

# Manor Musings

## October Events

### October is:

- Emotional Wellness Month
- Long Term Care Planning Month
- Protect Your Hearing Month

### In This Issue:

|                     |   |
|---------------------|---|
| Resident News       | 2 |
| Manager's Message   | 3 |
| Stay Fit Dining     | 4 |
| A Bit of Humor      | 4 |
| October Events      | 6 |
| Service Coordinator | 7 |
| October Calendar    | 8 |

### Recurring Events:

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

**Library 2 Go** – Tuesday, October 13<sup>th</sup>  
from 1:00 PM – 2:00 PM.

**Bingocize** – Tuesdays and Thursdays at  
10:00 AM

### **\*New Events\***

**Wii Bowling** – Wednesdays at 3:00 PM

**Bible Study** – Tuesdays at 1:00 PM

**Game Night**– Saturday October 10<sup>th</sup> and  
24<sup>th</sup> at 6:00 PM.

Countdown to Halloween! We will be having a daily prize raffle each day in October! The winner will open a box on our “countdown to Halloween” calendar to see what they’ve won! There will be two drawings on Fridays and Mondays to compensate for weekend days. The grand prize will be drawn on October 30<sup>th</sup>. *You must be present to win.* Join us for lunch or stop down at 11:45AM to be eligible for the daily prize.

We will be having a Halloween “Trick or Treat”! Please bring a bag of candy to the office by Friday, October 23<sup>rd</sup> to participate. We will make up candy bags and pass them out to those who participated on Friday, October 30<sup>th</sup>.

On Wednesday, October 7<sup>th</sup> a van will transport residents between the Manor, Southgate Plaza, and Save A Lot between 8AM and 12PM. The cost is \$5.00.



Bingo with Lori will take place on Thursday, October 8<sup>th</sup> and Thursday, October 22<sup>nd</sup> at 5:00 PM.

Kevin from the Piety Group will be here on Monday, October 12<sup>th</sup> to discuss Medicare plans. Time to be announced.

“National Velvet” will be shown on Thursday, October 15<sup>th</sup> at 1:00 PM. *A jaded former jockey helps a young girl prepare a wild but gifted horse for England's Grand National Sweepstakes.*

Join us on Monday, October 19<sup>th</sup> at 11:30 AM to view the photos from our recent “Legacy Project” photo shoot. Several residents took part, see the beautiful results!

On Wednesday, October 21<sup>st</sup> 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.

A representative from Erie County will be here on Wednesday, October 28<sup>th</sup> at 1:00 PM to answer open enrollment and health insurance questions.

In conjunction with the meal programs Halloween Lunch we will be having a Halloween Party on Friday, October 30<sup>th</sup> at 11:30 AM. See page 4 for more information!

## 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!



Join your neighbors for  
Game Night on Saturday,  
October 10<sup>th</sup> and 24<sup>th</sup> at  
6:00 PM. Bring your  
favorite games (board or  
card) and snacks!  
Everyone is welcome!

## Resident News

# HAPPY BIRTHDAY!

|                                  |                   |
|----------------------------------|-------------------|
| <i>Linda Mancinelli-Krawczyk</i> | <i>October 8</i>  |
| <i>Mickey Weston</i>             | <i>October 13</i> |
| <i>Chester Markulis</i>          | <i>October 19</i> |
| <i>Olivia Apa</i>                | <i>October 21</i> |
| <i>Cheryl Page</i>               | <i>October 23</i> |
| <i>Nancy Zielinski</i>           | <i>October 28</i> |
| <i>Mary Jo Tumiel</i>            | <i>October 30</i> |



*Also, a very Happy Birthday to our  
Business Manager, Jennifer!*

## HUD RECERTIFICATIONS

As it is getting harder to verify medical expenses due to privacy concerns, we ask that you bring receipts for medical expenses to the office for your annual recertification. This includes doctor copays, insurance premiums, dental expenses, eye exams and glasses, hearing aids, hospital copays, ambulance bills, prescription costs, etc. If you have a question about medical expenses, please ask in the office. Thank you.

## Sarah's Snip Its

### Fire Drill

Thank you to everyone who participated in our annual fire drill. I feel it was very successful. I appreciate everyone's cooperation particularly to our very own Fire Safety Committee, volunteers who account for each resident of the building at each evacuation meeting point. During this last drill Gloria and Mike were instrumental.

### Food Options

As of recently, a significant of you are without personal transportation. We are very lucky to have the Erie County Department for the Aging that offers several options for meals. Monday- Friday you can join us for the Stay Fit Dining program that offers a hot, nutritious noontime meal. There are also pre-made frozen meals available in various pack sizes. This is a great option as they can be stored in your freezer and eaten at any time. The best part is there is only a suggested contribution cost. You can contact the office for more information. If you want to cook your own meals, there are home delivery grocery services such as Instacart or Walmart. Lastly, we offer transportation twice a month to local stores with a minimal cost of \$5.00.

### Cold Weather Smoking Notice

As the weather gets colder, it is understandable that going outside to smoke may be less convenient. However, please remember that smoking is not permitted inside your apartment or anywhere else inside the building. Smoke travels through vents, hallways, walls, and shared spaces, affecting other residents and leaving behind odors and residue. When I smell it, I will be knocking on doors to confront those who are not complying with the lease agreement.

### Windows

If you open a window in one of our common areas (hallway, stairwell, laundry room), remember to close it during stormy weather and/or at the end of the night. To reduce damage and warping please open the window to only halfway. Thank you.

### Save the Date

Each year we host a special sit-down dinner for all of our residents complete with traditional holiday favorites. This year we will be having this gathering on Wednesday, December 9<sup>th</sup>, and dinner will be delivered around 5:00pm. There is no charge to attend this. Our friends at Ebenezer United Church of Christ along with other donated funds cover the cost. We sincerely hope you can join us for this special evening.

### Legacy Portrait Project

Last month Melissa Mune, from "Bossy Photographer" was able to capture some of our resident's personality, beauty and what makes them uniquely wonderful. On Monday, October 19<sup>th</sup> at 11:30am those photographs will be revealed during our lunch program. Come see the results!



## Stay Fit Dining

An Oktoberfest lunch will be served on Wednesday, October 7th. It will include Polish Sausage with Sauerkraut & Mustard on a bun, German Potato Salad, Broccoli, and Apple Pie with Whipped Topping.



We will celebrate Halloween with Breaded Chicken Drumsticks, Duchess Mashed Potatoes, Green Beans with Red Peppers, Dinner Roll, and Banana Cream Pie on Friday, October 30<sup>th</sup>.

Entrée Salads will be served on Thursday, October 22<sup>nd</sup> and Wednesday, October 28<sup>th</sup>.

We will be having a Halloween Party in conjunction with the meal program on Friday, October 30<sup>th</sup>. Anyone wearing a costume will receive a free lunch! Lunch must be reserved in advance.

We will be serving spooky punch, viewing a spooky movie, and playing spooky games!



## A Bit of Halloween Humor

A vampire bat came flapping in from the night covered in fresh blood and parked himself on the roof of the cave to get some sleep. Pretty soon all the other bats smelled the blood and began hassling him about where he got it.

He told them to knock it off and let him get some sleep but they persisted until finally he gave in.

"OK, follow me," he said and flew out of the cave with hundreds of bats behind him. Down through a valley they went, across a river and into a forest full of trees. Finally, he slowed down and all the other bats excitedly milled around him.

"Now, do you see that tree over there?" he asked.

"Yes, yes, yes!" the bats all screamed in a frenzy.

"Good," said the first bat, "Because I DIDN'T!"

## Halloween Definitions

### **Boogieman:**

Guy who passes time at a stoplight picking his nose.

### **Coffin:**

What you do when you get a piece of popcorn stuck in your throat.

### **Frankenstein:**

Hot dog and a mug of beer

### **Full Moon:**

What your repairman reveals when he bends over to fix your fridge.

### **Goblin:**

How you eat the Snickers Bars you got for Halloween.

### **Invisible Man:**

What a guy becomes when there's housework to be done. Also, see "Mr. Hyde"

## Maintenance News

- **AC Covers** will be installed the week of October 12<sup>th</sup>.
- **Lint Traps...** please clean dryer lint traps out after each use.
- **Please do not throw loose items in the garbage chute. All garbage should be placed in *securely tied* plastic bags before placing in 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.
- **Hallway and stairwell windows**  
If you open windows in the hallways or stairwells, please remember to close them as it cools down or if it begins to rain.
- **Emergency Pull Cords...** should be untied and hanging to the floor.

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

~ Joe & Nick





## Halloween Word Scramble



|               |       |
|---------------|-------|
| 1. okypos     | _____ |
| 2. pkpinum    | _____ |
| 3. treta      | _____ |
| 4. oghst      | _____ |
| 5. ydanc      | _____ |
| 6. rpivame    | _____ |
| 7. keonstel   | _____ |
| 8. luhgo      | _____ |
| 9. pecyre     | _____ |
| 10. tomcuse   | _____ |
| 11. nthua     | _____ |
| 12. owaercrcs | _____ |
| 13. iyderah   | _____ |
| 14. oblod     | _____ |
| 15. labck act | _____ |
| 16. ogbiln    | _____ |
| 17. mymmu     | _____ |
| 18. rasyc     | _____ |
| 19. piserd    | _____ |
| 20. sremca    | _____ |

# Avoiding Scams and Fraud

AMERICANS 60 AND OLDER are *the* prime targets for fraud, especially by cybercriminals. Why do they view older people as easy marks? Seniors have savings to steal, and they may be more trusting and less familiar with technology than younger people.

In 2024, those 60 and older reported fraud totaling nearly \$4.9 billion — a 43% increase from 2023 — according to the FBI's Internet Crime Complaint Center.

Below are scams to watch out for:

## Grandparent Scam

Scammers contact someone, typically by phone, claiming to be a family member—usually a grandchild—and state that they are in immediate financial need.

### What might this look like?

Scammer calls the victim posing as a family member (most of the time as a grandchild) in distress or someone claiming to represent the family member (such as a lawyer or law enforcement agent). The family member of the grandparent states they are in trouble and needs their grandparent to wire them funds that will be used for bail money, lawyer's fees, hospital bills, or another false expense.

## Tech Support Scams

Scammers act as a technology support representative and offer to fix non-existent computer issues. The scammer gains remote access to a victim's computer or phone and their personal information.

### What might this look like?

A pop-up or blue screen appears on your computer, phone, or iPad/tablet with a warning sign that a virus has infected your device. The message urges you to call a toll free number or click a link immediately to get technical help. You will get a response from someone who claims to be working for a brand-name tech company, such as Apple/Google/Microsoft. They will ask you to pay for tech support through gift cards or wire transfers.

If this happens to your device, restart the device. Do not call them.

## Romance Scams

Scammer takes advantage of people looking for romantic partners/companionship through dating websites or social media.

### What might this look like?

You meet someone online, and after just a few contacts they profess strong feelings for you and ask to chat with you privately through telephone/email/text. After gaining your trust (can be weeks/months/year), they tell you a false story and ask for money, gifts, or your bank account/credit card details. They do not keep their promises and always have an excuse for why they cannot travel to meet you and why they always need more money.

### What you can do to protect yourself

Develop these habits and best practices for steering clear of fraud — and share them with friends and family.

- Question the unexpected. Never click on a link in an unsolicited email, text or pop-up box. "Any email or text from a bank or legitimate company will ask you to log into your account to receive a message," says Hutchins. If you are concerned, contact the company directly using the phone number listed on its website or a recent statement. Be equally suspicious of any call, text or email that ostensibly comes from the government. A government agency will contact you by mail if there is a problem.
- Take your time. Hang up on anyone who insists you must urgently move money or share personal information. If that request appears to come from a child or grandchild in need of emergency funds, call a family member to verify the story.
- Beware of friend requests on social media when you have no friends in common or the person has few friends, which can be a sign of a fake profile.

If you think you've been a victim of fraud or a scam, there are resources available including:

NY State Attorney General - 800-771-7755

National Elder Fraud Hotline – 833-372-8311

If your bank account or credit card is compromised or used fraudulently contact your bank right away.

# Service Coordinator Spot

## For Your Information

### Need A Ride?

Recently, I have had many inquiries regarding transportation. There are several options available to help seniors get to appointments, shopping, errands, and activities.

### Erie County Going Places Van

For Erie County residents **age 60+**, Going Places offers curb-to-curb transportation for medical appointments, shopping, errands, nutrition programs, and social activities.

☎ **716-858-RIDE (7433)**

*Please schedule rides in advance. A suggested contribution is \$8 each way, but no one is denied service for inability to pay.*

### NFTA PAL Paratransit

PAL provides accessible, shared-ride transportation for individuals who qualify because of a disability that prevents them from using regular NFTA service.

☎ **Reservations: 716-855-7239**

☎ **Customer Service: 716-855-7268**

### Need Help Finding the Right Option?

**NY Connects** can help you learn about transportation and other services available to older adults in Erie County.

☎ **716-858-8526**

**I'm always happy to help!** If you're not sure which service is right for you, please stop by or give me a call. We can apply online or request an application.



## Educational & Wellness Programs

### **Rescheduled: Therapy Dog Visit Thursday, October 1st at 1pm**

Come visit our happy, cheerful furry friends in the community room. All are welcome.

***Sign up sheet on the bulletin board.***

### **The Piety Group Monday, October 12<sup>th</sup> Time to be announced**

Medicare Advisor, Kevin Kreutzer, will be here to meet with you if you have any questions pertaining to your Medicare plan.

***Sign up on the bulletin board!***

### **Health Insurance Counseling Erie County Department of Social Services**

#### **Weds, October 28<sup>th</sup> 2pm**

Sue Lord, a Certified Health Insurance Counselor, will be here to go over any questions you may have regarding Open Enrollment and insurance changes.

***Sign up on the bulletin board!***

### **Changes in Office Hours:**

I will not be in the office on Monday, October 5<sup>th</sup>.



# October 2026



| Sunday                                    | Monday                                                                                                                                                                  | Tuesday                                                                                                                                       | Wednesday                                                                                                                                                                                                   | Thursday                                                                                                               | Friday                                                                                                              | Saturday                                                    |
|-------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| <b>4</b><br>Bills Vs. Patriots<br>1:00 PM | <b>5</b><br>Meal Program<br>11:45 AM<br>-----<br>World Day of<br>Bullying Prevention                                                                                    | <b>6</b><br>Bingo/ize<br>10:00 AM<br>-----<br>Meal Program<br>11:45 AM<br>-----<br>Bible Study<br>1:00 PM                                     | <b>7</b><br>Southgate/Save A Lot Shopping<br>8AM - 12PM<br>-----<br>Chair Fitness<br>10:30 AM<br>-----<br>Meal Program<br>11:45 AM<br>-----<br>"Oktoberfest"<br>11:45 AM<br>-----<br>Wii Bowling<br>3:00 PM | <b>1</b><br>Bingocize<br>10:00 AM<br>-----<br>Meal Program<br>11:45 AM<br>-----<br>Therapy Dog Visit<br>1:00 PM        | <b>2</b><br>Chair Fitness<br>10:30 AM<br>-----<br>Meal Program<br>11:45 AM                                          | <b>3</b><br>National Play<br>Outside Day                    |
| <b>11</b><br>General<br>Pulaski Day       | <b>12</b><br>Meal Program<br>11:45 AM<br>-----<br>The Piety Group<br>Time TBA<br>-----<br>Bills Vs. Rams<br>8:15 PM<br>-----<br>Columbus Day/Indigenous<br>Peoples' Day | <b>13</b><br>Bingocize<br>10:00 AM<br>-----<br>Meal Program<br>11:45 AM<br>-----<br>Bible Study<br>1:00 PM<br>-----<br>Library 2Go<br>1:00 PM | <b>14</b><br>Chair Fitness<br>10:30 AM<br>-----<br>Meal Program<br>11:45 AM<br>-----<br>Wii Bowling<br>3:00 PM                                                                                              | <b>15</b><br>Bingocize<br>10:00 AM<br>-----<br>Meal Program<br>11:45 AM<br>-----<br>Movie - National Velvet<br>1:00 PM | <b>16</b><br>Chair Fitness<br>10:30 AM<br>-----<br>Meal Program<br>11:45 AM                                         | <b>17</b><br>Sweetest Day                                   |
| <b>18</b><br>Bills Vs. Raiders<br>4:25 PM | <b>19</b><br>Legacy Project<br>Photo Reveal<br>11:30 AM<br>-----<br>Meal Program<br>11:45 AM                                                                            | <b>20</b><br>Bingocize<br>10:00 AM<br>-----<br>Meal Program<br>11:45 AM<br>-----<br>Bible Study<br>1:00 PM                                    | <b>21</b><br>Transit Road Shops<br>8AM - 12PM<br>-----<br>Chair Fitness<br>10:30 AM<br>-----<br>Meal Program<br>11:45 AM<br>-----<br>Wii Bowling<br>3:00 PM                                                 | <b>22</b><br>Bingocize<br>10:00 AM<br>-----<br>Meal Program<br>11:45 AM<br>-----<br>Bingo w/ Lori<br>5:00 PM           | <b>23</b><br>Chair Fitness<br>10:30 AM<br>-----<br>Meal Program<br>11:45 AM                                         | <b>24</b><br>Game Night<br>6:00 PM<br>United Nations<br>Day |
| <b>25</b><br>World Pasta<br>Day           | <b>26</b><br>Meal Program<br>11:45 AM                                                                                                                                   | <b>27</b><br>Bingocize<br>10:00 AM<br>-----<br>Meal Program<br>11:45 AM<br>-----<br>Bible Study<br>1:00 PM                                    | <b>28</b><br>Chair Fitness<br>10:30 AM<br>-----<br>Meal Program<br>11:45 AM<br>-----<br>Health Insurance Open Enrollment<br>w/ Erie County<br>2:00 PM<br>-----<br>Wii Bowling<br>3:00 PM                    | <b>29</b><br>Bingocize<br>10:00 AM<br>-----<br>Meal Program<br>11:45 AM                                                | <b>30</b><br>Chair Fitness<br>10:30 AM<br>-----<br>Meal Program<br>11:45 AM<br>-----<br>"Halloween Meal &<br>Party" | <b>31</b><br>Halloween                                      |