

# Manor Musings

## May is:

- ALS Awareness Month
- Better Sleep Month
- Older Americans Month

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## May Manor Events

A Communion Service with Pastor Kayti will take place on Monday, May 5<sup>th</sup> at 2:30 PM.

On Wednesday, May 7<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.

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

Bingo with Lori will be held on Thursday, May 8<sup>th</sup> at 6:30 PM and Sunday, May 18<sup>th</sup> at 12:00 PM.

Brownies & Budgeting will take place on Monday, May 12<sup>th</sup> at 12:45 PM.

Join us for an Ice Cream Social on Wednesday, May 14<sup>th</sup> at 12:30 PM.

Learn the history of Erie County Parks on Wednesday, May 14<sup>th</sup> at 1:00 PM. This is a virtual class through University Express that will include information on Chestnut Ridge, Como Lake, and other parks.

Pastor Kayti will be available on Monday, May 19<sup>th</sup> from 12:30 – 3PM with open Office hours for conversations, prayers, or just a friendly visit.

On Wednesday, May 21<sup>st</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 please pay Jen in the office prior.

SNAP Nutrition Education will be here on Wednesday, May 21<sup>st</sup> at 12:45 PM. Come down for helpful tips and tasty treats!

Local high school students will be here for "Trojans Take Action" day on Friday, May 23<sup>rd</sup>. Please see Sarah's Snip Its for more information and remember to sign up if you are interested in having your windows and screens washed by the students.

A Blood Pressure Clinic will be held on Friday, May 23<sup>rd</sup> at 12:45 PM.

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

“Like” us on Facebook!

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



<i>Mark McCarthy</i>	<i>May 2</i>
<i>Mary Masters</i>	<i>May 7</i>
<i>JoAnn Ellis</i>	<i>May 15</i>
<i>Karen Orser</i>	<i>May 21</i>
<i>Phyllis Schiffhauer</i>	<i>May 25</i>

*Also, a Happy Birthday to our  
Maintenance Supervisor, Joe!*



### Stamp Out Hunger Food Drive

On Saturday, May 10<sup>th</sup> mail carriers will collect food donations for local food banks. A box will be placed under the outgoing mail slot on the Thursday, May 8<sup>th</sup>. If you'd like to donate food, please place it in the box before Saturday morning.

The business office will be closed May 5<sup>th</sup> and 6<sup>th</sup>, as well as May 19<sup>th</sup>, 20<sup>th</sup>, and 21<sup>st</sup> due to housing conferences and vacations.

In observance of the Memorial Day Holiday, the office will be closed on Monday, May 26<sup>th</sup>.

## Sarah's Snip Its

We are excited to once again partner with the West Seneca School District for their annual **Community Action Day!** On **Friday, May 23**, students and teachers will arrive between **9:00 and 9:30 AM** to help with a variety of spring-cleaning tasks, including:

- Washing apartment windows and screens
- Cleaning all interior doors (including the corridor side of your apartment door)
- Spring cleaning the library, lounge, dining room, and laundry room

We hope all residents will participate, especially in having their windows and screens cleaned! This service is provided at no cost to you. Please sign up on the sheet posted on the community bulletin board which helps us plan and ensure enough supplies are available for the students.



## Safety Committee Meeting

Thank you to our team of volunteers (Gloria, Katharyne, Mike, George and Tony) who have agreed to document and verify who is accounted for in case of an emergency in which the building needs to be evacuated, specifically for a fire. As a reminder, when you hear the fire alarm, please evacuate the building if you are physically able and check in at your respective area.

## Laundry Room

Please remove clothes promptly from washer and dryer after use. Other residents have permission to remove your clothes from the machines if they are left in the machine for longer than 1 hour. If you do not like having other people handling your clothes, it is your responsibility to remove them in a timely manner. As a common courtesy, please do not use more than 2 washers or dryers at one time.

## Smoking

I have been smelling both cigarette and marijuana smoke throughout the building, near stairwells, entryways and in the hallways. United Church Manor is a smoke free property. You must go off the property to smoke.

Residents are responsible for the actions of their household, their guests and their visitors. Failure to adhere to the no smoking policy is construed as a material violation of the lease and that could subject you to termination of tenancy and financial costs to remove smoke odor or residue from the unit. Residents that fail to adhere to this policy will receive a notice of lease violation and instructions on how to remedy the violation. After a third failure (lease violation) to adhere to this policy a termination of tenancy will be issued. If you have any questions regarding the Manor's non-smoking policy or Use of Illegal Drug policy, please stop by the office. We will be glad to answer any questions. Thank you for your cooperation.

## Pipes and Grease

Pouring grease down the drain is one of the fastest ways to cause costly clogs and sewer backups. Even small amounts of grease can build up over time, creating a sticky trap for other debris.

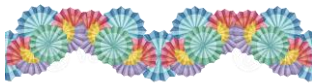
- Never pour grease down the sink. Even hot grease will cool quickly and solidify in your pipes.
- Wipe greasy pans before washing. Use a paper towel to soak up leftover grease and throw it in the trash.
- Use a grease container. Pour cooled grease into a can or jar. When full, toss it in the garbage.

Mother's Day is for celebrating the nurturers, the givers, the huggers and helpers, the day-makers and life-changers...~Keely Chace



## STAY FIT DINING

A Cinco de Mayo lunch will be served on Monday, May 5<sup>th</sup>. It will include a Ground Beef Taco with Cheddar Cheese in a Flour Tortilla, Spanish Rice, Fiesta Corn, a Chef Salad with Taco Sauce, and Rice Pudding.



On Wednesday, May 7<sup>th</sup> we'll be having a Mother's Day lunch. The meal will include Broccoli Stuffed Chicken, Vegetable Rice Pilaf, California Blend Vegetables, a Chef Salad, and Cheesecake with Strawberry Sauce.



## **A Bit of Humor**

My grandson was visiting one day when  
he asked,  
"Grandma, do you know how you and  
God are alike?"  
I mentally polished my halo, while I  
asked,  
"No, how are we alike?"  
"You're both old," he replied.



A little boy was overheard praying:  
"Lord, if you can't make me a better boy,  
don't worry about it  
I'm having a real good time like I am."

On Friday, May 23<sup>rd</sup> a Memorial Day lunch will be served. Breaded Chicken Breast with BBQ Sauce on a Bun, Cheesy Diced Potatoes, Corn-on-the-Cob, Chef Salad, and Strawberry Ice Cream.

No lunch program meals will be served on Monday, May 26<sup>th</sup> in observance of Memorial Day.

Just a reminder...

- Reservations are requested and should be made by Wednesday of the week preceding the days you want to join us.
- We ask that you notify us when you are unable to attend a meal you have reserved so we can allow another individual to use that meal.

The preacher was wired for sound with a  
lapel microphone,  
and as he preached, he moved briskly  
about the platform,  
jerking the mike cord as he went.  
Then he moved to one side,  
getting wound up in the cord and nearly  
tripping before jerking it again.  
After several circles and jerks,  
a little girl in the third pew leaned toward  
her mother and whispered,  
"If he gets loose, will he hurt us?"



## Maintenance News

- **Garbage disposal notes:**

**Do not throw loose items into the garbage chute.**

**Make sure all items are in plastic bags that are *securely tied*.**

- **A/C Covers** will be removed on Wednesday, May 7<sup>th</sup> between 9AM and Noon.

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

- **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.

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

*~ Joe & Dom*

## Guess Who!



Let us know who 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.



## May is Better Hearing & Speech Month

Did you know, one in three people older than age 60 have hearing loss, and one in two people older than age 85 have hearing loss?

Hearing loss related to the aging process is called presbycusis, it is a combination of changes to:

- Blood flow and the structures of the inner ear
- Changes to the nerve of hearing
- How the brain processes speech and sounds

Presbycusis typically is a gradual hearing loss that first affects the high-pitched sounds and it is noticed by the subtle changes in hearing over time.

Hearing loss due to aging can be increased by other factors such as diabetes, poor circulation, noise exposure, and certain medications.

### Common Signs of Hearing Loss

- Asking people to repeat what they say.
- Feeling like others are always mumbling or not speaking clearly.
- Difficulty hearing and understanding speech in noisy environments.
- Missing words or phrases on the telephone.
- Turning the volume up on the television or radio louder than normal.

People with untreated hearing loss (those with hearing loss who do not wear hearing aids) experience a decreased quality of life. Untreated hearing loss has been linked to issues such as sadness, depression, anxiety, paranoia, cognitive decline, and poor social relationships.

One way of treating age-related hearing loss is with hearing aids. Today's hearing aids are digital microcomputers that can automatically adjust to sound thousands of times per second, making speech comfortable and natural sounding.

### Hearing Aid Facts

- Hearing aids can improve communication with family, friends, and co-workers, which can help maintain a high quality of life.
- Wearing hearing aids can improve your overall hearing; however, hearing aids cannot restore normal hearing, and one must remember that hearing loss in most situations is irreversible.
- Hearing aids come in a variety of options at different price points, the cost of a hearing aid depends on your lifestyle and the technology required.
- Medicare covers hearing testing with a physician's referral, but Medicare does not cover the cost of hearing aids.
- Medicaid, some Medicare Advantage policies, private insurance carriers, and some charitable organizations may help cover the cost of hearing aids.
- Most audiologists have financing or payment plans available to help with the costs of hearing aids.

If you think you or a loved one has a hearing loss, visit [audiology.org](http://audiology.org) to find an audiologist in your area and schedule a hearing screening today!

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# Service Coordinator Spot

## FOR YOUR INFORMATION

### May is Arthritis Awareness Month:

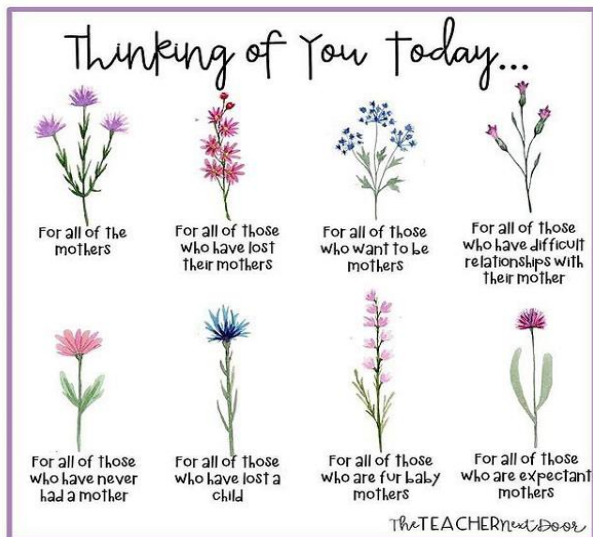
Arthritis affects one in five adults in the United States. That's over 54 million men and women.

There is no better time than Arthritis Awareness Month to get physically active. Start or keep on walking – May is a great time to begin a walking program or recommit yourself to a walking routine. Physical activity has been shown to improve arthritis pain, fatigue, function, and quality of life. Walking is a great way for people with arthritis to be physically active. Ask others to join you for a walk. Try to walk 30 minutes a day, for at least 3 days per week. Don't think you can walk for 30 minutes at one time? You can break it up into 10-minute sessions and spread it out during the day.

### Changes in Office Hours:

I will not be in the office on Friday, May 3rd

### HAPPY MOTHER'S DAY:



## EDUCATIONAL & WELLNESS PROGRAMS

### BROWNIES and BUDGETING!! FINANCIAL MANAGEMENT PROGRAM – CENTER FOR ELDER LAW AND JUSTICE

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

Renee Pratt will be here to discuss this beneficial financial management program.

The program assists older adults with budgeting and paying bills. Come join us for this informative presentation. Renee will be bringing some sweet treats for all who attend! All are welcome!

*Sign-In Sheet on Bulletin Board*

### SNAP~NUTRITION EDUCATION PRESENTATION

**WEDNESDAY, MAY 21<sup>st</sup> 12:45 p.m.**

SNAP-Ed is a statewide program that provides nutrition education and workshops to low income individuals and families all throughout the community.

They offer hands-on workshops to empower participants to shop, cook, and eat healthier, all while staying within

their budget. Join us for a tasty treat!! All are welcome!!

*Sign-Up Sheet On Bulletin Board*

### BLOOD PRESSURE CLINIC

Catholic Health LIFE

**Friday, May 23rd 12:45 p.m.**

Sign in the day of





# May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Meal Program 11:45 AM ----- Hug Your Cat Day	2 Meal Program 11:45 AM ----- Kentucky Derby	3 Letter Carrier's Stamp Out Hunger Food Drive Day
4  Intergalactic Star Wars Day	5 Meal Program 11:45 AM ----- Cinco De Mayo Lunch ----- Communion Services 2:30 PM ----- Business Office Closed	6 Meal Program 11:45 AM ----- Business Office Closed	7 Southgate/Save a Lot Shopping 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 11:45 AM ----- "Mother's Day Lunch" 11:45 AM	8 Meal Program 11:45 AM ----- Bingo w/ Lori 6:30 PM	9 Meal Program 11:45 AM ----- Mimosas Day	10 Letter Carrier's Stamp Out Hunger Food Drive Day
11 HAPPY Mother's Day	12 Meal Program 11:45 AM ----- Brownies & Budgeting 12:45 PM	13 Meal Program 11:45 AM ----- Library Reserved 6:00 PM	14 Chair Yoga 10:30 AM ----- Meal Program 11:45 AM ----- Ice Cream Social 12:30 PM ----- Eric County Parks History Presentation 1:00 PM	15 Meal Program 11:45 AM ----- Mimosas Day	16 Meal Program 11:45 AM ----- Mimosas Day	17 Armed Forces Day
18 Bingo w/ Lori 12:00 PM	19 Meal Program 11:45 AM ----- Pastor Kayti Office Hours & Conversation 12:30 PM ----- Business Office Closed	20 Meal Program 11:45 AM ----- Business Office Closed	21 Transit Road Shows 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 11:45 AM ----- Nutrition Education 12:45 PM ----- Business Office Closed	22 Meal Program 11:45 AM ----- Mimosas Day	23 Trojans Take Action 9:00 AM ----- Meal Program 11:45 AM ----- "Memorial Day Lunch" 11:45 AM ----- Blood Pressure Clinic 12:45 PM	24 Community Room Reserved 1:00 PM
25	26 Office Closed ----- No Meal Program ----- Memorial Day	27 Meal Program 11:45 AM ----- Business Office Closed	28 Chair Yoga 10:30 AM ----- Meal Program 11:45 AM ----- Business Office Closed	29 Meal Program 11:45 AM ----- Mimosas Day	30 Meal Program 11:45 AM ----- Mimosas Day	31 Letter Carrier's Stamp Out Hunger Food Drive Day