

Manor Musings

April is:

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

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May Manor Events

On Wednesday, May 8th 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.

Bedbug Preventative Maintenance will take place on Wednesday, May 8th beginning at 9:00 AM.

Statewide Senior Action will be here on Friday, May 10th at 12:45 PM to discuss health care fraud.

Join us on Friday, May 17th for Candy Bingo at 12:45 PM.



On Wednesday, May 22nd 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.

Local high school students will be here for "Trojans Take Action" day on Friday, May 24th. 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.

Join your neighbors for a Memorial Day cookout on Monday, May 27th at 1:00 PM. Hot dogs will be served. Please bring a dish to pass. *Note this is a resident run event*

A Blood Pressure Clinic with Karen Shalke, OTR will be held on Friday, May 31st 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

“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!*

May Rent – As the business office will be closed May 1st – 3rd, please bring your rent to the office before the first or on Monday, May 6th. Checks will not be cashed before May 6th. Thank you!

RENT RECEIPTS – Rent receipts will only be printed for rent paid by money order as per New York State rental law. If you pay by check and would like to continue receiving a receipt, please let Jen or Sarah in the office know.

Welcome to our newest resident Mary, Apt. 205. We hope she finds her new home to be warm and inviting!

In observance of the Memorial Day Holiday, the office will be closed on Monday, May 27th.

Sarah's Snip Its

Safety Committee Meeting

Thank you to our team of volunteers (Gloria, Katharyne, Mike and George) 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.

Regarding pull cords, our monitoring station has clarified if you pull your pull cord, they **will not call you first**, they will just automatically send our emergency personnel.



Bedbugs Group 3... Our normal bedbug preventative maintenance plan will be performed on Wednesday, May 8, 2023. Residents in Group 3 will receive information with regard to the maintenance in their unit. Please be reminded that this is a PREVENTATIVE MAINTENANCE program. It is designed to keep bedbugs from coming into your unit from an adjoining unit. The application in each unit lasts for no more than ninety (90) days and must be reapplied to be effective. This *does not* treat for a bedbug infestation. If you have any questions regarding this service, please contact the office during normal business hours.

Annual Apartment Unit Inspections

Residents will receive an approximately 2-week written notice of inspection that will be put in your mailbox. We are scheduling 5 units at a time typically on Tuesdays and Thursdays 9:30-12pm. If there are any concerns with your apartment that need to be addressed, you will receive a 14-day follow-up. Thank you for your cooperation!

Transportation

United Church Manor staff and its Board have prioritized providing our residents with affordable

transportation to local groceries stores two times a month. To take advantage of this we require a nominal fee of \$5.00 to be paid to Jen in the office before you go. Thank you for your cooperation!



Trojans Take Action Community Service Day

We will again be partnering with the West Seneca School District for their annual *Community Action Day*. Students & Teachers will be here on Friday, **May 24th, arriving between 9 and 9:30 AM**. The things they will be doing that day include: washing apartment windows and screens; cleaning all interior doors (including the corridor side of your apartment door); and spring cleaning the library, lounge, dining room and laundry room. It is hoped that all residents will participate in having their windows and screens cleaned. If you want your windows and screens cleaned, at no cost to you, **please sign up** using the sheet on the community bulletin board so we can accurately plan for supplies for the students.

Photo Opportunities

You may have seen me at a variety of our activities taking pictures. These events would not be available if it were not for the generous donations that are made through our annual theme basket event. To encourage additional giving, I would like to create a picture slide show to showcase the fun we have here. I will be sending a photo release out later this month that will authorize United Church Manor to publish photos of our tenants and staff. Participation in this is voluntary.

Happy Mother's Day!

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

On Wednesday, May 8th we'll be having a Mother's Day lunch. The meal will include Broccoli Stuffed Chicken, Vegetable Rice Pilaf, Carrots & Cauliflower, a Chef Salad, and Peach Pie with Whipped Topping.



On Friday, May 24th a Memorial Day lunch will be served. Breaded Chicken Drumsticks, Ranch-seasoned Mashed Potatoes, Lima Bean Bake, a Chef Salad, and Chocolate-covered Ice Cream Bar will be served.

A Bit of Humor

Little Susie, a six-year-old, complained, "Mother, I've got a stomachache." "That's because your stomach is empty," the mother replied. "You would feel better if you had something in it."

That afternoon, her father came complaining that he had a severe headache all day. Susie perked up, "That's because it's empty," she said. "You'd feel better if you had something in it."

No lunch program meals will be served on Monday, May 27th in observance of Memorial Day.

Join us for Entrée Salads on Thursday, May 2nd and Wednesday, May 22nd!

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.

What Famous Mothers Might Have Said

Mona Lisa's Mother: "After all that money your father and I spent on braces, Mona, that's the biggest smile you can give us?"

Mary's Mother: "I'm not upset that your lamb followed you to school, Mary, but I would like to know how he got a better grade than you."

Columbus' Mother: "I don't care what you've discovered, Christopher. You still could have written!"

Babe Ruth's Mother: "Babe, how many times have I told you -- quit playing ball in the house! That's the third broken window this week!"

Michelangelo's Mother: "Mike, can't you paint on walls like other children? Do you have any idea how hard it is to get that stuff off the ceiling?"

Goldilocks' Mother: "I've got a bill here for a busted chair from the Bear family. You know anything about this, Goldie?"

Maintenance News

- Joe & Dom would like to thank all participants of Karaoke Night! A good time was had by all. Thank you to Joe for him time and equipment.
- **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 in May. A memo will be distributed with an exact date. We will also be painting around the AC covers inside the apartments. Watch your mailbox for a date.
- **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.

*After hours maintenance, emergencies only
238-0989*

~ Joe & Dom

Mother's Day Guess Who!



Let us know who these cuties are! 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 Mental Health Month!

Why is it important to take care of our mental health as we age?

As people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one. Although many people will adjust to these life changes, some may experience feelings of grief, social isolation, or loneliness. When these feelings persist, they can lead to mental illnesses, such as depression and anxiety.

Mental health is important at every stage of life. Effective treatment options are available to help older adults manage their mental health and improve their quality of life. Recognizing the signs and seeing a health care provider are the first steps to getting treatment.

What are symptoms of mental disorders in older adults?

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability, or aggressiveness
- Ongoing headaches, digestive issues, or pain
- Misuse of alcohol or drugs
- Sadness or hopelessness
- Thoughts of death or suicide or suicide attempts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Engaging in thinking or behavior that is concerning to others
- Seeing, hearing, and feeling things that other people do not see, hear, or feel

Help is available: Communicating well with your health care provider can improve your care and help you come up with a treatment plan that works for you. If you are unsure where to go for help, ask a health care provider or visit NIMH's Help for Mental Illnesses webpage – www.nimh.nih.gov/health/find-help.

988 Suicide & Crisis Lifeline : The Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. Call or text **988** to connect with a trained crisis counselor. Support is also available via live chat at 988lifeline.org.

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

STATWIDE SENIOR ACTION COUNCIL, INC.

FRIDAY, MAY 10TH AT 12:45 P.M.

Tiffany Erhard, Outreach Counselor will be here to discuss Protecting your Health Care Identity & Exploring the latest health care scams, Medicare Card Scams, Medical Identity Theft, Durable Medical Equipment Scams and How to protect yourself! Come join us for this educational and informative presentation!

All are welcome!

Sign-up Sheet on Bulletin Board

BLOOD PRESSURE CLINIC

Karen Shalke, OTR-
Catholic Health LIFE


Friday, May 31st 12:45 p.m.

Sign in the day of





May 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|---|
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Cinco De Mayo | Meal Program 12:00 PM | Meal Program 12:00 PM ----- Library Reserved 6:00 PM | Preschool Performance 9:30 AM ----- Southgate/Save A Lot Shopping 8AM - 12PM ----- Meal Program 12:00 PM | Meal Program 12:00 PM ----- Business Office Closed | Meal Program 12:00 PM ----- Business Office Closed | Letter Carrier's Stamp Out Hunger Food Drive Day |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Library Reserved 11am - 6PM | Meal Program 12:00 PM | Meal Program 12:00 PM ----- National Chicken Dance Day | Meal Program 12:00 PM | Meal Program 12:00 PM | Meal Program 12:00 PM ----- Candy Bingo 12:45 PM | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Pentecost | Meal Program 12:00 PM ----- Victoria Day | Meal Program 12:00 PM | Transit Road Shops 8AM - 12PM ----- Meal Program 12:00 PM | Meal Program 12:00 PM | Trojans Take Action 9AM ----- Meal Program 12:00 PM | Community Room Reserved 1PM - 4PM |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| Indianapolis 500  | Office Closed ----- No Meal Program ----- Memorial Day Cookout 1:00 PM | Meal Program 12:00 PM | Meal Program 12:00 PM | Meal Program 12:00 PM ----- Mint Julep Day | Meal Program 12:00 PM ----- Blood Pressure Clinic 12:45 PM | |