



Bethel Estates

4647 Southwestern Blvd.
Hamburg, NY 14075
(716) 648-6444

December 2017

IMPORTANT NUMBERS

Maintenance Emerg. 648-6444
Leasing Office 648-6444
Hair Salon (Vicky) 941-5574
Hamburg Police 648-5111
Post Office 649-1631
MAC-GRAY/CSC ... 1-800 622-4729

OFFICE HOURS

Mon.-Fri. 11 a.m.-4:30 p.m.

OUR WISHES FOR YOU

Merry Christmas and a Happy New Year to you and your family! May you enjoy all the blessings of a joyous holiday season. Thank you for making Bethel Estates your home!

Welcome New Residents

#114 Sam & Stuart
#154 Maria
#161 Beverly
#242 Annmarie
#246 Brenda
#327 Wayne
#334 Darlene
#447 Linda & Walter

THANK YOU SENIOR WISHES FOR OUR NEW GAME TABLE!



CHANGES, UPDATES OR ADDITIONAL NEWS ITEMS ARE POSTED ON THE COMMUNITY ROOM BULLETIN BOARD.



SEE THE INSERT FOR ALL THE HAPPENINGS TO ENJOY DURING THE MONTH!



PACKAGE DELIVERY

Kindly pick up any packages promptly when you receive a pink notice in your mailbox.

The office cannot accept deliveries from FedEx or UPS. These must be delivered directly to your apartment door. When placing orders, be sure to include your apartment # as part of your address to avoid delays and lost packages.

SNOW REMOVAL

During winter months, all vehicles must be moved to a clear spot when plowing will take place. In the event of heavy snowfall, all vehicles must be removed from the North parking lot on Tuesdays before 9 a.m. and South parking lot on Wednesdays before 9 a.m. to clear lots.

BE A GOOD NEIGHBOR

One person at a time in the office please to ensure your privacy while conducting business. Be respectful.

Clean, flat cardboard must be taken to the BLUE dumpster to the left of the garage in the SOUTH parking lot through Door#8. If you are unable to take items to the

dumpster yourself, contact the office and place a work order request. Labor charges will be billed to you after the work is completed.

In the event of snow, it's a good idea to have your car off the property if you will be away for a few days.



Trivia Whiz

Preserving the Everglades

At the southern tip of Florida sits a complex system of wetlands, teeming with subtropical wildlife. Everglades National Park was established 70 years ago on Dec. 6, 1947.

At 1.5 million acres, it is one of the largest national parks in the U.S.

It was the first park founded to preserve plants and animals rather than geological features.

The American crocodile and alligator, Florida panther and West Indian manatee are among the park's more than 20 threatened or endangered animal species.

With its mix of fresh and salt water, nine different habitats are found in the Everglades' intricate ecosystem, ranging from marshes to forests.

Stay Safe and Healthy This Season

Winter is a time to enjoy the warmth and comfort of home—not worry about chilly weather or catching a cold. Here are some tips to help the season stay merry, healthy and bright:

Wash your hands. With more people indoors, germs that can cause illness are more prevalent. Wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

Get a dose of vitamin D. Less sunshine means less vitamin D absorption, so eat a variety of foods that include the nutrient, including eggs, milk, fortified cereals, and fatty fish such as salmon and tuna. Vitamin D boosts your immune system and helps stave off the “winter blues.”

Dress warmly. Two or three thin layers of clothing are actually warmer than one thick layer. When out during cold weather, wear a heavy coat, a hat, gloves or mittens, and a scarf. Limit

your time outdoors and go inside immediately if your clothing gets wet.

Watch your step. Wear boots or shoes with nonskid soles, and avoid walkways that are wet, icy or snow-covered. Always hold on to safety railings. If you use a walker or cane, replace any worn tips. After being outside, leave wet shoes by the door to prevent tracking water throughout your home, creating a fall hazard.



Fun and Functional Nutcrackers

Standing at attention with their tall hats and toothy grins, nutcrackers are a festive seasonal sight, but do you know the story behind the ornamental soldiers?

Various tools for cracking open nuts, from simple levers to screw designs, have been around for centuries and were usually made of metal. In the 1700s, woodworkers in Germany began carving nutcrackers in the

shapes of soldiers and kings. Symbols of good luck and protection, the dolls were traditionally given as gifts. Pressing a handle on the back of the figurine enabled its mouth to move up and down to crack open a nut. Bright colors and handcrafted parts added to the charm of the creations.

The march of nutcrackers into the U.S. was spurred by two factors. During World War II, many American soldiers stationed in Germany bought nutcrackers as souvenirs for their loved ones. Around the same time, Peter Tchaikovsky's ballet “The Nutcracker” debuted in the U.S. and became a hit, making the character a beloved icon.

As pre-shelled nuts became more common, nutcrackers were used mainly for decoration. Whimsical figures of all kinds can now be found.

Virtual Reality for Seniors

The words “virtual reality” may sound like something out of the future, but this technology is actually being used to return to the past as well as to experience life in the present.

Virtual reality, or VR, refers to a computer-generated, interactive three-dimensional environment. Through the use of a headset or goggles, a person can see and experience a virtual world from every angle.

VR is often associated with video games, but it has practical uses as well, such as helping to train pilots and surgeons. Researchers are now finding ways for VR to benefit the lives of seniors.

A VR headset allows the wearer to go anywhere in the world—snorkeling above a coral reef, hiking in a national park, even skydiving—without ever leaving his or her chair. Other experiences can include concerts, museum tours and family events, such as reunions, that the VR user is unable to attend in person. With VR, seniors can also revisit their pasts by taking a virtual stroll through their hometown or returning to a favorite vacation spot.

Along with enjoyment, the use of VR can offer seniors therapeutic benefits, including improved mood and reduced anxiety. In one study, MRIs showed increased brain activity after a VR session. The technology has been used as a comforting tool for dementia patients and to treat chronic pain.

Old-Fashioned Festive Fare

Whether carried on by culinary tradition or celebrated in story and song, some foods from years past remain part of the season’s festivities:

Chestnuts. The lyrics of a sentimental holiday song describe “Chestnuts roasting on an open fire.” Roasted chestnuts have been a common street food for centuries in Europe and Asia. The brown nuts are heated over a flame or in an oven. Once cooled, peeling the hard shell reveals a meaty, sweet-tasting nut.

Sugarplums. The beloved Sugar Plum Fairy rules the Kingdom of Sweets in Tchaikovsky’s popular ballet “The Nutcracker.” A long-ago luxury, this confection from the 17th to 19th centuries was not actually a sugared plum as the name suggests, but a type of small, hard-sugar candy that resembled the fruit’s shape.

Figgy pudding. The word pudding is a generic term for dessert in Britain, where a figgy pudding topped with a holly sprig ends a holiday meal. The dome-shaped, moist spice cake, loaded with dried fruit, is also called plum pudding and was most popular in the 15th to 19th centuries.

Wassail. The song “Here We Come A-Wassailing” refers to the tradition of caroling as well as the mulled drink that accompanied the singers. Similar to spiced cider, numerous recipes for wassail have been quenching winter thirsts as far back as the Middle Ages.



Wit & Wisdom

“What life expects of us is that we celebrate.”
—José Eduardo Agualusa

“Don’t fear the future or regret the past, but celebrate the present.”
—Tim Mann

“The most beautiful things are not associated with money; they are memories and moments. If you don’t celebrate those, they can pass you by.”
—Alek Wek

“We reveal to ourselves and others what is important to us by the way we celebrate.”
—Noël Piper

“It’s always good to remember where you come from and celebrate it. To remember where you come from is part of where you’re going.”
—Anthony Burgess

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="font-size: 4em; margin: 0;">December</h1>					<p>RENT IS DUE 1</p> <p>OFFICE CLOSING 12 Noon Staff Party</p> <p>SCRABBLE 1:15 p.m.</p> <p>Happy Birthday #154 Maria #210 Karen #316 Camille</p>	<p>2</p> <p>Catholic Communion Service 4 p.m.</p>
<p>3</p> <p>HOPE Fellowship 11:00 a.m.</p> <p>Happy Birthday #346 Alan</p>	<p>4</p> <p>BIBLE STUDY 7 p.m.</p>	<p>5</p> <p>Last Day to Pay Rent Before Late Fees Begin!</p> <p>Senior YOGA 10:00 a.m.</p> <p>Happy Birthday #462 Agnes #404 Diane</p>	<p>6</p> <p>Shopping Bus Wegmans 10:30 a.m.</p> <p>Holiday Happiness Giveaway 2 p.m to 3:30 p.m.</p> <p>Coloring & Crafts 6 To 8 p.m.</p>	<p>7</p> <p>Catered Luncheon 1 p.m.</p> <p>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m.</p>	<p>8</p> <p>SCRABBLE 1:15 p.m.</p>	<p>9</p> <p>Catholic Communion Service 4 p.m.</p> <p>Happy Birthday #423 Aubanese</p>
<p>10</p> <p>HOPE Fellowship 11:00 a.m.</p> <p>Happy Birthday #413 Susan</p>	<p>11</p> <p>BIBLE STUDY 7 p.m.</p>	<p>12</p> <p>Senior YOGA 10:00 a.m.</p> <p>Happy Hanukkah</p> <p>Happy Birthday #220 Jodi</p>	<p>13</p> <p>Shopping Bus Wal-Mart 10:30 a.m.</p> <p>Coloring & Crafts 6 p.m. To 8 p.m.</p> <p>Happy Birthday #266 Lucille #359 Betty</p>	<p>14</p> <p>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m.</p> <p>Happy Birthday #348 Nancy</p>	<p>15</p> <p>SCRABBLE 1:15 p.m.</p>	<p>16</p> <p>Catholic Communion Service 4 p.m.</p> <p>Catered Holiday Dinner 5:45 p.m.</p>
<p>17</p> <p>HOPE Fellowship 11:00 a.m.</p>	<p>18</p> <p>BIBLE STUDY 7 p.m.</p>	<p>19</p> <p>Senior YOGA 10:00 a.m. Red, White & Blue Band 7 p.m.</p> <p>Last Day to Vote for Best Door Decoration</p> <p>Happy Birthday #352 Rose</p>	<p>20</p> <p>Shopping Bus Wal-Mart 10:30 a.m.</p> <p>Resident Holiday "Nosh" 9 a.m. To 12 Noon Lyle Stang Music Program 1 p.m. To 3 p.m.</p>	<p>21</p> <p>Old Time Baptist Students Musical Program 12 Noon</p> <p>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 P.m.</p> <p>Happy Birthday #113 Christine</p>	<p>22</p> <p>SCRABBLE 1:15 p.m.</p> <p>Office Closing Early</p> <p>St. Francis Church Caroling & Cookies 6 p.m. Happy Birthday #208 Patricia</p>	<p>23</p> <p>Catholic Communion Service 4 p.m.</p>
<p>24/31</p> <p>HOPE Fellowship (12/24, 12/31) 11:00 a.m.</p> <p>New Year's Eve</p> <p>Happy Birthday #217 Noreen (12/24) #432 Rose (12/31)</p>	<p>25</p> <p>MERRY CHRISTMAS to ONE and ALL</p> <p>OFFICE CLOSED</p>	<p>26</p> <p>Senior YOGA 10:00 a.m.</p>	<p>27</p> <p>Shopping Bus Wal-Mart 10:30 a.m.</p> <p>Coloring & Crafts 6 p.m. To 8 p.m.</p>	<p>28</p> <p>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m.</p> <p>Happy Birthday #437 Rosemarie</p>	<p>29</p> <p>SCRABBLE 1:15 p.m. Office Closing 2:30 p.m.</p> <p>Happy Birthday #302 Maria</p>	<p>30</p> <p>Catholic Communion Service 4 p.m.</p>