

Manor Musings

March is:

- American Red Cross Month
- Optimism Month
- Frozen Food Month

In This Issue:

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

March Event Highlights

On Wednesday, March 5th 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 the cost is \$5 roundtrip.

Mary Masters will be hosting a discussion on Lent and Lenten practices on Wednesday, March 5th at 11:00 AM. There will also be a short prayer service. All are welcome!



Daylight savings begins on Sunday, March 9th. Remember to turn your clocks forward one hour before bed on Saturday!!

Fire Safety Meeting

Representatives from West Seneca will be here on Wednesday, March 12th at 12:30 PM for a Fire Safety meeting.

On Thursday, March 13th Lori will be here to host bingo at 6:30 PM.

On Wednesday, March 19th 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 roundtrip.

Help us plan Spring and Summer events at our Activity Meeting on Wednesday, March 19th at 1:00 PM.

Visit with a friendly therapy dog in the community room on Monday, March 24th at 12:45 PM.

Lori will be here on Sunday, March 30th with an Spring Craft at 12:00 PM and Bingo at 2:00 PM.

A Blood Pressure Clinic will be held on Monday, March 31st at 12:30 PM.

Save the Date!

Our annual Good Friday fish fry will take place on Friday, April 18th. More details will be forthcoming.

Resident News



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!

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

| | |
|----------------|----------|
| Judy Liesinger | March 8 |
| Kathy Rakiski | March 11 |
| Errol Bulutt | March 13 |
| Noreen Hoerner | March 20 |

Welcome to our newest resident, Susan, Apt. 114. We hope she is comfortable in her new home!

Congratulations to our Super Bowl Pool winners – Tony, Sarah, and Patty!

Watch for fraud and scams!

- Check your bank and credit card statements carefully for any charges you don't recognize, or recurring charges that you did not authorize.
- Do not give personal information out over the phone unless you initiated the phone call.
- Never “pay” someone over the phone or internet with gift cards. No companies or public service will accept gift cards as payment. If they are asking for gift cards, it is a scam!



Sarah's Snip Its

Large Screen TV

Through funds from Erie County Senior Center Technology Project we received a large screen television, Cisco equipment for video and audio, laptop, and personal PA system (microphone & speaker). These funds came from the American Rescue Plan. We hope to stream educational sessions and have interactive programs with other congregate dining groups in the future. If you would like to use the television, please sign it out in the office. The television is to be used in the community room only.

Annual Apartment Unit Inspections

Inspections will start mid-April. Residents will receive an approximately 2-week written notice of inspection that will be put in your mailbox. We are scheduling 5 units at a time typically on Tuesdays and Thursdays 9:30-12pm. Inspections include, but are not limited to the following:

- There is no blocked egress and windows are working properly
- No leaks are present
- Doors close, latch and lock as intended
- Electrical working as intended
- No evidence of smoking in the unit
- Exhaust fans free from debris
- Appliances functioning properly
- Emergency cords are loose and accessible
- Signs of hoarding or unsanitary conditions

If there are any concerns with your apartment that need to be addressed, you will receive a 14-day follow-up letter. Thank you for your cooperation and per the lease:

15. TENANT for himself/herself and his/her heirs, executors and administrators agrees as follows:

(e) To permit the LANDLORD, or his/her agents, or any representative of any holder of a mortgage on the property, or when authorized by the LANDLORD, the employees of any contractor, utility company, municipal agency or others, to enter the premises for the purpose of making reasonable inspections and repairs and replacements.

COVID Test Kits

We have COVID test kits available. Please stop by the office if you need any of these supplies. If you are not feeling well it is best to stay in your apartment to rest and take care of yourself. Viruses and bacteria spread easily, staying home helps protect others, especially those who may be more vulnerable, or those with weakened immune systems.



Emergency Preparedness

Please join us on Wednesday, March 12th at 12:30pm in the community room. We will have a variety of department members of the Town of West Seneca such as Emergency Management, Building Inspector and Police joining us for an informative discussion about fire and emergency planning. Attendance is strongly encouraged.

Pets in the Building

We all love our furry companions, and to ensure a safe and comfortable environment for everyone, please remember to keep pets contained within your apartment. When taking dogs through the building, they must **always** be on a leash, and cats should remain inside their apartment. For the safety of all residents (both human and animal) pets should never be allowed to roam freely in the hallways. Thanks for helping keep our community pet-friendly and considerate for all!

Spring is just around the corner, bringing longer days, warmer breezes, and the promise of renewal. Just this past weekend I saw my first robin. Looking forward to the flowers blooming and birds singing, take the time to enjoy these joys of nature.



Stay Fit Dining

Celebrate Fat Tuesday with us on Tuesday, March 4th. Lunch will feature Chicken and Sausage Paella, Rice with Black Beans, Corn with Red Pepper, Cauliflower, and Chocolate Cream Pie.



Stuffed Shells with Tomato Sauce and Mozzarella Cheese will be served for Ash Wednesday on March 5th. Also included are Mixed Vegetables, a Chef Salad, Dinner Roll, Orange, and Chocolate Milk.

A Bit of Humor

Four worms and a lesson to be learned!

A minister decided that a visual demonstration would add emphasis to his Sunday sermon.

Four worms were placed into four separate jars.

The first worm was put into a container of alcohol.

The second worm was put into a container of cigarette smoke.

The third worm was put into a container of chocolate syrup.

The fourth worm was put into a container of good clean soil.

A St. Patrick's Day lunch will be served on Thursday, March 14th. It will include Corned Beef with Cabbage, Buttered Potatoes, Carrot Coins, Deli Rye Bread, and Chocolate Eclair.

welcome Spring!



Join us as we Welcome Spring on Monday, March 20th. The meal features a Grilled Chicken, Mandarin Orange, and Sunflower Seed Salad, Whole Wheat Dinner Roll, and Lemon Meringue Pie.

At the conclusion of the sermon, the Minister reported the following results:

The first worm in alcohol - **Dead**

The second worm in cigarette smoke - **Dead**

Third worm in chocolate syrup - **Dead**

Fourth worm in good clean soil – **Alive**

So the Minister asked the congregation – What did you learn from this demonstration?

Maxine, who was sitting in the back, quickly raised her hand and said, “As long as you drink, smoke and eat chocolate you won’t have worms!”

Maintenance News

- **Do not throw ceramics, glass, or other breakable items into the garbage chute.** If you need to dispose of something breakable, please bring it to the maintenance shop during business hours.
- **Please remember...** to call the office with ALL work order requests.
- **The Winter Parking Policy is in effect.** Please follow the winter parking policy as outlined on the bulletin board.
- **Please remember...** to place all garbage in plastic bags that are **securely tied** before putting into the garbage chute.
- **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.
- **Emergency Pull Cords...** should be untied and hanging to the floor.

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

~ Joe & Dom

Mardi Gras is Tuesday, March 4th!

Did you know.....

- **Mardi Gras' Purple, Green, And Gold Colors Have Special Meaning.**
On Fat Tuesday, there are displays of purple, green, and gold in every direction you look. What's the story behind this trio of colors, though? Like most things Mardi Gras, the tradition has historic roots. The Rex organization in New Orleans first proclaimed purple, green, and gold the official Mardi Gras parade colors in 1872, according to Mardi Gras New Orleans. In 1892, the organization declared that purple represents justice, green represents faith, and gold represents power. This symbolism has been with us ever since.
- **Parade Floats Began In The 1800s.**
The famous, elaborate floats from Mardi Gras festivities actually date back to 1857, according to Mardi Gras New Orleans. Though 1857 marked the first time these colorful floats were a part of the New Orleans Mardi Gras parades, street processions were already a tradition. In the 1830s, maskers, carriages, and horses were parading through the streets led by celebrants carrying gas-lit torches.
- **Mardi Gras Is A State Holiday.**
Mardi Gras is an official state holiday in Louisiana and has been since 1875. It's a good thing, because no one's going to get much work done on Fat Tuesday. New Orleans may have the biggest celebration and draw the most visitors, but most communities hold a parade or some kind of party.



April is Women's History Month

Every year, March is designated Women's History Month by presidential proclamation. The month is set aside to honor women's contributions in American history.

Women's History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County (California) Commission on the Status of Women planned and executed a "Women's History Week" celebration in 1978. The organizers selected the week of March 8 to correspond with International Women's Day. The movement spread across the country as other communities initiated their own Women's History Week celebrations the following year.

In 1980, a consortium of women's groups and historians—led by the National Women's History Project (now the National Women's History Alliance)—successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women's History Week.

Subsequent Presidents continued to proclaim a National Women's History Week in March until 1987 when Congress passed Public Law 100-9, designating March as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, each president has issued an annual proclamation designating the month of March as "Women's History Month."

The National Women's History Alliance selects and publishes the yearly theme. The theme for Women's History Month 2025 is "Moving Forward Together! Women Educating & Inspiring Generations."

Here are a few notable women from American History -

Susan B. Anthony (1820-1906). Anthony played a pivotal role in the women's suffrage movement. In 1878, she and co-workers presented an amendment to Congress that would give women the right to vote. In 1920, Sen. Aaron A. Sargent, R-Calif., introduced the bill and it was ratified as the 19th Amendment to the Constitution.

Grace Hopper (1906-1992). A computer scientist and Navy rear admiral, Hopper played an integral role in creating programs for some of the world's first computers.

Barbara Jordan (1936-1996). Jordan was a lawyer, educator, politician, and civil rights movement leader. She was the first southern African-American woman elected to the U.S. House of Representatives and the first African-American woman to give a keynote address at the Democratic National Convention.

Harriet Beecher Stowe (1811-1896). The abolitionist and author's most well-known work is the novel "Uncle Tom's Cabin," which portrayed the impact of slavery on families and children. Its impact led to Stowe's meeting with President Abraham Lincoln.

Mercy Otis Warren (1728-1814). Warren was a writer and propagandist of the American Revolution. She published poems and plays that attacked the British empire and urged colonists to resist Britain's infringement on their rights.

Clara Barton (1821-1912). Barton founded the American Red Cross and served as its first president. She was a nurse during the Civil War for the Union Army.

Service Coordinator Spot

FOR YOUR INFORMATION

New Medicare Card Fraud Schemes to Watch Out For:

- Be cautious of calls claiming to be from Medicare asking for the name of doctors, your medical condition, diagnoses, or medications. Scammers often use this tactic to make their schemes seem legitimate.
- Medicare cards do not expire. Scammers may say you need a new card for the new year—don't fall for it.
- Beware of offers for special Medicare cards made of plastic, metal, or with a "special chip." Medicare only issues standard paper cards, they do not need to be replaced or upgraded to access benefits.

How to Protect Against These Scams

- Protect Yourself: Verify unknown or suspicious callers - If you're unsure if a call is legitimate, hang up and call Medicare at 1-800-MEDICARE.
- Don't trust any phone number provided by the caller.
- Don't engage – If any unexpected calls, texts, or emails asking for personal information, are received, hang up or delete the message immediately. Do not provide any personal details.
- Guard the Card: Treat Medicare and Social Security numbers like a credit card. Keep them private and secure.
- If Medicare fraud is suspected, report it to the NYS Senior Medicare Patrol (SMP) by calling its Helpline at 800-333-4374.

OFFICE HOURS UPDATE:

I am out of the office on Friday, March 7th

EDUCATIONAL & WELLNESS PROGRAMS

THERAPY DOG VISIT

Monday, March 24th at 12:45 p.m.
A Certified Therapy Dog will be here to visit with residents in the Community Room. All are welcome!!
Sign in the day of



BLOOD PRESSURE CLINIC

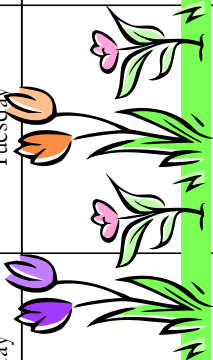
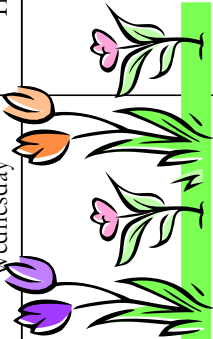
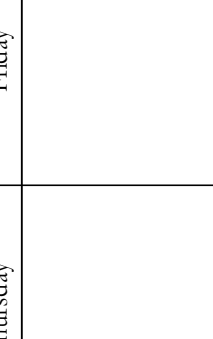
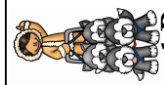

Catholic Health LIFE
MONDAY, MARCH 31st
at 12:45 p.m.
Sign in the day of





March 2025



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--------------------------|---|
| | |  |  |  | |  |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Dr. Suess Day 11:45 AM | Meal Program 11:45 AM "Fat Tuesday Meal" 11:45 AM Paczkki Day | Meal Program 11:45 AM "Fat Tuesday Meal" 11:45 AM Paczkki Day | Soulsate / Save A Lot Shopping 8AM - 12PM Lenten Season Discussion & Prayer 11:00AM Meal Program "Ash Wednesday Meal" 11:45 AM | Meal Program 11:45 AM | Meal Program 11:45 AM | Remember to turn your clocks ahead by one hour tonight! |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  Daylight Savings Time Begins | Meal Program 11:45 AM | Meal Program 11:45 AM Library Reserved 6:00 PM | Meal Program 11:45 AM Fire Safety Meeting 12:30 PM | Meal Program 11:45 AM Bingo w/ Lori 6:30 PM | Meal Program 11:45 AM | Ides of March |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Freedom of Information Day | Meal Program "St. Patrick's Day Meal" 11:45 AM | Meal Program 11:45 AM | Transit Road Shops 8AM - 12PM Meal Program 11:45 AM Activity Meeting 1:00 PM | Apartment Pull Cord & Alarm Testing 8:00 AM Meal Program "Welcome Spring Meal" 11:45 AM | Meal Program 11:45 AM | As Young As You Feel Day |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | Meal Program 11:45 AM | Meal Program 11:45 AM | Meal Program 11:45 AM National Science Appreciation Day | Meal Program 11:45 AM | Meal Program 11:45 AM | |
| 30 | 31 | | | | | |
| Spring Craft w/ Lori 12:00 PM Bingo 2:00 PM | Meal Program 11:45 AM | | | | | |

