



Bethel Estates

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

September 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 HOME

- #136 Roy
- #164 Gloria
- #234 Ron



BE A GOOD NEIGHBOR

Please note that the Community Room will be closed to all resident activities from 6:00 a.m. until 9:00 p.m. on Thursday, September 13, 2018 for Primary Voting.

If you have renewed your vehicle registration recently, please bring the new yellow registration to the office so we can update your file.

Be sure to put a date on any notice you post on the Resident Bulletin Board. Items will be removed after 30 days.

If you have any art or craft supplies you won't use, call an area school and ask if they would like the items. The teachers will probably be thrilled to receive some donated supplies.

Drive safely; schools open the first week in September.



Recipe for a Wonderful Life....

- less TV, more reading
- less shopping, more outdoors
- less clutter, more space
- less rush, more slowness
- less consuming, more creating
- less junk food, more real food
- less busy, more impact
- less driving, more walking
- less noise, more solitude
- less focus on the future, more living in the present moment
- less work, more play
- less worry, more smiles
- Breathe.....

LOCKED OUT??

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

ANNUAL INSPECTIONS

Annual inspections will begin at 9 a.m. on Thursday, September 20, 2018 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!

FLU SHOT CLINIC

Once again we are pleased to announce the annual Independent Nursing **Flu Shot Clinic** in the Community Room on Wednesday, September 12, from 9:30 a.m. until 11:30 a.m. Bring your insurance card or your Medicare card with you.

Resident Activities

Join Richard on guitar for a resident Sing-a-Long at 2:15 p.m. on the first and third Fridays of the month in the Community Room.

Resident Clothing Exchange from 10 a.m. until 2:30 p.m. on Friday, September 14, 2018.





Trivia Whiz

A Bunch of Grape Facts

Plump and portable, grapes are a healthy grab-and-go snack and a favorite ingredient in jams, jellies and beverages.

Grapes date back to at least 6000 B.C. in the region near the Caspian Sea.

Wild grapes were a part of Native American diets. European settlers introduced cultivated varieties to America in the 1600s.

Botanically classified as a berry, the round fruit comes in a range of colors, including red, green, black, purple, blue, pink and yellow.

Grapes grow on vines in large clusters. On average, there are 75 to 100 grapes in a bunch.

More than 72 million tons of grapes are produced each year worldwide.

Viticulture is the scientific study of grapes.

Old-Time Jobs That Are New Again

Despite economic changes and advances in technology, many traditional jobs that began decades or centuries ago are seeing a boost in business.

Butcher. Before supermarkets were common, neighborhood butchers prepared fresh cuts of meat for customers. With many of today's consumers desiring locally sourced food, butcher shops are making a comeback.

Milkman. Many homes had fresh bottles of milk delivered to their door until grocery stores and refrigerators made the service nearly obsolete by the 1970s. The current farm-to-table movement has some farms offering home delivery of their milk and dairy products.

Cobbler. Shoemakers have been making footwear by hand for centuries, and specialty shops still

cater to customers who want handmade goods or prefer to repair rather than replace a pair of shoes.

Barber. In years past, barbers provided a haircut and a shave as well as a shop where men could socialize. The profession is surging again, with modern updates on traditional services.



Multiple Generations, Many Perks

From mentoring schoolchildren to chatting with a teenage food server, intergenerational relationships and encounters provide numerous benefits for all.

Many older adults say they feel more energized after spending time with young people, whether they're volunteering together, working on a craft, playing a game or just talking. Enjoying each other's company and

giving advice can boost self-esteem and provide a sense of belonging. Research shows that seniors score better on memory tests and report higher life satisfaction after interacting with younger generations.

These experiences are also rewarding for children and young adults. They thrive on receiving positive attention and nurturing support from older mentors, who can teach them valuable lessons.

Seniors can learn about new trends from their younger friends and family members, and in return pass along their history and traditions.

Many schools, neighborhood groups and senior living communities have recognized the benefits of multigenerational relationships and are encouraging this type of interaction.

The Hobby of Collecting

Stamps, coins, seashells, baseball cards, teddy bears ... there are countless objects that people collect as a hobby. Collecting enhances our lives in many ways:

Inspires creativity. Whether collectibles are displayed on a shelf, in a box or in an album, we enjoy looking at them, and this can spark ideas for other areas of life, from décor possibilities to artistic pursuits.

Benefits the brain. People often create categories for items in their collections or arrange them in order, such as by size or date. This organizational thinking, focus and ability to recognize patterns is exercise for the brain.

Expands knowledge. Collecting a certain item may prompt you to learn more about that topic, leading you down new paths of discovery. For example, researching a coin can reveal lessons about art, history and geography.

Builds social connections. A common interest is a fast way to make friends. At clubs, conventions and online forums, you can find others who share the same passion.

Celebrates traditions. Often, collections are passed down through generations or continued from childhood. These types of collections provide nostalgia and comfort.

Provides purpose. Collecting is an ongoing enjoyment, creating a never-ending quest to find the next addition. For many, the "thrill of the hunt" is the best part about the hobby.

Canine War Heroes

Military working dogs have a long legacy of brave acts during combat. During National Service Dog Month in September, salute some of history's heroic canines:

Sallie. A Staffordshire bull terrier, Sallie was the mascot of the 11th Pennsylvania Volunteer Infantry during the Civil War. At the Battle of Gettysburg, she was separated from her unit and discovered three days later guarding wounded soldiers. A bronze statue of Sallie is part of a monument at the historic battle site.

Stubby. This stray bull terrier mutt gained fame for his courageous deeds in World War I. His sharp hearing and sense of smell warned Army troops of incoming shells and gas attacks, and he once caught an enemy spy by the seat of the pants. Stubby received numerous honors, including the rank of sergeant, and later served as Georgetown University's mascot.

Chips. Trained as an Army sentry, Chips was a mix of German shepherd, collie and husky. He became the most famous military dog of World War II for his heroism at the 1943 invasion of Sicily, where he charged into gunfire to attack enemy soldiers.

Nemo. While serving as a sentry in the Air Force during the Vietnam War, this German shepherd showed great bravery and loyalty when he and his handler were hit by enemy fire. Despite severe injuries, Nemo leaped at their attackers, giving the airman time to radio for reinforcements.



Wit & Wisdom

"Knowledge is the treasure of a wise man."
—William Penn

"The possession of knowledge does not kill the sense of wonder and mystery. There is always more mystery."
—Anais Nin

"Thought is the wind, knowledge the sail, and mankind the vessel."
—Augustus Hare

"To acquire knowledge, one must study; but to acquire wisdom, one must observe."
—Marilyn vos Savant

"Knowledge is love and light and vision."
—Helen Keller

"Let us tenderly and kindly cherish, therefore, the means of knowledge. Let us dare to read, think, speak and write."
—John Adams

September 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September

						<p>1</p> <p>RENT IS DUE</p> <p>Catholic Communion Service 4 p.m.</p>
2	3	4	5	6	7	8
<p>HOPE Fellowship 11:00 a.m.</p> <p>Happy Birthday #464 Joan</p>	<p>LABOR DAY OFFICE CLOSED</p>	<p>Book Mobile 1:45 To 3:15 p.m.</p> <p>Senior YOGA 10:00 a.m.</p> <p>Happy Birthday #136 Roy</p>	<p>Shopping Bus Wal-Mart 10:30 a.m.</p> <p>Coloring & Crafts 6 p.m. To 8 p.m.</p> <p>Happy Birthday #102 Alfred #158 George #251 Velma</p>	<p>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m.</p> <p>Happy Birthday #312 Camille</p>	<p>SCRABBLE 1 p.m.</p> <p>Sing -A -Long 2:15 p.m.</p> <p>Pizza & Wings 5 p.m.</p>	<p>Catholic Communion Service 4 p.m.</p> <p>Happy Birthday #159 Patricia</p>
9	10	11	12	13	14	15
<p>HOPE Fellowship 11:00 a.m.</p> <p>Happy Birthday #440 Judith #419 Arlette</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>FLU SHOT CLINIC 9:30 a.m. To 11:30 a.m.</p> <p>Coloring & Crafts 6 p.m. To 8 p.m.</p>	<p>PRIMARY ELECTIONS 6 a.m. To 9 p.m.</p> <p>Community Room Open for VOTING ONLY</p> <p>Happy Birthday #123 Betty</p>	<p>Clothing Exchange 10 a.m. To 2:30 p.m.</p> <p>SCRABBLE 1 p.m.</p> <p>"Special" BINGO 6:30 p.m.</p>	<p>Catholic Communion Service 4 p.m.</p>
16	17	18	19	20	21	22
<p>HOPE Fellowship 11:00 a.m.</p> <p>Happy Birthday #139 John</p>	<p>BIBLE STUDY 7 p.m.</p> <p>Happy Birthday #402 Sharon</p>	<p>Senior YOGA 10:00 a.m.</p> <p>Sausage & Stuff 5:30 p.m.</p> <p>Red, White & Blue Band 7 p.m.</p> <p>Happy Birthday #211 Joan #406 Anton</p>	<p>Shopping Bus Wegman's 10:30 a.m.</p> <p>Coloring & Crafts 6 To 8 p.m.</p> <p>Happy Birthday #141 Norma</p>	<p>ANNUAL INSPECTIONS Apts. 401 To 433 Only</p> <p>Beef on Weck Lunch 1:00 p.m.</p> <p>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m.</p> <p>Happy Birthday #247 Richard</p>	<p>SCRABBLE 1 p.m.</p> <p>Sing -A-Long 2:15 p.m.</p> <p>VERIZON Rep Here (afternoon)</p> <p>Happy Birthday #264 Joyce</p>	<p>Catholic Communion Service 4 p.m.</p>
23/30	24	25	26	27	28	29
<p>HOPE Fellowship 9/23 & (/30) 11:00 a.m.</p> <p>Happy Birthday (9/30) #246 Brenda #333 Geronimo #345 Nancy</p>	<p>BIBLE STUDY 7 p.m.</p> <p>Happy Birthday #232 Patricia</p>	<p>Senior YOGA 10:00 a.m.</p> <p>Sausage & Stuff Dinner 5:30 p.m.</p> <p>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>Meditation Group 3:30 To 4:30 p.m.</p> <p>BINGO 6:30 p.m.</p>	<p>SCRABBLE 1 p.m.</p>	<p>Catholic Communion Service 4 p.m.</p>