

September 2025

Volume 30, Issue 9

Manor Musings

September is:

- Classical Music Month
- Happy Healthy Cat Month
- Women's Friendship Month

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September Event Highlights

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

****NEW**** Beginning Tuesday, September 9th Wii Bowling will take place at 3:00 PM each Tuesday. This will be tenant led.

On Wednesday, September 3rd residents will be transported to Southgate Plaza and Save A Lot from 8 AM to 12 PM. The cost is \$5, please pay in the office.

On Sunday, September 7th Lori will be here with crafts at 12:00 PM and Bingo at 2:00 PM. This month's craft will be the books seen on the lunchroom tables, the cost is \$7 per person, please pay Lori.

A Communion Service with Pastor Kayti will take place on Monday, September 8th at 1:00 PM.

On Wednesday, September 10th a presentation on Avoiding Medicare Fraud will be held at 1:00 PM.



On Monday, September 15th there will be a screening of "Remembering Western New York" at 12:45 PM. Remembering Western New York is a celebration of historical treasures, including architectural gems, beloved community establishments and homes for local sports teams, told through the memories of those who remember and love the unique treasures of the region.

On Wednesday, September 17th residents will be transported to Tops, Aldi's, Wegman's and Walmart from 8 AM to 12 PM. The cost is \$5, please pay in the office.

We will be having an Ice Cream Social on Wednesday, September 17th at 12:45 PM.

On Friday, September 19th a friendly therapy dog will be visiting at 1:00 PM.

Lori will be here for Bingo on Thursday, September 25th at 6:30 PM

An Activity Committee Meeting will take place on Friday, September 26th at 1:00 PM. Join us to help plan resident events and activities for the next few months.

A Flu Shot Clinic will be held on Monday, September 29th from 9AM – Noon.

Resident News

United Church Manor

50 North Ave.
West Seneca, NY 14224

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(716) 668-5804

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MAINTENANCE
EMERGENCY:
(716) 238-0989

E-MAIL:
manormusings@yahoo.com

Find us on the web
www.ucmanor.org

“Like” us on Facebook!



George Brodfuehrer September 7

*Also, a very Happy Birthday to
Michele, our dining supervisor!*



In observance of the Labor Day holiday, the office will be closed on Monday, September 1st.



Sarah's Snip Its

Cooler Weather

As we head into cooler 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 September and May you may need to layer up with a heavier sweater or blanket, open or close windows, or turn your air conditioner on to be comfortable during this transition time. Once the warm weather is past us this season Joe and Dom will cover up the air conditioners in your apartment (typically in October).

Also, as the weather changes and becomes more inclement, I see less people outside to smoke. Please be reminded that the United Church Manor has a strict No Smoking Policy in the building. Failure to adhere to the No-Smoking Policy is construed to be a material violation of your lease and subjects you to lease violations, including termination of tenancy as well as possible financial costs to remove smoke odor or residue from your unit.

Coping with Loss in Our Community

Recently, our community has experienced the loss of a few beloved residents. We extend our heartfelt condolences to the families and friends who are grieving. During times like these, it's important to remember that grief is a natural and personal process—there is no right or wrong way to feel. If you are struggling, please know that you are not alone. We encourage you to reach out to friends, neighbors, or our staff for support. Together, we can honor the memories of those we have lost while caring for one another.



Bedbug Volcanoes

This January we moved from the quarterly chemical spray in each apartment that required each tenant to be out of their apartment for a minimum of two hours to a volcano monitoring system. A volcano device was placed in every apartment, specifically under or near your sleeping area. This device is part of our bed bug monitoring and prevention program. It is a small black plastic trap with a clear top, designed to attract and capture bed bugs through a one-way trapping mechanism.



This device must always remain in place and should not be moved, tampered with, or discarded for any reason. Lures are replaced quarterly as part of your scheduled inspection. Removal or interference with the device compromises our ability to monitor and prevent infestations, putting the health and comfort of all residents at risk.

Cornhole Tournament

A special thank you to Karen H., Mary Ann H. and Mike for planning, organizing and cooking for the cornhole tournament and hotdog roast. I heard it was a great time!



Take a moment to enjoy a walk, sip a warm drink, or simply admire the scenery from your window. Fall is a time to slow down, reflect, and find comfort in the simple joys of the season.

Stay Fit Dining

There will be no meals served on Monday, September 1st due to the Labor Day Holiday.



We will Welcome Fall with a lunch on Monday, September 22nd. It will include Broccoli-stuffed Chicken with Creamy Herb Gravy, Scalloped Potatoes, Peas with Red Peppers, Deli Rye Bread, and Apple Pie with Whipped Topping.

A Bit of Back To School Humor

In a Catholic school cafeteria, a nun places a note in front of a pile of apples, "Only take one. God is watching." Further down the line is a pile of cookies. A little boy makes his own note, "Take all you want. God is watching the apples."



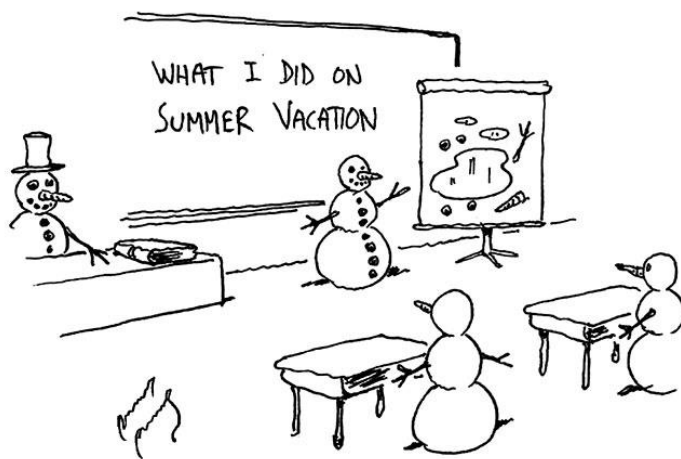
Two students were arguing when their teacher entered the classroom. The teacher says, "Why are you arguing?" One boy answers, "We found a ten dollar bill and decided to give it to whoever tells the biggest lie." "You should be ashamed of yourselves," said the teacher, "When I was your age I didn't even know what a lie was." The boys gave the ten dollars to the teacher.



Entrée Salads

On Thursday, September 4th a Chicken Ceasar Salad with Parmesan Cheese, Croutons & Ceasar Dressing will be served along with a Dinner Roll, Tropical Fruit, and Chocolate Milk.

A Mandarin Chicken & Sunflower Salad on a Bed of Fresh Salad Greens with a Wheat Dinner Roll and Chocolate Covered Ice Cream Bar will be served on Tuesday, September 16th.



What kind of school do you go to if you're...
 ...an ice cream man? Sundae school.
 ...a giant? High school.
 ...a surfer? Boarding school.
 ...King Arthur? Knight school.

Maintenance News

- **Garbage reminder**
Please remember to place all garbage in plastic bags that are **securely tied** before putting into the garbage chute.
- **Please remember...** to place ALL work order requests with the office.
- **For Your Safety**
emergency pull cords should be untied and hanging to the floor.
- **Building Wall AC Units**
Please do not touch the air conditioning units in the community room and library. They are set for a consistent temperature. Recently we have had some of the units leak as they were tampered with which caused water damage and a mess to clean.
- **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.

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

~ Joe & Dom

September 8th is Star Trek Day

Here are a few fun facts about Star Trek!



- Klingon is the most widely spoken fictional language. Few can call themselves completely fluent, but more and more people are trying to learn with Duolingo, which added a Klingon course to its app in 2018. The language was created by linguist Mark Okrand for the 1979 film *Star Trek: The Motion Picture*.
- The Prime Directive was a response to the atrocities of the Vietnam War. This crucial rule, which forbids the Federation from imposing its own beliefs and technologies on other cultures, was invented by one of Star Trek's writers, Gene L. Coon. The original series (TOS) aired while the US was still fighting in the war with Vietnam. Writers on the show opposed the colonial nature of American involvement and created the directive to take a stance against colonial interference of other cultures.
- The original Enterprise model was about 14 feet (4.2 meters) long. The impressive model was built out of sheet plastic and hardwood and took hundreds of hours to build. It was attached to a mechanical arm to control its direction and angle in flight.
- The Vulcan salute was inspired by an Orthodox Jewish blessing. Spock's famous split-finger, live long and prosper salute is not as alien as we may think. When Leonard Nimoy was a child living in a Jewish area in New York, he witnessed Orthodox Jewish people at a special ceremony called Shekhina. The first use of the Vulcan salute was in TOS, during the episode "Amok Time."
- The original communicator inspired the first mobile phone. Martin Cooper, an engineer at Motorola, was on a break watching Star Trek when he saw Captain Kirk use his communicator to call Spock.

Happy Birthday Google!

By fate or luck, doctoral students Sergey Brin and Larry Page met in Stanford University's computer science program in the late '90s. They quickly learned they shared a similar vision: make the World Wide Web a more accessible place. The pair worked tirelessly from their dorm rooms to develop a prototype for a better search engine. As they made meaningful progress on the project, they moved the operation to Google's first office — a rented garage. On September 27, 1998, Google Inc. was officially born.

Here are some fun facts you may not know about Google -

- **Backrub** - Google's initial name was not Google but Backrub. Backrub referred to the backlinks a search engine could offer. This name didn't resonate with them, so they decided to change it to Google during a brainstorming session.
- **The first search on Google** - The first search made on Google was "Gerhard Casper", the president of Stanford University, where Brin and Page were working. This test was to ensure that Google correctly offered this result, unlike one of its early competitors, the search engine Altavista, which returned results for the ghost "Casper." In other words, it was a test to verify that Google was indeed better than its competitors.
- **Stan, the Mascot Dinosaur** - Google has its own mascot dinosaur. At Google's main headquarters in Mountain View, you can find the skeleton of a Tyrannosaurus Rex named Stan, which is recognized as the official mascot. It measures 10 meters in length, and there are various stories about how it got its name: from being a tribute to Stanford University to honoring Stan Lee, the creator of Marvel superheroes. The founders might have bought it as a reminder to employees not to let Google go extinct, as even the most extraordinary creatures can disappear.
- **Buffy the Vampire Slayer** - The first time the phrase "to google something" was used on television as a verb was during an episode of the iconic series Buffy the Vampire Slayer, on October 15, 2002, said by the character Willow, played by Allison Hannygan. Subsequently, in 2006, 'Google' was added to the Oxford English Dictionary as a transitive verb. The company was involved in a legal dispute over this, fearing it would impact the brand... and they lost.
- **Orbiting the Earth** - Google has its own satellite, responsible for capturing images for Google Earth and Google Maps. It's called GeoEye-1 and orbits the Earth at an altitude of 680 kilometers.
- **Daily Google Searches** - While exact numbers are hard to determine, it's estimated there are 8.5 billion searches on Google every day worldwide.
- **The Top Searches Are** - And to wrap up, here's what you've been waiting for. Each year, the most searched term on Google is... "Google," followed by "YouTube" and "weather."

Service Coordinator Spot

For Your Information

Open Enrollment begins soon (October 15th, 2025, until December 7th, 2025). This is the time of year you can review your health insurance plan for changes and price increases. Erie County Certified Health Insurance Counselor, Sue Lord, will be here next month, **Wednesday, October 29th at 1pm** to assist you with this. **Please save the date!** I will have a sign-up sheet available when the time gets closer.

As Open Enrollment season approaches, be aware of insurance company scammers that may try to take advantage of you as you try to look for a new plan. New York Statewide Senior Action Council will be here on **Wednesday, September 10th at 1pm** to discuss Medicare Fraud- what it is, preventing it from happening, how to review your healthcare documents and exploring the latest scams, especially those that take place during Open Enrollment.

Changes in Office Hours:

I will not be in the office on Monday, September 1, 2025 (Labor Day).

Educational and Wellness Programs

New York Statewide Senior Action Council:

What is Medicare Fraud?

Wednesday, September 10th at 1pm
Outreach counselor, Aaron Snyder, will be here to discuss the basics of Medicare Fraud and how to avoid it during Open Enrollment season. Sign-up sheet on bulletin board.

Therapy Dog Visit

Friday, September 19th at 1pm
Come down to the Community Room and visit some therapy dogs! All are welcome. Sign up the day of.



VNA Flu Shot Clinic
Monday, September 29th
9am-12pm

VNA will be here to administer flu shots. Please bring your insurance card. This will be held in the library. Sign-up sheet on bulletin board.

***Please keep an eye out for a possible Sign-Up Sheet for the Blood Pressure Clinic Program this month. We have not yet secured a date for this coming month.**



September 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Office Closed ----- No Meal Program ----- Labor Day	2 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	3 Southgate/ Save A Lot Shopping 8AM - 12PM ----- Chair Fitness 10:30 AM ----- Meal Program 12:00 PM	4 Meal Program 12:00 PM	5 Meal Program 12:00 PM ----- International Day of Charity	6 ----- International Day of Forgiveness
7 Crafts w/ Lori 12:00 PM ----- Bingo w/ Lori 2:00 PM ----- Bills Vs. Ravens 8:20 PM	8 Meal Program 12:00 PM ----- Communion w/ Pastor Kayti 1:00 PM	9 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	10 Chair Fitness 10:30 AM ----- Meal Program 12:00 PM ----- Avoiding Medicare Fraud 1:00 PM	11 Meal Program 12:00 PM ----- National Day of Service and Remembrance	12 Meal Program 12:00 PM ----- International Day of Charity	13 ----- International Chocolate Day
14 ----- Bills Vs. Jets 1:00 PM	15 Meal Program 12:00 PM ----- Screening of "Remembering Western New York" 12:45 PM	16 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM ----- Library Reserved 6:00 PM	17 Transit Road Shops 8AM - 12PM ----- Chair Fitness 10:30 AM ----- Meal Program 12:00 PM ----- Ice Cream Social 12:45 PM	18 Meal Program 12:00 PM ----- Bills Vs. Dolphins 8:15 PM	19 Meal Program 12:00 PM ----- Therapy Dog Visit 1:00 PM	20 ----- Therapy Dog Visit 1:00 PM
21 ----- World Alzheimer's Day	22 Meal Program 12:00 PM ----- Office Hours w/ Pastor Kayti 12PM - 3PM	23 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	24 Library Reserved 10AM ----- Chair Fitness 10:30 AM ----- Meal Program 12:00 PM	25 Meal Program 12:00 PM ----- Bingo w/ Lori 6:30 PM	26 Meal Program 12:00 PM ----- Activity Meeting 1:00 PM	27 ----- National Day of Forgiveness
28 ----- Bills Vs. Saints 1:00 PM ----- Confucius Day	29 ----- Flu Shots 9AM - 12PM ----- Meal Program 12:00 PM	30 Meal Program 12:00 PM ----- Wii Bowling 3:00 PM	LET'S GO BUFFALO			