June Event Highlights

On Wednesday, June 9th a van will transport residents between the Manor, Southgate Plaza, and Save A Lot.

On Wednesday, June 23rd a van will transport residents between the Manor and Walmart, Wegmans, and Aldi’s on Transit Rd.

Van service can now transport two residents at a time. The van will run from 8 AM to 12 PM to allow residents to shop during less trafficked times. Residents that typically utilize this service have been contacted and have received information on using this service. If you need to use the service and have not been contacted please leave a message for the office, we will fit you into the schedule. $5 donations have been waived through the month of June.

Do you have questions about Medicare? Visit the NY State Senior Medicare Patrol’s information table and representative in the library on Friday, June 11th from 10:30 AM to noon.

Due to lack of interest we will not be showing University Express Classes in the Community Room.

Those interested in participating in a class may watch on their own devices or use the computer in our library. We will be happy to help you register for a class if you need assistance.

Please remember that face masks are still required in the corridors and common areas, regardless of vaccination status. This policy will be reviewed on June 21st we will notify everyone if there are changes.
NOTICE: If the painter removed the emergency exit and smoke detector instructions from the back of your door, you should put them back on the door after 30 days. These are required and will be checked at time of apartment inspection.
Karen’s Korner

Management Staff… Please continue to keep Dom in your prayers for a speedy recovery.

Mask Reminder… Residents must continue to wear masks when walking through the common areas of the building, using the laundry room, computers, etc. Residents are no longer required to wear masks out of doors or when using the Manor’s outdoor sitting areas. Residents should determine their own comfort levels when it comes to gathering with or without masks in the out of doors. Information regarding the Manor’s COVID-19 policies will be updated on June 21, 2021.

COVID-19 Re-opening Survey… Thank you to all residents and staff that responded to the survey. If you forgot to return the survey, this is your last opportunity to do so. Please place your completed survey in the office mail slot before June 1st. An updated building policy will be released on or about June 21, 2021.

Group 3… Our normal bedbug preventative maintenance plan will be performed on Wednesday, June 9th. Residents in Group 3 will receive information with regard to the maintenance in their unit. PLEASE do not throw away the volcano devices as maintenance will collect it on the same day.

If you are in group 1 or 2 and still have the volcano device, please place your volcano outside of your apartment door on Wednesday, June 9th before 9 AM, so they can be collected.

Unit Inspections… have resumed and will be finishing on June 3rd. Residents will receive a 72-hour notice of inspection. We are scheduling 6-7 units at a time with 14 day follow-ups as needed.

Visiting Guest Policy… We have had several guests on the property staying for longer than a day or two. Please be reminded that residents are required to notify the office when hosting overnight guests in excess of 72 hours. If you are a resident hosting an overnight guest, please contact the office. For more information, please see page 20 of the Resident Handbook.

Parking Lot Speed Limit… (Correction) Our parking lot and driveways have a posted speed limit of 10 miles per hour. For the safety of all, please respect the speed limit and remind your visitors to do so as well.

Outdoor Activities… If residents have any suggestions for activities that we could do outside, please drop us a note. We are fresh out of ideas and would prefer to do activities that are of interest to you. Thank you for your help.

Van Service… Our van service now allows transportation of 2 individuals at a time. Effective, July 1, 2021, a suggested donation of $5.00, or whatever you can afford, would be greatly appreciated. PLEASE NOTE: Effective, July 1, residents using the van service must begin registering to use the van by signing up on the VAN SERVICE sign-up sheet on the bulletin board in the dining/community room. Thank you for your cooperation.

Happy Father’s Day to all of our fathers.

Karen
Two guys are walking through a game park & they come across a lion that has not eaten for days. The lion starts chasing the two men. They run as fast as they can and the one guy starts getting tired and decides to say a prayer, "Please turn this lion into a Christian, Lord." He looks to see if the lion is still chasing and he sees the lion on its knees. Happy to see his prayer answered, he turns around and heads towards the lion. As he comes closer to the lion, he hears it saying a prayer: "Thank you Lord for the food I am about to receive."

A husband and wife were driving through Louisiana. As they approached Natchitoches, they started arguing about the pronunciation of the town. They argued back and forth, then they stopped for lunch. At the counter, the husband asked the blonde waitress, "Before we order, could you please settle an argument for us? Would you please pronounce where we are very slowly?" She leaned over the counter and said, "Burr...kiiiiiiing."

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong."
~ Charles Wadsworth
Maintenance News

- **Securely tie** all garbage in plastic bags that are placed into the garbage chute.

- **For Your Safety** emergency pull cords should be untied and hanging to the floor.

As a reminder in this changing weather, the boilers only run if the temperature outside drops below 60 degrees. You will not have heat if the outside temperature is over 60.

- **Work Order Requests** should be called into or brought to the office.

- **After Hours Maintenance Emergencies**
  Please call 238-0989.
  These calls are automatically forwarded to the staff member on call.

---

7 Ways to Help Maintain Your Brain Health

There is growing scientific evidence that healthy behaviors, which have been shown to prevent cancer, diabetes, and heart disease may also reduce risk for cognitive decline. Here are 7 ways to help maintain your brain health:

- **Quit smoking.** Quitting smoking now may help maintain brain health and can reduce your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Free quitline: 1-800-QUIT-NOW (1-800-784-8669).

- **Maintain a healthy blood pressure level.** Tens of millions of American adults have high blood pressure, and many do not have it under control. Learn the facts.

- **Be physically active.** CDC studies show physical activity can improve thinking, reduce risk of depression and anxiety and help you sleep better.

- **Maintain a healthy weight.** Healthy weight isn’t about short-term dietary changes. Instead, it’s about a lifestyle that includes healthy eating and regular physical activity.

- **Get enough sleep.** A third of American adults report that they usually get less sleep than the recommended amount. The CDC recommends 7-9 hours of sleep for those ages 61 – 64. For those 65 and over, the CDC recommends 7-8 hours of sleep.

- **Stay engaged.** There are many ways for older adults to get involved in their community.

- **Manage blood sugar.** Learn how to manage your blood sugar especially if you have diabetes.

In addition, reduce hazards in your environment that could lead to falls or head injury.
Tips for Living with Diabetes

Nobody would ever choose to live with diabetes. It’s a challenging and complex disease. But the fact is… many ARE living with it. According to The Diabetes Association, approximately 25 percent of Americans over 60 have the disease.

It’s absolute normal to be frightened by diabetes. The disease can lead to serious health problems. But, as daunting as diabetes can be, it’s a manageable disease. It is possible to live a normal, enjoyable life with diabetes. It takes effort, determination, and resolve, of course. It also takes daily attention and daily steps.

Tips from folks living well with diabetes…

- **See your doctor regularly.** It’s crucial to have all tests necessary to stay on top of diabetes and manage it appropriately. Not only is it important to have tests specific to diabetes, it’s also important to be tested for health problems associated with the disease. Follow your doctor’s recommendations and instructions, and always use medications as directed.

- **Stay informed.** Learn everything there is to know about diabetes. Keep abreast of progress made in the treatment of the disease. The more you know about diabetes the better you’ll be able to deal with having the disease.

- **Know problem signs.** The symptoms associated with a blood sugar problem can vary from person to person, but your doctor can help you figure out the signs to look out for in your personal situation. Symptoms could include lightheadedness, feeling clammy or sweaty, confusion or disorientation, rapid heartbeat, fatigue, dizziness, or a host of other issues. If you think you may be experiencing symptoms, check your blood glucose immediately and follow your doctor’s instructions.

- **Monitor consistently.** It’s vital that your blood sugar levels remain within your target range, which means you must keep track of your levels so you’ll know when they are too high or too low. By monitoring on a regular basis, you can treat problem fluctuations immediately. Doing so will help you feel your best and prevent serious health issues.

- **Make healthy choices.** Think about how the things you do and decisions you make impact your health and your disease. Eat foods recommended by your doctor and steer clear of those you’re supposed to avoid. Don’t skip meals or go too long without eating. Stay well hydrated. Be conscious about staying at a proper weight. Keep your body as active as possible through age-appropriate activities. Check your blood sugar levels before, during, and after exercising.

- **Check your feet.** Take time each day to give your feet a thorough going over. Look for any discoloration, breaks in the skin, sores, blisters, calluses, etc. It may be helpful to do the check at the same time each day as part of your daily routine so you don’t forget. Let your doctor know about any changes.

- **Wear a diabetes identification.** There may be an instance when you’re experiencing a medical emergency but unable to communicate. That’s why it is essential to wear a diabetes ID bracelet or something else that lets people know you have the disease. Even an emergency medical professional may not realize right away that you’re diabetic.

Source: seasonedtimes.com
For Your Information

It’s Elder Law Month – Did you know there is a Legal Helpline?

**Center for Elder Law & Justice (CELJ) offers a FREE Legal Advice Helpline for individuals 55+**

(716) 853-3087

The Helpline is available to residents of New York State and provides brief legal services free of charge, as well as referrals to full-scope legal service providers if the caller is in need of more in-depth service.

The Helpline offers live calling hours from 9 a.m. to 11 a.m. Monday through Friday when callers can reach an attorney right away for assistance.

Additionally, individuals in need can call the Helpline outside of these hours and leave a voicemail with their name and telephone to receive a callback from an attorney within 2 to 3 business days.

---

**EDUCATIONAL & WELLNESS PROGRAMS**

**Educational & Wellness Programs**

NY State Senior Medicare Patrol (SMP)
FRIDAY, JUNE 11th
10:30 a.m. to Noon

Discussion and information table will be set up in the library for you to stop by at your convenience.
- Understanding Medicare Documents
- Why so many Medicare Commercials?
- Scams and Fraud directed at Seniors

Please share or contact me for more information and assistance to register.

**ATTN: THOSE WHO NEED A COVID VACCINE**

**ERIE COUNTY INTRODUCES “VAX VISIT” SERVICE TO VACCINATE ANY ERIE COUNTY RESIDENT AT THEIR HOME**

This program will use Pfizer, Moderna or Johnson & Johnson vaccine as supply is available.

To date, this program has fully vaccinated more than 1,000 residents at their homes. This expansion emphasizes convenience and access for all county residents explained Commissioner of Health Dr. Gale Burstein.

Individuals and households can schedule through the Erie County COVID-19 Information Line at (716) 858-2929.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>2</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>3</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>4</td>
<td>Meal Program 12:00 PM</td>
<td>Hug Your Cat Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>5</td>
<td>Meal Program 12:00 PM</td>
<td>Hug Your Cat Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>6</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>7</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>8</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>9</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>10</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>11</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>12</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>13</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>14</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>15</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>16</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>17</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>18</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>19</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>20</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>21</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>22</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>23</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>24</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>25</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>26</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>27</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>28</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>29</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
<tr>
<td>30</td>
<td>Meal Program 12:00 PM</td>
<td>National Cancer Survivors Day</td>
<td>Meal Program 12:00 PM</td>
<td>&quot;Flag Day Lunch&quot;</td>
<td>&quot;Father's Day Lunch&quot;</td>
<td>&quot;Welcome Summer Lunch&quot;</td>
</tr>
</tbody>
</table>

**Note:** The schedule includes various events and programs for the month of June 2021, including meal programs at different times, special days such as Hug Your Cat Day, National Cancer Survivors Day, Helicopter Day, and other celebrations. The programs range from morning to afternoon slots.