



# Bethel Estates

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

## January 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.

### WELCOME, NEW RESIDENTS

#116	William
#135	Kenneth
#229	Donna
#334	Delfina
#410	Ann



### REAC INSPECTION NOTICE

Bethel Estates is scheduled for a HUD/REAC (Real Estate Assessment Center) building inspection on Tuesday, January 29, 2019 and Wednesday January 30, 2019.

When the Inspector arrives on the premises Tuesday, they will inform us which units have been selected for the inspection.

Please do not call the office to see if your apartment has been chosen or what time they will be there.

There is no need for you to be at home as the inspector is always accompanied by Bethel Staff members while on our premises.

### PHOTO I.D.

Please remember to bring your photo I.D. with you to your certification meeting with Tawnee.

### SUPERINTENDENT MESSAGE

Sam would like to remind everyone of the following rules now that winter is here:

1. Stay out of the parking lot while snow plowing is being done. NEVER GO BEHIND THE SNOW PLOW.

2. All vehicles must be moved when plowing is taking place. In the event of heavy snowfall, all vehicles must be removed from the NORTH parking lot before 9:00 a.m. on TUESDAYS and in the SOUTH parking lot before 9:00 a.m. on WEDNESDAYS so lots can be cleared.

### Rent Checks

Call Dina if you need to know what your correct rent amount is before writing out your check. If your rent is not received by the 5th of the month, late fees will be charged.

### With Gratitude

The Bethel Estates Staff members wish to express their appreciation to everyone who remembered us with cards, gifts, and homemade treats over the holiday season. We thank you for your kindness and generosity. Our best wishes for a prosperous and healthy 2019!

### RENTERS' INSURANCE

To protect your personal property inside your apartment, all residents are strongly urged to carry renters' insurance to cover any loss. The cost is very reasonable. For your convenience, brochures are available in the rental office.

### Exercise With a Friend

Exercising regularly can help you fight off seasonal colds. But if you need motivation to get moving, get a little help from a friend. Working out with a companion provides encouragement to stick with the commitment and helps take your focus off the physical exertion.



## Trivia Whiz

### In Praise of Penguins

They've been featured in movies and are a main attraction at many zoos and aquariums. Here's a peek into the world of the penguin.

There are at least 17 species of penguins, and they all live in the Southern Hemisphere.

The smallest species is the little blue penguin, which is about 16 inches tall. The largest, the emperor penguin, stands 4 feet tall.

They are flightless birds, but penguins are great swimmers and spend much of their lives in water.

Penguins hunt for fish during underwater dives that can last up to 20 minutes. Insulating feathers help penguins stay warm in the water.

Penguin nesting areas are called rookeries and may contain thousands of pairs of birds.

### How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

*Spain.* At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

*Russia.* In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or *yolka*, beneath the water's surface, symbolizing a new beginning.

*Germany.* Germans give a sweet greeting to Jan. 1 by eating the jelly doughnut known as a *Berliner*, *Pfannkuchen* or *Krapfen*.

*Japan.* All across this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

*Colombia.* Those hoping for travel

adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

*Greece.* Symbolizing renewal, onions are hung on doorways as a good luck token.

*Brazil.* To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

*Turkey.* At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.

*Romania.* For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.

### Therapy in Art

Creating art, whether it's with paint, pencils, wood or another material, can be a fun, rewarding activity. Let these benefits of art therapy paint a picture:

*Relieves stress.* Participating in art activities can be soothing and relaxing. Focusing on a project often boosts positive feelings and has been shown to lower anxiety and depression.

*Increases cognitive skills.* From selecting materials to choosing a color scheme, many decisions are made during the creative process, stimulating the brain. Artistic endeavors can also trigger memories from long ago.

*Promotes self-expression.* Art is a nonverbal outlet for communicating and sharing with others. Making something by hand is a personal experience that lets people express

their thoughts and feelings.

*Sharpens motor skills.* Small movements such as brushing paint across a canvas or sanding a piece of wood improve dexterity and hand-eye coordination.

*Encourages socialization.* Whether it's a shared love of watercolors or an interest in ceramics, art has a way of connecting people, which helps lessen feelings of loneliness. Making art in a group setting promotes socializing with others.





## Know Your Oats

Eating a bowl of oatmeal can be a comforting, heart-healthy breakfast. The different processing methods for this whole-grain food create a variety of oats to choose from.

*Steel-cut.* Whole oat kernels, called groats, are chopped into coarse pieces to make steel-cut oatmeal, also known as Irish oatmeal. This type is the least processed, so it takes up to 30 minutes to cook and has a chewy texture and slightly nutty flavor.

*Scottish.* Groats are stone-ground into small, fine pieces to make Scottish oatmeal, which is thick and creamy like porridge.

*Old-fashioned.* Also called rolled oats, these are the most commonly used in oatmeal and are made by steaming groats and flattening them between rollers into flakes. Old-fashioned oats are often used in baked goods, such as cookies and muffins.

*Quick.* These are another form of rolled oats, but are steamed longer and rolled thinner. They make a fast breakfast since their smooth, thin flakes cook in just one minute.

*Instant.* Usually sold in single-serve packets with added flavors such as brown sugar, cinnamon and various fruits for sweetness, the oats in instant oatmeal have a soft texture. They have been fully cooked during processing and then dehydrated.



## Wit & Wisdom

“Even though the future seems far away, it is actually beginning right now.”  
—Mattie Stepanek

“There will come a time when you believe everything is finished. That will be the beginning.”  
—Louis L’Amour

“Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect.”  
—Alan Cohen

“You will never win if you never begin.”  
—Helen Rowland

“Begin somewhere; you cannot build a reputation on what you intend to do.”  
—Liz Smith

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”  
—Maria Robinson



## Word Search Success

A fun way to exercise the brain, expand one’s vocabulary or just pass the time, word searches are one of the most popular types of puzzles.

The earliest puzzle resembling a word search can be found in “Everybody’s Illustrated Book of Puzzles,” published in 1890 in London. Titled “Proverbs Within a Maze,” the puzzle featured a grid of letters, and readers were instructed to wind their way through the puzzle to find hidden sayings.

The American word search as we now know it first appeared in 1968, when Norman E. Gibat created a puzzle for a want-ad digest that he published for businesses in Norman, Okla. Calling it an “Oklahoma anagram,” he designed a grid of jumbled letters containing the names of 34 towns. The game was an instant hit, with readers demanding more and local teachers using it as a student activity.

Gibat’s puzzle design eventually spread across the country. Known by various names such as word find, word seek and search-a-word, word searches became a staple in newspapers, magazines, puzzle books and classrooms.



# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY <i>New Year!</i>		1 <b>NEW YEAR'S DAY</b>  <b>OFFICE CLOSED</b>	2 <b>Shopping Bus</b> Wal-Mart 10:30 a.m.  <b>Coloring &amp; Crafts</b> 6 p.m. To 8 p.m.	3 <b>Meditation Group</b> 3:30 To 4:30 p.m.  <b>BINGO 6:30 p.m.</b>	4 <b>Book Mobile</b> 1:45 To 3:15 p.m.  <b>SCRABBLE</b> 12:45 P.M.  Happy Birthday #142 Ronald Rob- Maintenance	5 <b>Catholic Communion Service</b> 4 p.m.  Happy Birthday #236 Camille #311 Marilyn
6 <b>HOPE Fellowship</b> 11:00 a.m.  Happy Birthday #431 Anne #455 Virginia	7 <b>BIBLE STUDY</b> 7 p.m.	8 <b>Senior YOGA</b> 10:00 a.m.  <b>Lunch &amp; Learn Presentation</b> 11:30 a.m.- Clear Captions  Happy Birthday #461 Beth #463 Frederick	9 <b>Shopping Bus</b> Wegman's 10:30 a.m.  <b>Coloring &amp; Crafts</b> 6 To 8 p.m. Happy Birthday #250 Phyllis	10 <b>Meditation Group</b> 3:30 To 4:30 p.m.  <b>BINGO 6:30 p.m.</b>  Happy Birthday #248 Larry	11 <b>SCRABBLE</b> 12:45 P.M.  Happy Birthday #358 Goldie	12 <b>Catholic Communion Service</b> 4 p.m.
13 <b>HOPE Fellowship</b> 11:00 a.m.	14 <b>BIBLE STUDY</b> 7 p.m.	15 <b>Senior YOGA</b> 10:00 a.m.  <b>Taco Night</b> 5:30 p.m.  <b>Red, White &amp; Blue Band</b> 7 p.m.  Happy Birthday #133 Sandra #329 Steven	16 <b>Shopping Bus</b> Wal-Mart 10:30 a.m.  <b>Coloring &amp; Crafts</b> 6 p.m. To 8 p.m.  Happy Birthday #235 Laurie	17 <b>Meditation Group</b> 3:30 To 4:30 p.m.  <b>BINGO 6:30 p.m.</b>  Happy Birthday #420 Lynn	18 <b>SCRABBLE</b> 12:45 P.M.  <b>MOVIE NIGHT</b> 6:30 p.m.	19 <b>Men's Breakfast</b> 9 a.m. <b>Catholic Communion Service</b> 4 p.m.  Happy Birthday #115 Elaine #422 Janice #458 Patricia
20 <b>HOPE Fellowship</b> 11:00 a.m.	21 <b>Martin Luther King Day</b>  <b>BIBLE STUDY</b> 7 p.m.	22 <b>Senior YOGA</b> 10:00 a.m.  Catered Dinner <b>Italian Fest</b> 5:30 p.m.	23 <b>Shopping Bus</b> Wal-Mart 10:30 a.m.  <b>Coloring &amp; Crafts</b> 6 p.m. To 8 p.m.  Happy Birthday #147 Linda	24 <b>Meditation Group</b> 3:30 To 4:30 p.m.  <b>BINGO 6:30 p.m.</b>	25 <b>SCRABBLE</b> 12:45 P.M.  Happy Birthday #332 John #434 Michaelene	26 <b>Catholic Communion Service</b> 4 p.m.
27 <b>HOPE Fellowship</b> 11:00 a.m.  Happy Birthday #344 George #410 Ann	28 <b>BIBLE STUDY</b> 7 p.m.  Happy Birthday #244 John (O.B.)	29 <b>REAC INSPECTION</b>  <b>Senior YOGA</b> 10:00 a.m.	30 <b>REAC INSPECTION</b>  <b>Shopping Bus</b> Wal-Mart 10:30 a.m.  <b>Coloring &amp; Crafts</b> 6 p.m. To 8 p.m.  Happy Birthday #304 Shirley	31 <b>Meditation Group</b> 3:30 To 4:30 p.m.  <b>BINGO 6:30 p.m.</b>  Happy Birthday #238 Robert	<i>January</i>	