

Manor Musings

May is:

- Asthma Awareness Month
- Clean Air Month
- National Military Appreciation Month

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May Manor Events

Recurring Events:

Wii Bowling – Tuesdays at 3:00 PM

Chair Yoga – Wednesday & Friday at 10:30 AM

Library 2 Go – ****DAY & TIME CHANGE**** - Monday, May 4th 9:30AM

Spot the Scam! Learn how to spot and avoid common scams.
Monday, May 4th at 1:30 PM.

A Communion Service with Pastor Kayti will take place on Monday, May 4th at 2:30 PM.

On Wednesday, May 6th 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, please pay Jen in the office prior.

Bingo with Lori will be held on Thursday, May 7th at 6:00 PM and Thursday, May 21st at 5:00PM.



Join us in celebrating Dom's retirement and his many years of service to the Manor on Wednesday, May 13th at 12:30 PM.

A pasta lunch from Ilio DiPaulo's will be served. Please RSVP on the sheet in the community room by Wednesday, May 6th.

Enjoy some trail mix as we hit the road on a Route 66 road trip (YouTube style) at 1:00 PM on Monday, May 18th. Learn about this iconic road that is celebrating it's 100th anniversary this year!

On Wednesday, May 20th 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.

Movie Matinee! “My Cousin Vinny” will be shown on Thursday, May 21st at 1:00 PM. Fresh popcorn will be served.

Join us for an Ice Cream Social on Friday, May 29th at 12:30 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

“Like” us on Facebook!



<i>Mary Masters</i>	<i>May 7</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!*

Rent Changes

Due to a utility allowance change, everyone's rent will be decreasing. More information will be distributed once we receive HUD approval (hopefully mid-May), keep an eye on your mailboxes for the change notice!

The business office will be **closed** May 5th – 7th, as well as May 20th due to housing conferences and vacations.

In observance of the Memorial Day Holiday, the office will be closed on Monday, May 25th.



Sarah's Snip Its

Safety Committee Meeting

Thank you to all attended the Emergency and Safety meeting with the officials from West Seneca. 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. A special thank you to our team of residents who have continued to agree 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.



Resident Satisfaction Survey

Mid-May you will be receiving a resident satisfaction survey in your mailbox. We ask that you share your feedback about your living experience at United Church Manor. Your input helps us better understand what we are doing well and where improvements may be needed. The survey is completely confidential.

Bed Bug Maintenance

This month we are using a new pest control company. They will be here on Wednesday, May 20th. They will arrive between 9:00am-11:00am. You will receive a reminder letter in the mail as it gets closer.

Mailboxes

Please check your mailboxes regularly and remove the mail that is in there. We have a few mail slots that are full, and the mail person cannot deliver to it. I would hate to see you miss out on the Publisher's Clearing House offer.



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Service Coordination

Jessica Papadakis is our HUD Service Coordinator. Her role is to assist tenants in obtaining supportive services they need to continue to live as independently as possible. She provides programs and services to meet the needs and interests of our residents. HUD funding of the service coordinator program requires monthly education programs for residents. If there is something you would like to see presented or something you want to learn more about, please reach out to her. Jessica has a wealth of knowledge and can connect you a variety of resources. Please consider attending her events and using her services, as she is an advocate for you!

Warmer Weather

As we head into warmer weather, there will be days that are quite warm and days that are cold. It is difficult to maintain consistent temperatures in the building with such fluctuations. During the months of May and September you may need to layer up with a heavier sweater or blanket, open or close windows. Joe and Dom plan to uncover the air conditioners in your apartment the first and second week in May.

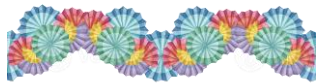


Mother's Day is for celebrating the nurturers, the givers, the huggers and helpers, the day-makers and life-changers...~Keely Chace



STAY FIT DINING

A Cinco de Mayo lunch will be served on Tuesday, May 5th. 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 Thursday, May 7th 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.

On Friday, May 22nd a Memorial Day lunch will be served. It includes a Steakhouse Burger w/ BBQ Sauce, Ranch Mashed Potatoes, Corn-on-the-Cob, Chef Salad, and Strawberry Ice Cream.

No lunch program meals will be served on Wednesday, May 13th as we will be celebrating Dom's retirement!



No lunch program meals will be served on Monday, May 25th in observance of Memorial Day.

A Bit of Parenting Humor

Baby questions

Q: Should I have a baby after 35?

A: No, 35 children is enough.

Q: I'm two months pregnant now. When will my baby move?

A: With any luck, right after he finishes college.

Q: What is the most reliable method to determine a baby's sex?

A: Childbirth.

Q: My wife is five months pregnant and so moody that sometimes she's borderline irrational.

A: So what's your question?

Q: My childbirth instructor says it's not pain I'll feel during labor, but pressure. Is she right?

A: Yes, in the same way that a tornado might be called an air current.

Q: When is the best time to get an epidural?

A: Right after you find out you're pregnant.

Q: Is there any reason I have to be in the delivery room while my wife is in labor?

A: Not unless the word "alimony" means anything to you.

Q: Is there anything I should avoid while recovering from childbirth?

A: Yes, pregnancy.

Q: Do I have to have a baby shower?

A: Not if you change the baby's diaper very quickly.

Q: Our baby was born last week. When will my wife begin to feel and act normal again?

A: When the kids are in college.



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 the first and second weeks of May.

- **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 **716- 238-0989**.

These calls are automatically forwarded to the staff member on call.

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

~ Joe & Dom

Healthy Aging at Any Age

Healthy aging is the process of maintaining good physical, mental, and social health and well-being as we grow older.

- Healthy aging starts early on in life.
- It means adopting healthy habits and making positive lifestyle choices that contribute to overall well-being as we age.
- Starting early is important to avoid many health complications that may arise in later life.
- But it is never too late to adopt healthy habits for positive change.

Healthy aging means adopting healthy habits and making positive lifestyle choices that contribute to health and well-being as we grow older.

These habits may include:

1. **Nutrition.** Maintain a healthy, balanced diet.
2. **Physical activity.** Keep your body active by doing regular exercise.
3. **Mental functioning:** Keep your mind stimulated and get enough sleep.
4. **Social well-being:** Stay socially connected and engaged with others.
5. **Emotional well-being:** Take care of your emotional well-being, including managing stress, having a positive outlook, and seeking support when needed.
6. **Injury prevention:** Try to avoid falls and other injuries by taking precautions and practicing safe driving.
7. **Health care routine:** Keep up with regular health checkups, vaccines, and screenings; and manage any chronic conditions.

Source: cdc.gov

Route 66 is turning 100!

Route 66 was officially created in 1926. In 2026, it will celebrate its 100th birthday, a symbolic anniversary for one of the most iconic routes in the United States.



This centenary is not a single event held on a specific date, but rather a series of celebrations taking place throughout the year. All along the route, from Illinois to California, towns and local communities are taking advantage of this occasion to showcase their heritage and revive the spirit of Route 66.

Did you know....

- **Route 66 was built as an efficient way to get from Chicago to Los Angeles.**
Over the course of the 1920s, car ownership nearly tripled in the United States, surging from 8 to 23 million vehicles. Many of these car owners wanted to use their new wheels to travel. While it had been possible to cross the country by car before Route 66, the new highway made the journey much more appealing by offering roadtrippers a single, easy-to-follow road that slashed the driving distance between Chicago and Los Angeles by more than 200 miles. The U.S. Route 66 Highway Association talked up the new roadway, describing it as the “the shortest, best, and most scenic route from Chicago through St. Louis to Los Angeles.”
- **The New Deal helped finish Route 66.**
Though it had opened officially in 1926, Route 66 wasn’t even close to finished by the time the Great Depression threw the country into disarray. The vision for the highway had been one of modernity, complete with wide roads, minimal curves, and drivable conditions no matter the weather. But in 1929, only the Illinois and Kansas portions of Route 66 were completely paved.
In a good break for proponents of the highway (and more or less no one else), the Great Depression put thousands of young men out of work. Under the leadership of President Franklin Delano Roosevelt, many of these men were hired to do, among other things, road improvement and maintenance. Thanks to the Civilian Conservation Corps and Works Project Administration, Route 66 was fully paved by 1938.
- **Route 66 crosses eight states.**
With blacktop paved across 2400 miles, Route 66 ran from the Great Lakes to the edge of the Pacific Ocean. Drivers who covered the highway in its entirety could set off from the northeastern tip of Illinois and continue through Missouri, Nebraska, Oklahoma, Texas, Arizona, and New Mexico before finally arriving at the coast of Southern California. The state that boasts the longest stretch of drivable road is Oklahoma, which is unsurprising when you consider that some of Route 66’s biggest boosters hailed from the Sooner state.



- **Route 66 still has plenty of roadside attractions.**
There’s plenty to see along America’s Mainstreet, from kitschy roadside attractions to major landmarks and museums. If you’re feeling peckish, you might stop by a diner in Oklahoma that offers more than 700 varieties of sodas and drinks or soak up the grease at San Bernardino,

California’s Original McDonald’s Museum. For natural wonders, you can explore a miles-long system of caves in the Ozarks or peer into a 50,000-year-old meteor crater in Arizona. There are also a fair share of more mainstream destinations along the route, including the St. Louis Gateway Arch and the Santa Monica Pier.

Service Coordinator Spot

FOR YOUR INFORMATION

HEAP Cooling Program- Now Open (April 15, 2026)

As warmer weather approaches, residents of Erie County can take advantage of the Home Energy Assistance Program (HEAP) Cooling Assistance Benefit. This program helps eligible households stay safe and comfortable during the summer months by providing a free air conditioner or fan, including installation.

The 2026 Cooling Assistance Program opened on April 15 and is available on a first-come, first-served basis. If approved, households may receive one unit to help keep indoor temperatures safe and manageable. This benefit is available to eligible households with:

- A medical condition worsened by heat (must be documented by a healthcare provider), or
- A vulnerable member (age 60+ or under 6)

You may qualify if your household meets income guidelines or if you receive benefits such as SNAP or public assistance. Seniors age 60+ and individuals with medical needs are especially encouraged to apply.

If you need help or an application, I have them in my office. For further assistance or more information, call the HEAP Hotline at (716) 858-7644.

Don't wait—funding is limited, and staying cool is important for your health and safety!

EDUCATIONAL & WELLNESS PROGRAMS

SPOT THE SCAM

**Presented by: The Erie County Department of Public Advocacy
Monday, May 4th at 1:30pm**

Jennifer Andres, the Erie County Director of Consumer Protection, will be here to present common signs of scams and how to avoid them. Common scams she will discuss: phishing email scams, lottery or prize scams, grandparent/imposter scams and romance scams. Sign up sheet on the bulletin board. All are welcome!



Changes in Office Hours:

I will be attending a conference in Syracuse on May 6th and 7th. I will only be in the office on Monday, May 4th that week.





May 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 International Firefighters Day	4 Library 2 Go 9:30 AM ----- Meal Program 12:00 PM Spot the Scam 1:30 PM ----- Communion w/ Pastor Kayti 2:00 PM	5 Meal Program "Cinco De Mayo Lunch" 12:00 PM ----- Wii Bowling 3:00 PM ----- Business Office Closed	6 Southgate/Save A Lot Shopping 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 12:00 PM ----- Business Office Closed	7 Meal Program "Mother's Day Lunch" 12:00 PM ----- Bingo w/ Lori 6:00 PM ----- Business Office Closed	8 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	9 Letter Carrier's Stamp Out Hunger Food Drive
10 HAPPY Mother's Day	11 Community Room Reserved 8:45AM - 10AM ----- Meal Program 12:00 PM	12 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	13 Chair Yoga 10:30 AM ----- Dom's Retirement Party 12:30 PM ----- No Meal Program	14 Meal Program 12:00 PM	15 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	16
17	18 Meal Program 12:00 PM ----- Route 66 Screening 1:00 PM ----- Victoria Day	19 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	20 Transit Road Shops 8AM - 12PM ----- Bedbug Voluctaro Inspections 9AM ----- Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	21 Meal Program 12:00 PM ----- Movie Matinee - "My Cousin Vinny" 1:00 PM ----- Bingo w/ Lori 5:00 PM	22 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM ----- "Memorial Day Lunch"	23
24	25 Office Closed ----- No Meal Program ----- Community Room Reserved	26 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	27 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM	28 Meal Program 12:00 PM	29 Chair Yoga 10:30 AM ----- Meal Program 12:00 PM ----- Ice Cream Social 12:30 PM	30
31 National Smile Day						

