

Manor Musings

June Event Highlights

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

Recurring Events:

Chair Yoga – Wednesdays at 10:30 AM
Library 2 Go – ****DAY & TIME CHANGE**** - Tuesday, June 9th from 1:00 PM – 2:00 PM

A Communion Service with Pastor Kayti will take place on Monday, June 1st at 2:00 PM.

On Wednesday, June 3rd 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 with the West Seneca Police discussing Scams and ID Fraud will take place on Wednesday, June 3rd at 1:00 PM.

Bingo with Lori will be held on Thursday, June 4th and Thursday, June 18th at 5:00 PM.

Come to the community room for a snuggle with the therapy dog at 1:00 PM on Friday, June 12th.

An BBQ Chicken Dinner will be delivered by Ebenezer UCC on Sunday, June 14th. You must sign up and prepay in the office. The cost is \$15.00. There is a sign up sheet on the bulletin board. Payment is due by June 10th.

Pastor Kayti will be available on Monday, June 15th from 1:00 – 3PM with open office hours for conversations, prayers, or just a friendly visit.

On Wednesday, June 17th 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.

There will be a resident meeting on Wednesday, June 17th at 1:00 PM. All residents are encouraged to attend!

Join us for a Juneteenth cookout on Friday, June 19th at 12:00 PM featuring hamburgers and italian sausage with peppers & onions, hamburgers, and your favorite picnic salads. Dessert and beverages included. Outdoor games will be set up for everyone to enjoy!

An Activity Meeting will be held on Wednesday, June 24th at 1:00 PM. Residents are welcome to bring their ideas and suggestions!

The Sound of Music will be playing for our movie matinee on Thursday, June 25th at 1:00 PM.

Resident News



Rodney Weber *June 22*
Barb Spider *June 26*
Gloria Koch *June 30*



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!



Activity changes for the summer: Chair Yoga will only be held on Wednesdays. Wii Bowling is on hold until Fall. The Wii is always available for use in the community room. See a staff member if you need help starting it.



If you have not yet signed your HUD paperwork for the recent utility allowance change, please come to the office as soon as possible to sign.

If you are unsure what your rent payment is, please check in the office before writing the check out.

 Please welcome our new Maintenance Assistant, Nick, to the building if you see him!

Sarah's Snip Its

Maintenance Assistant

Last month we celebrated the retirement of Dom who has been with us for 18 years. His wisdom, wit, and willingness to always lend a helping hand made a lasting impact on both residents and staff. Dom brought not only years of experience and knowledge to his role, but also kindness, humor, and genuine care for everyone around him. We thank Dom for his many years of hard work and dedication and wish him happiness, good health, and relaxation in this next chapter.



On Tuesday, May 26th, Nick started in the role of Maintenance Assistant. He is currently attending SUNY Erie and is pursuing a degree in Building Management and Maintenance. He has worked in landscaping and has experience with drywall and carpentry. He earned his Eagle Scout and has done volunteer work with Big Brothers Big Sisters. As you see him around the building, please make him feel welcomed.

Resident Survey

Thank you to each of you who took the time to fill out the resident survey. It was overwhelmingly positive! We received a total of 37 back which is a 74% return rate. I have read each survey and will do my best to work on the areas of concerns. Join us on Wednesday, June 17th, for a resident meeting when I will discuss the details of the survey. In the meantime, please know that United Church Manor has an open-door policy and you can voice your concerns, ideas or compliments.

Roof

Recently HUD has approved our request for a new roof. The materials have been ordered. Work will most likely start at the end of June depending on weather. Once the work starts it should take approximately 2 weeks to finish. Please note this will be noisy and may disrupt the normal routine around here. However, a new roof will ensure no leaks and we stay warm and comfortable in the winter.

Plugged Toilets

If you have a toilet that is plugged or is not working correctly, please notify the office immediately. The longer you wait to report it, the further down the drain the clog can be causing a larger and costlier problem. Before you flush it is a good idea to close the top of the toilet lid so nothing unintentionally falls into the toilet and is flushed down.



Summer

As we head to nicer weather please take advantage of the beautiful gardens, the fountain area, gazebo and grill. The propane tank was filled and the gardens have been mulched along with some new flowers. Take a moment to enjoy the peaceful areas.

Judging a person does not
define who they are. It defines
who you are.

— Wayne Dyer

STAY FIT DINING

On Wednesday, June 17th a Father's Day lunch will be served. It will feature a Breaded Pork Chop with Stuffing & Gravy, a Chef Salad, Ranch Mashed Potatoes, Green Beans with Red Pepper, and Peach Pie with Whipped Topping.



A Juneteenth lunch will be served on Thursday, June 18th. It will include Breaded Chicken Drumsticks, Sweet 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 Friday, June 19th. The Manor will be holding a cookout on that day.



We will Welcome Summer on Tuesday, June 23rd with a Mandarin Chicken & Sunflower Salad with Dressing, a Whole Wheat Dinner Roll, and Chocolate Covered Ice Cream Bar.



A Bit of Father's Day Humor

A young father takes a seat on the bus next to an elderly man and plops his 1-year-old on his lap, just as the little boy begins to wail and fidget. The old man glares at the kid before remarking, "That child is spoiled, isn't he?" "No," says the distracted father. "They all smell this way."



Dad Jokes

- Did you hear about the wig thief who escaped from prison? Police are combing the area to find him.
- I wondered why the baseball was getting closer and closer. Then it hit me.
- Where do surfers go for an education? Boarding school.
- Did you hear about the guy who was addicted to the hokey pokey? He turned himself around.
- Why are libraries so tall? Because they have many stories.
- Did you hear about the guy who's afraid of escalators? He takes steps to avoid them.
- Why did the cake cross the road? I saw a fork up ahead.

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.

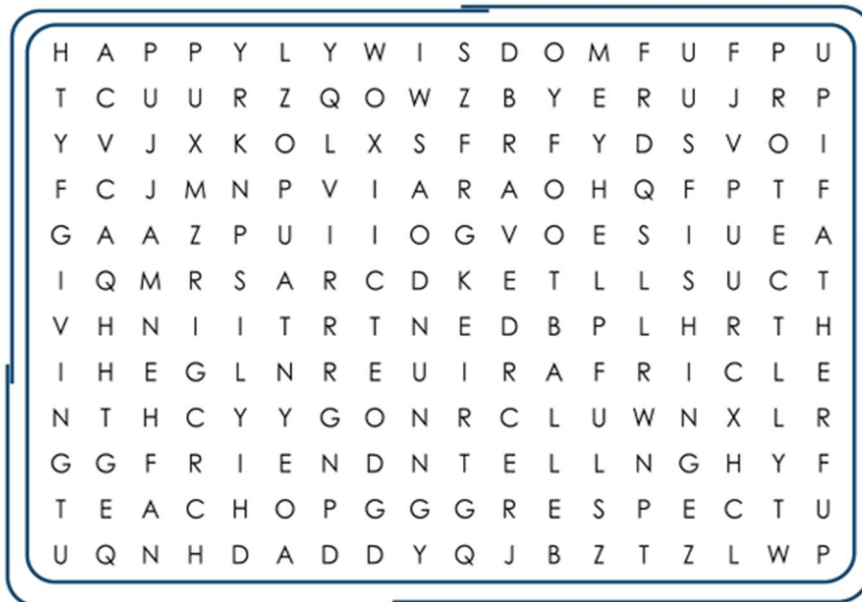
As a reminder in this changing weather, the boilers only run if the temperature outside drops below 60 degrees. You will not have heat if the outside temperature is over 60.

- **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 & Nick

Father's Day Word Search



Caring	Fishing	Strong
Family	Helpful	Respect
Father	Picnic	Teach
Happy	Brave	Football
Parent		Nurture
Friend		Giving

Poem for Dom's Retirement:

We love you Dom, oh yes, we do,
 People like you are so very few.
 You always have a smile and a kind word to say,
 You always put sunshine in the day.
 We say "Happy Retirement" through our tears,
 You will never be forgotten, no matter how many years.



~Written by Robyn Busch 5/13/26

June is Alzheimer's & Brain Awareness Month

June is Alzheimer's & Brain Awareness Month, a time to focus on one of the most pressing public health challenges facing our aging population. The latest Alzheimer's Association report shows that 7.4 million Americans age 65 and older are living with Alzheimer's dementia, and more than 13 million family members and friends provided an estimated 19 billion hours of unpaid care last year. These numbers reflect not only the disease's continuing rise, but also the profound emotional, physical, and financial toll it exacts on families and communities.

Many Americans understand that lifestyle behaviors such as diet, exercise, and sleep are important for overall health. About 75% recognize their role in maintaining brain health. However, only 46% link these behaviors to a reduced risk of Alzheimer's and other dementias. Even more telling is the gap between knowledge and daily habits. While nearly everyone agrees that healthy behaviors matter, only half report getting enough sleep, fewer than 40% consistently eat a healthy diet, and just one-third engage in daily physical activity.

Research continues to show that what's good for the heart is also good for the brain. While no single strategy guarantees prevention, experts say adhering to 10 consistent healthy habits can help significantly reduce risk and support cognitive health over time.

1. Stay physically active with exercise
2. Prioritize quality sleep (aim for 7–8 hours nightly)
3. Eat a balanced, heart-healthy diet
4. Manage blood pressure, cholesterol, and blood sugar
5. Stay mentally engaged by reading, solving puzzles, or learning
6. Maintain strong social connections
7. Avoid smoking and limit alcohol intake
8. Protect your head from injury
9. Manage stress effectively
10. Stay on top of routine medical care

As we recognize Alzheimer's & Brain Awareness Month this June, the goal is not just to raise awareness—but also to inspire action. Small, consistent lifestyle changes, combined with advances in early-detection tools, may help protect cognitive health for years to come, and that's worth remembering.

Service Coordinator Spot

FOR YOUR INFORMATION

American Red Cross I'm OK Program

We are considering re-starting the "I'm OK Program," and wanted to gauge interest before we proceed.

The American Red Cross "I'm OK" Program is a simple daily wellness check designed to help keep residents safe. Participants receive an "I'm OK" door tag to place on the outside of their apartment door each morning. A resident volunteer checks the doors daily. If the tag is displayed, the volunteer flips it to the blank side to show the apartment has been checked, and residents may then remove the tag. If no tag is displayed, the volunteer will knock on the door to make sure the resident is okay. If there is no response, building management will be contacted. On weekends, when office staff are unavailable, hall monitors may alert the Resident Assistant who can open the door or request a 911 wellness check if needed. Residents who display their tag will not be disturbed.

We will be distributing forms early this month where you can indicate whether you would like to participate in this program and whether you would like to be a volunteer. Please hand the forms in to Jessica or Jen.

Thank you!

EDUCATIONAL & WELLNESS PROGRAMS

Scams and ID Theft Presentation Wednesday, June 3rd at 1pm

The West Seneca Police Department will be here for an hour long presentation on what scams to watch out for and ID theft prevention. Please sign up on the bulletin board!

Therapy Dog Visit Friday, June 12th at 1pm

We are welcoming back Kae and her therapy dogs this month! Come down to the community room for some furry cheer! Depending on the weather, she may also take them outside to play with throw toys if there is interest. Sign up sheet on the bulletin board.

Changes in Office Hours:



On Friday, June 12th, I will be here from 10am-4pm. On Tuesday, June 23rd, I will be attending a training in the morning and will be here in the afternoon. I will be off Wednesday, June 24th.





June 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14  Flag Day	1 Meal Program 11:45 PM ----- Communion w/ Pastor Kayti 2:00 PM	2 Meal Program 11:45 PM ----- National Gun Violence Awareness Day	3 Southgate/Save A Lot Shopping 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 11:45 PM ----- Scams & ID Theft w/ West Seneca Police 1:00 PM	4 Meal Program 11:45 PM ----- Bingo 5:00 PM	5 Library Reserved 10:00 AM ----- Meal Program 11:45 PM	6 Belmont Stakes
7	8 Meal Program 11:45 PM ----- World Oceans Day	9 Meal Program 11:45 PM ----- Library 2 Go 1:00PM - 2:00PM	10 Chair Yoga 10:30 AM ----- Meal Program 11:45 PM	11 Meal Program 11:45 PM ----- National Get Outdoors Day	12 Meal Program 11:45 PM ----- Therapy Dog Visit 1:00 PM	13
21  Father's Day ----- Summer Solstice	15 Meal Program 11:45 PM ----- Office Hours w/ Pastor Kayti 1:00PM - 3:00PM	16 Meal Program 11:45 PM ----- Library Reserved 6:00 PM	17 Transit Road Shopping 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 11:45 PM ----- Resident Meeting 1:00 PM	18 Meal Program 11:45 PM ----- Bingo 5:00 PM	19 No Meal Program ----- Juneteenth Cookout 12:00 PM	20 World Refugee Day
28	22 Meal Program 11:45 PM	23 Meal Program 11:45 PM	24 Chair Yoga 10:30 AM ----- Meal Program 11:45 PM ----- Activity Meeting 1:00 PM	25 Meal Program 11:45 PM ----- Movie - The Sound of Music 1:00 PM	26 Meal Program 11:45 PM	27 Ice Cream Cake Day
29	30 Meal Program 11:45 PM ----- Library Reserved 6PM - 7:30PM	31 Meal Program 11:45 PM ----- Library Reserved 6PM - 7:30PM	