



# Bethel Estates

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

## September 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

#147	Linda
#233	Grace
#460	Marc

### BE A GOOD NEIGHBOR

- When you take a shopping cart from the stairwells to bring in your packages and groceries, please return it promptly so it will be available for other residents to use.

- Hold the door as you enter and leave your apartment to avoid the door from slamming shut.

- For the safety of all our residents, please observe the 10 mph speed limit when driving on our property. Kindly inform your guests and visitors to do the same.

- When you have a problem with a washer or dryer or the money machine, call in the problem immediately to CSC /MAC-GRAY. The telephone # is on the front page of your newsletter and posted in every laundry room. For your convenience, we have now

provided "Out of Order" signs in each laundry room. Put one on the machine after you report the trouble.

### FLU SHOT CLINIC

Once again we are pleased to announce the annual Flu Shot Clinic in our Community Room on Wednesday, September 13, from 9:30 a.m. until noon. Bring your insurance card or your Medicare card with you.

### RESIDENT BINGO

Bingo will resume on Thursday, September 7, at 6:30 p.m. All residents are welcome!

### ADULT COLORING GROUP

Grab your coloring books and pencils and join the Wednesday evening coloring group in the Community Room from 6 p.m. to 8 p.m. beginning on Wednesday, September 6.

### ANNUAL INSPECTIONS

Annual inspections will begin at 9 a.m. on Thursday, September 21, for **Apartments 401 to 433 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!

### RECERTIFICATION NOTICE

Please come to Matt's office to sign your papers as soon as you have been notified that your lease is completed.

### LAUNDRY INCREASE NOTICE

Effective September 1, the price of a laundry/dryer load will increase to \$1.60.

### LOCKED OUT??

If you are locked out of your apartment on weekends or when the office is closed, remember to come to the **front lobby** immediately after you have placed your call. The after-hours building caretaker will meet you there. (See page 4 of your Resident Handbook.)



## Trivia Whiz

### Grand Characters

Grandparents on TV shows and in the movies are much like those in real life. Here are a few favorite on-screen grands.

*Esther and Zeb Walton, "The Waltons."* Grandma and Grandpa Walton, both strong and persevering, are the pillars of their close-knit family of 11 who live in rural Virginia.

*Adolph Kramer, "Heidi."* A granddad with a gruff exterior grows to form a loving bond with his lively granddaughter Heidi.

*Estelle Winslow, "Family Matters."* Despite her age, Mother Winslow is hip and trendy. She's the glue that binds this Windy City family.

*Marie and Frank Barone, "Everybody Loves Raymond."* The elder Barones live across the street from their son, making it easy for them to meddle.

### Coffee Around the World

Do you like your coffee black or with cream and sugar? Perhaps you enjoy cappuccinos, mochas or lattes. Pour a cup of joe and learn how people in other countries drink coffee.

*Finland and Sweden.* Cubed cheese—made from cow, goat or reindeer milk—is placed in a cup of coffee or dipped into the java and eaten.

*Ethiopia.* The coffee plant originated in this country, where its beans are roasted and brewed in a ceremony that can last hours. The drink is served with salt, butter or sugar.

*Malaysia.* Those who can't decide between coffee and black tea can choose *yuanyang*, which is a mixture of both beverages and milk.

*Mexico.* Cinnamon sticks and unrefined cane sugar add comforting warmth to this coffee, which is served in a clay mug to bring out the flavors.

*Morocco.* Warm spices, such as

cinnamon, cardamom, nutmeg and black pepper, are blended with dark coffee.

*Turkey.* After it's simmered in a copper or brass pot, coffee here is served strong and unfiltered, so a cup will include settled grounds.

*Italy.* Espresso is the signature caffeinated drink for Italians, who sip shots of the concentrated coffee while standing at cafes.



### What Is Mindfulness?

The word "mindfulness" is a frequent topic these days, whether on talk shows, in magazine articles and even for adult coloring books. While it may seem like a vague term, mindfulness is a simple concept with many benefits.

Essentially, mindfulness means being aware of your thoughts, feelings, physical sensations and environment in the moment, rather than thinking about the past or worrying about the future. An important aspect of

mindfulness is to not assign judgments to what you're feeling, but to acknowledge that thoughts and emotions come and go.

Practicing mindfulness is credited with helping to reduce stress and anxiety, cultivate compassion, and build relationships. Studies reveal physical benefits, too, such as a stronger immune system, improved memory and sharper cognitive skills.

Observation is the key to mindfulness. Notice the sights, sounds and smells around you, and pay attention to sensations like the warmth of the sunshine on your face or the flavor of your morning coffee. By adding "mindfulness moments" to your daily routine, you may soon feel a deeper connection to both yourself and the world.

## Schooled by the McGuffey Readers

Before the days of computers and the internet, a simple series of schoolbooks called the McGuffey Readers helped educate generations of children and shape American society.

In the early 19th century, immigrants were arriving in the country, people were settling in the West and public schools were being established. A former frontier teacher, William Holmes McGuffey was a professor at an Ohio college when he was asked to create a series of primers for America's growing classrooms. In 1836, he completed the first of six readers. The fifth and sixth readers were written by his brother Alexander in the 1840s.

McGuffey's texts taught reading, spelling and vocabulary using his own writings and excerpts of literature, essays and speeches by a variety of authors, including William Shakespeare, Washington Irving and Thomas Jefferson. Virtues such as hard work, courage and honesty were emphasized. The illustrated books were designed to increase in difficulty as students progressed. Historians say the readers helped standardize language in America and shape the nation's moral values at the time.

Between 1836 and 1960, more than 120 million copies of the McGuffey Readers were sold. Other textbooks eventually replaced the readers, but versions are still in print and used by teachers today.

## Advocating for America's Heroes

Since being founded on Sept. 17, 1914, the VFW Auxiliary has taken pride in its mission of providing "unwavering support for uncommon heroes."

Originally known as the Ladies Auxiliary VFW, the nonprofit group is the renowned support organization of the Veterans of Foreign Wars of the United States. Since 2015, membership in the auxiliary is open to both men and women related to those who have served in overseas combat. Today, there are nearly 470,000 members in over 4,000 chapters.

From its inception, the auxiliary's primary goal has been a simple one: to help veterans and active-duty service members and their families. This includes assisting the VFW in advocating for veterans' rights, providing community service and fundraising, and promoting patriotism.

The auxiliary has helped the VFW accomplish many milestones, including the creation of military pensions and support for disabled veterans following World War I and the Servicemen's Readjustment Act of 1944, better known as the GI Bill.

Through their decades of service, members have volunteered millions of hours to their communities, especially at veterans hospitals, nursing homes and veterans homes. The auxiliary has also raised millions of dollars for veterans and their families, national disaster relief, cancer research and treatment, veterans memorials and more.



## Wit & Wisdom

"How beautiful the leaves grow old. How full of light and color are their last days."  
—John Burroughs

"Every leaf speaks bliss to me  
Fluttering from the autumn tree."  
—Emily Bronte

"Never say there is nothing beautiful in the world anymore.  
There is always something to make you wonder in the shape of a tree, the trembling of a leaf."  
—Albert Schweitzer

"Autumn is a second spring when every leaf is a flower."  
—Albert Camus

"There's no better designer than nature—if you look at a branch or a leaf, it's perfect."  
—Diane von Furstenberg

"In school, I could hear the leaves rustle and go on a journey."  
—Clint Eastwood

# September 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# SEPTEMBER

3	4	5	6	7	8	9
<p>HOPE Fellowship 11:00 a.m.</p>	<p><b>LABOR DAY</b> <b>OFFICE CLOSED</b></p>	<p>Senior YOGA 10:00 a.m.</p> <p>Erie County Bookmobile 1:45 p.m.- To 3:15 p.m.</p> <p>Happy Birthday #102 Alfred #158 George #251 Velma</p>	<p>Shopping Bus Wal-Mart 10:30 a.m.</p> <p>Adult Coloring 6 p.m. To 8 p.m.</p> <p>Happy Birthday #312 Camille</p>	<p>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m.</p>	<p>RENT IS DUE</p> <p>SCRABBLE 1:15 p.m.</p> <p>Happy Birthday #159 Patricia</p>	<p>Catholic Communion Service 4 p.m.</p> <p>Happy Birthday #464 Joan</p>
10	11	12	13	14	15	16
<p>HOPE Fellowship 11:00 a.m.</p>	<p>BIBLE STUDY 7 p.m.</p>	<p>Senior YOGA 10:00 a.m.</p> <p>Happy Birthday #206 Edith</p>	<p>FLU Clinic 9:30 am To 12 Noon</p> <p>Shopping Bus Wegman's 10:30 a.m.</p> <p>Adult Coloring 6 To 8 p.m. Happy Birthday #123 Betty</p>	<p>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m.</p> <p>Polish Villa Food Truck 4:00 To 5:30 p.m.</p>	<p>SCRABBLE 1:15 p.m.</p> <p>Catered Dinner 5:45 p.m.</p>	<p>Catholic Communion Service 4 p.m.</p> <p>Happy Birthday #139 John</p>
17	18	19	20	21	22	23
<p>HOPE Fellowship 11:00 a.m.</p> <p>Happy Birthday #402 Sharon</p>	<p>Chef's Food Truck 4 To 6 p.m.</p> <p>BIBLE STUDY 7 p.m.</p> <p>Happy Birthday #211 Joan</p>	<p>Senior YOGA 10:00 a.m.</p> <p>Soup Night 6 p.m.</p> <p>Red, White &amp; Blue Band 7 p.m.</p>	<p>Shopping Bus Wal-Mart 10:30 a.m.</p> <p>Adult Coloring 6 p.m. To 8 p.m.</p> <p>Happy Birthday #247 Richard</p>	<p>ANNUAL INSPECTIONS Apts. 401 To 433 ONLY</p> <p>Catered Luncheon 1 p.m.</p> <p>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m.</p>	<p>SCRABBLE 1:15 p.m.</p>	<p>Catholic Communion Service 4 p.m.</p>
24	25	26	27	28	29	30
<p>HOPE Fellowship 11:00 a.m.</p> <p>Happy Birthday #232 Patricia</p>	<p>BIBLE STUDY 7 p.m.</p>	<p>Senior YOGA 10:00 a.m.</p>	<p>Shopping Bus Wal-Mart 10:30 a.m.</p> <p>Adult Coloring 6 p.m. To 8 p.m.</p>	<p>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m.</p>	<p>SCRABBLE 1:15 p.m.</p> <p>Catered Fish Fry 5:45 p.m.</p>	<p>Catholic Communion Service 4 p.m.</p> <p>Happy Birthday #333 Geronimo #345 Nancy</p>