



# Bethel Estates

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

## February 2019

### 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.



#166 Edward  
#418 Valerie



- Please notify the office of any changes to your telephone number, vehicle registration or any updates to your emergency contact information.

-Do not use your oven as a source of heat in your apartment. It will be considered a material non-compliance with your lease as it is a safety issue.

-For your privacy, we ask that only one person at a time conduct business in the office. Use the handicap palm pad for easier access into and out of the office.

-Your neighbors will thank you for holding the doorknob as you enter and leave your apartment to avoid slamming the door.

Bethel Estates is an **Independent Living** community.

Maintenance will plow driveways and parking lots. We will clear snow from the NORTH lot on Tuesday and the SOUTH lot on Wednesday. (Please move your vehicle from the lot before 9:00 a.m. on the above mornings)

Please note that staff members cannot help with snow removal between vehicles or battery jump starts.

The hallways are an extension of your home. Please do not leave cardboard boxes on the floor in the Trash Rooms or food items for give away on the chairs in the areas by the elevators. You or a family member may take cardboard out to the dumpster in the South Lot next to the garage. Exit through Door #8. The office can also arrange for a trash pick up of any items for a small charge.

### SHOPPING BUS MEETING

A meeting will be held in the Community Room on Friday, February 22, 2019 at 2 p.m. for all residents who use or wish to use the Bethel Estates free shopping bus. Your input is welcome. Please note the date on your calendar.

### HOSPICE PRESENTATION

On Friday, February 8, 2019, Anne McGillicuddy from Hospice Buffalo will be in the Community Room at 1:30 p.m. to speak on "Sharing Wishes and Health Care Decision Making." Plan on attending to learn what benefits and services may be available to anyone facing serious illness.

### Community Room Addition

For your viewing pleasure and enjoyment, a new 75 inch 4K Smart TV with sound bar has been added to the Community Room.





## Trivia Whiz

### A Floral Favorite

With more than 100 million of them grown for Valentine's Day alone, the rose is one of the most popular flowers in America.

There are at least 100 different species and thousands of varieties of roses. Hybrid tea roses make up the majority of the roses found in shops and home gardens.

President George Washington was the first U.S. rose breeder.

Technically, a rose's thorns aren't true thorns; they're actually prickles.

It's a tradition to convey a message by using a rose's color. For example, red is associated with romance, pink signifies gratitude, and yellow expresses friendship.

The rose is America's national flower, as well as the official flower of four states: Georgia, Iowa, New York and North Dakota.

### Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

*Wear red.* Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

*Know your numbers.* Take advantage of blood pressure checks and cholesterol screenings. Record your numbers and work with your doctor to make any needed changes.

*Get fit with a friend.* Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

*Set a nutritious example.* Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

*Give back.* Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.



### Military-Made Movies

During World War II, a group of Americans served the nation by combining their specialized talents to form the First Motion Picture Unit, a division of the U.S. Army Air Forces.

The unit was formed in 1942. Recognizing the urgent need for a recruitment film, the commander of the USAAF, Gen. Henry "Hap" Arnold, called upon Jack Warner, the head of Warner Bros. movie studios. Warner and scriptwriter Owen Crump quickly

produced "Winning Your Wings," a short film starring actor and USAAF pilot Jimmy Stewart and directed by John Huston. It played in theaters nationwide, prompting more than 150,000 men to sign up for the Army Air Forces.

Staffed by professionals enlisted from the movie industry—actors, directors, screenwriters, animators, composers and more—the FMPU began producing high-quality training films from its base at a Hollywood studio lot. Throughout the war, the unit made more than 400 movies, covering topics such as survival skills and how to recognize enemy aircraft.

Some of the notable members of the FMPU included Clark Gable, William Holden, Alan Ladd and Ronald Reagan.



### The Super Bowl of Car Racing

While much of the country is in the cold grip of winter, a speedway in Florida heats up this month for the "Super Bowl of stock car racing," the annual Daytona 500.

Since the early 1900s, automobile racing on beach courses had been popular in the Daytona Beach area. Bill France Sr. was a former driver and race promoter there who saw great potential in the sport and founded NASCAR, the National Association for Stock Car Racing, in 1948. He proposed and then oversaw construction of a permanent racetrack, Daytona International Speedway.

The first Daytona 500 was held Feb. 22, 1959. It was a close one, with officials taking three days to review photos of the finish before declaring Lee Petty the winner.

Today, the Daytona 500 is the first and most prestigious event of the NASCAR season. Drivers make 200 laps around the 2.5-mile course, racing a total of 500 miles. The winner earns a prize of more than \$1.5 million.

One of the most-watched sporting events, the race draws more than 100,000 fans to the speedway, and 20 million more tune in for the live TV broadcast.

### Tea Traditions Around the World

Legend has it that tea was discovered in China nearly 5,000 years ago when a tea leaf fell into an emperor's cup of hot water. Since then, the world has enjoyed the beverage in endless ways.

*India.* Tea stalls here serve masala chai, a brew of black tea, milk, sugar and warm spices such as cardamom, ginger and cinnamon.

*Morocco.* Green tea steeped with mint and heavily sweetened with sugar is the traditional drink in this North African country.

*Taiwan.* Bubble tea was invented here in the 1980s. Made in many flavors, its base is cold tea, milk, a sweetener and a scoop of chewy tapioca balls, which give the drink its name.

*Argentina.* The tea of choice in this South American nation is *yerba mate*, an herbal tea served in a hollow gourd and sipped through a straining straw.

*Tibet.* Yak butter and salt are churned with black tea to make a creamy beverage that provides energy for those living in the high altitudes of the Himalayan mountains.

*Hong Kong.* This culture's popular "panty hose tea" is named after the stocking-shaped cloth that's used to filter black tea, which is then poured into condensed or evaporated milk.

*Pakistan.* People here sip a pink drink called noon chai, a mixture of tea that includes pistachios, almonds, spices and a pinch of baking soda.



### Wit & Wisdom

"Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best."  
—Henry Van Dyke

"I would like to be remembered as someone who did the best she could with the talent she had."  
—J.K. Rowling

"We are told that talent creates its own opportunities. But it sometimes seems that intense desire creates not only its own opportunities but its own talents."  
—Eric Hoffer

"Above everything else I've done, I've always said I've had more guts than I've got talent."  
—Dolly Parton

"It is the combination of reasonable talent and the ability to keep going in the face of defeat that leads to success."  
—Martin Seligman

# February 2019

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

# February

						1	2
<div style="display: flex; justify-content: space-between;"> <div style="width: 60%;"> <p><b>SCRABBLE</b> 12:45 p.m.</p> <p><b>Sing-a-Long</b> 2:30 p.m.</p> </div> <div style="width: 35%;"> <p><b>Catholic Communion Service</b> 4 p.m.</p> <p>Happy Birthday #110 Kathleen #424 Mary</p> </div> </div>							
3	4	5	6	7	8	9	
<p><b>HOPE Fellowship</b> 11:00 a.m.</p> <p><b>SUPER BOWL SUNDAY</b></p> <p>Happy Birthday #327 Wayne</p>	<p><b>BIBLE STUDY</b> 7 p.m.</p> <p>Happy Birthday #162 Maureen</p>	<p><b>Senior YOGA</b> 10:00 a.m.</p> <p><b>KARAOKE</b> 6:30 p.m. To 8 p.m.</p>	<p><b>Shopping Bus</b> Wegmans 10:30 a.m.</p> <p><b>Coloring &amp; Crafts</b> 6 To 8 p.m.</p>	<p><b>Meditation Group</b> 3:30 To 4:30 p.m.</p> <p><b>BINGO 6:30 p.m.</b></p> <p>Happy Birthday #218 Joyce</p>	<p><b>SCRABBLE</b> 12:45 P.M.</p> <p><b>HOSPICE OUTREACH SPECIALIST</b> 1:30 P.M. TO 4 P.M.</p> <p><b>MOVIE NIGHT</b> 6 p.m.</p>	<p><b>Catholic Communion Service</b> 4 p.m.</p> <p>Happy Birthday #207 Ernest</p>	
10	11	12	13	14	15	16	
<p><b>HOPE Fellowship</b> 11:00 a.m.</p> <p>Happy Birthday #225 Joan</p>	<p><b>BIBLE STUDY</b> 7 p.m.</p> <p>Happy Birthday #157 Thomas</p>	<p><b>Senior YOGA</b> 10:00 a.m.</p> <p>Happy Birthday #212 Darlene</p>	<p><b>Shopping Bus</b> Wal-Mart 10:30 a.m.</p> <p><b>Coloring &amp; Crafts</b> 6 p.m. To 8 p.m.</p>	<p><b>HAPPY VALENTINE'S DAY Meditation Group</b> 3:30 To 4:30 p.m.</p> <p><b>BINGO 6:30 p.m.</b></p> <p>Happy Birthday #445 Naomi</p>	<p><b>POT LUCK LUNCH</b> 12 Noon</p> <p><b>SCRABBLE</b> 12:45 p.m.</p> <p><b>Afternoon Sing-a-Long</b> 2:30 p.m.</p>	<p><b>Catholic Communion Service</b> 4 p.m.</p>	
17	18	19	20	21	22	23	
<p><b>HOPE Fellowship</b> 11:00 a.m.</p> <p>Happy Birthday #430 Anne #452 Dolores</p>	<p><b>OFFICE CLOSED PRESIDENTS DAY</b></p> <p><b>BIBLE STUDY</b> 7 p.m.</p>	<p><b>Senior YOGA</b> 10:00 a.m.</p> <p><b>Catered Pork Chop Dinner</b> 5:30 p.m.</p>	<p><b>Shopping Bus</b> Wal-Mart 10:30 a.m.</p> <p><b>Coloring &amp; Crafts</b> 6 p.m. To 8 p.m.</p>	<p><b>Meditation Group</b> 3:30 To 4:30 p.m.</p> <p><b>BINGO 6:30 p.m.</b></p> <p><b>Happy Birthday</b> Sam- Maintenance #439 Deborah</p>	<p><b>SCRABBLE</b> 12:45 P.M.</p> <p><b>MOVIE NIGHT</b> 6 P.M.</p> <p>Happy Birthday #362 Carol</p>	<p><b>Catholic Communion Service</b> 4 p.m.</p> <p>Happy Birthday #444 Lois</p>	
24	25	26	27	28			
<p><b>HOPE Fellowship</b> 11:00 a.m.</p>	<p><b>BIBLE STUDY</b> 7 p.m.</p>	<p><b>Senior YOGA</b> 10:00 a.m.</p> <p>Happy Birthday #122 Joyce</p>	<p><b>Shopping Bus</b> Wal-Mart 10:30 a.m.</p> <p><b>Coloring &amp; Crafts</b> 6 p.m. To 8 p.m.</p> <p>Happy Birthday #164 Gloria</p>	<p><b>Meditation Group</b> 3:30 To 4:30 p.m.</p> <p><b>BINGO 6:30 p.m.</b></p>	<p><b>SENIOR WISHES</b></p> <p>Are you ever too old to have a wish? Senior Wishes doesn't think so. They want to help you make your dream come true. SENIOR WISHES is taking applications to make your life long dream come true. Pick up a brochure and application in the Mail Room.</p> <p>You never know!!!</p>		