

## April Event Highlights

The Center for Elder Law and Justice will be here on Monday, April 7<sup>th</sup> at 12:45 PM to discuss their Financial Management Program.

Join us every Wednesday (beginning April 9<sup>th</sup>) at 10:30 AM for Chair Yoga in the Community Room.

On Wednesday, April 9<sup>th</sup> 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 Volcano Inspection will take place on Wednesday, April 9<sup>th</sup> beginning at 9:00 AM. You do not need to be present for the inspection, maintenance will enter with the exterminator.

On Thursday, April 10<sup>th</sup> Lori will be here to host bingo at 5:30 PM.

SNAP Nutrition Education will be here on Monday, April 14<sup>th</sup> at 12:45 PM. Come down for helpful tips and tasty treats!

Pastor Kayti will be here on Thursday, April 17<sup>th</sup> at 3:30 PM for a Maudy Thursday service & communion.

A Good Friday fish fry will be held on Friday, April 18<sup>th</sup> at 12:30 PM.

Fish fries will be delivered to the Manor.

Drinks and dessert will be available to those dining in. Sign up and payment due by Monday, April 14<sup>th</sup>. Fish fries will be ordered from Market in the Square and include fish, french fries, macaroni salad, and coleslaw.

On Friday, April 18<sup>th</sup> Mary Masters will lead Mary’s Stations of the Cross at 2:00 PM.

On Friday, April 25<sup>th</sup> we will have a safety committee meeting at 1:00 PM. Members of the committee or those interested in the committee should attend.

On Wednesday, April 23<sup>rd</sup> 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.

Lori will be here on Sunday, April 27<sup>th</sup> with a 4<sup>th</sup> of July Craft at 12:00 PM and Bingo at 2:00 PM.

Our monthly Blood Pressure Clinic will be held on Monday, April 28<sup>th</sup> at 12:45 PM.



### April is:

- Autism Awareness Month
- Celebrate Diversity Month
- National Donate Life Month

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**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

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Find us on the web  
[www.ucmanor.org](http://www.ucmanor.org)

“Like” us on Facebook!

Community Room Wi-Fi  
Network: Manor Guest  
Password: Resident

**Resident News**



*Susan Klaybor      April 28*

*Linda Weekes      April 29*

**Welcome** to our newest resident, Susan, Apt. 114!  
We hope she finds her new home warm and friendly!

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Annual Apartment Inspections will begin in April. Keep an eye on your mailbox, you will receive a notice two weeks before your apartment is scheduled.

**Guess Who!**

Let us know which staff member or resident this cutie is. 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.



## Sarah's Snip Its

### Emergency and Safety Meeting

Thank you for attending the fire safety meeting that we had on March 12<sup>th</sup>. The information provided was crucial and it was a good reminder that when the fire alarm goes off you must exit the building and meet at your respective meeting area to check in. If you cannot get out of your apartment, go to your windows and get the attention of the firefighters so they can assist you. If you can get to the stairwell, you can stay there and the emergency personnel will get you down the stairs. Do not use the elevator!



Due to the increased risk of fire, open flames such as candles and smoking are not permitted in the units. This includes space heaters that operate on fuels such as kerosene, coal, or propane.



### Annual Apartment Inspections

Annual apartment inspections will begin April 8<sup>th</sup> and will be completed on Tuesdays and Thursdays from 9:00am until 12pm and will continue weekly until the last week of May. You will receive a letter of the date of your inspection approximately 2 weeks in advance. As a reminder these are required by HUD.

### Bed Bug Maintenance

The volcanoes will be checked by our exterminator on Wednesday, April 9<sup>th</sup> and should start around 9:00am.

### Our friends from St. Matthew's

Recently, I met with Pastor Kayti from St. Matthew's United Church of Christ in Hamburg. Their congregation would like to begin a partnership to assist our residents by making friendly phone calls, sending greeting cards, helping with light cleaning in hard-to-reach areas such as the kitchen and bathroom, and providing activities or social events. She has also agreed to provide us with a Maudy Thursday service with communion on Thursday, April 17, at 3:30pm in the library. Please sign up in the community room if you're interested!



### Respect and Compassion in our Community

In times of emergency, it is important to remember that our neighbors deserve privacy, respect, and dignity. When you see someone receiving medical assistance or being transported by ambulance, please be mindful of their situation. Instead of stopping to stare, allow emergency personnel to do their jobs without unnecessary distractions.

Medical emergencies can be stressful and overwhelming for those involved. Watching or gathering around can add to their distress. By giving them space and avoiding unnecessary attention, we demonstrate kindness and compassion.

*Happy Easter!*

*Sarah*

## Stay Fit Dining

On Wednesday, April 16<sup>th</sup> we will celebrate Easter with a lunch of Chicken Cordon Bleu with Herb Gravy, Scalloped Potatoes, Normandy Vegetables, Chef Salad, a Dinner Roll, and Coconut Cream Pie.



A Dyngus Day meal will be served on Monday, April 21<sup>st</sup> and feature a Cabbage Roll with Meat Sauce, Mashed Potatoes, Corn, a Dinner Roll, and Boston Cream Pie.

There will be no meal program on Friday, April 18<sup>th</sup> due to the Good Friday Holiday.

We will have our annual Good Friday Fish Fry at 12:30 PM that day. Sign up sheet is posted.



## **A Bit of Humor**

### **All I Need to Know About Life I Learned From the Easter Bunny**

- Don't put all of your eggs in one basket.
- Walk softly and carry a big carrot.
- Everyone needs a friend who is all ears.
- All work and no play can make you a basket case.
- A cute little tail attracts lots of attention.
- Everyone is entitled to a bad hare day.
- Let happy thoughts multiply like rabbits.
- Keep your paws off other people's jellybeans.
- The grass is always greener in someone else's basket.
- An Eater bonnet can tame even the wildest hare.
- To show your true colors you have to come out of your shell.
- The best things in life are still sweet and gooey.



## Maintenance News

- **Please remember...** to place all garbage in plastic bags that are **securely tied** before putting into the garbage chute.
- **Emergency Pull Cords...** should be untied and hanging to the floor.
- **Kitty Litter...** Do not throw kitty litter in the 2<sup>nd</sup> floor garbage chute. Bring it to the first floor to dispose of it.
- **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.

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

*~ Joe & Dom*

## Happy Earth Day!

In 2025, Earth Day falls on Tuesday, April 22. The annual recognition is a time when the world comes together to raise awareness about climate change, pollution, endangered species and how to be better caretakers of the planet we call home.

Here are some Earth Day facts that may not be common knowledge:

- Only seven countries met WHO air quality standards in 2024  
According to an IQAir report, just seven countries in the world met the World Health Organization's air quality guidelines in 2024. They were: Australia, Bahamas, Barbados, Estonia, Grenada, Iceland and New Zealand. The same report cites that among major U.S. cities, Los Angeles has the most polluted air quality and Seattle has the least.
- There have been 377 climate disasters since 1980  
According to NOAA, since 1980, the U.S. has been impacted by 377 weather and climate disasters including droughts, flooding, hurricanes, wildfires and tornadoes. The cost? More than \$2.6 trillion. In fact, the U.S. experienced more billion-dollar disasters in 2023 than any other year on record, says NOAA NCEI director, Deke Arndt. "Record heat waves, drought, wildfires and floods are a sobering reminder of the consequences of the long-term warming trend we're seeing across our country."
- The EPA was formed because of Earth Day  
Democrats, Republicans and people from all walks of life came together to support Earth Day. By the end of 1970, it resulted in the creation of the United States Environmental Protection Agency, as well as the passing of significant environmental laws like the Clean Water Act, the Clean Air Act and the Endangered Species Act, among others.

## Tips to Avoid Scams -

### Four Signs That It's a Scam

#### 1. Scammers PRETEND to be from an organization you know.

Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the FTC, Social Security Administration, IRS, or Medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company, or even a charity asking for donations.

They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.

#### 2. Scammers say there's a PROBLEM or a PRIZE.

They might say you're in trouble with the government. Or you owe money. Or someone in your family had an emergency. Or that there's a virus on your computer.

Some scammers say there's a problem with one of your accounts and that you need to verify some information. Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.

#### 3. Scammers PRESSURE you to act immediately.

Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story.

They might threaten to arrest you, sue you, take away your driver's or business license, or deport you. They might say your computer is about to be corrupted.

#### 4. Scammers tell you to PAY in a specific way.

They often insist that you can only pay by using cryptocurrency, wiring money through a company like MoneyGram or Western Union, using a payment app, or putting money on a gift card and then giving them the numbers on the back of the card.

Some will send you a check (that will later turn out to be fake), then tell you to deposit it and send them money.

### How To Avoid a Scam

- Block unwanted calls and text messages. Take steps to block unwanted calls and to filter unwanted text messages.
- Don't give your personal or financial information in response to a request that you didn't expect. Honest organizations won't call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers.
- If you get an email or text message from a company you do business with and you think it's real, it's still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call a number they gave you or the number from your caller ID.
- Resist the pressure to act immediately. Honest businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer.
- Know how scammers tell you to pay. Never pay someone who insists that you can only pay with cryptocurrency, a wire transfer service like Western Union or MoneyGram, a payment app, or a gift card. And never deposit a check and send money back to someone.
- Stop and talk to someone you trust. Before you do anything else, tell someone — a friend, a family member, a neighbor — what happened. Talking about it could help you realize it's a scam.

### Report Scams to the FTC

If you were scammed or think you saw a scam, tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud).

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# Service Coordinator Spot

## FOR YOUR INFORMATION

Did you know that April is Stress Awareness Month? Chronic stress can keep you from feeling and performing your best. Researchers have identified common health problems associated with chronic stress; heart disease, headaches, gastrointestinal problems and depression just to name a few. The good news is we can learn ways to reduce stress in our lives:

**Mindfulness**- When we practice mindfulness, we're practicing the art of creating space for ourselves—space to think, space to breathe, space between ourselves and our reactions.

**Exercise**- In addition to physical benefits like increasing lung capacity bone density and overall longevity, exercise has a distinct impact on brain health. Even a simple quick walk can improve your overall cognitive health.

**Healthy Diet**- A less commonly known stressor comes in the form of foods lacking nutritional density. It's critical to our mental health & stress levels that the food we eat be full of vitamins and minerals our bodies need to optimally function. Try to avoid eating too much processed foods & foods with too much sugar.

## EDUCATIONAL & WELLNESS PROGRAMS

### FINANCIAL MANAGEMENT PROGRAM – CENTER FOR ELDER LAW AND JUSTICE

**MONDAY, APRIL 7<sup>th</sup> 12:45 p.m.**

Renee Pratt will be here to discuss this beneficial financial management program. The program assists older adults with budgeting and paying bills. Come join us for this informative presentation. All are welcome!

*Sign-In Sheet on Bulletin Board*

### SNAP-NUTRITION EDUCATION PRESENTATION

**MONDAY, APRIL 14<sup>th</sup> at 12:45 p.m.**

SNAP-Ed is a statewide program that provides nutrition education and workshops to low income individuals and families all throughout the community.

They offer hands-on workshops to empower participants to shop, cook, and eat healthier, all while staying within their budget. Join us for a tasty treat!!

All are welcome!!

*Sign-Up Sheet On Bulletin Board*

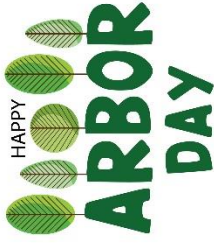
### BLOOD PRESSURE CLINIC

Catholic Health LIFE

**MONDAY, APRIL 28<sup>th</sup> at  
12:45 p.m.**

*Sign in the day of*





# April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Meal Program 11:45 AM ----- April Fools Day	2 Meal Program "Soup & Salad" 11:45 AM	3 Meal Program 11:45 AM	4 Meal Program 11:45 AM	5 Gold Star Spouses Day
6	7 Meal Program 11:45 AM ----- Financial Management with the Center for Elder Law & Justice 12:45 PM	8 Meal Program 11:45 AM	9 Southgate/Save A Lot Shopping 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 11:45 AM	10 Meal Program 11:45 AM ----- Bingo w/ Lori 5:30 PM	11 Meal Program 11:45 AM	12 Passover
13	14 Meal Program 11:45 AM ----- Snap-Ed Nutrition 12:45 PM	15 Meal Program 11:45 AM	16 Chair Yoga 10:30 AM ----- Meal Program "Easter Meal" 11:45 AM	17 Meal Program 11:45 AM ----- Maudy Thursday Communion & Service 3:30 PM	18 No Meal Program ----- Good Friday Fish Fry 12:30 PM ----- Stations of the Cross 2:00 PM	19
Palm Sunday	21 Meal Program "Dyngus Day Meal" 11:45 AM	22 Meal Program 11:45 AM ----- Earth Day	23 Transit Road Shops 8AM - 12PM ----- Chair Yoga 10:30 AM ----- Meal Program 11:45 AM	24 Meal Program 11:45 AM ----- "Entree Salad" 11:45 AM	25 Meal Program 11:45 AM ----- Safety Commitee Meeting 1:00 PM	26 Independent Bookstore Day
20 	28 Meal Program 11:45 AM ----- Blood Pressure Clinic 12:45 PM	29 Meal Program 11:45 AM	30 Chair Yoga 10:30 AM ----- Meal Program 11:45 AM			
27 Craft w/ Lori 12:00 PM ----- Bingo w/ Lori 2:00 PM						