

# Manor Musings

## June is:

- PTSD Awareness Month
- Beautiful in Your Skin Month
- Immigrant Heritage Month

## In This Issue:

Resident News	2
Manager's Message	3
Stay Fit Dining	4
A Bit of Humor	4
Service Coordinator	7
June Calendar	8

## June Event Highlights

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

University Express Streaming Classes – Check the bulletin board for dates, times, and topics!

A Communion Service with Pastor Kayti will take place on Monday, June 2<sup>nd</sup> at 2:30 PM.

On Wednesday, June 4<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 there is a cost of \$5.

A presentation on Bullying will be held on Friday, June 6<sup>th</sup> at 12:45 PM. Residents are encouraged to attend, all attendees will be entered into a raffle.

Join Lori for a craft and bingo on Sunday, June 8<sup>th</sup>. Crafts will begin at 12:00 PM. Bingo will begin at 2:00 PM.

We will be streaming Trivia from the senior center on Monday, June 9<sup>th</sup> at 12:30 PM.

A representative from Elderwood/VNS Managed Long Term Care will be here on Wednesday, June 11<sup>th</sup> at 12:45 PM. Join us to learn more about this program.

Pastor Kayti will be available on Monday, June 16<sup>th</sup> from 12:30 – 3PM with open office hours for conversations, prayers, or just a friendly visit.

On Wednesday, June 18<sup>th</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.

Join us for a Juneteenth cookout on Thursday, June 19<sup>th</sup> at 12: 00 PM featuring hamburgers and italian sausage with peppers & onions, hamburgers, and your favorite picnic salads. Dessert and beverages included. A sing along with Jukebox Joe and Disco Dom will be held in conjunction with the picnic. We will also have a 50/50 during this event, so bring your dollars!

Bingo with Lori will take place on Thursday, June 19<sup>th</sup> at 6:30 PM.

An Activity Meeting will be held on Wednesday, June 25<sup>th</sup> at 1:00 PM. Residents are welcome to bring their ideas and suggestions!

A Blood Pressure Clinic will take place on Monday, June 30<sup>th</sup> at 12:45 PM.

## 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](http://www.ucmanor.org)

“Like” us on Facebook!

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

## Resident News



*Barb Jacobus June 16*

*Rodney Weber June 22*

*Barb Spider June 26*

*Vicki Pizzo June 29*

*Gloria Koch June 30*

**Welcome** to our newest resident, Denice, Apt. 110. We hope she finds her new home warm and friendly!

Thank you to the West Seneca East Highschoolers who were here for “Trojans Take Action Day” on Friday, May 23<sup>rd</sup>!



## Sarah's Snip Its



### Trojans Take Action Community Service Day:

West Seneca East high schoolers visited us on Friday, May 23. The group spring cleaned the community spaces, windows, screens, laundry room and outside seating areas. It is amazing how much was done in such a little amount of time. Thank you to TK's Pizzeria for donating pizza and soda, to you the residents for allowing these young people into your apartment and to the Trojans, for spending the morning with us.

**Apartment Inspections:** We've completed all annual apartment inspections—thank you for your cooperation and for keeping your units clean, safe, and in good condition.

If you notice any issues in your apartment that need attention, please don't hesitate to contact the office. We want to ensure everything is functioning properly. Small problems can turn into larger ones if left unaddressed, so it's best to take care of them early.

### Voices Carry:

As warmer weather returns to WNY, many of us are opening windows to enjoy the fresh air. Please be mindful when sitting outside in the evening, as voices carry and conversations can be heard inside neighboring apartments, which can be disruptive. Additionally, I've received complaints about the smell of cigarette smoke is coming into apartment windows. As a reminder, smoking is not permitted anywhere on the property.

### Pets:

Many of us who have pets enjoy their companionship and affection they provide. However, having a pet in an apartment complex with neighbors close by comes with additional responsibilities. Pets should not be let out to roam the hallways, nor should apartment doors be left open for them to come in and out. Per the Pet Rules which is an attachment to the Tenant Handbook all tenants signed at move in:

*When dogs or cats are moved through the building, they must be moved from the resident's apartment to the nearest outside exit, avoiding all public areas. All pets must be leashed or caged when moving through the building.*

*Residents are responsible for ensuring that their pets do not disturb or annoy other residents or neighbors.*

For pet owners or those who have pets visit, please abide by the rules.

### Like us on Facebook:

The United Church Manor Facebook page is a great way to stay connected and up to date with everything happening here. We often post photos of our events and programs. We currently have 86 followers and would love to reach 100 by the end of June! Please take a moment to "like" our page and stay in the loop.

### In Memory:

Joe and Dom have recently added two park benches near the maintenance building in memory of two beloved tenants, Jerry Rados and Terry Johnson. They were always willing to lend a hand—raking leaves, clearing snow, and helping wherever they could. Their kindness and dedication will always be remembered.





## STAY FIT DINING

On Thursday, June 12<sup>th</sup> a Father's Day lunch will be served. It will feature a Breaded Pork Chop with Stuffing & Gravy, a Chef Salad, Ranch Mashed Potatoes, Brussels Sprouts, and Peach Pie with Whipped Topping.



A Juneteenth lunch will be served on Wednesday, June 18<sup>th</sup>. It will include Breaded Chicken Drumsticks, Ranch Mashed Potatoes, Seasoned Mixed Greens, Corn Muffin, and Banana Cream Pie.

In observance of the Juneteenth holiday the Meal Program will not be serving a meal on Thursday, June 19<sup>th</sup>. The Manor will be holding a cookout on that day.

We will Welcome Summer on Friday, June 20<sup>th</sup> with a Mandarin Chicken & Sunflower Salad with Dressing, a Whole Wheat Dinner Roll, and Chocolate Covered Ice Cream Bar.

Entrée Salads will be served on Wednesday, June 4<sup>th</sup> and Wednesday, July 2<sup>nd</sup>.

## A Bit of Father's Day Humor

### Longhaired David

After getting his driving license, David visited home during vacation and asked his dad for the family car. His dad agreed but put forward three conditions - good grades in school, a neat room and a decent haircut.

After several months, David came home again. He had followed the three things that he had promised his dad, except getting his hair cut. When the father saw that his son had disobeyed him, he asked for an explanation. David smartly said, "Hey dad, even Jesus had long hair." His Father was not someone to be taken for a ride and smilingly replied, "Yes, son, you're absolutely right. And Jesus also walked everywhere he went."

Father's Day was near when I brought my three-year-old son, Tyler, to the card store. Inside, I showed him the cards for dads and told him to pick one.

When I looked back, Tyler was picking up one card after another, opening them up and quickly shoving them back into slots, every which way.

"Tyler, what are you doing?" I asked. "Haven't you found a nice card for Daddy yet?"

"No," he replied. "I'm looking for one with money in it."



## 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.

*After hours  
maintenance,  
emergencies only  
716-238-0989*

*~ Joe & Dom*

## Act F.A.S.T. to identify stroke

Act F.A.S.T. to help stroke patients get the treatments they need.

The stroke treatments that work best are available only if the stroke is recognized and diagnosed within 3 hours of the first symptoms. Stroke patients may not be eligible for these treatments if they don't arrive at the hospital in time.

If you think someone may be having a stroke, act F.A.S.T. and do the following test:

- **F—Face:** Ask the person to smile. Does one side of the face droop?
- **A—Arms:** Ask the person to raise both arms. Does one arm drift downward?
- **S—Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?
- **T—Time:** If you see any of these signs, call 9-1-1 right away.

Note the time when any symptoms first appear. This information helps health care providers determine the best treatment.

Do not drive to the hospital or let someone else drive you. Call 9-1-1 for an ambulance so that medical personnel can begin life-saving treatment on the way to the emergency room.



## 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.



## It's never too late to have a wish come true!

Are you ever too old to make a wish? Senior wishes doesn't think so. They grant life enriching wishes to seniors that fulfill a lifelong dream, reconnect someone with a loved one, engage them in a passion from long ago, or just provide them with something they are in need of.

Previous wishes include trips to the zoo and sporting events, visiting family in other cities, photography classes, horseback riding, craft supplies, and more.

Requirements for submitting a wish are:

1. Must be a resident of Erie, Niagara, Orleans, Genesee or Wyoming Counties in New York State
2. Must be 65 years of age or older
3. U.S. Citizen
4. Annual income must be less than \$38,000 for a household of one or \$44,000 for a household of two OR a permanent resident of a care facility
5. Must be cognitively, emotionally and physically capable of communicating and experiencing the wish. (You do NOT need a medical diagnosis to apply for a wish)
6. Unable to fulfill the wish on your own or with family assistance

Wishes can be submitted on the website at [www.seniorwishes.org](http://www.seniorwishes.org), a printed application is also available. See Sarah, Jen, or Becky if you'd like an application or need assistance completing or submitting the application.

# Service Coordinator Spot

## FOR YOUR INFORMATION

### ~ELDER LAW DAY~

**Tuesday, June 3rd**

**8:00 a.m.-2 p.m.**

Buffalo Niagara Marriott, Amherst, N.Y.  
Attend presentations on a variety of topics, including: Medicaid • Estate Planning • Elder Abuse Prevention and More!

Also Offering 20-Minute One-On-One Attorney Consultations with registration.

Includes Lunch with Registration!

Elder Law Day is free and open to the public; however, a voluntary \$10 donation is requested at the door.

For more information or to register visit: [erie.gov/ELD](http://erie.gov/ELD)

See Becky with any questions!

### Changes in Office Hours:

I will be in the office on Thursday, June 19<sup>th</sup> instead of Friday, June 20<sup>th</sup>.



## EDUCATIONAL & WELLNESS PROGRAMS

### CENTER FOR RESOLUTION & JUSTICE- BULLYING PRESENTATION

**FRIDAY, JUNE 6<sup>th</sup> 12:45 p.m.**

Bullying doesn't just happen on the middle school playground, it happens here. Learn how to respond, take action and how to become more self-assertive. Our presenters will discuss conflict coaching and give examples of solutions focused practice. Be part of the solution! **Those who attend and stay for the presentation will have a chance to win a prize!**

😊 This will be a presentation you do not want to miss, and **we highly encourage all to attend.**

*Sign-Up Sheet On Bulletin Board*

### ELDERWOOD HEALTH PLAN/VNS HEALTH- MANAGED LONG TERM CARE

**WEDNESDAY, JUNE 11<sup>th</sup> at 12:45 p.m.**

Matthew Brady, Outreach Specialist will be here to educate residents on

Elderwood/VNS Health Plan. This Plan is a New York State-approved Managed Long-Term Care (MLTC) plan. It provides long-term care services to residents of Erie County who are currently receiving or eligible for Medicaid. The plan is designed to help members continue to live in their homes and receive the care they need. All are welcome and encouraged to attend to learn more about what this plan offers. Matthew will be available to answer any questions you may have.

*Sign Up Sheet On Bulletin Board*

### BLOOD PRESSURE CLINIC

Catholic Health LIFE

**MONDAY, JUNE 30<sup>th</sup> 12:45 p.m.**




*Sign in the day of*





# JUNE 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Oscar the Grouch Day	2 Meal Program 11:45 AM ----- Communion Service 2:30 PM	3 Meal Program 11:45 AM	4 Southgate/Save A Lot Shopping 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program "Entree Salad" 11:45 AM	5 Meal Program 11:45 AM	6 Meal Program 11:45 AM ----- Bullying Presentation 12:45 PM	7
8 Craft w/ Lori 12:00 PM ----- Bingo w/ Lori 2:00 PM	9 Meal Program 11:45 AM ----- Trivia 12:30 PM	10 Meal Program 11:45 AM	11 Chair Yoga 10:30 AM ----- Meal Program 11:45 AM ----- Elderwood/VNS Presentation 12:45 PM	12 Meal Program "Father's Day Lunch" 11:45 AM	13 University Express - Positive Attitude: Living Better or Bitter? 10:00 AM ----- Meal Program 11:45 AM	14  Flag Day
15 	16 Meal Program 11:45 AM ----- Pastor Kayti Office Hours & Conversation 12:30 PM	17 Meal Program 11:45 AM ----- Library Reserved 6:00 PM	18 Transit Road Shops 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program "Juneteenth Meal" 11:45 AM	19 Juneteenth Cook Out 12:30 PM ----- Bingo w/ Lori 6:30 PM	20 Meal Program "Welcome Summer" 11:45 AM	21 
22	23 Meal Program 11:45 AM ----- "Let it Go" Day Frozen Viewing with Lunch	24 Meal Program 11:45 AM	25 Chair Yoga 10:30 AM ----- Meal Program 11:45 AM ----- Activity Planning Meeting 1:00 PM	26 Meal Program 11:45 AM	27 Meal Program 11:45 AM ----- University Express - USS The Sullivans 2:00 PM	28
29	30 Meal Program 11:45 AM ----- Blood Pressure Clinic 12:45 PM		