



BETHEL ESTATES

AFFORDABLE SENIOR HOUSING



JUNE 2019
Community news &
information for our
Valued Residents

Bethel Estates • 4647 Southwestern Blvd • Hamburg, NY 14075

ANNUAL INSPECTIONS Annual Inspections will begin at 9 a.m. on Thursday, June 20, 2019 for Apartments 234 through 266 only. You do not have to be home when the Bethel Staff inspects your unit. If you were not home, stop by the office the next day to sign your inspection form.

WELCOME NEW RESIDENTS Suzanne B. #441, Michael E. #447, Linda K. #330, Mark #135

BE A GOOD NEIGHBOR Be a considerate neighbor when you use the Community Room and the grill in the courtyard. Clean up after yourself please. That includes washing your dishes, silverware, grill tools and putting them away. This also applies to table tops, stove or oven and grill as well.

PRIMARY ELECTION DAY Tuesday, June 25, 2019 will be a Primary Election day in Erie County. The Community Room will be closed for VOTING ONLY from 6:00 a.m. until 9:00 p.m.

DID YOU KNOW? Free Air Conditioners through Erie County's 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 to see if you qualify for this great benefit.

WHO IS THAT? You may have noticed a new face around the office. We're pleased to announce that Debbie Breinlinger has joined us as our new Accounts Manager. Debbie has much to offer our community and is enthusiastic about getting to know each of our residents. We invite you to stop by the office to say hello.

BE PREPARED Think ahead for any unexpected event by making sure all persons you have designated as your Emergency Contacts for yourself and your pets have a FOB to enter the building and a key to open your apartment. We do not unlock the door of your apartment for anyone. It is your responsibility to decide who you want to have keys to your unit. Extra keys and FOBS can be ordered through the office.

EVERYONE WELCOME Join Sherry and Tawnee every Monday, Wednesday and Friday at Noon for a short outdoor walk. Meet on the Patio behind the Community Room.

Office Hours

Monday thru Friday

11:00 am-4:30 pm

Saturday

Closed

Sunday

Closed

How To Reach Us

Bethel Estates Office

(716) 648-6444

After Hours Maintenance

(716) 648-6444

Community Website

www.Bethelestatesonline.com

Hamburg Police

(716) 648-5111

Hamburg Post Office

(716) 649-1631

Hair Salon

(716) 941-5574

CSC-Mac-Gray Laundry

Services

(800) 622-4729

JUNE 2019

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>New Hope Fellowship 11a.m.</p> <p>Happy Birthday! #140 Maryellen #309 Michael</p>	<p>3</p> <p>Bible Study 7 p.m.</p> <p>Happy Birthday! #423 Dennis</p> <p>NOON WALKS START TODAY</p>	<p>4</p> <p>Senior YOGA 10 a.m.</p> <p>BOOKMOBILE 1:30 p.m.</p>	<p>5</p> <p>Shopping Bus WALMART 10:30 a.m.</p> <p>LAST DAY TO PAY RENT</p> <p>NOON WALK</p>	<p>6</p> <p>MEDITATION 3:30 p.m.</p> <p>Happy Birthday #347 Michael</p>	<p>7</p> <p>NOON WALK</p> <p>SCRABBLE 12:45 P.M</p>	<p>1</p> <p>RENT IS DUE</p> <p>Catholic Communion Service 4 p.m.</p> <p>Happy Birthday! #201 Dorothy</p>
<p>9</p> <p>New Hope Fellowship 11a.m.</p>	<p>10</p> <p>Bible Study 7 p.m.</p> <p>Happy Birthday! #415 Pamela Debbie B. OFFICE</p> <p>NOON WALK</p>	<p>11</p> <p>Senior YOGA 10 a.m.</p>	<p>12</p> <p>Shopping Bus WEGMAN'S 10:30 a.m.</p> <p>NOON WALK</p>	<p>13</p> <p>MEDITATION 3:30 p.m.</p> <p>Happy Birthday #263 Suzanne</p>	<p>14</p> <p>Flag Day SCRABBLE 12:45 p.m.</p> <p>Happy Birthday! #351 Virginia</p> <p>NOON WALK</p>	<p>15</p> <p>Catholic Communion Service 4 p.m.</p> <p>Celebrating 100 years #243 Marie KARAOKE NIGHT 6 p.m.</p>
<p>16</p> <p>Father's Day</p> <p>New Hope Fellowship 11a.m.</p>	<p>17</p> <p>Bible Study 7 p.m.</p> <p>Happy Birthday #231 Joyce</p> <p>NOON WALK</p>	<p>18</p> <p>Senior YOGA 10 a.m.</p>	<p>19</p> <p>Shopping Bus WALMART 10:30 a.m.</p> <p>Happy Birthday #450 Helen #258 Karen</p> <p>NOON WALK</p>	<p>20</p> <p>Annual Inspections Apts. 234 to 266 ONLY</p> <p>MEDITATION 3:30 p.m.</p>	<p>21</p> <p>SCRABBLE 12:45 p.m.</p> <p>Happy Birthday! #265 Helen</p> <p>NOON WALK</p>	<p>22</p> <p>Catholic Communion Service 4 p.m.</p> <p>Happy Birthday! #330 Linda #333 Empe</p>
<p>23</p> <p>New Hope Fellowship 11a.m.</p>	<p>24</p> <p>Bible Study 7 p.m.</p> <p>NOON WALK</p>	<p>25</p> <p>COMMUNITY ROOM CLOSED FOR VOTING ONLY 6 a.m. to 9 p.m.</p> <p>Senior YOGA 10 a.m. in Library</p> <p>Happy Birthday #411 Evelyn</p>	<p>26</p> <p>Shopping Bus TOPS 10:30 a.m.</p> <p>Happy Birthday #315 Martha</p> <p>NOON WALK</p>	<p>27</p> <p>MEDITATION 3:30 p.m.</p>	<p>28</p> <p>SCRABBLE 12:45 p.m.</p> <p>Happy Birthday #261 Carol</p> <p>NOON WALK</p>	<p>29</p> <p>Catholic Communion Service 4 p.m.</p>
<p>30</p> <p>New Hope Fellowship 11a.m.</p>						



Summer Sun Sense

Summer arrives this month, with its long, warm days, perfect for getting out side. But unless you protect your skin, you could be setting yourself up for cancer.

There are three main types of skin cancer: basal cell carcinoma (BBC), squamous cell carcinoma (SCC), and malignant melanoma.

BBC affects the basal cells at the bottom of the epidermis and is the most common nonmalignant form. SCC, the second most common, involves the cells in the outer layer of the skin.

Malignant Melanoma often looks like a black or brown mole, but it can be colored differently. Melanoma is curable if caught quickly, but deadly if left untreated.

Conventional wisdom

Here is the best advice on protecting yourself from painful sunburn in the short run and from cancer caused by sun damage in the long run:

- Use a sunscreen with at least an SPF 15 rating. It blocks 93 percent of UV radiation. SPF 30 blocks about 97 percent.
- Apply half an hour before you get into the sun. Reapply every two to three hours.
- Use enough. It takes about 1 1/4 fluid ounces to cover a body.
- Pay attention to special risk areas, such as the cheekbones, bridge of the nose, lower lip, tops of the ears, outside of the arms and top of the head if there is not much hair there. If you will be sitting down, be sure you have plenty of sunscreen on your thighs.

Treating Sunburn

Home treatment measures may provide some relief from a mild sunburn.

- Take frequent cool showers or baths.
- Use cool cloths on sunburned areas.
- Apply soothing lotions that contain aloe vera to sunburned areas. Topical steroids (such as 1% hydrocortisone cream) may also help with sunburn pain and swelling.
- A sunburn can cause a mild fever and a headache. Lie down in a cool, quiet room to relieve the headache.



Sugar slows alcohol absorption Next time you have a mixed drink, don't order it with artificially-sweetened mixer. Researchers report that ingredients in artificial sweeteners cause blood-alcohol concentrations to rise significantly faster than in people who use sugary mixes. Sugar slows the rate at which alcohol enters the blood. The liver then has a better chance to get rid of the alcohol.


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