



Bethel Estates

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

June 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

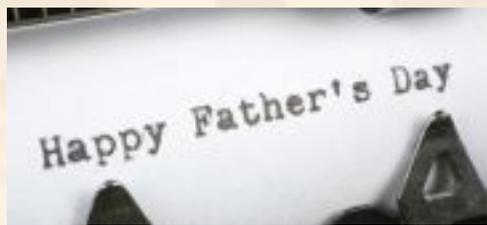


OFFICE HOURS

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

WELCOME NEW RESIDENTS

#126	Dennis
#306	Linda
#346	Alan
#361	Delia



ANNUAL INSPECTIONS

Annual inspections will begin at 9 a.m. on Thursday, June 15, 2017, for **Apartments 234 to 266 ONLY**. You do not have to be home when staff inspects your apartment. If you are not home, please stop by the office **the next day** to sign your inspection form. Thank you!

Did You Know?

You may be eligible for an Air Conditioner through Erie County HEAP program. Limited funds are allocated for this project each year. Check with the HEAP office promptly to see what the special medical requirements are to receive this great benefit.

Spread Good Cheer

Doing good can make you feel good and possibly add years to your life. Performing a kind act releases the hormone oxytocin, which can lower stress and produce a calming effect. Research shows people who consistently practice simple good deeds, such as holding a door open and complimenting someone, as well as more involved charitable acts like volunteering, experience health benefits that may contribute to a longer and happier life.

MATTRESSES & BOX SPRINGS

Modern Disposal Services charges \$30.00 for each mattress and box springs it picks up. You can avoid these charges by having the store remove the old bedding when they deliver your new pieces. To avoid the charges, they must take the bedding off the premises. If they will place the old bedding in the dumpster, you need to notify the office.

BE KIND TO YOUR DRAINS

Please do not put grease, coffee grounds or anything except water down your drains. The drains cannot accommodate any grease. Your drains will become clogged and not drain properly if you put anything but water down.

"THERE IS NOTHING PERMANENT BUT CHANGE" Heraclitus

Easy Way to Cut Calories

One tablespoon of mayonnaise contains 90 calories. The calories in tartar sauce, ketchup, and other sauces can also add up if you use a lot. Cut back on your condiments to reduce the number of calories you're consuming.

SMOKE FREE CAMPUS

Please let your visitors, friends, family and care giving aides know that there is absolutely no smoking anywhere in the building or anywhere on our grounds, not even in their own vehicles.

Throw kindness around like confetti; It's the little things we do that make all the difference.



Trivia Whiz

Starry, Starry Night

The night sky has been inspiring stargazers for centuries. Adding to its beauty are 88 identifiable star patterns, called constellations. Have some fun finding a few of the most famous:

Orion. The distinct figure of Orion the Hunter is easy to find by his belt, represented by a row of three bright stars.

Ursa Major. The name of this constellation means "Great Bear," and it is notable for containing the Big Dipper, one of the most recognizable star patterns.

Ursa Minor. In Greek mythology, the "Little Bear" is the child of the Great Bear, and is also called the Little Dipper.

Canis Major. The brightest star in the night sky, Sirius, is located in this constellation, which means "Great Dog."

Flying the US Flag

While many places fly the American flag, there are eight historic locations that have official proclamations to display the Stars and Stripes 24/7. Celebrate Flag Day on June 14 by learning about some of these sites:

White House. Photographs show the flag being flown at the White House as early as the mid-1800s. During World War I, it was customary to display flags on the east and west fronts of the building for 24 hours a day. In 1970, President Richard M. Nixon made it official for one flag to fly above the White House at all times.

Washington Monument. The memorial in Washington, D.C., to America's first president has 50 flags, one for each state, encircling the monument.

Lexington Battle Green. The first conflict of the American Revolution took place in this Massachusetts town, where the 1775 battlefield has been

made into a park. Since 1965, a U.S. flag flies continuously near the site's famed Minute Man statue.

U.S. Marine Corps War Memorial. The statue of this memorial in Arlington, Va., is based on the iconic photograph of six soldiers raising the U.S. flag at the Battle of Iwo Jima. In 1961, President John F. Kennedy proclaimed that the flag atop the 60-foot bronze flagpole be flown 24/7.



A Pink Drink

Sipping a refreshing glass of pink lemonade is the perfect way to cool off when the temperature climbs. But have you ever wondered who invented the drink, and why it's tinted pink?

Most historians have traced pink lemonade to 19th-century traveling circuses, where traditional lemonade was already a popular refreshment.

Two stories of the origin of the pink version stand out. In one, Henry Allott, a teenager working at a circus concession stand, accidentally dropped red cinnamon-flavored candies into a batch of lemonade. He served the rosy-hued drink to his waiting customers, and it was a hit.

A second story claims circus worker Pete Conklin ran out of water while making lemonade. He grabbed a nearby tub of water that a performer had used to wash her pink tights, added it to his mixture, and sold it as "strawberry lemonade."

However the beverage came to be, it continues to be a popular thirst quencher. Psychologists believe that its pastel color is relaxing and calming, providing ideal relief on a hot summer day.

Films About Fathers

Celebrate Father's Day this month by watching these movies that explore the relationship between dads and their children.

"Father of the Bride" (1950).

Spencer Tracy plays a dad whose daughter (Elizabeth Taylor) is planning a lavish wedding, which leads to funny and poignant moments. A 1991 remake starring Steve Martin was also a hit.

"To Kill a Mockingbird" (1962).

In this acclaimed classic, Gregory Peck portrays a Southern lawyer who teaches his children about compassion in a town divided by prejudice.

"Field of Dreams" (1989). An Iowa farmer (Kevin Costner), following the advice of a mysterious voice, turns his cornfield into a baseball diamond and receives visitors from the past searching for a second chance.

"Mrs. Doubtfire" (1993). Yearning to spend more time with his children, a divorced dad (Robin Williams) disguises himself as a female Scottish nanny in order to be hired by his former wife.

"Finding Nemo" (2003). In this Oscar-winning animated feature, Marlin, a timid clown fish living in the Great Barrier Reef, braves unfamiliar waters to rescue his lost son, Nemo.

"The Pursuit of Happyness" (2006). Actor Will Smith and his real-life son star in this drama based on the true story of a determined single dad who perseveres despite life's setbacks.

High-Flying Feats

With their trademark blue and gold jets, the U.S. Navy Blue Angels are famous for amazing audiences with spectacular aerial feats and formations. This elite flight demonstration squadron performs for about 10 million people each year at air shows and sporting events across the country.

The Blue Angels have been thrilling spectators since 1946, when the chief of U.S. naval operations, Adm. Chester W. Nimitz, established the team to encourage public interest in naval aviation, attract recruits to the Navy and boost morale in the branch.

Today, a squad of six expert Navy and Marine Corps aviators, flying modified F/A-18 Hornets, demonstrate many of the same exciting maneuvers from the unit's first flights. Showcasing skill, precision and teamwork, the pilots execute loops, rolls, tight turns and high-speed passes of up to 700 mph. In the Blue Angels' signature diamond formation, the jets fly as close as 18 inches from each other.

Along with providing entertainment in the sky, the pilots also work on the ground as goodwill ambassadors, by talking with spectators at shows and practice sessions and making personal appearances at schools, hospitals and public functions.

The Blue Angels and their support crew of more than 100 personnel are based at Naval Air Station Pensacola, on Florida's Gulf Coast.



Wit & Wisdom

"My father gave me the greatest gift anyone could give another person; he believed in me."
—Jim Valvano

"My dad had this philosophy that if you tell children they're beautiful and wonderful then they believe it, and they will be."
—Emily Mortimer

"My father was my teacher. But most importantly he was a great dad."
—Beau Bridges

"It was my father who taught me to value myself. He told me that I was uncommonly beautiful and that I was the most precious thing in his life."
—Dawn French

"My father believed in toughness, honesty, politeness and being on time. All very important lessons."
—Roger Moore

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="font-size: 4em;">June</h1>				1 RENT IS DUE Meditation Group 3:30 To 4:30 p.m. BINGO 6:30 p.m.	2 SCRABBLE 1:15 p.m. Happy Birthday #140 Maryellen #149 Karen #201 Maryan (Pat) #309 Michael	3 Catholic Communion Service 4 p.m.
4 HOPE Fellowship 11:00 a.m.	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin! BIBLE STUDY 7 p.m. Happy Birthday #426 Clara	6 Senior YOGA 10:00 a.m. Erie County Bookmobile 1:45 p.m. To 3:15 p.m. Happy Birthday #347 Michael	7 Shopping Bus Wal-Mart 10:30 a.m. Adult Coloring 6 p.m. To 8 p.m.	8 VERIZON Rep Here 1 p.m. To 3 p.m. NO MEDITATION TODAY BINGO 6:30 p.m.	9 SCRABBLE 1:15 p.m. Catered Dinner 5:45 p.m. Happy Birthday #234 Betty	10 Catholic Communion Service 4 p.m.
11 HOPE Fellowship 11:00 a.m.	12 BIBLE STUDY 7 p.m.	13 Senior YOGA 10:00 a.m.	14 Shopping Bus Wal-Mart 10:30 a.m. Adult Coloring 6 p.m. To 8 p.m. Happy Birthday #209 Rose #351 Virginia	15 ANNUAL INSPECTIONS Apts. 234 To 266 Only Catered Luncheon 1 p.m. Meditation Group 3:30 To 4:30 p.m. BINGO 6:30 p.m. Happy Birthday #243 Marie	16 SCRABBLE 1:15 p.m.	17 Catholic Communion Service 4 p.m. Happy Birthday #231 Joyce
18 HOPE Fellowship 11:00 a.m. HAPPY FATHER'S DAY	19 BIBLE STUDY 7 p.m. Happy Birthday #450 Elzada	20 Senior YOGA 10:00 a.m.	21 Shopping Bus Wegman's 10:30 a.m. Polish Villa Food Truck 4:15 p.m. Adult Coloring 6 To 8 p.m. Happy Birthday #129 Charles #265 Helen #128 Richard	22 Meditation Group 3:30 To 4:30 p.m. BINGO 6:30 p.m. Happy Birthday #333 Empe	23 SCRABBLE 1:15 p.m. Catered Fish Fry 5:45 p.m.	24 Catholic Communion Service 4 p.m.
25 HOPE Fellowship 11:00 a.m. Happy Birthday #411 Evelyn	26 BIBLE STUDY 7 p.m. Chef's Food Truck 4 To 6 p.m. Happy Birthday #315 Martha	27 Senior YOGA 10:00 a.m.	28 Shopping Bus Wal-Mart 10:30 a.m. Adult Coloring 6 p.m. To 8 p.m. Happy Birthday #261 Carol	29 Meditation Group 3:30 To 4:30 p.m. BINGO 6:30 p.m.	30 SCRABBLE 1:15 p.m.	To protect your personal property, all residents are strongly urged to carry renters' insurance.