

Manor Musings

March is:

- Irish-American Heritage Month
- Brain Injury Awareness Month
- National Craft Month

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March Event Highlights

Recurring Events:

Communion with Pastor Kayti – First Monday of the Month at 2:00 PM

Wii Bowling – Tuesdays at 3:00 PM

Chair Yoga – Wednesday & Friday at 10:30 AM

Trivia w/ Erie County – Second Monday of the Month at 12:30 PM

Library 2 Go – Second Wednesday of the Month at 12:30 PM

“Office Hours” with Pastor Kayti – Third Monday of the Month from 1PM – 3PM.

On Wednesday, March 4th 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.

A discussion about Nicotine and Tobacco with a Roswell Park representative will be held on Wednesday, March 4th at 1:00 PM.

Daylight savings begins on Sunday, March 8th. Remember to turn your clocks forward one hour before bed on Saturday!!

Lori will be hosting bingo on Thursday, March 12th and Thursday, March 26th at 6:00 PM. Bring your quarters and snacks!

On Wednesday, March 18th 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.

Movie Matinee – Thursday, March 19th at 1:00 PM. Ghost (1990, starring Patrick Swazye and Demi Moore).

Learn more about Managing a Serious Illness on Monday, March 23rd at 1:00 PM.

Help us plan Spring and Summer events at our Activity Meeting on Friday, March 27th at 1:00 PM.

Save the Date!

Our annual Good Friday fish fry will take place on Friday, April 3rd. More details and a sign up 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!

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

**Congratulations to our Super Bowl
Pool winners – Dom, Marcia,
Karen H. & Patty!**

Winter Colds & Flu – There have been many colds and flu circulating in the building this winter. Please stay in your apartment if you are not feeling well. If you must go out, be sure to wear a mask and avoid community areas.

Library Requests – Remember that you can request items from the Buffalo & Erie County Public library for our Library 2 Go visit on Wednesday, March 11th. Email librarytogo@buffalolib.org or call 716-858-7156 to request an item. They will bring the item on their next visit. You can request books, books on CD, music CDs, and DVDs.

Last call for Used Cell Phones

If you have an old cell phone that you don't know what to do with, drop it off at the office. We will be mailing them to a cell phone recycling company. Please drop them off by March 20th!



**Time to
Spring Ahead**
*Remember to turn
your clocks ahead one
hour on March 8th!*

Sarah's Snip Its

Laundry Machines

The new washing machines should be delivered in early March. We continue to provide the coin operated machines since the United Church Manor owns the machines and we do not contract out to a third party to provide this service. If we did choose to go with a vendor, the cost to wash and dry would increase. Based on a survey among other senior apartment properties, United Church Manor had the lowest prices. The average amount was \$2.50 to wash and dry.

Annual Apartment Unit Inspections

HUD requires annual, or more frequent, inspections of all assisted housing units to ensure they are decent, safe, and sanitary. They will start mid-April, and all residents will receive an approximately 2-week written notice of inspection that will be put in your mailbox. Inspections will be typically on Tuesdays and Thursdays 9:30-12pm. Inspections include, but are not limited to the following:

- No evidence of smoking in the unit
- 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
- 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.

Smoking

Complaints are received in the office almost daily about the overwhelming smell of cigarette smoke in the community room and directly outside the building during off-business hours, including nights and weekends.

Please be reminded that smoking is strictly prohibited anywhere inside the building and on the property, including entrances and areas immediately

outside doorways. This policy is in place to ensure the health, safety, and comfort of all residents.

There are security cameras located throughout the property, both inside and outside the building. Violations of the No-Smoking Policy will be documented and may result in lease violations.



Independent Living

I have received feedback from some residents expressing concern that neighbors may require a 'higher level of care.' I would like to clarify that United Church Manor provides supportive affordable housing designed to foster independence through service coordination and our meal program which allows for aging in place.

Please remember that 'Independent Living' refers to the specific services our program provides, not a restriction on a tenant's personal abilities. Every resident has the legal right to hire private aides or home health services to maintain their autonomy. Under the Fair Housing Act, we are required to provide reasonable accommodations for residents with disabilities, ensuring they enjoy their homes just like everyone else. As long as aides follow community rules, their presence is no different than a visit from a friend or family member.

Independence looks different for everyone, for some, it is driving to the store; for others, it is managing a care team to remain in the community they love. If you have a specific concern regarding a lease violation or safety, please bring it to the office so it can be addressed accordingly.

Senior Wishes

It has been a few years since we have received a group wish. The last one we had granted was a limo ride to a movie. I am looking for wishes to apply for. If you have ideas, please let me know. It should be something that can impact a senior's quality of life and bring them joy.

Stay Fit Dining

A St. Patrick's Day lunch will be served on Tuesday, March 17th. It will include Corned Beef with Cabbage, Buttered Potatoes, Carrots, Deli Rye Bread, and Lime Sherbet.



Join us as we Welcome Spring on Friday, March 20th. The meal features a Lasagna Roll with Primavera Cream Sauce, Broccoli Florets, Chef Salad, Dinner Roll and Lemon Meringue Pie.

welcome Spring!



A Bit of Humor

Celebrate St. Patrick's Day with some Irish wisdom and wit!

- May the good Lord take a liking to you, but not too soon!
- Who gossips with you will gossip of you.
- May the cat eat you and the devil eat the cat.
- Those who drink to forget, please pay in advance.
- What butter or whiskey does not cure cannot be cured.



Gallagher opened the morning newspaper and was dumbfounded to read in the obituary column that he had died. He quickly phoned his best friend Finney. "Did you see the paper?" asked Gallagher. "They say I died!!"

"Yes, I saw it!" replied Finney. "Where are you callin' from?"

Save the date for the meal program's Easter Luncheon on Wednesday, April 1st!



Our current dining supervisor, Michele, will be out for surgery in March. Our former dining supervisor and bingo coordinator, Lori, will be filling in for her. We wish Michele a speedy recovery!



I had an accident opening a can of alphabet soup this morning,' said Murphy.

'Were you injured?' inquired Seamus.

'No, but it could have spelled disaster,' concluded Murphy.

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

The Iditarod begins on March 7th.

Did you know.....

- **Race times have gotten twice as fast since it started.**
The first Iditarod took place in 1973 and took about 20 days to complete; currently, it takes about 10 days. The winner in 2017 set a record at seven days, 14 hours, 8 minutes. The last place time was 32 days in the beginning, and now it's about 13 days.
- **There's a Jamaican dog sled team.**
Inspired by the Olympic Jamaican bobsled team, a Caribbean tour operator started a Jamaican dog sled team to compete in various races. (It was sponsored by Jimmy Buffett.) In 2010, team member Newton Marshall became the first Jamaican to compete in the Iditarod. He now competes independently as Mushin' Mon. He recently made Iditarod news when he helped rescue another musher who had broken his ankle chasing a loose dog.
- **The race is named for a ghost town.**
Or at least for the name of the route than once carried mail, supplies, and gold prospectors to the town of Iditarod. The town was named for the Iditarod River and was once flush with action from an early 20th century gold rush. But after the gold ran out in the 1930s, everyone left. All that's left of it is a few abandoned shelters and a rusty old bank vault.
- **The distance varies.**
The race course is about 1000 miles, but it can vary depending on snow, ice, and other terrain conditions. Also, the race alternates between a northern course and a southern course every year. This way, more of the small towns in the middle of the state get to participate in the action and benefit from a bump in visitors.
- **The last place finisher gets a special prize.**
It's a race tradition to light a lantern at the finish line in Nome when the race begins and leave it lit as long as there are still mushers out there on the trail. It's a nod to the old custom of the "widow's lamp" which was a safety measure to keep track of when sled drivers were out on the trail and whether they had reached their destination or not. Some sled races started handing out lanterns to the last place finisher as a joke, but now the "red lantern" is an official prize to bear proudly.

March 3rd is Simplify Your Life Day

How to Simplify Life: Decluttering Tips for Seniors

Over the years, it's easy to accumulate a home full of memories and meaningful belongings. For seniors, simplifying your space can reduce stress, improve safety, and make daily life more enjoyable. Decluttering isn't about losing what you love—it's about creating room for what matters most.

Start Small and Set Realistic Goals

Decluttering a whole home at once can feel overwhelming. Instead, focus on one room, one drawer, or one closet at a time. Breaking it into small, achievable steps helps you stay motivated.

Use the One-Year Rule

Ask yourself, "Have I used this in the last year?" If not, it may be time to donate, recycle, or let it go. This works especially well for clothing, small appliances, and décor items.

Prioritize Safety

For seniors, decluttering is also about accident prevention. Remove loose rugs, clear walkways, and rearrange furniture to ensure easy movement. A safer home means more peace of mind.

Keep Sentimental Items Thoughtfully

You don't need to keep every memento to hold onto the memory. Display a few special items and consider digitizing photos or letters to preserve them without adding clutter.

Try the Four-Box Method

Label four boxes—Keep, Donate, Recycle, and Toss—and work through one area at a time. This method makes decisions easier and keeps you organized as you go.

Involve Family and Friends

Decluttering can be an opportunity to reminisce. Invite loved ones to help sort items, share stories, and decide which treasures to pass down.

Embrace Minimalism

Keep only what brings you joy or serves a purpose in your current stage of life. Minimalism doesn't mean empty—it means intentional and functional.

Benefits of Decluttering for Seniors

- **Better mental health** through a calmer, more organized space
- **Improved mobility** with fewer obstacles in your home
- **More time and energy** for the activities you enjoy
- **Greater joy** from living among items you truly love

Service Coordinator Spot

FOR YOUR INFORMATION

Program Spotlight: CoPeers: Better Together

CoPeers – Better Together is a Peer Support service designed to enhance hope, strengthen social connections and increase enjoyment in the community. Peer Support can help improve overall well-being and self-esteem while also assisting with system navigation, paperwork, doctor's appointments, and more.

Services can promote longer-lasting recovery, provide companionship, mentorship, or simply a friendly, supportive presence. Peer Support Specialists work alongside individuals to help them reach personal goals and feel more connected and supported.

Eligibility is open to adults ages 18 and older. Services are covered by Medicaid and some Medicare programs, and private pay options are also available. An intake form must be completed, and CoPeers staff can assist with this process, including gathering insurance information. Participants should be open to therapy services; however, a mental health diagnosis is not required. Individuals may qualify for up to 21 hours of support per week.

I have brochures and flyers in my office if you interested in learning more or would like me to refer you!

EDUCATIONAL & WELLNESS PROGRAMS

A Discussion about Tobacco and Nicotine Products 2026

Wednesday, March 4th at 1pm

Learn about why it's so hard to quit using tobacco and the free support and programs to help.

Jenna Brinkworth, Community Outreach Specialist, Roswell Park Comprehensive Cancer Center, is a trained tobacco treatment specialist who will talk about emerging tobacco products and how they are more addictive than ever.

Sign up sheet on the bulletin board.

Managing Serious Illness Presentation Monday, March 23rd at 1pm

Lynn Riker, Director of Community Outreach for Hospice & Palliative Care of Buffalo, will be here to discuss how to talk to your loved ones and medical professionals about your healthcare preferences. Sign up sheet on the bulletin board.

Changes in Office Hours:

I will be in the office from 11am- 4pm on Monday, March 2nd.

No other changes this month.





March 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Peace Corps Birthday	2 Meal Program 12:00 PM ----- Communion w/ Pastor Kayti 2:00 PM	3 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	4 Southgate/Save A Lot Shopping 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 12:00 PM ----- A Discussion about Tobacco and Nicotine Products 1:00 PM	5 Meal Program "Entree Salad" 12:00 PM	6 Chair Yoga 10:30 AM ----- Meal Program "Soup & Salad" 12:00 PM	7  Iditarod	
8 SPRING AHEAD Daylight Savings Time Begins	9 Meal Program 12:00 PM	10 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	11 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM ----- Library 2 Go 12:30 PM	12 Meal Program 12:00 PM ----- Bingo w/Lori 6:00 PM	13 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	14 	
15 Ides of March	16 Meal Program 12:00 PM ----- Office Hours w/ Pastor Kayti 1PM - 3PM	17 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM ----- Library Reserved 6PM - 8PM	18 Transit Rd Shops 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	19 Library Reserved 9AM - 11AM ----- Meal Program 12:00 PM ----- Movie Matinee - Ghost 1:00 PM	20 Chair Yoga 10:30 AM ----- Meal Program "Welcome Spring Lunch" 12:00 PM ----- Spring Begins	21	
22 Tuskegee Airman Day	23 Meal Program 12:00 PM ----- Managing Serious Illness Presentation 1:00 PM	24 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	25 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	26 Meal Program 12:00 PM ----- Bingo w/Lori 6:00 PM ----- Live Long and Prosper Day	27 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM ----- Activity Meeting 1:00 PM	28	
29  Palm Sunday	30 Meal Program 12:00 PM	31 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM					