

Manor Musings

September is:

- Eat Chicken Month
- World Alzheimer's Month
- Library Card Sign Up Month

In This Issue:

Resident News	2
Manager's Message	3
Stay Fit Dining	4
A Bit of Humor	4
Service Coordinator	7
September Calendar	8

September Event Highlights

Bedbug Preventative Maintenance for Group 1 will take place on Wednesday, September 11th beginning at 9:00 AM.

On Wednesday, September 11th 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.

Stern At Home Therapy will be here on Wednesday, September 11th at 12:45 PM to discuss their program.

On Sunday, September 15th Lori will be here with crafts at 12:00 PM and Bingo at 2:00 PM. This month's craft will be Halloween themed.

An Activity Committee Meeting will take place on Wednesday, September 18th at 1:00 PM. Join us to help plan resident events and activities for the next few months.



On Wednesday, September 25th 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.

Celebrate Autumn with an Apple Dessert on Wednesday, August 25th at 1:00 PM. Apple Crisp with Ice Cream along with other treats will be served.

A Flu Shot Clinic will be held on Friday, September 27th from 9AM – Noon.

On Monday, September 30th a Blood Pressure Clinic will take place at 12:45 PM.



Please remember to sign up for events/activities you are interested in as soon as possible.

If there is not enough participation, events and activities will be cancelled. Sign-up sheets can be found on the bulletin board in the Community Room.

Resident News



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 2nd.

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

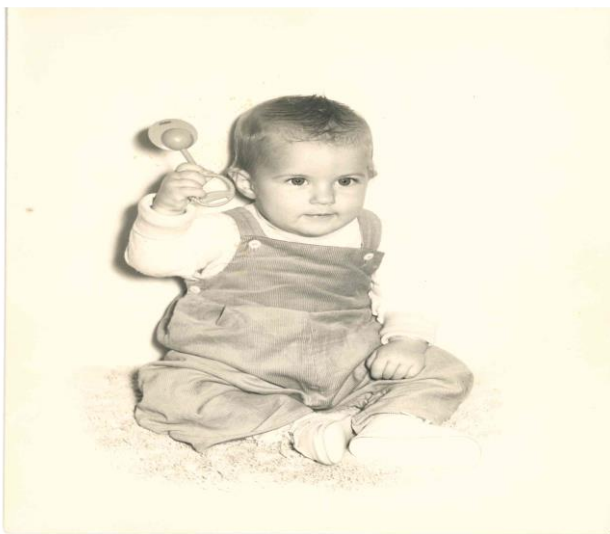
Find us on the web
www.ucmanor.org

“Like” us on Facebook!

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

Guess our September cutie!

Let us know which resident or staff member you believe this is. First correct guess gets a free meal from the lunch program!



Save the Date & Volunteers Needed!

Our annual fundraiser, Baskets & Brunch is taking place on Saturday, November 2nd. More information regarding tickets will be distributed soon.

We are currently looking for volunteers to work that day (selling tickets, assisting with raffles), if you are interested, please see Jen or Sarah.

Sarah's Snip Its

Smoking

As staff and residents walk the halls, we have all noticed an increase in the smell of smoke coming from various apartments in the building. United Church Manor has a strict No Smoking Policy in the building. Be aware that 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. Please be advised we will knock on doors when we smell smoke. United Church Manor is a stick-frame building with no sprinkler devices in any of the units. For those who are smoking, they are displaying a total disregard for fire safety and for the health and wellbeing of fellow neighbors, staff and guests. ***Please do not smoke in the building!***

Bedbugs Group 1

Our bedbug preventative maintenance plan will be performed on **Wednesday, September 11th**. Residents in Group 1 will receive information regarding the maintenance in their unit.

Looking for Volunteers

We are looking for volunteers to help at our annual fundraiser *Baskets and Brunch* on November 2, 2024. We need assistance selling 50/50 tickets and manning tables. We are also looking for volunteers to help with our Stay Fit Dining program. Mary Ann H. has been a dedicated volunteer for many years. She would like to take a step back to 2 days week. If you would like to help at the Baskets and Brunch or with the Stay Fit Dining Program, please let someone in the office know.

Utility Allowance

It's that time of year when we are required to evaluate the utility allowances for our apartments. The utility allowance is a credit against your rent to assist you with your electric bill expense. As a reminder, you are responsible for turning the

electric on in your name with NYSEG. All residents are required to participate, and letters were sent out in late August. Thank you for your cooperation.

Driveway Safety

We see a bustle of traffic in and out of our building with meal services, deliveries, medical rides, guests and residents some traveling at high rates of speed in the parking lot. With so many distracted drivers these days I feel it is dangerous to walk in the parking lot particularly behind parked cars. In addition, we recently had our driveway sealed and the asphalt residue is picked up on walkers, scooters and shoes that track onto our carpets in the hallway and in your apartment leaving dark stains. Please use the sidewalks when walking.

AC Wall Panels and Siding

The first week of September we anticipate Kirst Construction will be here finishing up the AC wall panels on the first floor on the backside of the building. For those residents that will be impacted, you have received a letter from me. As we know more specifics, the information will be disseminated. Thank you for your patience and cooperation while the construction team is here.

Resident Connect

Resident Connect is a convenient tool for us to share important information and reminders for happenings in the building and communicate any emergency notifications. It can be sent to you as a text or as a telephone call. If you have not signed up, please contact Becky to receive these communications. Also, please add 716-466-5236 to your phone contacts so you know the message or call is from the Manor.

Like us on Facebook!

Recently we have been posting more to our Facebook page, please "like" us.



Stay Fit Dining

There will be no meals served on Monday, September 2nd due to the Labor Day Holiday.



We will Welcome Fall with a lunch on Friday, September 20th. It will include a Breaded Bone-In Pork Chop with Gravy, butternut Squash, Broccoli Florets, a Chef Salad, Wheat Dinner Roll, and Cherry Pie with Whipped Topping.

A Bit of Humor

A Pastor wanted to raise money for his church, and on being told there was a fortune to be made in horseracing, he decided to purchase one and enter it in the races. At the local auction however, the going price for a horse was so high that he ended up buying a donkey instead.

He figured since he had it, he might as well go ahead and enter it in the races, and to his surprise, the donkey came in third.

The next day the local paper carried this headline: "Pastor's Ass Shows"

The pastor was so pleased with the donkey that he entered it in the races again, and this time it won!

The local paper read: "Pastor's Ass Out Front"

The Bishop was so upset with this kind of publicity that he ordered the Pastor not to enter the donkey in another race.

The next day, the local paper read: "Bishop Scratches Pastor's Ass"

On Wednesday, October 2nd, there will be a 50th Anniversary Luncheon to commemorate the 50th Anniversary of the Stay Fit Dining Program. Chicken Cordon Bleu will be served, along with Vegetable Rice Pilaf, California Blend Vegetables, a Chef Salad, Dinner Roll, and Apple Pie with Whipped Topping.



Join the meal program for Soup & Salad on September 18th. On September 25th an Entrée Salad will be served.

The Bishop was fit to be tied. He ordered the Pastor to get rid of the donkey.

The Pastor decided to give it to a Nun in a nearby Convent.

The local paper, hearing the news, posted this headline the next day: "Nun Has Best Ass in Town"

The Bishop fainted. He informed the Nun that she would have to get rid of the donkey, so she sold it to a farmer for ten dollars.

The next day the paper printed: "Nun sells Ass for \$10.00"

After the Bishop was revived, he ordered the Nun to buy back the donkey and lead it to the plains where it could run wild.

The next day the headlines read: "Nun Announces Her Ass is Wild and Free"

The Bishop had a fatal stroke and has been laid to rest.

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.
- A/C Boxes on the back of the building, on the 1st floor, will be replaced the week of September 2nd. Those affected have received a memo.
- The week of Sept. 9th, we will be painting around the new A/C boxes on the 2nd floor. We will try to notify everyone the day before using Resident Connect.
- The week of September 16th we will be painting around the new A/C boxes on the 1st floor, lower front section of the building.
- **Emergency phone number...** for after hours and weekend 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 is Library Card Sign Up Month

Did you know the Buffalo & Erie County Library has 37 libraries and 2 mobile libraries?

Our Erie County Libraries have 408,184 library card holders and an estimated 1,864,040 library visits per year!

There are 3,338,350 items in the library's collection (books, dvds, cds, and more!), as well as 984 public computers. They also have 29,956 social media followers.

They offer digital downloads through an app called "Hoopla" and had 1,794,057 digital materials borrowed in 2022.

"Hoopla" lets you borrow eBooks and audiobooks, you can also listen to music albums and stream movies on a tablet or smart phone.

The library also has a "Library by Mail" program.

Library by Mail is a free service from the Buffalo & Erie County Public Library that brings library materials to the homebound through the mail. This includes those without transportation or those with health-related issues that keeps them homebound.

You can check out a variety of items including books, audio books, music CDs and DVDs, with a limit of 3 items at a time.

Items checked out will be mailed in a pre-paid canvas bag. To return items you reverse the mailing label and send it back in the same canvas bag. Postage is paid by the library!

To apply for this program see Becky or Jen, we can print out the application and get you started!

Our Flu Shot Clinic is September 27th! Here are some facts about “the flu”.

Early fall is the best time for older adults to get their flu vaccines to protect against the influenza virus, also known as the “flu.”

The importance of flu shots for older adults

The single best way to reduce your risk from flu and possibly serious complications is to get the flu shot every year. Here are some flu facts to help explain why getting your vaccine is so important.

What is influenza or flu?

Are influenza (flu) and COVID-19 caused by the same virus? The answer is no. Influenza is a highly contagious respiratory infection caused by the influenza virus. The flu virus is different from the coronavirus, and two different vaccines are required for protection. Individuals who have had the COVID-19 vaccine or are planning to be vaccinated against COVID-19 can safely get the flu shot this year and every year.

The flu is easily passed from person to person when someone coughs, talks, or sneezes.

You can also catch the flu virus from recently contaminated surfaces or objects that have the virus on them and then touch your mouth, eyes, or nose.

What are the symptoms of flu?

Some symptoms of flu are similar to the common cold, like sneezing, cough, sore throat, and chest discomfort. However, flu usually starts more quickly and symptoms are much more severe than the common cold. Flu symptoms also include fever, body aches, chills, headaches, and feeling tired. People often ask, “Can you get the flu from the flu shot?” No, you cannot. The flu shot is made from inactive (dead) virus that can't cause influenza infection. However, you may get brief, mild side effects from the flu vaccine that can feel almost flu-like.

Why are older adults at higher risk for flu?

While each flu season differs in severity, during most seasons, people 65 years and older bear the greatest burden of disease. The Centers for Disease Control and Prevention estimates that between 70-85% of seasonal flu-related deaths and between 50-70% of seasonal flu-related hospitalizations occurred in older adults.² People 65+ are at higher risk of developing serious complications from flu compared with younger adults. This increased risk is due in part to declines in immune response with age.

Older adults with chronic conditions, like heart disease, diabetes, and lung disease, such as asthma or COPD, are at highest risk for developing life-threatening complications from the flu.

Because of age-related changes in their immune systems, people 65 years and older may not respond as well to vaccination as younger people. Although immune responses may be lower in older people, studies have found that flu vaccine has been effective in reducing the risk of doctor visits and hospitalizations due to the flu.

Why are flu shots needed every year?

Flu vaccines are updated each season to keep up with changing viruses. Also, immunity against the flu virus decreases over a year so annual vaccination is needed to make sure everyone has the best possible protection against flu.

Service Coordinator Spot

For Your Information

OPEN ENROLLMENT BEGINS SOON!

It's that time of year to review your Health Insurance Plans for changes and price increases. If you are satisfied with your current plan, you do not need to do anything. If you would like to switch plans or insurance carriers, then you need to do this during Open Enrollment – October 15th-December 7th. I will be attending a meeting in October with various Insurance companies to learn about any changes. In addition to this meeting, I am also working on having Erie County Senior Services Health Insurance Counseling staff come to the building.

Please watch the Newsletter for information about future presentations and be sure to check out the Bulletin Boards around the building!



"If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate."

—Sandy Dahl, wife of Flight 93 pilot Jason Dahl, in Shanksville, Pennsylvania, in 2002

"You can be sure that the American spirit will prevail over this tragedy."

—Former United States Secretary of State Colin Powell

"When Americans lend a hand to one another, nothing is impossible. We're not about what happened on 9/11. We're about what happened on 9/12."

—Jeff Parness, founder of New York Says Thank You

Educational and Wellness Programs

STERN AT HOME THERAPY PRESENTATION

WEDNESDAY, SEPT. 11th at 12:45 p.m.

Come join us in the community room for information on how you can receive physical & occupational therapy right at home!

Covered by your Health Insurance Plan! (Medicare/Medicaid) Jill, a licensed physical therapist will be going over fall prevention tips and how to stay safe at home.

Complimentary desserts for those who attend and stay for the presentation.

Come join the fun and treats – All are welcome!!

Sign-Up Sheet On Bulletin Board

FLU SHOT CLINIC

FRIDAY, SEPTEMBER 27th

9 a.m. to Noon

Visiting Nurse Association will be here to administer Flu Shots. Please remember to bring your insurance information. This will be held in the Library.

Sign-Up Sheet On Bulletin Board

BOOD PRESSURE CLINIC

MONDAY, SEPTEMBER 30th

at 12:45 p.m.

Catholic Health LIFE

Sign In The Day Of

Changes in Office Hours:

I will be in the office on Thursday, September 26th instead of Friday, September 27th.



September 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 Labor Day ----- Office Closed ----- No Meal Program	3 Meal Program 12:00 PM ----- National Cinema Day	4 Meal Program 12:00 PM	5 Meal Program 12:00 PM	6 Meal Program 12:00 PM ----- National Food Bank Day	7	
8	9 Meal Program 12:00 PM	10 Meal Program 12:00 PM	11 Southgate/Save A Lot Shopping 8AM - 12PM ----- Meal Program 12:00 PM ----- Stern At Home Therapy 12:45 PM	12 Meal Program 12:00 PM	13 Meal Program 12:00 PM	14	
15 Halloween Craft with Lori 12:00 PM ----- Bingo 2:00 PM	16 Meal Program 12:00 PM	17 Meal Program 12:00 PM ----- Library Reserved 6:00 PM	18 Meal Program "Soup & Salad" 12:00 PM ----- Activity Meeting 1:00 PM	19 Meal Program 12:00 PM ----- Talk Like a Pirate Day	20 Meal Program "Welcome Fall Meal" 12:00 PM	21 World Alzheimer's Day	
22 Autumn Begins	23 Meal Program 12:00 PM	24 Meal Program 12:00 PM	25 Transit Road Shops 8AM - 12PM ----- Meal Program 12:00 PM ----- Autumn Desserts 1:00 PM	26 Meal Program 12:00 PM	27 Flu Shot Clinic 9AM - 12PM ----- Meal Program 12:00 PM	28 National Good Neighbor Day	
29	30 Meal Program 12:00 PM ----- Blood Pressure Clinic 12:45 PM						