

# Manor Musings

## February is:

- Low Vision Awareness Month
- Plant the Seeds of Greatness
- Wise Health Care Consumer Month

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## February at the Manor



On Wednesday, February 5<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.

### SUPERBOWL PARTY!

Join your neighbors in the community room on Sunday, February 9<sup>th</sup> to watch the big game with kickoff at 6:30 PM! Pizza and wings will be served. Bring snacks and drinks with you.

Lori will be here on Sunday, February 16<sup>th</sup> with an Easter Craft at 12:00 PM and Bingo at 2:00 PM.

A pancake breakfast will be held on Monday, February 17<sup>th</sup> at 10:00 AM. Pancakes, sausage, orange juice, and coffee will be served.

On Wednesday, February 19<sup>th</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.

Floral Homecare will have a table in the Community Room on Wednesday, February 19<sup>th</sup> beginning at 12:45 PM. If you have any questions or need more information about their program, please stop by!

SNAP Nutrition Education will be here on Monday, February 24<sup>th</sup> at 1:00 PM. Come down for helpful tips and tasty treats!

A representative from the Attorney General's office will be here on Wednesday, February 26<sup>th</sup> at 12:30 PM to discuss fraud and scams.

A Blood Pressure Clinic will be held on Friday, February 28<sup>th</sup> at 12:45 PM

## Resident News



*Shari Mancini February 26*

*Also, a Happy Birthday to Becky, our Service Coordinator!*

### 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!

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

### Football Pool

Numbers have been picked for the football pool. The pool is posted in the community room. If you need a copy, call the office and we will leave one in your mailbox. Good luck to everyone that is participating!

*Welcome* to our newest resident, Barb, Apt. 226. We hope she finds her new home warm and welcoming.

As a reminder, resident Wi-Fi is available. If you are interested in signing up, please stop in the office. The cost is \$5 per month



**REMEMBER, EDUCATE, CELEBRATE.**

BLACK HISTORY MONTH



## Sarah's Snip Its

### Federal Funding Freeze

There has been a lot of recent news about grants and other funding sources being temporarily paused. At this time, HUD financial systems remain operational, ensuring that rental assistance payments will continue as scheduled. However, this is an evolving situation, and there have been threats to Medicaid payments. The United Church Manor staff works to advocate on your behalf in Albany and Federally. We will keep you informed as new developments arise.

### Fraud and Scams

Mark your calendars! On **Wednesday, February 26, at 12:30 PM**, a representative from the Attorney General's Office will be here to discuss prevalent scams. Topics will include imposters posing as banks or government officials, deceptive emails and texts, and fraudulent websites. You'll learn how to protect yourself and respond if you encounter a scam. Our speaker is highly knowledgeable, and we are grateful for the opportunity to have her share this important information. I strongly encourage all residents to attend.

**Refreshments will be provided.**



### Trash and Garbage Removal

As a friendly reminder, all trash must be placed in **securely tied plastic garbage bags** to prevent leaks and spills. Recently, kitty litter got loose from a bag that was not secure that was sent down the garbage chute, creating a mess! If you have someone assisting with waste removal, please share this information with them. **Failure to dispose of garbage properly is a lease violation.** Thank you for your cooperation in keeping our community clean and safe.

### Apartment Inspections

Annual inspections for all units will be scheduled this spring April/May. You will receive a letter of the date of your inspection approximately 2 weeks in advance. We will be checking for:

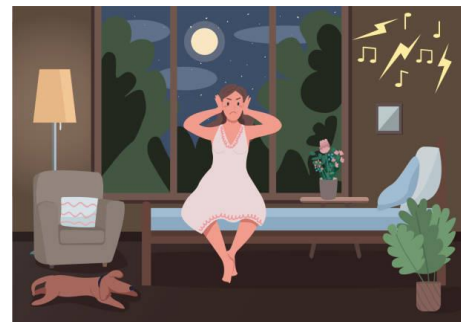
- No blocked egress
- Windows are working properly
- Doors close, latch & lock
- No evidence of smoking in the unit
- Emergency cords loose & accessible
- No obnoxious odors such as smoke, incense, soiled animal litter,
- No signs of hoarding or unsanitary conditions

### Quiet hours

Living in a communal setting means some level of noise is expected, but excessive disturbances—such as loud music, power tools, or shouting—can be disruptive to others.

To promote a peaceful environment, quiet hours are in effect from 11:00 PM to 7:00 AM and must be observed by all residents, guests, and service providers. Additionally, courtesy hours are always in place, meaning residents should be mindful of their noise levels at all times to respect their neighbors' right to a quiet and comfortable home.

Thank you for your cooperation in maintaining a harmonious community.



## Stay Fit Dining

In observance of President's Day there will be no meals served on Monday, February 17<sup>th</sup>.

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A Valentine's Day lunch will be served on Friday, February 14<sup>th</sup>. It will feature Broccoli Stuffed Chicken Breast with Herb Cream Sauce, Rice Pilaf, Mixed Vegetables, Cranberry Juice, Chef Salad, and Cheesecake with Chocolate Sauce.

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On Thursday, February 27<sup>th</sup> we'll be having Soup & a Sandwich. It includes Minestrone Soup with Chicken Salad on a Wheat Roll, along with Brussels Sprouts, and a Fig Bar

When inclement weather is causing closures in the area, a specific announcement about closing the Nutrition Program will be made on WIVB, WGRZ, and WKBW TV between 7-9 AM. Listen/watch carefully to be sure that it is the *Erie County Stay Fit Dining Program* that is closed.

A message will also be sent through our resident connect system, make sure you're signed up to receive texts or calls from the Manor. If you are not yet signed up, please see Becky.

## A Bit of Humor

### Texting for Seniors

BFF – Best Friend Fell  
BTW – Bring the Wheelchair  
TTYL – Talk to You Louder  
BYOT – Bring Your Own Teeth  
LMDO – Laughing My Dentures Out  
FWIW – Forgot Where I Was  
IMHAO – Is My Hearing Aid On?  
OMMR – On My Massage Recliner  
ROFLACGU – Rolling On Floor Laughing And Can't Get Up



Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a suppository in your left ear?" Mabel answered, "I have a suppository?" She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."

## Maintenance News

- **Plastic Recycling**  
Thank you to everyone participating in our recycling program. We made \$63.25 from bottle returns. This money will go towards funding resident events. If you'd like to recycle your plastic (returnable or not) the bins are available in hallway C.
- **Emergency Pull Cords...** should be untied and hanging to the floor.
- **Please remember...** to place all garbage in plastic bags that are **securely tied** before putting into the garbage chute.
- **The Winter Parking Policy is in effect. Please follow the winter parking policy as outlined on the bulletin board.**
- **Fire Doors**  
Please keep the fire doors at the end of each hallway closed during the winter months to minimize heat loss.
- **Please remember...** to call the office if you have a work order request.

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

*Please leave your  
name, telephone #,  
and a brief  
description of the  
problem you are  
having.*

## Guess Who??!!

Guess which staff member or resident this cutie is! The first person to guess correctly will receive a free lunch coupon! Stop in the office with your guess.





## February is American Heart Month

Follow the **ABCS** for better heart health!

**What are the ABCS of heart health?**

**A:** Take **aspirin** as directed by your health care professional.

Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke and mention your own medical history.

**B:** Control your **blood pressure**.

Blood pressure measures the force of blood pushing against the walls of the arteries. If your blood pressure stays high for a long time, you may suffer from high blood pressure (also called hypertension).

High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are and ask your health care professional what those numbers mean for your health. If you have high blood pressure, work with your health care professional to lower it.

**C:** Manage your **cholesterol**.

Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease.

There are different types of cholesterol: One type is “good” and can protect you from heart disease, but another type is “bad” and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it’s too high.

**S:** Don’t **smoke**.

Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It’s never too late to quit smoking.

Visit [smokefree.gov](http://smokefree.gov) or call 1-800-QUIT-NOW today.

# Service Coordinator Spot

## For Your Information

### HEART HEALTH MONTH!

Strategies to prevent heart disease- You can help prevent heart disease by following a heart-healthy lifestyle. Here are strategies to help you protect your heart:

- \* **Don't smoke or use tobacco** – Even if you aren't a smoker, try to avoid being around second hand smoke.
- \* **Get moving** - Aim for at least 30 to 60 minutes of activity daily
- \* **Eat a heart-healthy diet** – Fruits and vegetables, low-fat foods, healthy grains, low sodium and low sugar
- \* **Maintain a healthy weight** - Reducing weight by just 3% to 5% can help lower triglycerides and blood sugar.
- \* **Get quality sleep** – Aim for at least 7 hours of sleep every night and make sure you get enough rest.
- \* **Manage stress** -Ongoing stress can play a role in higher blood pressure and other risk factors for heart disease.
- \* **Get regular health screening tests** - Check blood pressure, cholesterol, blood sugar.
- \* **Take steps to prevent infections** – Vaccines help protect against infectious diseases & get regular dental check-ups.

### CHANGES IN OFFICE HOURS:

I will not be in the office on:  
Monday, February 3<sup>rd</sup>  
I will be out the entire week of  
February 10<sup>th</sup>. I will return on Tuesday,  
February 18<sup>th</sup>

## Upcoming Events

### FLORAL HOME CARE (Formerly called Pleet Home Care)

**WEDNESDAY, FEBRUARY 19<sup>th</sup>  
at 12:45 p.m.**

Sally Swanson will be here to answer any questions residents may have about what Floral Home Care has to offer. This will not be a formal presentation as Sally will set up a table you can visit at your convenience to ask any questions. Sally will be bringing informative resources and some treats for those who visit.

*Sign In The Day Of*

### **SNAP~NUTRITION EDUCATION PRESENTATION**

**MONDAY, FEBRUARY 24<sup>h</sup> at 1 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  
**FRIDAY, FEBRUARY 28<sup>th</sup> at  
12:45 p.m.**  
**Sign in the day of**



# February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 	3 Meal Program 11:45 AM	4 Meal Program 11:45 AM ----- Thank Your Mailman Day	5 Southgate/Save A Lot Shopping 8AM - 12PM ----- Meal Program 11:45 AM	6 Meal Program 11:45 AM ----- Optimist Day	7 Meal Program 11:45 AM	8 National Ice Cream for Breakfast Day
9 Superbowl Party 6:30 PM	10 Meal Program 11:45 AM	11 Meal Program 11:45 AM	12 Meal Program 11:45 AM	13 Meal Program 11:45 AM	14 Meal Program "Valentine's Lunch" 11:45 AM 	15 Boy Scout Anniversary
16 Easter Craft w/ Lori 12:00 PM ----- Bingo 2:00 PM	17 Pancake Breakfast 10:00 AM ----- No Meal Program ----- Presidents Day	18 Meal Program 11:45 AM	19 Transit Road Shops 8AM - 12PM ----- Meal Program 11:45 AM ----- Floral Homecare 12:45 PM	20 Meal Program 11:45 AM ----- Love Your Pet Day	21 Meal Program 11:45 AM	22 National Margarita Day
23 Meal Program 11:45 AM ----- Snap-Ed Nutrition 1:00 PM	24 Meal Program 11:45 AM ----- Fraud Presentation 12:30 PM	25 Meal Program 11:45 AM	26 Meal Program 11:45 AM ----- Fraud Presentation 12:30 PM	27 Meal Program "Soup & Sandwich" 11:45 AM	28 Meal Program 11:45 AM ----- Blood Pressure Clinic 12:45 PM ----- Ramadan Begins	