



Bethel Estates

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

November 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.

BE PREPARED

**WINTER IS COMING. PLEASE
TURN TO PAGE 2 FOR VERY
IMPORTANT INFORMATION**



- | | |
|------|---------------|
| #228 | Gunda & Georg |
| 428 | Norma |
| 435 | Mattie |
| 323 | Claire |
| 306 | Darlene |
| 355 | Patricia |

REAC INSPECTION NOTICE

Bethel Estates is scheduled for a HUD/REAC (Real Estate Assessment Center) building inspection on Friday, November 2, 2018, and Monday, November 5, 2018.

When the inspector arrives on the premises Friday, 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.

REMINDERS

*Pet owners must register cats & dogs at move-in and annually at recertification.

*Write your apartment number on your check.

GIVING THANKS

Once again, the students and members from the Faith Formation group of St. Francis R.C. Church will host a Thanksgiving Dinner for Bethel Estates residents on Sunday, Nov. 11, at 1 p.m. Seating in the Community Room is limited to 60 guests. Come to the office in person to sign up by October 31st. If you are unable to come to the Community Room for the dinner, students can deliver 20 dinners.

BE A GOOD NEIGHBOR

- * Clean dryer lint filter after each use.
- * If you have a cold or flu, please do not go to common areas or take shopping van. Phone in work orders.
- * Apartment living requires a cooperative approach. Be kind & give thanks for your neighbors.

Veterans Day

- V is for Valor
- E is for Every Era
- T is for Thank you
- E is for Each one a hero
- R is for Remember
- A is for All Armed forces
- N is for a grateful Nation
- S is for we Salute you

Welcome Dina to the Office Staff

Dina was born in Angola. She and her husband, Darren, live in Lake View. They have 3 children: Michael (works in construction), Trent (pre-med student) and Lexi (student studying elementary education). Students at Mercyhurst University.

Before joining us, Dina regularly worked with her husband in their Hamburg chiropractic office. She enjoys caring for her two furry members of the family: Miles (a yellow lab) and Lucy (a chihuahua). She also enjoys running and has completed several full and half marathons across the country.



Trivia Whiz

A Thanksgiving Tradition

The Macy's Thanksgiving Day Parade in New York City has been a holiday tradition since 1924.

Along with floats, brass bands and entertainers, the early parades included animals from the Central Park Zoo.

Giant helium balloons replaced the live animals in 1927. Felix the Cat, a dinosaur and a dog were among the first characters.

The parade was halted for three years during World War II, and Macy's donated 650 pounds of balloon rubber to the war effort.

There are more than 8,000 parade participants.

Around 3.5 million people line the city streets to watch the parade, and about 50 million watch on TV.

Winter Is Coming! Are You Ready?

In an emergency, should personal communication not be possible, certain instructions may be posted on the front door to our building.

Emergency Preparedness Kit (Adult, 3-Day)

An Emergency Preparedness Kit, Adult 3-Day, is a kit sufficient for one person, which provides essential items an adult will need for at least three days after a disaster. It is intended for storage at home and can be used at home or where someone may go if local authorities request an evacuation. The RED CROSS online store has both regular and deluxe (higher quality content material) models of the Preparedness Kits, Adult 3-Day. For more information and a full list of the RED CROSS suggestions, please log on to www.redcross.org.

INTENDED USE OF ITEMS

Flashlight Use your flashlight to find

your way if the power is out. Do not use candles or any other open flame for emergency lighting.

Battery-Powered Radio

News about an emergency may change rapidly as events unfold. You also will be concerned about family and friends in the area. Radio reports will give information about the areas most affected.

Medications

Include non-prescription medications, such as pain relievers and stomach remedies. Keep at least a three-day supply of your prescription medications on-hand.



Winter Weather Folklore

Meteorologists use the latest technology to forecast the weather, but some people look to signs in nature to predict the upcoming season. Cozy up to some winter weather folklore and see how many you've heard.

Woolly worms. The bodies of these fuzzy caterpillars have black bands at both ends and an orange band in the

middle. According to legend, if the orange band is wide, it means the winter will be mild; a narrow band indicates it will be harsh.

Squirrels. If squirrels are seen frantically gathering nuts earlier than usual, it's believed they are preparing for severe winter weather. Thick, bushy tails on squirrels may also forecast a cold season ahead.

Acorns. An abundance of acorns dropping from trees, as well as extra-thick acorn shells, are said to be signs of frigid temperatures to come.

Persimmon seeds. Cut open this fruit, and if the seed inside is shaped like a spoon, it represents a shovel for heavy, wet snow. A fork shape indicates a mild season with light, powdery snow, and a knife shape means cutting winds are on the way.

The Benefits of Giving Back

Volunteering comes in many forms, but the purpose is the same: to help others. Research shows that volunteers themselves also benefit from their good deeds.

Boosts happiness. Doing a kind act for someone else often makes us feel good. Studies indicate that volunteering prompts the brain to release chemicals that can reduce stress, anxiety and depression.

Improves physical health. From packing boxes of canned food to knitting a baby blanket, service often involves movement and mental tasks, helping your body and brain stay active. Volunteering is linked to a reduced risk of high blood pressure and heart disease, and can ease symptoms of chronic pain.

Builds relationships. Volunteering is a great way to meet people and build social skills. By working together, volunteers share a common interest, which can lead to new friendships and help strengthen existing ones. Personal connections are vital to both physical and mental health.

Enriches life. Research shows that people who volunteer regularly tend to live longer. Additionally, many volunteers say they enjoy their lives more and have an enriched sense of purpose, higher self-esteem and enhanced well-being.

Volunteering provides benefits for the giver as well as the recipient

Centennial Commemoration

This year, Nov. 11 marks the 100th anniversary of a historic moment: the armistice that ended World War I.

The ceasefire for what was known then as the Great War went into effect at 11 a.m. on Nov. 11, 1918—the 11th hour of the 11th day of the 11th month. After four years, the fighting between the Allied forces and Germany stopped.

On the one-year anniversary of the armistice, U.S. President Woodrow Wilson proclaimed Nov. 11 as Armistice Day to recognize the heroism of those who served in “the war to end all wars” and to celebrate world peace.

By 1926, more than half of the U.S. states had made Armistice Day a legal holiday, and Congress passed a resolution requesting the president formally honor the anniversary. In 1938, Armistice Day officially became a federal holiday.

After the nation’s military fought in World War II and the Korean War, the name of Armistice Day was changed to Veterans Day in 1954 as a tribute to American veterans of all wars. Now, every year on Nov. 11, parades, ceremonies and concerts take place throughout the country to thank our veterans and remember the sacrifice of all who have served and those who continue to serve.



Wit & Wisdom

“Holidays—any holiday—are such a great opportunity to focus on bringing the family together.”
—Lidia Bastianich

“Together we can face any challenges as deep as the ocean and as high as the sky.”
—Sonia Gandhi

“Accept the things to which fate binds you, and love the people with whom fate brings you together, but do so with all your heart.”
—Marcus Aurelius

“By people getting together and celebrating this idea of togetherness, great things can happen.”
—Edward Enninful

“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.”
—Desmond Tutu

November 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
<p>HOPE Fellowship 11:00 a.m. Happy Birthday #163 Mary #160 Barbara</p>	<p>Senior YOGA 10:00 a.m.</p> <p>BIBLE STUDY 7 p.m.</p>	<p>Election Day</p> <p>Community Room Closed for VOTING Only</p>	<p>Shopping Bus Wal-Mart 10:30 a.m.</p> <p>Coloring & Crafts 6 p.m. To 8 p.m. Happy Birthday #131 Patricia</p>	<p>Rent Is Due Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m.</p> <p>Happy Birthday #308 Donna #247 Lynne</p>	<p>SCRABBLE 12:45 P.M. Music With Rich 2:15 P.M.</p> <p>SCRABBLE 12:45 P.M.</p>	<p>Catholic Communion Service 4 p.m.</p> <p>Catholic Communion Service 4 p.m. Happy Birthday #322 Judy</p>
11	12	13	14	15	16	17
<p>VETERANS DAY HOPE Fellowship 11:00 a.m. Happy Birthday #342 Nancy #222 Sandra St. Francis Thanksgiving 1:00 p.m.</p>	<p>BIBLE STUDY 7 p.m. Happy Birthday #305 Patricia</p>	<p>Happy Birthday #202 Alanna</p>	<p>Shopping Bus Wegmans 10:30 a.m.</p> <p>Coloring & Crafts 6 To 8 p.m.</p>	<p>Senior YOGA 10:00 a.m. Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m. Happy Birthday #416 Susan</p>	<p>SCRABBLE 12:45 P.M. Music With Rich 2:15 P.M. Happy Birthday #215 Bobbie Jo</p>	<p>Catholic Communion Service 4 p.m.</p>
18	19	20	21	22	23	24
<p>HOPE Fellowship 11:00 a.m. Ice Cream Social 2 P.M. Happy Birthday #360 Monica</p>	<p>BIBLE STUDY 7 p.m.</p>	<p>Senior YOGA 10:00 a.m. Soup & Chili 5:30 P.M. Red, White, Blue Band 7 P.M.</p>	<p>Shopping Bus Wal-Mart 10:30 a.m.</p> <p>Coloring & Crafts 6 p.m. To 8 p.m.</p>	<p>Happy Thanksgiving to All OFFICE CLOSED</p> <p>Happy Birthday #412 Margaret #254 Barbara</p>	<p>SCRABBLE 12:45 P.M. Happy Birthday #418 Joanne</p>	<p>Catholic Communion Service 4 p.m. Happy Birthday #227 Andrew</p>
25	26	27	28	29	30	31
<p>HOPE Fellowship 11:00 a.m. Happy Birthday #405 David</p>	<p>BIBLE STUDY 7 p.m. Bethel Estates Is a smoke-free Campus</p>	<p>Senior YOGA 10:00 a.m. Happy Birthday #447 Walter</p>	<p>Shopping Bus Wal-Mart 10:30 a.m.</p> <p>Coloring & Crafts 6 p.m. To 8 p.m. Happy Birthday #466 Sheila</p>	<p>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m. Happy Birthday #307 Leonard</p>	<p>SCRABBLE 12:45 P.M. Happy Birthday #459 Carol #153 Janet #119 Thomas</p>	