

Manor Musings

November Events

November is:

- Adopt a Turkey Month
- American Diabetes Month
- National Alzheimer's Disease Month

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Recurring Events:

Chair Fitness – Wednesdays and Fridays at 10:30 AM.

Library 2 Go – Tuesday, November 10th from 1:00 PM – 2:00 PM.

Wii Bowling – Wednesdays at 3:00 PM

Game Night– Saturday November 14th and 28th at 6:00 PM.

On Wednesday, November 4th a van will transport residents between the Manor, Southgate Plaza, and Save A Lot between 8AM and 12PM. The cost is \$5.00.

A Health Fair will take place in the community room on Wednesday, November 4th from 11AM – 1PM. Vendors include Nascenta Health Care, Venture For the, Roswell Park and more.

Bedbug Volcano Inspections will take place on Thursday, November 5th beginning at 9:00 AM. You do not need to be home during this inspection, Joe or Nick will accompany the exterminator.

Bingo with Lori will take place on Thursday, November 5th at 5:00 PM and November 19th at 5:00 PM.

Kevin from the Piety Group will be available on Friday, November 6th to discuss Medicare options by appointment only.

A Pancake Breakfast will be held on Wednesday, November 11th at 10:00 AM. Enjoy all you can eat pancakes, sausage, orange juice, and coffee.

On Thursday, November 12th learn the Medicare Basics with Michael Matecki at 1:00 PM. He will also have individual appointments for those with additional questions.

Confused by your phone or tablet? Learn the basics with an Erie County Technology Trainer on Monday, November 16th at 1:00 PM. They will discuss Android and Apple devices.

On Wednesday, November 18th a van will transport residents between the Manor and Walmart, Wegmans, and Aldis on Transit Rd. between 8AM and 12PM. The cost is \$5.00.

“The Indian in the Cupboard” will be shown on Thursday, November 19th at 1:00 PM. Fresh popcorn will be served! *A nine-year-old boy named Omri receives a magical metal cupboard and a plastic Iroquois figurine for his birthday. When locked inside with a special family key, the toy comes to life as Little Bear, a real 18th-century warrior.*

United Church Manor

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Find us on the web
www.ucmanor.org

“Like” us on Facebook!

Resident News

HAPPY BIRTHDAY!

<i>Joseph Piskorowski</i>	<i>November 4</i>
<i>Roberta Busch</i>	<i>November 11</i>
<i>Richard Miller</i>	<i>November 13</i>
<i>David Uzdavinys</i>	<i>November 13</i>
<i>Catherine Stricklin</i>	<i>November 23</i>

**Remember to change your clocks on
November 1st as daylight savings time
ends. Turn clocks back one hour.**



The office will be closed on Thursday, November 26th and Friday, November 27th due to the Thanksgiving holiday. There will be no meal program on these days. We wish you all a happy, healthy holiday!



Sarah's Snip Its

Personal Favors

We strive to maintain a safe, respectful, fair, and professional environment for all of our residents. As a reminder, staff members are not permitted to perform personal favors for residents outside their assigned duties and responsibilities.

Personal favors may include running errands, providing transportation, borrowing money, purchasing items on behalf of residents, completing personal tasks, or engaging in arrangements that fall outside established policies and procedures.

These boundaries are important because they help ensure that all residents are treated fairly and equally, prevent misunderstandings, protect the well-being of both residents and staff, and maintain appropriate professional relationships. Thank you for your understanding and cooperation.

Winter Parking

Soon the snow will be here in Western New York. Effective November 1st our winter parking policy will take effect. Page 6 of the newsletter has a map showing where to park. Having a vehicle comes with the responsibility of following our winter parking procedures. Residents are expected to move their vehicles when necessary to allow staff to safely and effectively clear the driveway of snow.

Garbage

Please do not put any garbage or debris in the bed of the maintenance truck. We had a serious situation when someone left items in the back of the truck and Joe took the truck on the road. The items blew out from the vehicle which is dangerous for both the driver and others on the road. Disposing of trash in this manner is a violation of your lease agreement. All garbage must be placed in the trash chute or directly into the dumpster.

Open-Door Policy

We want all residents to feel comfortable approaching staff with questions, concerns, and needs. However, an open door means open communication, not unlimited access to staff time. Staff have many responsibilities and duties to attend to, and it is important that their time is respected so they can meet the needs of all residents.

If you have an important matter that requires more than a brief conversation, please schedule an appointment with the appropriate staff member. This ensures you receive the time and attention you deserve while ensuring staff can manage their other responsibilities effectively.

Bed Bug Inspection

The volcanoes will be checked by our exterminator on **Thursday, November 5th**, and should start around 9:00am.

As a reminder, the volcano should not be moved or discarded. Interference or removal of the device compromises our ability to monitor and prevent infestations.

Wishing all residents a wonderful Thanksgiving!



Stay Fit Dining

A Veteran's Day lunch will be served on Tuesday, November 10th. It will include Boneless Pork Loin with Gravy, Scalloped Potatoes, Vegetable Medley, A Chef Salad, and Lemon Meringue Pie.



We will celebrate Thanksgiving with Roasted Turkey with Stuffing, Gravy, & Cranberry Salad, Sweet Potatoes, Green Bean Casserole, and Pumpkin Pie with Whipped Topping on Tuesday, November 24th.

There will be no meals on Wednesday, November 11th, Thursday, November 26th and Friday, November 27th.

Just a reminder...

- Reservations 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.

A Bit of Humor

Thanksgiving Weather Forecast

Turkeys will thaw in the morning, then warm in the oven to an afternoon high near 190F. The kitchen will turn hot and humid, and if you bother the cook, be ready for a severe squall or cold shoulder.

During the late afternoon and evening, the cold front of a knife will slice through the turkey, causing an accumulation of one to two inches on plates. Mashed potatoes will drift across one side while cranberry sauce creates slippery spots on the other. Please pass the gravy.

A weight watch and indigestion warning have been issued for the entire area, with increased

stiffness around the beltway. During the evening, the turkey will diminish and taper off to leftovers, dropping to a low of 34F in the refrigerator.

Looking ahead to Friday and Saturday, high pressure to eat sandwiches will be established. Flurries of leftovers can be expected both days with a 50 percent chance of scattered soup late in the day. We expect a warming trend where soup develops. By early next week, eating pressure will be low as the only wish left will be the bone.



Maintenance News

- All chairs and personal items should be removed from the area in front of the garage before the first snowfall. They can be stored on the right side of the garage if needed.
- Do not put any items in the back of the maintenance truck. All garbage should be placed in the dumpster or garbage chute.
- All garbage should be placed in securely tied plastic bags before placing them in the garbage chute.
- If you open windows in the hallways or stairwells, please remember to close them as it cools down or if it begins to rain.
- **Please remember...** to call ALL work order requests into the office.
- **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 & Nick

Holiday Happenings – Save the Date!



Holiday Tree Trimming

Help us make the community room festive on Friday, December 4th at 1:00 PM.

Annual Holiday Dinner

Our annual Holiday Dinner will be held on Wednesday, December 9th at 4:30 PM. Thank you to Ebenezer UCC for sponsoring this event.

Winter Door Decorating

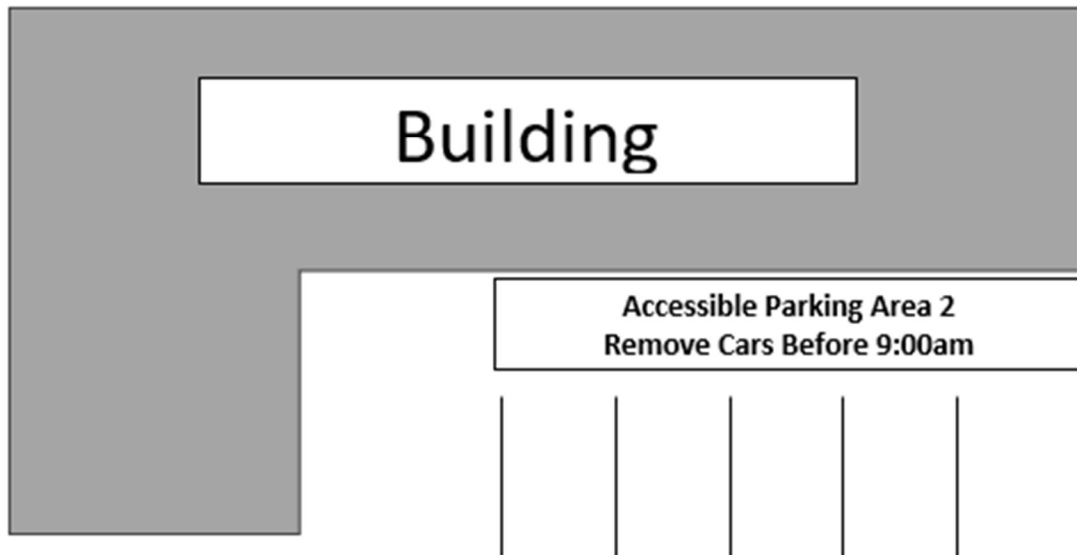
Please share your holiday spirit by decorating your apartment door. Doors will be judged by your fellow residents, and the top two favorite doors will receive a Save A Lot gift card. If you will be taking part, please have your apartment door decorated by Friday, December 11th. We will leave a ballot in your mailbox to write down the number of your favorite door. Ballots are due to the office by Wednesday, December 16th so we can tally up the votes. Winners will be posted and notified on Friday, December 18th.

Please remember to only decorate your door, do not hang anything on the walls or put rugs or other items in the hallway.

Preschool Carolers and Therapy Dogs

Our friendly therapy dogs will be visiting on Friday, December 11th at 1:00 PM dressed in their holiday best! Preschool Carolers will be here on Friday, December 18th at 10:00 AM.

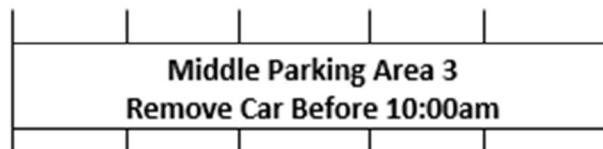
**WINTER PARKING IN EFFECT:
NOVEMBER 1 TO APRIL 1 ANNUALLY**



AREA 2 is plowed 2nd
remove cars before
9:00 am.

Area 3 is plowed 3rd
remove cars by
10:00am.

Area 1 is plowed 1st
No overnight parking
from 6:00pm-9:00am



**Adhering to the snow plowing policy ensures a safe
and accessible parking lot which will allow for
visitors and guests to pick up and drop off as
necessary.**

Service Coordinator Spot

For Your Information

Mark your calendars for our upcoming Autumn Wellness Fair!

Your health and independence are our top priority, which is why we are hosting a community wellness event right here at our property on **Wednesday, November 4th from 11:00 AM to 1:00 PM**. This is a fantastic opportunity to gather valuable information, ask questions, and meet directly with premier local health care agencies dedicated to helping seniors thrive safely at home.

The following agencies will be present:

**NASCENTIA HEALTH PLAN
STERN AT HOME THERAPY
VENTURE FORTHE
ROSWELL PARK
HEATHWOOD ASSISTED LIVING
GUILD CARE DAY PROGRAM
RIVERVIEW PHARMACY
CAPTION CALL PHONES**

Please stop by the fair for more information!



Happy Thanksgiving!!

Educational & Wellness Programs

**Wellness Health Fair
Wednesday, November 4th
11am-1pm**

Meet with agencies that help you live safely and independently at home!

**The Piety Group
Friday, November 6th
Appointments starting at 9am**

Meet with Kevin Kreutzer, Medicare Advisor, to discuss your Medicare plan. Please sign up on the bulletin board and you will be given an appointment time.

**Medicare 101 and Individual
Appointments
Thursday, November 12th
1pm**

Michael Matecki of the Michelle Farina Agency will be here to teach you the basics of Medicare. Meet with him following the presentation to discuss your plan. Please sign up on the bulletin board.

**Android & Apple Basics
Monday, November 16th
1pm-2pm**

Join Brendan Chella of the Erie County Library to learn the ins and outs of using your phones and tablets, including settings, apps and taking photos. Please sign up on the bulletin board.

Changes in Office Hours:
I will be off on Monday, November 2nd.
The office will be closed November 26th
and 27th.



November 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  Bills Vs. Ravens 1:00 PM ----- Dia de Los Muertos	2 Meal Program 11:45 AM	3 Bingocize 10:00 AM ----- Meal Program 11:45 AM ----- Election Day	4 Southington/See A Lot Shopping 8AM - 12PM ----- Chair Fitness 10:30AM ----- Health Fair 11AM - 1PM ----- Meal Program 11:45 AM ----- Wii Bowling 3:00 PM	5 Bingocize 10:00 AM ----- Meal Program 11:45 AM ----- Bingo w/ Lori 5:00 PM	6 Chair Fitness 10:30 AM ----- Meal Program 11:45 AM ----- Piety Group - Medicare - By Appt Only 1:00 PM	7
8	9 Meal Program 11:45 AM ----- Bills Vs. Vikings 8:15PM	10 Meal Program "Veterans Day Lunch" 11:45 AM ----- Library2Go 1:00 PM - 2:00 PM	11 Pancake Breakfast 10:00 AM ----- No Meal Program ----- Wii Bowling 3:00 PM ----- Veterans Day	12 Meal Program 11:45 AM ----- Medicare 101 & Private Appts. 1:00 PM	13 Chair Fitness 10:30 AM ----- Meal Program 11:45 AM	14 Game Night 6:00 PM ----- National Pickle Day
15 Bills Vs. Jets 1:00 PM ----- Steve Irwin Day	16 Meal Program 11:45 AM ----- Apple & Android Basics - Technology Trainer 1:00 PM	17 Meal Program 11:45 AM ----- Library Reserved 6:00 PM	18 Transit Road Shops 8AM - 12PM ----- Chair Fitness 10:30 AM ----- Meal Program 11:45 AM ----- Wii Bowling 3:00 PM	19 Meal Program 11:45 AM ----- Movie Matinee "The Indian in the Cupboard" 1:00 PM ----- Bingo w/ Lori 5:00 PM	20 Chair Fitness 10:30 AM ----- Meal Program 11:45 AM	21
22	23	24 Meal Program "Thanksgiving Lunch" 11:45 AM	25 Chair Fitness 10:30 AM ----- Meal Program 11:45 AM ----- Wii Bowling 3:00 PM	26 Office Closed ----- No Meal Program ----- Thanksgiving Bills Vs. Chiefs 8:20 PM	27 Office Closed ----- No Meal Program ----- Random Acts of Kindness Friday	28 Game Night 6:00 PM ----- Small Business Saturday
29	30					
	Cyber Monday					

