



Bethel Estates

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

June 2018

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

#206	Patty
#245	Linda
#318	Leroy
#357	Patricia
#415	Pamela
#426	Nancy

Celebrate National Doughnut Day with us on June 1 in the Community Room

BE A GOOD NEIGHBOR

Be sure to clean the grill and the BBQ tools after using the grill on the back patio. Please ask staff for assistance if needed on how to operate grill or propane tank.

The shopping carts in the stairwells are for resident use to bring in your groceries and packages from your vehicle. Return them promptly and be sure to push them under the stairs when you bring them back.

Prepare for Emergencies

Prepare for any emergency by making sure that all Emergency Contact persons for yourself and your pet have a FOB to enter the building and a key to your apartment. We do not let anyone into your apartment. It is your responsibility to decide who you want to have keys to your apartment. Order extra keys and FOBS through the office.

MAINTENANCE REMINDERS

Bag all household trash and place down the trash chutes. Take all cardboard and large items directly to the dumpster inside the green fenced area through Door #8.

If you are locked out of your bathroom and have no key, a straightened bobby pin or paper clip will also unlock the door.

Use the Red Emergency button inside the elevator if you have a problem. Press the button several times.

Did You Know?

Free Air Conditioners through Erie County HEAP program are available for qualifying persons with special medical needs. Limited funds are allocated for this project each year. Check with the HEAP office promptly to see what you need to do to qualify for this great benefit.

ANNUAL INSPECTIONS

Annual inspections will begin at 9 a.m. on Thursday, June 21, 2018 for **Apartments 234 to 266 ONLY**. You do not have to be home when the Bethel staff inspects your apartment. If you are not home, please stop by the office **the next day** to sign your inspection form. Thank you!

RENTERS' INSURANCE

To protect your personal property inside your apartment, all residents are strongly urged to carry renters' insurance to cover any loss. (Our insurance does not cover your possessions) The cost is reasonable, about \$100 per year. For your convenience, brochures are available in the rental office.

Hydrating Foods

Staying hydrated is important, especially when the temperature soars. In addition to drinking water, try snacking on these fruits and vegetables that are more than 90 percent water: strawberries, watermelon, tomatoes, cucumbers, baby carrots and celery.



Trivia Whiz

Here Comes the Sun

On June 21, the Northern Hemisphere will experience the summer solstice, the day of the year with the most hours of daylight. As you enjoy the extra sunshine, ponder these facts about our closest star:

Situated at the center of our solar system, the sun is responsible for Earth's climate and weather.

About 1 million Earths could fit inside the sun.

The sun is the closest thing to a perfect sphere that has been observed in nature.

Light from the sun takes eight minutes to reach Earth.

The visible part of the sun is about 10,000 degrees Fahrenheit, while temperatures in its core reach more than 27 million degrees.

The sun is a type of star known as a yellow dwarf.

Doughnut Diversity

The first Friday in June is National Doughnut Day in the U.S., but the love of fried dough is a global phenomenon. Treat yourself to this menu of doughnuts from around the world:

Berliner. This round German doughnut is filled with jam or marmalade and topped with powdered sugar or icing.

Paczki. Similar to Berliners, these Polish pastries are richer and typically filled with jam or cream. In Israel, the *sufganiyah* is a nearly identical treat.

Churro. A cinnamon and sugar mixture nestles into the ridged sides of this skinny, tube-shaped doughnut, a favorite in Mexico, where it is often dipped in chocolate sauce.

Youtiao. This lightly salted, chewy stick is also known as the Chinese cruller, and is typically dunked in rice porridge or soy milk at breakfast time.

Jalebi. Similar to funnel cakes, these

treats made with fermented batter and soaked in saffron syrup are found throughout the Middle East and South Asia.

Koeksister. South Africa is home to this sticky braided doughnut, which is coated in a syrup flavored with cinnamon, ginger and lemon.

Loukoumades. A favorite in Greece and Turkey, these fried dough balls are covered with honey and cinnamon.



All Eyes on the World Cup

Soccer fans around the globe are gearing up to watch the sport's biggest event, the FIFA World Cup. The monthlong tournament kicks off in Russia on June 14, with the championship game on July 15.

The World Cup takes place every four years. Qualifying games are held in the three years prior to determine which teams play in the finals. Out of more than 200 FIFA teams, only 32

make it to the World Cup—31 qualifiers plus the host country's team, which automatically earns a spot.

This year, 64 elimination matches will be played in 11 Russian cities, with Moscow hosting the tournament's first and final games. The champion team receives a gold-plated replica of the official trophy, and the tournament's best player, top scorer and best goalkeeper are honored with the Golden Ball, Golden Boot and Golden Glove awards.

Due to soccer's global popularity, the World Cup is one of the most widely viewed sporting events. More than 3 billion people tune in for the games.

Since the World Cup was first held in 1930, Brazil has the most championship wins, with five titles.



A Sweet Mission

One airman's kind gesture in the midst of the Cold War grew into a heartwarming military operation.

In June 1948, the Berlin Airlift began. For the next 15 months, as part of Operation Vittles, Allied forces flew in needed food and supplies to the Allied-occupied parts of Berlin, under siege after the Soviet Union blocked all road, rail and barge traffic into the areas.

Gail Halvorsen, a U.S. Army Air Corps pilot flying in cargo, stopped one day to talk to some German children who had gathered at the fence of Tempelhof Air Base. He offered them the two sticks of chewing gum he had in his pocket. Their delight in the treat gave him an idea. He asked his crew to donate their candy rations, and the next day, he dropped parcels filled with the sweets using handkerchiefs as parachutes.

Because he wiggled the wings of his plane as a signal to the kids below, Halvorsen became known as Uncle Wiggly Wings. After word of the candy bomber's goodwill spread, his commanders created Operation Little Vittles, and donations of candy poured in from America. By the end of the airlift, 23 tons of candy had been dropped.

Halvorsen received many awards for his generosity, which is still remembered today. There are numerous schools in Germany named for him.

Essential Exercise Types

Exercising regularly provides an abundance of health benefits, and varying activities is the key when it comes to physical fitness. Here are four types of exercise that experts say should be part of a well-rounded routine. Be sure to consult a doctor before starting a new exercise program.

Endurance. Also called cardiovascular or aerobic exercise, these activities target the heart, lungs and circulatory system by increasing your heart rate and breathing. Walking, dancing and swimming are examples of endurance exercises.

Strength. Muscle mass often declines with age, and strength training builds it back. This type of exercise makes you stronger, relieves joint pain and improves balance. Common forms of strength training include lifting weights, using resistance bands and doing arm curls and leg lifts.

Balance. Maintaining good balance is essential to preventing falls. Balance exercises often focus on the lower body. Tai chi, standing on one foot, and walking heel to toe in a straight line can improve balance.

Flexibility. Movements that stretch your muscles help you stay flexible and limber, making it easier to perform everyday activities, such as bending to tie your shoes. Stretching exercises and yoga improve flexibility.



Wit & Wisdom

"All you need is the plan, the road map, and the courage to press on to your destination."
—Earl Nightingale

"A great accomplishment shouldn't be the end of the road, just the starting point for the next leap forward."
—Harvey Mackay

"Throughout the centuries there were men who took first steps down new roads, armed with nothing but their own vision."
—Ayn Rand

"The road to enlightenment is long and difficult, and you should try not to forget snacks and magazines."
—Anne Lamott

"If you see 10 troubles coming down the road, you can be sure that nine will run into the ditch before they reach you."
—Calvin Coolidge

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>June</h1>					1 RENT IS DUE CELEBRATE NATIONAL DOUGHNUT DAY TODAY SCRABBLE 1 p.m.	2 Catholic Communion Service 4 p.m. Happy Birthday #201 Maryan #140 Maryellen #309 Michael
3 HOPE Fellowship 11:00 a.m. Happy Birthday #423 Dennis	4 BIBLE STUDY 7 p.m.	5 Senior YOGA 10:00 a.m. Book Mobile 1:45 To 3:15 p.m.	6 Shopping Bus Wal-Mart 10:30 a.m. Coloring & Crafts 6 p.m. To 8 p.m. Happy Birthday #347 Michael	7 Casey's Pharmacy Breakfast Refreshments 10 a.m. To 11 a.m. Meditation Group 3:30 To 4:30 p.m.	8 Brooks Pharmacy Free Equipment Tune Up 11 a.m. To 1 p.m. SCRABBLE 1 p.m. Happy Birthday #221 Mary Jane	9 Catholic Communion Service 4 p.m.
10 HOPE Fellowship 11:00 a.m. Happy Birthday #415 Pamela	11 BIBLE STUDY 7 p.m.	12 Senior YOGA 10:00 a.m.	13 Shopping Bus Wal-Mart 10:30 a.m. Coloring & Crafts 6 p.m. To 8 p.m. Happy Birthday #263 Suzanne	14 Meditation Group 3:30 To 4:30 p.m. Happy Birthday #209 Rose #351 Virginia	15 SCRABBLE 1 p.m. Happy Birthday #243 Marie	16 Catholic Communion Service 4 p.m.
17 HOPE Fellowship 11:00 a.m. Happy Birthday #231 Joyce #234 Patricia	18 BIBLE STUDY 7 p.m.	19 Senior YOGA 10:00 a.m. Happy Birthday #107 Laura #258 Karen #450 Elzada	20 Shopping Bus Wegman's 10:30 a.m. Coloring & Crafts 6 To 8 p.m.	21 ANNUAL INSPECTIONS 234-266 Only Meditation Group 3:30 To 4:30 p.m. Happy Birthday #128 Richard #129 Charles #265 Helen	22 SCRABBLE 1 p.m. Happy Birthday #333 Emperatriz	23 Catholic Communion Service 4 p.m.
24 HOPE Fellowship 11:00 a.m.	25 BIBLE STUDY 7 p.m. Happy Birthday #411 Evelyn	26 Senior YOGA 10:00 a.m. Happy Birthday #315 Martha	27 Shopping Bus Wal-Mart 10:30 a.m. Coloring & Crafts 6 p.m. To 8 p.m.	28 Meditation Group 3:30 To 4:30 p.m. Happy Birthday #261 Carol	29 SCRABBLE 1 p.m. Bethel Estates Forever Young Tenant Meeting 5 P.m	30 Catholic Communion Service 4 p.m.