

Manor Musings

United Church Manor Vol. 30 Issue 1 Jan. 2025

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New Year's Wishes

*The Board of Directors
and Staff of United
Church Manor wishes
you and yours a Happy
New Year!*



I Am The New Year

Life, I am the new year.
I am an unspoiled page in your book of time.
I am your next chance at the art of living.

I am your opportunity to practice
what you have learned about life
during the last twelve months.

All that you sought
and didn't find is hidden in me,
waiting for you to search it out
with more determination.

All the good that you tried for
and didn't achieve
is mine to grant
when you have fewer conflicting desires.

All that you dreamed but didn't dare to do,
all that you hoped but did not will,
all the faith that you claimed but did not have
- these slumber lightly,
waiting to be awakened
by the touch of a strong purpose.

I am your opportunity
to renew your allegiance to Him who said,
'behold, I make all things new.'

I am the new year.

Resident News

Happy Birthday!

- Jean Petrusek* *January 5*
- Sharon Speer* *January 14*
- Denise Andrews* *January 16*
- Sharon Miller* *January 21*

GO BILLS!



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

Super Bowl Pool

Squares for the Super Bowl Pool go on sale Monday, January 6th. Squares are \$5 each. Squares can be purchased in the community room between 10AM and 3PM each day. Please see the flyers in the community room, elevator, and laundry room for more information.



Santa’s Reindeer

Do you still have one of Santa’s reindeer? If you found a reindeer during our “hunt”, please turn it in by Friday, January 3rd for your prize.

Who’s this cutie??

Let us know which staff member or resident you think this is. First correct guess wins a free lunch coupon.



Sarah's Snip Its

Holiday Dinner

Our holiday dinner was delicious! It was a wonderful evening to spend together. A special thank you to our dedicated staff who helped serve-up the meal.

Bedbug Service

Our canine friend gave us a clean bill of health. With approval from the Board of Directors, the Manor will be updating the bedbug monitoring program. On Wednesday, January 8 around 8:30am Erlich Pest Control will be placing a "volcano" in each apartment under the bed or in the area where you sleep. It is a passive trap with a bait that will attract the bug and will be stuck inside. Every quarter Erlich will inspect the trap and refill the bait. We have switched to this method as it is less invasive, and you will no longer need to leave your apartment.

Intercom

If you are expecting guests, aide service, meals on wheels or a delivery you are responsible for letting them into the building. We are getting more calls to the office asking to be let in. Please keep your phone with you so you can let your visitors in. Thank you for your cooperation.

Illness

As a reminder, if you are not feeling well, please stay in your apartment. Many of us may have compromised immune systems and are at higher risk. Your consideration helps keep everyone safe.



Year in Review

Looking back at 2024 the United Church Manor has seen some significant changes. Karen Zmich retired after many years of dedicated service. She has made a tremendous impact which can be seen today with the updated

community room and remodeled apartments. She truly cared for the wellbeing of the tenants and staff. She is enjoying this next chapter, and we are thankful to still see her as she visits her mother here.

In addition, we had a full year with a karaoke party, the Good Friday fish fry, summer cook out with our new grill, ice cream social, solar eclipse celebration, day at the races, fall desserts, brunch for lunch, Baskets and Brunch and holiday party. We were visited by our friends at the preschool two times this year, the West Seneca high school students for Trojan Take Action Day, West Seneca government official's safety talk and the Orchard Park jazz band. Our van program continued to provide much needed transportation to and from local shopping centers. The exterior AC renovations were completed, the driveway was sealed and trees were trimmed. Staff continued to provide our residents with a safe, clean, affordable place to call home. All in all, a very good year and each of us have so much to be grateful for.



With Appreciation

Thank you to the Manor staff, Dom, Jen, Becky, Michele, and Joe for the excellent level of service and care that they provide to our residents on a daily basis. We could not provide the services we do without each of them.

As we step into a new year, may it bring you strength for the challenges, health to enjoy each day, and peace to fill your heart.

Happy New Year!

Sarah

Stay Fit Dining

In observance of Martin Luther King Day there will be no meals served on Monday, January 20th.



We will celebrate Martin Luther King Day on Friday, January 17th. The lunch will include Breaded Chicken Drumsticks, Seasoned Rice & Beans, Mixed Greens, Corn Muffin, and Banana Cream Pie.

A Bit of Humor

AT THE BAR THE OTHER NIGHT

An elderly looking gentleman, (mid-nineties) very well dressed, hair well-groomed, great looking suit, flower in his lapel, smelling slightly of a good aftershave, presenting a well-looked-after image, walks into an upscale cocktail lounge.

Seated at the bar is an elderly looking lady. The gentleman walks over, sits alongside her, orders a drink, takes a sip, turns to her, and says, "So tell me, do I come here often?"

RETIREMENT, A WIFE'S VIEW

A frustrated wife told me the other day her definition of retirement:

"Twice as much husband on half as much pay."

Please note that as of January 1, 2025 the suggested donation for meals is \$3.50.

Join us for Entrée Salads on Friday, January 3rd and Wednesday, January 22nd.



When inclement weather is causing closures in the area announcements will be made on WBEN and also on WIVB, WGRZ, and WKBW tv between 7-9 AM. Listen carefully to be sure that it is the Erie County Stay Fit Dining Program that is closed.

EXERCISES FOR SENIORS

You know how important exercise is, as we grow older. Here are a few suggestions. I start by standing outside behind the house and, with a five-pound potato sack in each hand, extend my arms straight out to my sides and hold them there as long as I can. After a few weeks, I moved up to 10-pound potato sacks, then 50-pound potato sacks and finally I got to where I could lift a 100-pound potato sack in each hand and hold my arms straight out for more than a full minute!

Next, I started putting a few potatoes IN the sacks, but I would caution you not to overdo it at this level.



Maintenance News

- **Cardboard boxes**
Please break down cardboard boxes before bringing to the maintenance room or putting them in the dumpster. Maintenance will no longer accept boxes that are not broken down.
- **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.
- **Please remember...** to bring ALL work order requests to the office.
- **Winter Parking Policy**
The winter parking policy is currently in effect. If you need a copy of the parking policy, please stop by the business office.
- **Emergency phone number...** for after hours and weekend *maintenance emergencies only* call **716-238-0989**. These calls are automatically forwarded to the staff member on call.
- **Thank you** for the Christmas presents and warm holiday wishes! We hope you have a great new year!

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

~ Joe & Dom

Walking for Older Adults

Walking is the most popular form of exercise among older adults and it's a great choice.

What can walking do for you?

- strengthen muscles
- help prevent weight gain
- lower risks of heart disease, stroke, diabetes, and osteoporosis
- improve balance
- lower the likelihood of falling

If it's been a long time since you exercised, you may want to start out slowly. You can start with just 5 minutes and build up to the recommended 30 minutes a day. Your goal should be to get up to taking 100 steps a minute. Remember, the most important thing is to just get started.

Take these steps to get walking

Join a walking program or walk with a buddy

Chances are you'll stick with a walking program if you have someone to walk with. Some shopping malls or town parks may have these programs.

Wear the right shoes

Comfortable sneakers work well for most people. If you have foot problems, you may want to look into orthopedic shoes or talk to your healthcare provider about how you can continue your walking program.

Don't let a cane or walker stop you

It's OK to use your cane or walker if you already have one. These can improve your balance and help take the load off painful joints.

Aim for the right pace

Try to walk as fast as you can, but still be able to chat with a friend while walking. Aim to work as hard as you do when you climb up the stairs.

Tell your healthcare provider if you have any pain or problems walking. Otherwise, don't let a health problem keep you from getting started. You may feel a little stiff and achy as you start walking, but many people feel better once they start moving!

January Event Highlights

Bedbug volcano placement and a visual inspection will take place on Wednesday, January 8th beginning at 8:30 AM. You do not have to leave your apartment for this. More information will be distributed to your mailbox.

On Wednesday, January 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 the cost is \$5.00.

On Sunday, January 12th Lori will be here with a Valentine’s door hanger craft at 12:00 PM and Bingo at 2:00 PM.

A COVID Booster vaccine clinic will take place on Monday, January 13th from 1:00 PM – 2:30 PM. An appointment is required, please see Becky if you need one.

We will be holding a Spaghetti Lunch on Monday, January 20th at 12:00 PM. This event is free for residents and includes spaghetti with meatballs and italian bread with butter.

On Wednesday, January 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 \$5.00.

A Blood Pressure Clinic will be held on Monday, January 27th at 12:45PM.

****Please sign up for events in advance to avoid cancellation. Please check the bulletin board often for any changes or added events!**



Service Coordinator Spot

For Your Information

Please remember to inform me of any changes to your Emergency Medical Information any time you have a new or changed medication and/or a new primary physician. It only takes a few minutes to update this form. Thank you!

For those of you who responded to me regarding the Covid/RSV vaccine clinic, I will be putting reminders in your mailbox with your time slot on January 13th. Please remember to bring your insurance card! See me with any questions or concerns.

As we start a brand new year, I want to remind all residents that if there is a certain topic of interest you are interested in learning more about, please see me! We can talk about bringing in new presenters or educational programs. I am always open to suggestions!

I would like to say Thank You, again for being so generous this Holiday Season! Your kindness is greatly appreciated. I hope you and your families had a wonderful holiday and I wish you all a Happy and Healthy 2025!

Educational & Wellness

COVID/RSV
VACCINATION CLINIC
Monday, January 13th 1-2:30 p.m.

In the Library

Wegmans Pharmacy will be here to administer Covid and RSV Vaccinations. You should have already signed up through Becky for this clinic but if you are interested, please contact me by January 8th! This is **NOT** a walk-in clinic. Time slots will be assigned. See Becky with any questions or concerns.

Sign in the day of

BLOOD PRESSURE CLINIC

Catholic Health LIFE

Monday, January 27th at 12:45 p.m.

Sign in the day of

HAPPY★NEW★YEAR



January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Office Closed No Meals Served New Years Day	2 Meal Program 11:45 AM	3 Meal Program "Entree Salad" 11:45 AM	4
			8 Southgate/Save A Lot Shopping 8AM - 12PM Bedbug Volcano Installation 9:00 AM Meal Program 11:45 AM	9 Meal Program 11:45 AM	10 Meal Program 11:45 AM	11
5	6 Superbowl Pool Starts Meal Program 11:45 AM	7 Meal Program 11:45 AM Orthodox Christmas	15 Meal Program 11:45 AM	16 Meal Program 11:45 AM	17 Meal Program "MLK Meal" 11:45 AM	18
Twelfth Night	13 Meal Program 11:45 AM COVID Vaccine Clinic 1:00 PM - 2:30 PM	14 Meal Program 11:45 AM Library Reserved 6:00 PM	22 Transit Road Shops 8AM - 12PM Meal Program "Entree Salad" 11:45 AM	23 Meal Program 11:45 AM	24 Meal Program 11:45 AM	Thesaurus Day
12 Valentine's Craft w/ Lori 12:00 PM Bingo 2:00 PM	19 No Meal Program Spaghetti Lunch 12:00 PM Martin Luther King Jr. Day	21 Meal Program 11:45 AM	29 Meal Program 11:45 AM National Puzzle Day	30 Meal Program 11:45 AM	31 Meal Program 11:45 AM	25
19	20 No Meal Program Spaghetti Lunch 12:00 PM Martin Luther King Jr. Day	28 Library Reserved 9AM - 4PM Meal Program 11:45 AM Blood Pressure Clinic 12:45 PM	29 Meal Program 11:45 AM National Puzzle Day	30 Meal Program 11:45 AM	31 Meal Program 11:45 AM	25
World Snow Day	27 Library Reserved 9AM - 4PM Meal Program 11:45 AM Blood Pressure Clinic 12:45 PM	28 Library Reserved 9AM - 4PM Meal Program 11:45 AM Blood Pressure Clinic 12:45 PM	29 Meal Program 11:45 AM National Puzzle Day	30 Meal Program 11:45 AM	31 Meal Program 11:45 AM	Fruitcake Toss Day
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