be a registered, regular user of the program to participate.

A Bit of Humor

The Popes Driver

After getting all of the Pope's luggage loaded into the limo (and he doesn't travel light), the driver notices that the Pope is still standing on the curb.

"Excuse me, Your Holiness," says the driver, "Would you please take your seat so we can leave?"

"Well, to tell you the truth," says the Pope, "they never let me drive at the Vatican, and I'd really like to drive today."

"I'm sorry but I cannot let you do that. I'd lose my job! And what if something should happen?" protests the driver, wishing he'd never gone to work that morning.

"There might be something extra in it for you," says the Pope. Reluctantly, the driver gets in the back as the Pope climbs in behind the wheel. The driver quickly regrets his decision when, after exiting the airport, the Supreme Pontiff floors it, accelerating the limo to 105 mph.

"Please slow down, Your Holiness!!!" pleads the worried driver, but the Pope keeps the pedal to the metal until they hear police sirens.

"Oh, dear God, I'm gonna lose my license," moans the driver.

The Pope pulls over and rolls down the window as the policeman approaches, but the policeman takes one look at him, goes back to his motorcycle, and gets on the radio.

"I need to talk to the Sarge," he says to the dispatcher.

The Sarge gets on the radio and the policeman tells him that he's stopped a limo going a hundred and five.

"So bust him," said the Sarge.

"I don't think we want to do that, he's really important," said the policeman.

Sarge exclaimed, "All the more reason!"

"No, I mean really important," said the policeman.

The Sarge then asked, "Who ya got there, the Mayor?"

Policeman: "Bigger."

Sarge: "The President?"

Policeman: "Bigger."

"Well," said the Sarge, "Who is it?"

Policeman: "I think it's God!"

Sarge: "What makes you think it's God?"

Policeman: "He's got the Pope as his limo driver!"

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 & Nick

Summer Safety Tips



Stay Hydrated

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



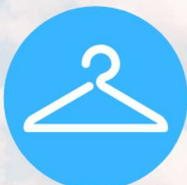
Know the Side Effects of Medications

Some medications have side affects such as drowsiness or sun sensitivity



Stay Cool

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



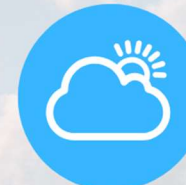
Wear Light, Loose Fitting Clothing

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

July 11th is Cheer Up the Lonely Day!

In our fast-paced, hyper-connected world, it may come as a surprise that feelings of loneliness and isolation are on the rise. Despite having tools that allow us to stay in touch with friends and family at the touch of a button, many still experience profound disconnect. This phenomenon has spurred awareness around mental health and the importance of fostering connections. This day encourages us to reach out to those who may be feeling lonely and emphasizes the power of human connection.

Loneliness is often misunderstood. It doesn't simply mean being alone; rather, it can occur in crowded rooms or among close friends. It is a complex emotional experience characterized by feelings of emptiness, sadness, and disconnection from others. Research shows that chronic loneliness can have serious repercussions on both mental and physical health, including increased risk of depression, anxiety, and even heart disease. It is a silent epidemic that crosses age, gender, and socioeconomic boundaries.

Cheer Up the Lonely Day serves as a timely reminder of the intrinsic human need for connection. Harvard's Study of Adult Development, which has spanned over seven decades, reveals that strong relationships and a sense of belonging are crucial for mental and emotional well-being. These connections not only increase happiness but can lead to a longer, healthier life.

Relationships also act as a buffer against stress. When we feel supported by others, we can better navigate the challenges that life throws our way. Conversely, isolation can heighten stress levels, leading to a negative spiral of health issues. The day encourages people to actively engage with friends, family, and even strangers in order to combat loneliness and foster a more supportive community.

So, how can we make a difference on Cheer Up the Lonely Day? Here are a few thoughtful suggestions:

1. Reach Out

A simple phone call, text message, or handwritten note can make a significant impact on someone who feels lonely. Take the initiative to check in on friends, family, or colleagues who may be going through tough times. Express your willingness to listen and be there for them. Often, just knowing someone cares can brighten a lonely day.

3. Organize a Gathering

Consider hosting a casual get-together or game night. Invite friends and encourage them to bring someone who may be new in town or someone who seems to be going through a hard time. Creating an inclusive environment fosters connections and helps break the cycle of loneliness.

4. Join a Group or Club

If you have interests or hobbies, embark on a journey to connect with like-minded individuals. Many communities have clubs or groups dedicated to various activities—be it book clubs, art classes, or hiking groups. Engaging with others who share your passions can lead to meaningful friendships.

5. Advocate for Mental Health Awareness

Take the conversation on loneliness and mental health to your social circles. Discussing these topics openly can help destigmatize the feelings associated with loneliness and encourage others to reach out for help when needed. Share resources and support systems available in your community, fostering a more empathetic environment.

Acts of kindness, no matter how small, can create a ripple effect that inspires others to follow suit. Cheer Up the Lonely Day serves to remind us of the profound impact we can have on the lives of those around us. It's not just about alleviating someone else's loneliness; it's about creating a culture of compassion and connection, which ultimately benefits everyone.

Service Coordinator Spot

FOR YOUR INFORMATION

A Note on Kindness, Community and Staying Connected

Living in a community means sharing not only spaces, but also everyday moments- hallways, elevators, common rooms, and conversations that shape the atmosphere we all experience. At its best, this kind of shared living creates connection, comfort, and even friendship.

One of the most important ways we can care of one another is through kindness in our words. We kindly ask residents to be mindful of gossip and rumor-sharing. Even when it may seem harmless or casual, repeated negative talk about others can create unnecessary tension and discomfort within the community. Most of us feel our best when we know we are in an environment where we are treated with respect and where others extend that same respect in return.

Our community thrives when we support one another and contribute to a welcoming environment. Each resident plays a role in creating a space that feels safe, friendly, and enjoyable to call home. Together, we can keep our community welcoming for everyone.

EDUCATIONAL & WELLNESS PROGRAMS

Mary Agnes Manor Assisted Living Facility Weds, July 15th 9am-10am

Erica Carrier, the Director of Admissions at Mary Agnes Manor, will be here to answer any questions you may have about their facility and what services they offer there. This is not a formal presentation as Erica will set up a table you can visit at your own convenience and ask questions. She will have pamphlets available.

Sign in the day of.

**Blood Pressure Clinic
LIFE Program
Monday, July 27th at 12:45pm**
Come get your blood pressure taken in the Community Room. All are welcome.
Sign up sheet on the bulletin board.

Changes in Office Hours:

I will not be in the office on Friday July 3rd due to the holiday.
I will be off on Monday, July 13th.





July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chair Yoga 10:30 AM Meal Program 11:45 AM	2 Meal Program "Independence Day Lunch" 11:45 AM	3 No Meal Program Office Closed	4 Tenant Cookout 5:00 PM
5	6 Meal Program 11:45 AM Communion w/ Pastor Kayti 2:00 PM	7 Meal Program 11:45 AM Global Forgiveness Day	8 Southgate/ Save A Lot Shopping 8AM - 12PM Chair Yoga 10:30 AM Meal Program 11:45 AM	9 Meal Program 11:45 AM	10 Chair Yoga 10:30 AM Meal Program 11:45 AM Kitten Day	11 Cheer Up The Lonely Day
12	13	14 Meal Program 11:45 AM Library 2 Go 1:00 PM - 2:00 PM Bastille Day	15 Mary Agnes Manor 9:00 AM Chair Yoga 10:30 AM Meal Program 11:45 AM	16 Meal Program 11:45 AM Movie Matinee - "Dr. Zhivago" 1:00 PM	17 Chair Yoga 10:30 AM Meal Program 11:45 AM Disneyland Day	18 Toss Away the "Could Haves" and "Should Haves" Day
19	20 Meal Program 11:45 AM Office Hours w/ Pastor Kayti 1:00PM - 3:00PM	21	22 Transit Road Shops 8AM - 12PM Chair Yoga 10:30 AM Meal Program 11:45 AM	23 Meal Program "Entree Salad" 11:45 AM Bingo w/ Lori 5:00 PM	24 Chair Yoga 12:30 PM Meal Program "Christmas in July Lunch" 11:45 AM	25 Merry-go-round Day
26	27 Meal Program 11:45 AM Blood Pressure Clinic 12:00 PM	28 Meal Program "Entree Salad" 11:45 AM	29 Chair Yoga 10:30 AM Meal Program 11:45 AM	30 No Meal Program National Share A Hug Day	31 Chair Yoga 10:30 AM Meal Program 11:45 AM	
	World Day for Grandparents and the Elderly					